

# Roo News March 2021

## Welcome to Roos News

Welcome to the March edition of Roos News. Pre-season training has now finished but we wish to thank all those players, volunteers, mums & dads who came to those sessions. They were a lot of fun and we hope everyone got a lot out of them....including getting FIT!



Toughing it out during pre-season in the pouring rain!

## Training

Our first formal training sessions start Thursday 4th March, we will be split across Castle Cove Oval and Willoughby Park #2.

**Castle Cove Oval:** <https://goo.gl/maps/ZHx2BzTivT5p9YNn9>

Holly Street is undergoing some maintenance to it's car parking spaces, so please be mindful that parking on the street may be difficult. Please consider parking on the other side of the park on Headland Road.

Your coach/manager should have been in touch regarding your start date, time and location.



## Come and Try Day

Our next Come and Try day is this SUNDAY at 11am Willoughby Park #2. We had an outstanding response to our last one so we are hoping this one will be just as successful.

The format will be slightly different:

U6s to U9s will be run with coaches and the NRL – footy drills and fun!

U10s and up will be run with coaches and James Swadling from Fast Twitch Performance who will be focussing on **benchmarking key performance metrics**. These will be:

- Sprint – Time over 20 / 40 meters
- Agility / Endurance – Beep Test
- Strength – Max Push Ups / Sit Ups over a One Minute period
- Flexibility – Sit and Reach Distance to / past feet

The club will record performance over these metrics and then remeasure later in the year so we are encouraging all registered and potential players from U10s and up to attend.

It should be a great day!



## Registration incentive for Come and Try

- Any new player to the club that registers on the day will receive **a \$30 discount!**
- Any existing player that brings a new player to the Come and Try day and they register will receive a **\$30 Rebel Voucher** to the referrer!
- Referrals must be documented at the registration tent on the day of the Come and Try in order to be eligible.

## Little Roos

Our program commences Thursday 4th March at 4:30pm at Castle Cove Oval, registration is \$50 for the 6 weeks, and all Little Roos get a training shirt! If you have a younger sibling who

is keen to try it out, please bring them along for a trial session.

A 30 minute non-contact session, learning all things footy with Coach Hayden!



## Important Dates

### Training Commencement:

Thursday 4th March

### Season commencement :

Under 6s – Under 12s PLUS Under11s, Under13s & Under15s tag teams – **17 APRIL**

Under13s and Under14s – **1 MAY**

*Please note as Under 12s, Under 11s tag and Under 15s tag are part of a joint Norths/Manly competition there will be no game for these teams on the ANZAC Day weekend.*

If you have ANY questions on the above please contact one of our committee members or email [willoughbyroos@gmail.com](mailto:willoughbyroos@gmail.com).

Regards

Roos Committee

GO ROOS