

Kingsgrove Colts JRLC

SPRING 2021
NEWSLETTER



Thank You to Our Sponsors

2021 like the 2020 season has been overshadowed by the impact of the Covid 19 pandemic.

On behalf of the Kingsgrove Colts JRLC community, we want to extend our wholehearted thank you to all our sponsors who support our club each season. Your support really makes a difference to our club by helping us offset all costs that are involved in the running of a successful junior rugby league club.

We have a very unique, family oriented rugby league community, with most of our sponsors being part of it in one way or another, either with children playing at the club or as past players as well as being involved because of their love for our great game.

Some sponsors are new to our community, but others have been with us for many seasons, we could not continue providing for our members without your support.

Our rugby league community would like to extend our well wishes to you, your families and businesses. Kingsgrove Colts will try to support and promote your business or services whenever we can. We encourage all our members to please support our sponsors.

Yours in Sport

Kingsgrove Colts Committee and Community.

RESPECT HONOUR LOYALTY FAMILY

@kingsgrovecolts
#kingsgrovecoltsjrl

REPRESENTATIVE TRIALS

EXPRESS YOUR INTEREST

We would like to encourage all eligible registered players that would like to trial for Harold Matthews (BOYS TURNING 16 OR 17 YRS OLD IN 2022) or Tarsha Gale (GIRLS TURNING 18 OR 19 YRS OLD IN 2022) to register their interest via the appropriate links below.

Harold Matthews

Trial link

- <https://forms.gle/vQwk3GqvwJtKEWtaA>

Tarsha Gale

Trial link

- <https://forms.gle/r2i4SRLgRF55RZxk8>

There will be NO trials for SG BALL squad (BOYS TURNING 18 OR 19 YRS OLD IN 2022) the train on squad will be selected by Senior Dragon staff from a list of players created from the expression of interest form below, please put in interest via the link below

SG Ball

Expressions of Interest link

- <https://forms.gle/bqvbnVTnpbC1BeoU7>

REGISTRATIONS CLOSE SEPTEMBER 13th, 2021

Good Luck to you all.

Bring On the 2022 Season

Stay fit and healthy

2022 season is not that far away. By the time we start training in March, we will all be chomping at the bit to get back on the field. Keep up with training at home during Lockdown to help keep our bodies and minds fit and strong.

We are hoping to launch the 2022 season with a rego day and sausage sizzle at the park in March. Bring your friends who want to play and be involved in the greatest game there is.

Stay in contact with your team Coaches and Managers via your team Whatsapp groups as well as check out Kingsgrove Colts Facebook and Instagram for updates on the Family Gathering and season start in 2022.

Nrl.com has a great 21 Day Resilience Journal that has some beneficial techniques and strategies that promote wellbeing and the importance of resilience through GRATITUDE, EMPATHY and MINDFULLNESS. #RoadToResilience-NRL

Please look after your mental health and wellbeing as well as your physical health wherever you may be. If you or someone you know is going through a tough time, please speak up, we are all in this together.

NRL Mental Health Partners

BLACKDOG INSTITUTE T: (02) 9382 4530
blackdoginstitute.org.au

HEADSPACE headspace.org.au

LIFELINE T:13 11 14 lifeline.org.au

KIDS HELP LINE T: 1800 55 1800 kidshelp.com.au



