

Roos News – February 2023

Welcome to Roos News

It's almost time!!! Bring on the 2023 Season!

You can almost feel the excitement in the air. NRL pre-season trails are behind us, and you can almost count on one hand the number of sleeps before the season proper commences.

In club land is a similar level of excitement, with pre-season training set to finish with a bang on Tuesday as the **North Sydney Bears Women's tackle team** coming down to Willoughby Park give all our players a rev up, and then our first official training sessions starting this Thursday.

Our registration numbers again look strong for this season and this year the club will field a few new teams that we haven't been able to put on the park in previous seasons, being our u13s and Senior teams. There is always room for more, and we can't wait to see you all and your mates at the **Come & Try on Sunday 5th March.**

The gear designs have been finalised and the orders are in, so it's almost time for us to get our own game on, with **Round 1 for u12 / u13 / u16 & Seniors starting on 15/16 April and all other age groups starting 22/23 April.**

Look forward to seeing you all on the training paddock this Thursday!!

Go Roos!!

Dave

Official Training for 2023

Training for 2023 will officially kick off on **THURSDAY 2nd MARCH** at Willoughby Park.

Due to the number of teams we have we will be running a tight training schedule to ensure all teams get adequate time on the field.

Under 6s to Under 9s – 4:30pm to 5:25pm

Under 10s, 11s & 12s – 5:30pm to 6:30pm

Under 12s & 14s TAG – 5:30pm to 6:30pm (Lower Oval)

Under 13s, 16s & Seniors – 6:30pm +

Under 16s TAG – 6:30pm + (Lower Oval)

Your coach/manager will be in touch if there are any changes to the above.

Mouthguards

Mobile Mouthguards will be in attendance at our first training session **Thursday 2nd March 5pm to 7pm** taking digital scans for Mouthguards!

This service was popular last year and our players loved the ability to totally customise their mouthguards plus the impressions were taken digitally – so no dealing with a mouthful of molding clay! ☐

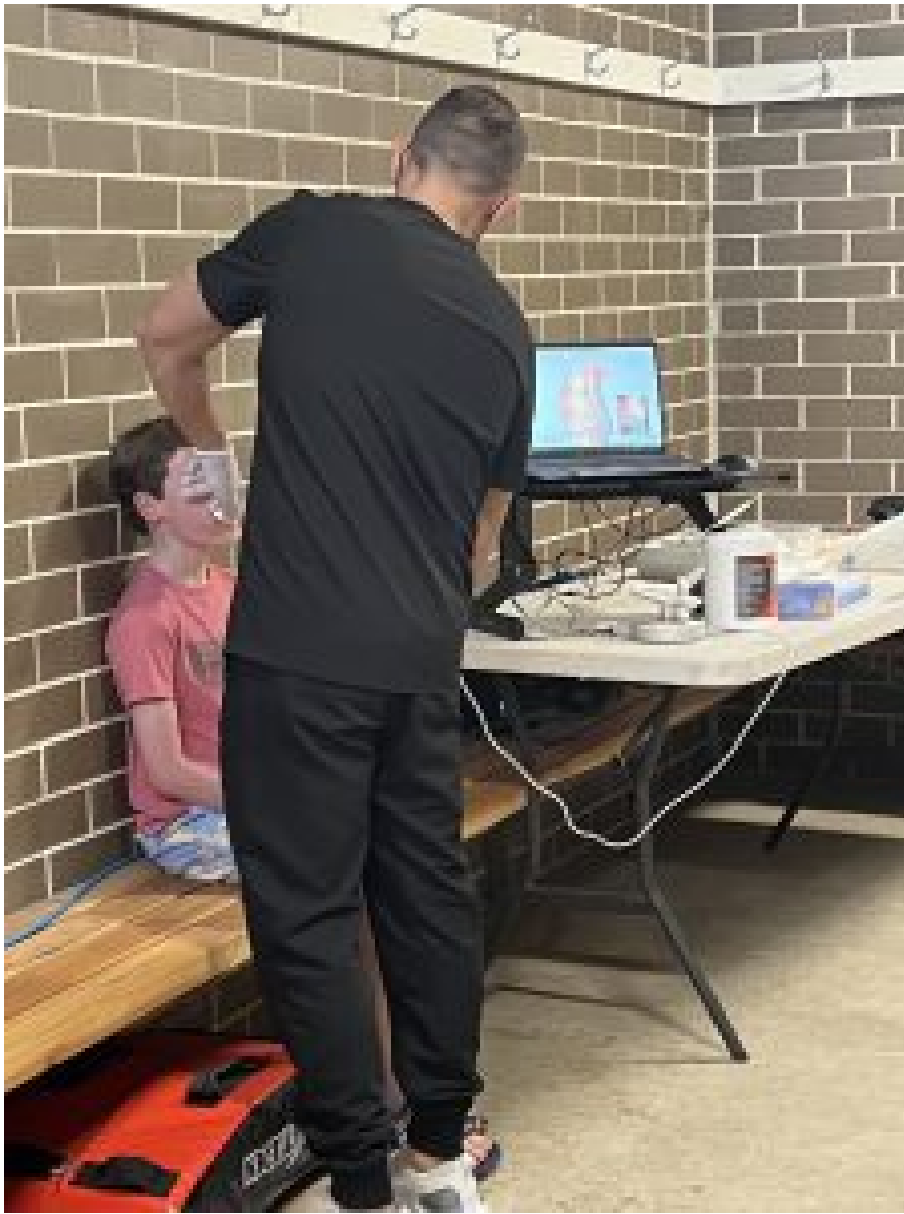
Mobile Mouthguards is:

