



Ryde Panthers
Football Club

*PO Box 275, North
Ryde NSW 2113*

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DIARY DATES!

10% discount for Prompt pay-
ment closes for registration

MIDNIGHT 17.2.13

Mini's Soccer Orientation Day -
Under 6, 7 and 8's -

Sunday 24.2.13 10-12pm

**TEAM SUBMISSIONS close
25.2.13**

Trial Games Commence -

Mid March

2012 Coaches and Managers
Information Night -

Monday 4.3.13, 7.30pm

Season 2013 Commences

GHFA—Sat 6.4.13

NWSWF—Sun 7.4.13

Panther News Pre Season update —2013

MEMBERS Edition

February 2013

******BREAKING NEWS!!!!!!!**

Dear Ryde Panthers Members,

Welcome back to another new and exciting year for
the Mighty Kingfisher Blue!



Head Coach:

We congratulate Dan Findlay on accepting
the position of RDP Director of Coaching.
A Panther since he was a Junior, Dan's
experience and expertise will ensure that
there is a lot
of input to-
wards a more uniform ap-
proach to coaching, par-
ticularly for the Mini's
in the first instance.

Boot Collection:



Unwanted boots in
good condition—
Bring to ELS
Hall—Sunday 24th

Feb—10-12noon.

All sizes accepted!



Social Media:



Find out the latest news and keep up to date
by visiting our dedicated page on Facebook. [https://](https://www.facebook.com/RydePanthersFootball-Club)

[www.facebook.com/](https://www.facebook.com/RydePanthersFootball-Club)

[RydePanthersFootball-
Club](https://www.facebook.com/RydePanthersFootball-Club)

RDP Contact:

secretary@rydepanthers.com

Kick On! RDP Committee



A-LEAGUE News

SIGN UP  **eNEWS**

TICKET OFFERS, COMPETITIONS, PLAYER INTERVIEWS & MORE!

FEB
16



Sydney FC

VS

Adelaide United
FC



LADDERS

A-League

CLUB	P	PTS
Central Coast Mariners FC	20	42
Western Sydney Wanderers FC	20	38
Melbourne Victory FC	20	36
Adelaide United FC	20	35
Melbourne Heart FC	20	24
Sydney FC	20	24
Newcastle Jets FC	20	23
Brisbane Roar FC	20	21
Wellington Phoenix FC	20	20
Perth Glory FC	20	19

Saturday 16 February 2013 at 5:30pm

Allianz Stadium

<http://www.scgt.nsw.gov.au/venues/allianz-stadium/>

FEB
23



Western Sydney
Wanderers FC

VS

Perth Glory FC



Saturday 23 February 2013 at 5:30pm

Parramatta Stadium

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

SOCEROO News



Australia v Oman

Stadium Australia, Sydney

Tuesday 26 March, 2013

Kick off 7.30pm (local time) [Click here for tickets](http://www.footballaustralia.com.au/tickets) <http://www.footballaustralia.com.au/tickets>

Ticket Prices – Single Match Tickets

Category A - \$95 all tickets

Category B - \$65 Adult, \$35 Concession, \$165 Family

Category C- \$40 Adult, \$20 Concession, \$95 Family

Australian Active Area - \$45 Adult, \$25 Concession

Ticket Prices are inclusive of GST & Booking Fee. Transaction and credit card fees apply.

Concession (Pensioner, Student, Child)

Pensioner - Aged, TPI (valid ID cards) including seniors cards

Student - Full time tertiary and secondary school students (valid ID required)

Child - 4-16 years inclusive (children 3 years and under are free unless they are occupying a seat)

National Companion Card Accepted

Family - 2 Adults and 2 Children

*** HAVE YOU REGISTERED YET?

Under 6—AA Team nominations need to be SUBMITTED to the GHFA and NWSWF by 25th February.

If you haven't already done so, then please click on the link below to register online. Payment can be done offline via Cash or Cheque. **Payment if made before midnight 17th February attracts a 10% discount.** Other discounts are available on the registration pages. Official season games start 6th April.

