

Northern Beaches United Football Club

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Bounce Back: Text SOCCERNBUFC to 19922767

<http://www.nbuafc.com.au>



THE DELAYED FIRST ROUND OF PRESIDENT'S CUP TO BE PLAYED THIS SUNDAY, 7TH MARCH

President's Message

Finally – we have a game this weekend - hopefully the weather is the perfect balance between rain and heat / humidity!

Remember, fluid and electrolyte replacement is very important in our climate - even for junior players. It is recommended that all players bring at least **two litres** of water to their games (and to training). The use of sports drinks (i.e. Powerade etc) is often debated, but recent studies have shown them to be beneficial when used correctly. Players should only have one bottle of sports drink per day - no matter how much they sweat. Any more and it is not absorbed by the body (it just results in expensive wee!). Always remember to drink water after drinking sports (or any sugary) drinks to wash the sugar from the mouth; as a dry mouth and sugar is the perfect recipe for cavities! Have a great first game this weekend!

Edwina

Free Grassroots Coaching Course – Parents welcome!

NBUFC will be hosting a FREE Grassroots Coaching Course at our training grounds on **Thursday 11th March 5.30pm-8.30pm**. This is an introductory course, teaching the basic principles of coaching. Although it is aimed at coaches of the younger age groups, it is also good for the parents of our players, as it will give you the "tools of the trade" to help you to encourage your child's sporting development. This is also useful for those considering taking on a coaching role in the future! All participants who attend the course will receive the FFA's book, 'Coaching Grassroots Football' and an attendance certificate.

Please let Edwina know if you would like to attend.

Committee Required - Treasurer

We currently have a vacancy on the committee for a treasurer to manage the financial affairs of the club: keep the club's books; balance bank statements; prepare and present treasurer's report at meetings; receive and deposit fees and other income; and pay bills. Maybe you can't do all of these, but could help with a small part, e.g. banking the takings each week. Whatever you can do, please let us know! We really need your assistance! We need a strong committee to keep taking the club forward, so if you are at all interested, **please step up** let us know.

There will be a committee meeting held this Thursday, 5.30pm at the clubhouse. Come along and have a say in the running of your child's club!

Season Passes for Sale

The season passes to Brolga Park have finally arrived. At \$50, they are a great way to make some savings over the football season. See us at the clubhouse if interested

ESSENTIAL Training Equipment

A reminder to ALL that shin pads, socks & shoes MUST be worn to all trainings and games. The rule of **"No shin pads, socks & shoes, then no training"** will now be strictly enforced. Please note that although shin pads are not required for fitness training sessions, socks & shoes MUST still be worn.

A reminder to parents that a player must not wear anything during training or at the game that is dangerous to him/her self or another player – this means that children can not wear peaked caps or any kind of jewellery.

Access To Fields Before Training

Can all parents please remind their children that **players are not permitted on the training fields until their coach has arrived and training has commenced.** This is a safety issue as unfortunately accidents do occur when players are unsupervised.

COMMITTEE MEMBERS

President Edwina Andrew 0417 770559
Treasurer Paula Kennedy (interim)

Registrar Plyaides Garside
Secretary Dave Tombs

Townsville Rep Team Trials

*Trials for Townsville Representative teams (male and female) **Under 10 to Under 15** will be held at Brolga Park on Saturdays 13th and 20th March commencing at 9am. For further information please contact the Football office 47782955 or phone Bill Mitchell 0411421558.*

NQ Razorbacks – 2010 Home Games

The NQ Razorbacks draw has changed from last week and a copy of the full draw can be found on their website at www.nqrazorbacks.com.au

Games

A reminder that all games are played at the junior soccer complex (Brolga Park) at the Murray Sporting Complex (Annandale). For new families, the main car park is off William Angliss Dr. (near its intersection with Mervyn Crossman Dr.), however alternative parking (and an entrance gate) is available on Murray Lyons Cr. A \$3 entrance fee is payable for all adults except for coaches who produce their official Registration ID.

Fees

A reminder to parents that a deposit of \$100 per child is payable at the time of registration. Your child cannot play this weekend if the deposit has not been paid (unless prior arrangements are in place with the Club President).

NQ Fury News

The NQ Fury are running a series of training clinics for junior soccer players throughout the region. **Our training clinic is on Tuesday 16th March from 5pm to 7pm.** This is a great opportunity for you to meet with the players and coaches, and receive some valuable skills training. All are welcome - bring along the family and friends to meet the Fury players as well! Please note, only registered players can participate in the training clinic, but everyone else is welcome to watch the training and participate in the sausage sizzle and meet 'n' greet!

BounceBack

Text **SOCCERNBUFC** to **199BBSMS (19922767)** and get the latest information on cancellation to training sessions or games.

PRESIDENT'S CUP – ROUND 1: SUNDAY 7TH MARCH

Field	Time	Age	Home	Brolga Park	Away
Field 1	Bank of Queensland 2.00pm	U16B	NBUFC		v REBEL ROWSERS
Field 2	Mc Donalds 2.00PM	U15G	NBUFC		v REBEL ROULETTES
Field 3	Filippo Mele 8.00AM	U14C	NBUFC RATBAGS		v REBEL RUMBLERS
Field 4	Macca's Sports Turf Company 3.30PM	U12B	NBUFC		v ANNANDALE 2
Field 5	NQ Packaging Plus 10.30AM	U11A	WULGURU GREEN		v NBUFC BULLETS
Field 10B	Think Office Technology 8.30AM	U10	REBEL ROCKADILES		v NBUFC STINGERS
Field 9A	Total Construction 8.30AM	U8	REBEL RATCHETS		v NBUFC SPURS
Field 9B	Total Construction 8.30AM 4.00PM	U8 U9	NBUFC BULLS NBUFC CHEETAHS		v SAINTS SNAKES v WULGURU RED
Field 9C	Total Construction 1.30PM	U9	WULGURU GREEN		v NBUFC DRAGONS
Field 7B	9.30AM 3.30PM	U6 U7	NBUFC DRAGONS WULGURU RED		v SAINTS DINGOES v NBUFC RED (TIGERS)
Field 7C	1.30PM	U7	BROTHERS WHITE		v NBUFC FIRE
Field 7D	Leather's True Value Hardware 3.30PM	U7	SAINTS EAGLES		v NBUFC BLACK
Field 6A	Street's Paddlepop 10.30AM	U6	SAINTS CROCS		v NBUFC LIONS