

Lane Cove Football Club



July 2016 - Volume 8, Issue 6



2016 LCFC Blue & Gold Ball: 6th August 2016!



**Don't miss out on tickets to the annual [LCFC Blue & Gold Ball](#) ...
celebrate the football season with friends at the Lane Cove Country Club!**

[Tickets](#) are only \$85 and include a 2 course meal, drinks and entertainment. Bring your dancing shoes, or at the very least, your singing voice and be entertained by the local band '**Equator Principles**'— made up of our very own football Mums and Dads!

Tickets are capped at 150 so book in now for a fun winters night out; food,

wine, friends and entertainment... we hope to see you there!



Next Coach Education Night & Goalkeeper Training on Monday, 18 July 2016!



Next Coach Education Night on Monday, 18 July 2016:

- 7:30 – 9:00pm for all LCFC Coaches

Next Goalkeeper Training Night on Monday, 18 July 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.

MiniRoos Season Update from NSFA!



For Mixed MiniRoos and Girls Under 6 and Under 7 MiniRoos (Saturday):

- Matches will continue up until 13 August 2016.
- There will be another redraw starting the week of Monday, 25 July 2016. This redraw will only go for 3 weeks.
- Gala Day is on Saturday, 20 August 2016.

For Girls MiniRoos Under 8 to Under 12 (Sunday):

- Matches will continue up until 14 August 2016.
- This would take us up to Round 16 for non-Diamond League and Round 17 for Diamond League.
- There will be no official redraw date, however we will monitor the results over the coming weeks.
- Gala Day is on Saturday, 21 August 2016.

All MiniRoos teams are presumed to be participating in Gala Day. Unless we hear from Clubs stating otherwise, all teams will be entered into the draw. **The cut-off date to pull out of Gala Day is Friday, 5 August 2016.**

Please make sure all your MiniRoos teams are aware of Gala Day being the last day for the AIA Vitality MiniRoos Season.

How wet weather will affect the MiniRoos dates:

Washout before the next MiniRoos redraw:

All five rounds will be played, so the redraw will be delayed a week. This means only two rounds will be played after the redraw.

Washout after the next MiniRoos redraw and before Gala Day: Gala Day cannot be rescheduled to accommodate more round games. We will play as many games as we can after the last redraw and before Gala Day.

Washout on Gala Day: Gala day will be cancelled. No rescheduling of this day will occur due to the ground availability after August 20th & 21st 2016.

Girls U14 Lightning

2016 Kanga Cup G13 Plate Winners!



We are thrilled to advise our girls are the winners of the 2016 Kanga Cup G13 Plate!

They had a successful week, culminating in wins in all five pool games and the grand finale. They played in trying conditions, played fairly but competitively and kept their spirits high throughout the week. The highlight of the week was the direct feedback the Club received from one of the local ACT teams thanking our team for their sportsmanship, fair play and spirit despite the difficult playing conditions (rain and mud).

The team has had a challenging season so far in the U14 DL competition playing against a number of highly competitive teams and they have been working hard to improve their ball and game skills whilst maintaining their confidence in the face of a number of defeats.

The Kanga Cup gave the team the opportunity to play in a more equally matched competition against teams their own age. During these games they were able to put into play the skills they have been learning in training. The most pleasing aspect of the team's performance last week was their improvement in playing as a team, with each player

contributing by playing their role well. They focused on keeping the ball, passing it strongly and supporting each other, playing the 4-3-3 structure well and communicating to each other much more clearly. The coaching focus on the team over the past 5-6 weeks has obviously made an impact. Whilst there were good individual displays and each player showed improvement, this was really a team performance.

The sense of team, friendship and fun made for a very memorable experience and we hope this confidence boost continues throughout the season!

2016 Results!

Age/Team	Division	Position	Played	Won	Drawn	Lost	GF	GA
U12 NSL Blue	1	5/6	10	2	1	7	21	33
U12 NSL Gold	3	4/8	10	5	0	5	17	21
Under 12 C	3	3/8	9	6	0	3	29	22
Under 12 D	7	6/8	10	3	0	7	14	36
Under 13 A	2	2/8	11	7	1	3	37	21
Under 13 B	2	3/8	10	6	1	3	29	18
Under 13 C	4	5/8	10	3	1	5	20	36
Girls 14	Diamond L	6/6	9	1	0	8	6	36
Girls 14 B	2	7/7	9	0	1	8	6	26
Under 14 A	4	2/6	11	6	3	2	29	15
Under 15 A	2	5/7	10	3	1	6	12	25
Girls 18	2	6/6	11	2	1	8	13	49
Under 18 A	2	1/8	13	9	1	3	35	20
Under 18 B	2	8/8	12	1	1	10	19	41
Mens All Age	PL	5/10	14	7	1	6	27	30
	PL R	8/10	14	4	2	8	21	34
	3	7/10	14	4	4	6	23	25
	3R	7/10	14	3	4	7	17	35
	4A	5/10	12	6	3	3	40	16
	4B	10/10	13	0	0	13	17	61
	4R A	4/10	13	7	1	5	38	24
	4R B	7/10	14	3	3	8	33	41
	5	10/10	14	2	1	11	14	67
	5R	10/10	14	2	4	8	22	43
	1	6/8	11	3	2	6	11	36
Womens All Age	3	5/10	12	7	1	4	20	13
	4A	4/5	11	6	0	5	23	27
Mens Over 35	2	1/9	11	9	1	1	32	10
	2R	7/9	11	3	1	7	13	33
Mens Over 45	1	6/6	13	0	0	13	15	59
	1R	6/6	13	0	1	12	5	57
Total				120	41	201	658	1010

As of Friday, 15 July 2016.



Our mailing address is:

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