<http://www.rydepanthers.com/framework.asp?submittopage=registrationhome>

Ryde Panthers Football Club

Calendar of Events

As at

11.2.13

Day	Date	Details	Location	Start Time	Finish Time
Sunday	17-Feb-13	Cut off for Registration Early Payment Discount		Midnight	
Monday	18-Feb-13	RDP Committee Meeting— Team Nominations	Venue TBC	7.30pm	
Sunday	24-Feb-13	MINI's Orientation Day- Year U6,7,8	ELS Hall-RCSC -Court 1	10am	12noon
Monday	25-Feb-13	Team Nominations Close	GHFA & NWSWF		12noon
Sunday	March	CLUB DAY Trial Games	ELS Hall		
Monday	4-Mar-13	Coaches and Managers Information Night	Venue TBC	7pm for 7.30pm	9.30pm
Sunday	March	Trial Games - Opposition TBA	North Ryde Oval		
Friday	15-Mar-13	GHFA Team Registration Closes	GHFA & NWSWF		4pm
Friday	15-Mar-13	Payment of Player Insurance Due			
Sunday	March	Trial Games - Opposition TBA	North Ryde Oval		
Monday	1-Apr-13	GHFA Player Registration Closes for Round 1	GHFA		10am
Saturday	6-Apr-13	GHFA Season Commences			
Sunday	7-Apr-13	NWSWF Season Commences			
Saturday	JUNE - date TBC	Team Photographs	ELS Hall	from 8.00am	TBA
Monday	3-Jun-13	Coaches and Managers Meeting	Venue TBC	7pm for 7.30pm	
Sunday	30-Jun-13	GHFA Trophies to be returned			
Saturday	3-Aug-13	RDP - Annual Family Fun Night	ELS Hall & Indoor RCSC	From 4.30pm	
Monday	July - date TBC	AGM		7.30pm	
Sunday	8-Sep-13	Mini/Junior Presentation Day	ELS Hall - RCSC	10am	2pm
Saturday	14-Sep-13	SEASON 2013 Presentation Dinner	Venue TBC	7pm	

FOCUS ON FUN!

<http://www.playbytherules.net.au/latest-hot-topics/1294-focus-on-fun>

'Fun at all costs' should be the motto

With the focus on cheating and corruption in sport at the moment, underpinned by a 'winning at all costs' attitude, it just shows how important it is for us as parents, coaches and teachers to be good role models and emphasize positive values in junior sport such as fairness, good sportsmanship, and above all, a focus on fun!

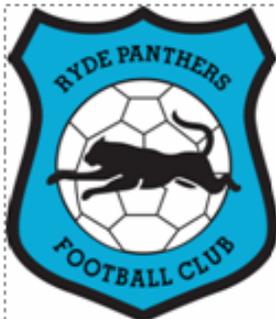


The following story sums it up from a kid's perspective: Maddie is five. Her dad signed her up for her first ever mountain bike race. It was a single dirt track, one kilometre long. The race had all the trimmings – a starting gun, marshals and a finish line. Maddie tackled the course with gusto, got a prize for finishing and then rode the track four more times, just for fun. When asked later if she won, Maddie replied: "I dunno".

The new school year has begun and children all over the country are first-timers at come-and-try days and after-school sport. How do we ensure that every child's first experience of organised sport is a good one? What role do coaches play? What are the keys to junior sport success?

We all know sport is great for kids. It helps develop gross motor skills, keeps them healthy, promotes cooperative play, encourages teamwork and good sportsmanship. Children who participate in organised sport can make new friends, build self-esteem and develop a sense of fair play. But kids don't care about any of that - to them sport is one thing: fun!

So what are the keys for clubs who want to offer all that and more to the youngest of their junior members?



