

RFC NEWSLETTER

“KEEPING THE RICHMOND SOCCER COMMUNITY CONNECTED”



RFC NEWSLETTER

RFC is pleased to announce it will be keeping the Richmond Soccer community connected through its new newsletter which will be available on the 1st and 15th of every month. The newsletter will provide important programming

information/updates, information on the club - past , present and future, provide challenges for players, coaches and parents to participate in, and lots more exciting stuff to keep the Richmond Soccer Community engaged and active.

In this newsletter we will feature the following:

- Girls Programming
- Toilet Paper Challenge
- Pre-season training
- Send us your artwork
- Stay connected with the ball



GIRLS PROGRAMMING

RFC is excited to offer girls programming for the 2020/2021 soccer season. Thank-you to all players who attended evaluations for Select Program teams. Registration for girls and boys U5-U18 Recreational and Select for the upcoming season will open soon.

RFC Toilet Paper Challenge

Coach Emad has invited everyone; players, parents and coaches to join him in the Toilet Paper Challenge. Whether you are juggling, performing a trick or a creative move - take a video and submit by sending your short video to the following email: rfcnewsletter@richmondfc.ca

Coach Emad with your permission, will then post on RFC's new YouTube Channel. Click below to see Coach Emad and some of the RFC players and coaches take part in the TP Challenge.

[RICHMOND FC YouTube CHANNEL](#)



Richmond FC Pre-Season Program (Spring/Summer 2020)

The Program has been developed by RFC to provide all soccer players within the Richmond community the opportunity to get re-connected with the ball, be active and socialize with friends and teammates as we prepare for life after COVID-19.

The program start date will be dependent on when the Government of Canada, Canada Soccer and BC Soccer advise when we can return to play. See potential start dates and costs in the table below. The end date of the program would be August 1 to give families a break prior to the start of the 2020/21 fall-winter season.



Start Date	# of weeks	Cost
May 18	11	\$330
June 1	9	\$270
June 15	7	\$210
June 29	5	\$150

[CLICK HERE TO REGISTER](#)

Each program will be designed specific to the age and stage of the player's development. The prime focus will be individual skill development to reconnect players with the ball, along with fitness and physical literacy through small games and fun exercises. All session will be led by the assigned age group technical leads, along with support staff, and age group coaches. To register please click the link. No payment is required at this stage, it is just to confirm your interest. Once we have confirmed the start date you will be notified with further instructions on how to make payment.

Send Us Some Artwork

Drawing a picture is a great way to exercise your creativity and pass the time while in the house.

Everyone at RFC would love to see your artwork! Draw a picture of you playing soccer with your friends, scoring a goal, or of your favorite soccer player or team.

Take a picture on your phone or your parents' phone and send to rfcnewsletter@richmondfc.ca and we will look to post your art on the RFC website and social media and feature some of the best artwork in the next newsletter.



Staying Connected with the Ball

In this section Richmond FC will provide simple ball related exercises players can set up, that require very little space, that can be done at home, in the living room, garage, hallway or back yard.

In this 1st exercise simply set up a line of cones, tin cans, or whatever you can think of, and dribble the ball through the cones using a variety of techniques, for example:

- Using one foot only
- Using a particular part or parts of the foot/feet
- Juggle while moving through cones with a bounce or no bounce
- What creative ways can you come up with?

Take a video, and send to us at rfcnewsletter@richmondfc.ca . With your permission we will upload onto the RFC YouTube Channel.

Are you connected with Richmond FC?

www.richmondfc.ca



@richmondfootballclub1



@RichmondFC_BC



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<https://m.youtube.com/channel/UC3V6FFsKg6BWNCYRS3VCizw>