

## Lane Cove Football Club



March 2017 – Edition 3, 2017 Season

### Let's kick off 2017!

Hi Everyone,

With the excitement building to the start of the season tomorrow I am hoping the rain last night does not put a damper on this. It is however likely some grounds may be closed and changes be made to the draw so please check the updates on the NSFA website at [http://websites.sportstg.com/assoc\\_page.cgi?client=1-10116-0-0-0](http://websites.sportstg.com/assoc_page.cgi?client=1-10116-0-0-0). All relevant information will be posted here during the day.

The **next round (fourth) of the FFA Cup** takes place this coming week and we are drawn to play Albion Park White Eagles from the Illawarra area. They won their last game 9-0 so will be tough opposition. The game kicks off at **7.30pm at Blackman on Tuesday night** so try and get down to support the team if you can.

Finally, as we welcome in the new season I would like to draw your attention to the NSFA initiative this year focusing on respect. This is a subject matter dear to my heart as is one I wholeheartedly endorse. I have personally already witnessed in the build-up to this season times when respect for others has been less than impressive. Remember most people you are dealing with in a football season are volunteers trying to do their best to ensure everyone has an enjoyable time. Not respecting this and behaving accordingly is unacceptable. Please take the time to read about the campaign below and make sure your fellow players, coaches, parents and spectators adhere to the guidance given.

Kind regards and have a great season in 2017.

Francis

**First Coach Education Night in 2017 for Under 10s - Over 45s  
Coaches next week Monday! RSVP NOW!**

Dear U10 - Over 45 Coaches,

### **RSVP NOW**

Lane Cove FC have committed again to engaging the professional coaching services of Sports Kickstart holistically throughout the Club. This extends from Cooperative Coaching, Development Squads, Goalkeeper training and Coach Education Nights.

To maximise the benefits of the coach education nights, the following information is important to understand this concept and how best to utilise this time. The concept is based on conducting a 1 hour coaching workshop with a full-time professional Kickstart Coach. The vision is to engage, educate and empower you as coaches with the support and guidance provided to enable you to have a successful season with your teams. An agenda for the evening will be communicated accordingly. This is likely to include but is not limited to, some of the following topics:

- How to structure a training session, based on a skill or game based “themes”.
- How to structure and educate your team to play a specified formation.
- The Football Coaching Process & FFA National Curriculum
- Coaching tips
- Coaching model sessions and best practice
- How to coach set pieces including: goal kicks, free kicks, corners, penalties.

Should there be any specific topics, questions or queries that you would like to cover within these workshops. Please email Kickstarts Coaching Development Manager, Jamie Morriss @ [jmorris@sportskickstart.com.au](mailto:jmorris@sportskickstart.com.au). As you may be aware Jamie will be putting the program together based on any requests that also tie in with the topics mentioned above.

The 2017 Coach Education Nights have been scheduled for the following dates and we ask you all to please **RSVP here** to all the sessions you are planning to attend:

- Monday, **3rd April 2017** from 7:00-8:00pm
- Monday, **24th April 2017** from 7:00-8:00pm
- Monday, **8th May 2017** from 7:00-8:00pm

