



Anything you would like to see in the E-letter just email & we will see what we can do.

Dates for the Diary

For more details visit

www.rugfc.co.uk

Have checked out the new look Website. Well worth a visit

Respect

Parents have a big responsibility as part of the Respect programme. Respect is working to eradicate touchline abuse in football, and parents can play their part by agreeing to, and signing, their club's Code of Conduct and abiding by them throughout the season.

Everyone gets involved when watching football, especially if their child is playing, the trick is to keep your involvement limited to positive encouragement. Leave the shouting of instructions to the managers & coaches. You can always become one & then you'll learn it's the least effective way to improve performance anyway.

Parents also have a responsibility for their children's behaviour. The players will also be asked to sign a Code of Conduct, and parents can encourage their children to adhere to the players' code.

Let's make the football pitch a great place to be.

A new season

U10s – Hopefully with increasing numbers this group can take their first steps in football with some friendlies.

U11s – This new team urgently needs to increase its numbers or their first season will prove to be a very difficult one.

U12s – Expecting a hard first season but the manager is calling for 100% effort & enjoyment. The results will come. Amen.

U13s – Another new team really. With so few of the team having league experience & playing at u14 level, a steep learning curve awaits. That said the girls do seem to be more than capable of meeting this challenge.

U14s – Promise. Can the u14s achieve their potential? Early indications are looking good. The opposition that they face this year need to take care there is really quality in this squad.

U15s – A season of opportunity, the u15s have the chance to continue the progression that they have made in recent years.

Open age – See Below

Winter Training - Trinity High School, 2010/11 Season Commences 29th October

Time: 18:00 - 19:00

U10's, U11, U12 and U13 Jets

Time: 19:00 - 20:00

U14 Jewels, U15's



Open Age

This season introduces a major churn in the women's squad seeing 8 players leave for a variety of reasons but also the introduction of 10 new players, most from the last seasons under 16s, some previous RUGFC players returning and Mai Ward back after becoming a mom.

The squad overall looks much stronger and more balanced than in previous years but this will create some headaches for the manager, as all are eager to play as many matches as they can. To keep everyone happy there will be inevitably a degree of rotation which may affect the overall flow of the season. However from what has been seen in the pre-season matches all the players are well capable of dealing with changes in the team.

I believe that it will take a few matches to get the new players bedded in and playing at the open age level and we will be up against stronger opposition throughout the league than last year, so our expectations have to reflect this. Ideally another top half finish would be great that would allow a real concerted push for promotion next season and with the current squads blend of youth and experience plus another season under their belts I believe this is a real possibility.

This season also see's RUGFC's entry in to the Women's FA Cup, a major step for the Women's team and although the draw pits us against a strong team in Silverdale the experience of the event will be a good foundation for future years.

Women's FA Cup & Cancer Research

Sunday 3rd October 2010

For the first time in the clubs history our Open Age has entered the Women's FA Cup competition. To mark this occasion we are raising money on the day for Cancer Research.

The game will be held at:

**Redditch United F.C Valley Stadium Bromsgrove Road,
Redditch, Worcestershire B97 4RN**

Gates Open 1 pm Kick off 2 pm

Entrance Fee: £1

All gate receipts will be donated to Cancer Research

Come along support the girls & join the fight for women's survival

WELCOME