Est.
1958

RYDE PANTHERS FC
INVITE YOU
TO COME & PLAY
FOOTBALL

www.rydepanthers.com

**Men, Women,
Boys and Girls
Welcome!**

ALL AGES CATERED FOR
FAMILY, FUN, FRIENDS,
FIRST

Here's the must-do list:

Focus on fun Fun is the number one motivator for young children in sport and in life. • Forget winning and focus on fun. If they're having fun you can teach them just about anything. • Help them to develop broad physical skills like balance, agility and coordination. • Incorporate some sport-specific activities, but only if they're fun and they maximise participation. • Plan a variety of activities to keep them engaged and give them plenty of time to learn new skills. • Don't talk too much! Children are much better at doing than listening. Keep instructions short and simple.

Be fair and inclusive Give everyone a go, regardless of their skill level or ability. The key is participation. • Be a role model. By displaying a sense of fair play, you are teaching them the same valuable lesson. • Modify activities and games to make sure you are catering to everyone. • Be supportive; praise them for the things they do well. • Give all children your time and attention, not just the most talented ones.

Make it safe We may think they are made of rubber but young children do hurt themselves and others when playing sport. Not only are they less coordinated and have slower reaction times than adults, they are less capable of assessing risk, so may unknowingly take risks that result in injury. • Use proper equipment and safety gear that is the correct size and fits well. • Make sure all equipment is properly maintained. • Ensure playing fields and tracks are in good condition so kids are less likely to fall or trip. • Avoid over-use injuries by ensuring that coaching programs are appropriate for the age, maturity and skill level of the athletes. • Match children with activities according to their age, size, skill level, physical and emotional maturity. • Include supervised warm-up and cool-down periods and make sure they drink plenty of fluids. • Make sure only qualified personnel attend to injuries.

Why team sports help children

• by: *Fiona Baker* From: *National Features* February 04, 2012 6:30pm

FROM making friends to learning to be a good loser, playing a team sport has benefits for kids that extend far beyond the physical. And it can be good for parents too. By Fiona Baker.



It's that time of year again - children's sport registration, when parents and children decide which sporting activities the kids are going to sign up for this year.

True, sports can be a financial drain and the times of training or games can be highly uncivilised. But with more and more research pointing to the lifetime value kids get from playing sport, the sleep-in sacrifices should be worth it in the long run.

While the physical-activity aspect of team sports is well recognised, kids are learning a whole lot more when they pull on a club jersey or sports uniform, says Adelaide-based clinical psychologist Tim Dansie.

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Positive role models

"It is important to be a part of a team and little things such as commitment to training, being on time, encouraging your teammates and winning or losing graciously are all part of being a good team person," Dansie says. He says these are skills kids will need to call on throughout their lives.

He says team sports can also lead to children forming friendships outside their school group, can teach kids to work towards a common goal, provide structure and routine and exposure to positive role models outside the immediate family, such as coaches and managers.

The growing body of research into the benefits of team sports on children supports Dansie's view. A 2011 study from Queen's University in Canada found playing sport can help children develop "citizenship" qualities they will retain throughout their lives.

The researchers also found kids who play team sports are more likely to show initiative and be able to call on internal sources of motivation than those who don't.

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Raising a good sport

No-one wants to be the parent of a bad sport who chucks their racquet, swears at the umpire or throws a tantrum every time their team loses.

Dansie says parents can play a vital role in teaching their kids to be good sports - and those skills will also help them on their journey through life.

It all starts with mothers and fathers simply modelling good winning and losing behaviour in the home.

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Fun is in the playing

"This can start by playing board games, card games or any games where winning and losing are involved," Dansie says.

"This teaches kids the fun is in the playing, not the winning and losing, and that sometimes you will win and sometimes you'll lose.

"At team games, it's very important to encourage and make sure no negative comments are ever made."

A former PE teacher and state cricketer, Dansie is passionate about the role sport plays in families' lives. "Kids' sports allow parents to spend quality time with their children where lifetime memories are made," he says.

He says every parent has a great sporting memory from watching their kids. "It's my guess that memory will be as vivid as the day it happened - possibly exaggerated over time, but nevertheless priceless. "That's why it is so important for parents to be involved, as families will talk about sport and games for years and years to come."

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