## **Training Schedule 2017**

Training is scheduled to start from Monday 3<sup>rd</sup> of April

Age Group	Training
U6 Mixed	Tuesdays: 5:15-6:15pm (B3-entrance side and B4-river side)
U7 Mixed	Tuesdays: 5:15-6:15pm (B3-entrance side and B4-river side)
U8 Mixed and Girls & U7 Fireballs	Tuesdays: 6:15-7:15pm (B3-entrance side and B4-river side)
U9 Mixed and Girls	Tuesdays: 6:15-7:15pm (B3-entrance side and B4-river side)
U10 Mixed	Tuesdays: 6:00-7:00pm (Pottery Green)
U10 Girls	Tuesdays: 6:00-7:00pm (B1-Astro Turf)
U11 Mixed	Tuesdays: 5:00-6:00pm (B2-Astro Turf)
U11 Girls	Thursdays: 6:00-7:00pm (Pottery Green)
U12 Mixed teams	Thursdays: 6:00-7:00pm (Pottery Green)
U13 Mixed	Tuesdays: 6:00-7:00pm (B1-Astro Turf)
U14A Mixed	Tuesdays: 6:00-7:00pm (B2-Astro Turf)
U14B Mixed	Monday: 7:00-8:00pm (B1-Astro Turf) Wednesdays: 7:00-8:00pm (B3-entrance side)
U14C Mixed	Wednesdays: 6:00-7:00pm (B4-river side)
U14G	Thursdays: 6:00-7:00pm (B1-Astro Turf)
U15 Mixed	Tuesdays: 6:00-7:00pm (B2-Astro Turf)
U16 Mixed	Mondays: 7:00-8:00pm (B1 – Astro Turf) Thursdays: 7:00-8:30pm (B4 – river side)
U18 Mixed	Thursdays: 7:00-8:30pm (Pottery Green)
WAA Teams	Tuesdays: 7:00-8:30pm (B1-Astro Turf) Thursdays: 7:00-8:30pm (B3-entrance side)
MAA Premier League	Mondays: 7:00-9:00pm (B2- Astro Turf) Thursdays: 7:00-9:00pm (B2-Astro Turf)
MAA Division 3A	Tuesdays: 8:30-10pm (B1-Astro Turf)
MAA Division 3B	Tuesdays: 8:30-10pm (B2-Astro Turf)
MAA Division 5	Thursdays: 8:00-10:00pm (B1-Astro Turf)
MAA Division 6	Tuesdays: 7:00-8:30pm (Pottery Green)
MO35 and MO45 teams	Tuesdays: 7:15-8:30pm (B2-Astro Turf, B3-entrance side and B4-river side)

## The NSFA RESPECT Campaign – 2017

This week, the NSFA launched the **RESPECT** campaign for the 2017 season. The objective of the **RESPECT** campaign is to promote a **positive culture** within our football community. We want to ensure that everyone is aware of their responsibilities and that all participants can be involved in the game they love in a safe and positive environment.

Co-sponsored by our partners at the **Ku-ring-gai & District Football Referees Association**, the **RESPECT** campaign will run throughout the entire season. Overzealous and negative behaviour has at times been an issue for our sport. The NSFA seeks to lead the way by creating the safest and most enjoyable environment in which to play sport every week.

Today we launch the **RESPECT** campaign by emailing all 16000+ players in our association a

flyer which summarises our collective responsibilities on game day.

In addition to this flyer, we will progressively implement signage and banners at some of our key football hubs ensuring that the message is always visible. We look forward to everyone's support in reinforcing these key messages throughout 2017.

# RESPECT





**PLAYERS**

- ▶ Show **respect** to your coaches, managers and club volunteers.
- ▶ **Accept the Referees decisions** and move on with the game. Always!
- ▶ **Play fair** in both your actions and words.



**COACHES & MANAGERS**

- ▶ **You are the role model** – accept decisions, be positive and respect the game
- ▶ Remember that young people participate in football for **fun** and **enjoyment** and winning is only part of their motivation.
- ▶ Unsporting behaviour has no place in our game. Promote **respect** for all competitors.



**PARENTS & SPECTATORS**

- ▶ **Respect** the decisions of the coach and referees and teach young people to do likewise.
- ▶ **Applaud** good performance from players of both sides.
- ▶ **Passion and encouragement** make our game great, but technical instruction should only ever come from the coach.





**NORTHERN  
SUBURBS  
FOOTBALL**  
EST. 1957



**KDFRA**  
Ku-ring-gai & District Football  
Referees Association

Soccer Kickstart Holiday Clinics





## SCHOOL HOLIDAY CLINICS



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# TEAM25%

receive 25% off your enrollment fees

(limited to 4+ player bookings)

**BOOK NOW**

## 2017 Sponsors

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**Our mailing address is:**

Lane Cove FC  
PO Box 676  
Lane Cove, NSW 1595  
Australia

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