

Roos News – January 2023

Welcome to Roos News

We hope you had a wonderful holiday break with your family and friends – can you believe we are starting to talk footy already?

Welcome to the first Roos news for the 2023 Season.

2023 will be a big year of footy for the club, as we head into our 110th year! No other club in the North Sydney or Manly competitions have such a proud history as the Roos and we are one of the oldest surviving Junior Rugby League clubs in the country.

Of course, we plan to celebrate this in style, with a limited edition 2023 player kit, a birthday party and plenty of other events throughout the year. We can't wait to get the party started.

To kick off the celebrations, we are offering for all our competition age groups (u9s +) the opportunity to have their names on the back of their playing jersey. Register before 31st January to take up this offer.

In other exciting news, the Roos are pleased to announce that it will be fielding a Senior's team in the competition for the first time since 2016. This re-introduces Sunday afternoon footy to Willoughby Park which has been sorely missed over the year. Another great way to celebrate our 110th birthday and our proud history.

Lastly, we would like to say a thank you to all our players, parents and volunteers who give up their time to each year to help make the Roos the wonderful community it is. The

feedback we get from parents is amazing (and appreciated) when we get compared to other winter sports and as a committee, we will strive to make that community even stronger in the years to come.

To quote the great Tony Bellia, Look Left, Look Right, Watch Out! ROOS ABOUT!

David

Come & Try Day

Our first Come & Try Day will be on SUNDAY 5 FEBRAURY 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!

We hope to see you there!

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. & L.F.C.
ESTABLISHED IN 1911
ROOS

Registrations for 2023



2023 registrations are now **OPEN!**

Currently there is an **EARLY BIRD SPECIAL** of a \$25 **DISCOUNT** until 5 **FEBRUARY 2023**.

Click here to register for tackle and league tag:
<https://bit.ly/3mbqrn8>

Pre-Season Fitness Training

It is time to start getting back to training after the holiday period.

Calling all boys and girls from Under 11s and up to join in with pre-season training (new players welcome)!

Starting TUESDAY 24 January 5pm – 6:30pm.

These 90 minute sessions will be about fun & fitness which

will be run by Hayden Gregory. Hayden is the Strength & Conditioning coach for the North Sydney Bears junior representative teams.

These sessions will focus on strength, conditioning and core league skills.

Cost for the 5 sessions is \$40 (see link below) or can be paid for individually for \$10 per session (either cash or card on the day)

<https://bit.ly/3XIuLLb>

Keep an eye out for info on upcoming sessions for our younger players and parents!

WILLOUGHBY ROOS

PRESEASON FITNESS TRAINING

UNDER 11S AND OVER BOYS & GIRLS

DATE: TUESDAY 24 JANUARY TO 21 FEBRUARY (INCLUSIVE)

TIME: 5:00PM TO 6:30PM

WHERE: WILLOUGHBY PARK #2

COST: \$40 FOR 5 SESSIONS OR \$10 PER SESSION

WILLOUGHBY D.J.R.L.F.C. ESTABLISHED 1913 ROOS

Calling all LITTLE ROOS!

Our Little Roos Program will be commencing on 2nd February 2023 @ WILLOUGHBY PARK with Coach Hayden! 3 to 5 year olds will learn the basics of passing, catching and having FUN!

It is just \$50 for the 6 weeks!

Parents can register their Little Roo here: <https://bit.ly/3mbqrn8> and by selecting "PLAYER SOCIAL" when prompted

ENLISTING LITTLE ROOS!

NON-CONTACT FUN
FOR 3-5 YEAR OLDS

**THE LITTLE ROOS ARE ALL ABOUT HAVING FUN
AND LEARNING SOME RUGBY LEAGUE SKILLS
ALONG THE WAY!**

For more information email
willoughbyroos@gmail.com

Coach Hayden is excited to bring this non-contact sporting program to 3 to 5 year olds. It's a great way to learn the basic skills of catching, passing and teamwork.

This fun activity will run for 6 weeks every Thursday afternoon at 4.30pm from 2 February 2023.

**ONLY
\$50 TO
REGISTER
(INCLUDES
TRAINING
SHIRT)**

**HAVE
FUN!
MAKE
FRIENDS!**



**WILLOUGHBY
D.J.R.L.F.C.
ESTABLISHED 1913
ROOS**



2023 Seniors Team

As previously mentioned, the club will be fielding a Senior's (18+) team for the first time in 8 years linking us back to our proud history and players from the past.

It will be a great opportunity for all our supporters to come up to Willoughby Park on a Sunday afternoon and watch some quality football.

The team have done an amazing job recruiting but are always on the look out for players, so if you, or you know someone who may be interested in playing then please reach out co-ordinators Hayden Gregory 0405563577 or John Gerber 0410741452

Merchandise

ADULT TRAINING SHIRTS

These are a **great addition** to be worn during these summer months, whether you are pounding the pavement or getting ready for our January pre-season training. These are \$45 and come in sizes Small to 2XL.

You can **buy** your singlet **here**.



WR FOOTY

After our Presentation Day we did a stocktake and have a number of Roos footys left for SALE!

Mini (SIZE 3): \$30

Mod (SIZE 4): \$30

League (SIZE 5): \$30

You can buy another Roos footy **here**

Any orders can be collected within a day or two at **Willoughby Park** or we are offering free delivery around the Willoughby area.

Go Roos!

Please, if you have any questions please reach out to one of our committee members.

Regards

Roos Committee