

# PRESTON LIONS F.C.

PRESTON LIONS FOOTBALL CLUB - PO Box 382, PRESTON VIC 3072. - B.T. Conner Reserve, 200 Broadhurst Avenue (Cnr Radford Road), Reservoir Vic 3073.

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## Dear Lion Cubs, Parents and Guardians

Preston Lions F.C. welcomes you and looks forward to having you as part of our club and program.

The purpose of the Lion Cubs Program is very simple. We want to give boys and girls between the ages of 4-6 years old a positive experience and introduction to Football, by creating an environment where we maximise their enjoyment to start building a lifelong passion for our great game. Through fun games, we aim to teach and develop the basic fundamental skills of ball control, passing, receiving, shooting, turning, dribbling and running with the ball. We want the children to be exposed to the ball as much as possible and learn at their own pace, whilst feeling happy and confident in their own ability in a friendly and non-competitive sporting atmosphere.

The learning through play philosophy is the best way to address this, therefore, fun and ball contact are central to all activities in this program. This method has been proven to be the best introduction to our sport for young children and is widely used by similar programs around the world. There are no complicated drills, no running laps and no activities where children are standing in lines for prolonged periods of time. A child's enjoyment and love of the game grows with an increase in their skills and technique.

The Lion Cubs Program is furthermore designed to educate young children with life skills such as interacting with their peers, listening, communicating, sharing and teamwork. It will also help and encourage with all aspects of physical and mental development using Football as the tool. In addition to the basic fundamental skills of Football, the program will help children develop confidence and improve their motor skills, balance, coordination, agility, technique and spatial awareness.

As we find that some younger children often feel more comfortable with their mum or dad helping them, if required, for the first session, we encourage parents to come prepared to run/walk around with their child until they are comfortable.

The program is aligned with school terms and runs in 9-10 week modules, depending on the length of each term. All modules are deliberately structured so that skills are taught in a progressive and repetitive manner using different drills that teach the same skills so the children do not get bored. Keeping the children interested and enthusiastic will ensure consistent development. Training sessions will be conducted on Saturday mornings and should not last longer than 60 minutes per session.

The cost of the program (per term) is \$140.00 per child upon registration; which incorporates each child receiving a Lion Cubs Jersey, Shorts & Sock's. Full payment is required within the first two (2) weeks of the program commencing. The fees for the program thereafter will be \$110.00 per term, per child (excludes Jersey, Shorts & Socks). The program will be conducted during the first three (3) school terms of the year. (Refer to attached school term calendar for exact dates).

## Some rules we need to follow in preparation for our program.

- All Players must have shin guards and moulded soul boots in order to participate.
- No jewellery is allowed - during sessions. This includes earrings. Please remove prior to sessions.
- Parents must ensure that their children bring a bottle of water to sessions.
- Sessions start at **9.30am sharp**. Coaches will not wait for late comers, so please arrive early.

Lastly, please feel free to encourage your children's friends to come along to the Lion Cubs Program. Whilst we have a good number of children\parents who have expressed interest, we have the capacity for a few more to attend.

**Lion Cubs Referral Discount** - Each time a new Lion Cub registers for a term, as a result of your referral, you will receive a \$20.00 discount off your registration fee for that term in appreciation of the trust and confidence you have placed in us.

**Location: B.T. Conner Reserve, Broadhurst Avenue, Reservoir**

# 2018

## LION CUBS

### CALENDAR

SCHOOL HOLIDAYS

PUBLIC HOLIDAY

LION CUBS (Sessions Start 9.30am Saturday Mornings)

#### JANUARY

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	14	25	26	27	28
29	30	31				

#### FEBRUARY

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

#### MARCH

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

#### APRIL

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23	14	25	26	27	28	29
30						

#### MAY

M	T	W	T	F	S	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

#### JUNE

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25	26	27	28	29	30	

#### JULY

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23	24	25	26	27	28	29
30	31					

#### AUGUST

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20	21	22	23	24	25	26
27	28	29	30	31		

#### SEPTEMBER

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24	25	26	27	28	29	30

#### OCTOBER

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29	30	31				

#### NOVEMBER

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19	20	21	22	23	24	25
26	27	28	29	30		

#### DECEMBER

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