

Lane Cove Football Club



April 2016 - Volume 8, Issue 3



Welcome to the 2016 Season!

Hi everyone,

It is great to finally have the season in full swing following Easter and the school holiday break. With **almost 900 players registered** for the 2016 season this is the **largest group ever** playing under the LCFC logo. Many sides are already showing positive indicators for a successful season with wins being recorded in most divisions and age groups throughout the Club. Please don't forget it is only a game and not a matter of life and death. There should be no reason for players to be making the trip to Pymble to talk to the P&D Committee and we have had too many of these already. I would ask you all to **play hard but fair**. Whilst I know how frustrating it can be when decisions go against you it is important we respect referees at all times – it is not an easy job! Also whilst it is great to have support and good natured bantering from the sidelines, please make sure this does not cross the line with regard to what is acceptable behaviour.

The Club is currently locking in some dates for the **social calendar for this season** and we will be letting you know what is happening and when very shortly. In the meantime we are looking at running a barbeque on the evening of **Saturday, 21st May at Blackman** when the **Mens' All Age Prem**s are involved in the **local derby with Chatswood Rangers**. Let's try and get a good crowd there to cheer them on. Enjoy your football in the meantime.

Thanks and regards,
Francis Child – LCFC President

Sports Injury Clinic by Lane Cove Physio!



Sports Injury Clinic

Have you injured yourself playing sport? - Do you need advice on what to do? - How do you get back to sport quicker?

Come on Monday nights between 5-6pm for a **free assessment***

*Bulk billed for private health cover. Please call ahead to let us know you are coming.

Book a time - Bulk Billed





237 Longueville Road, Lane Cove. P 9428 5772 www.lanecovephysio.com.au
CONVENIENTLY LOCATED IN LANE COVE WITH ON STREET AND FREE COUNCIL CAR PARKING

Lane Cove Physio is once again holding a Monday night Sports Injury Clinic!

It is essentially free as the clinic will bulk bill it to those with private health cover ie. you just swipe your HCF card with nothing extra to pay. In that session you will have your injury assessed, told what to do to get it better and given an indication when you can go back to training/playing. Please call ahead just to confirm you are coming. The clinic will go from 5.00pm-6.30pm.

If you get there at 6pm you will be looked after. If you need a full treatment during the week, you will receive a pensioner discounted rate.

Skills Program - Term 2! 9 Week Offer Available NOW!

The ever popular skills program is on again in Term 2. This is in addition to team training and is not team based, rather players are grouped by skills. Coaches are from **SoccerKickStart**, who many of you will know from their coaching of the most recent Term 4 and Term 1 programs.

- **DURATION:** 10 weeks (every week of Term 2 public school term)
- **WHEN:** Tuesdays 5-6pm (for U10-U13 age groups) & Wednesdays 5-6pm (for U6-U9 age groups)
- **COST:** now **only \$135** per child for the **remaining 9 weeks!**
- **DATES:** Commences week of 26 April (day after ANZAC day), finishes week of 28 June

- **WHERE:** At Blackman Park AstroTurf 2
- **COACHES:** Powered by the coaches from SoccerKickStart!
- **ENROL:** <https://tas.currinda.com/register/event/1411>

The Term 3 and 4 enrolments will open closer to time.

WAA Update!



This year Lane Cove is fielding **3 WAA teams**, which is more than any year previously!

Across divisions 1, 3 and 4, the first 4 games have proved challenging but we have had some exciting results. Division 1, who are new to premiers this year have **won their first game** last weekend defeating UTS 2-0 away from home. Division 3 are coming equal 2nd in their competition and Division 4 are coming equal 3rd. It is fantastic to see women's football growing in the Lane Cove community and I am pleased to be a part of the great group of women that are playing this season.

I would also like to thank **Michael Almond**, **Michael Kennedy** and **Vigita Soh** who are responsible for coaching the WAA teams this year and are doing a fantastic job!

WAA and Girls Coordinator – Thalia Child

Men's Over 35s Update!

The LCFC Men's Over 35s have built on a strong finish to 2015 to jump out of the blocks in 2016 and **lead the Division 2 competition after 4 rounds**. Having strengthened our squad with some high quality additions in the off season, the **O35 Firsts are undefeated in 2016**, winning our first 3 games before a draw last weekend saw us drop our first points. While the O35 Reserves are sitting equal 6th and have a bit of work to do, their squad will be bolstered in coming weeks by the return of players from holidays and injuries, which will increase competition for places in the Firsts and consequently increase depth in the Reserves squad.

The O35 Firsts have also entered in the **O35s Rick Close Cup in 2016**, and have our first round fixture against Kissing Point (a Division 1 team) next **Tuesday, 3 May** kicking off at **7pm at Blackman Park**. With a fit and firing squad, an upset is on the cards, so if you are looking for something to do next Tuesday night come on down to Blackman and cheer the lads on.

Darren Thompson - LCFC O35s Manager

'Longueville Sports Club' Offer for LCFC Members!



'The Diddy' is offering a special menu to all LCFC Members again in 2016!

Please [click here](#) to view the menu. In order to receive the discounted rate for LCFC players and volunteers, you will need to complete the [membership application form](#).

Next Coach Education Night & Goalkeeper Training on Monday, 9 May 2016!



LCFC have committed 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**.

Next Coach Education Night on Monday, 9 May 2016:

- **7:00 – 8:00pm** for U10-U15 LCFC coaches
- **8:00 – 9:00pm** for U16 and above LCFC coaches

Next Goalkeeper Training Night on Monday, 9 May 2016:

- **5:30 – 6:15pm** for U8-U12 players
- **6:15 – 7:00pm** for U13-U18 players
- **7:00 – 8:00pm** for MAA & WAA players

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 @ jmorriss@sportskickstart.com.au.

FREE referee's course for young people!

Willoughby Council's Youth Services and **Football NSW** have teamed-up to provide a **FREE referee's course for young people** (aged approx. 15 – 20) starting **Monday, 2 May 2016 at 4pm** at the Chatswood Youth Centre.

The course will run for **9 weeks** (8 officially – first week is an introduction week) and will guarantee work as a Futsal/Football referee. If you know any young people (male / female) who are keen for part time/weekend employment or who may otherwise be interested please contact [John Woodward](#) (0402 744 378).



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Our mailing address is:

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

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