- ✓Health Fund Redeemable (Provider No 4465211X. Item No 151 – Mouthguard)
- ✓Fully custom– design, name and number labelled within!

- ✓Best fit, comfort and quality available
- ✓Exclusive Price of only \$220 (INC.GST) – Pay on the day via cash, credit card or debit card.

For more info click here: [Mobile Mouthguards](#)





Open Pre-Season Training Session



We are opening up our pre-season training **THIS Tuesday 28th February from 5pm – 6:30pm for ALL to attend for FREE.**

This will be a great afternoon as we will have a number of North Sydney Bears **NSW Cup Players** coming to help, along with some of the North Sydney Bears **Harvey Norman Womens** team.

This is also great opportunity for an **NEW** players considering joining the Roos to come along, so if you have any friends or family keen on seeing what the Club is all about please bring them down!

Come & Try Day

Our 2nd Come & Try Day will be on **SUNDAY 5 MARCH at Willoughby Park #2 from 11am to 1pm.** We welcome all new and returning players to come down for a run around and BBQ.

It is always a great morning of FUN, FOOTY and making new FRIENDS!

WILLOUGHBY ROOS

COME AND TRY!

WILLOUGHBY PARK
SUNDAY 5 FEBRUARY
11:00AM TO 1:00PM

SUNDAY 5 MARCH
11:00AM TO 1:00PM

ALL WELCOME

GIRLS LEAGUE AGES 10-15

MOD LEAGUE AGES 9-12

mini FOOTY AGES 4-8

RUGBY LEAGUE 13+

WILLOUGHBY D.J.A.L.F.C.
ESTABLISHED IN 1975
ROOS

Registrations for 2023



THERE IS STILL TIME TO REGISTER FOR THE 2023 SEASON.

- Under 6s – League Tag
- Under 7s – League Tag + TACKLE
- Under 8s – Mini League
- Under 9s – 12s – Mod League
- Under 13s + Rugby League
- Girls League Tag 10 to 16 yo

For all NEW PLAYERS who register they will receive not only their playing kit and training shirt, but a Hoodie, Backpack and Roos Cap.

Register here: <https://bit.ly/3jUeGUy>

ACTIVE KIDS VOUCHERS ACCEPTED! 😊

If you have any questions please contact one of our Committee Members.

Regards

Roos Committee