



THE RANGER

CASSIOBURY RANGERS FC



Welcome to the first Ranger of the 2015/16 season. We are looking forward to another great year of football fun.

As with all grass roots youth football clubs we rely on volunteers giving their time to give our children the opportunity to play the game they love.

Without the individual efforts of mums and dads there would be no training, matches or kit.

We are looking for a couple of willing mums or dads to provide help with coaching and administering teams.

Full support will be given and it is really rewarding to be involved in your team. If you are willing to help, please contact your team manager.

PLAYERS WANTED

We are looking for players for our U6 (Y1) and U7 (Y2) squad. Training is on Saturday mornings at Parmiters and offers a fun introduction to the beautiful game.

Jon Bird is looking to add a couple of players to the U11's (Y6).

If you know of any players looking for a team next please pass on membership secretary Liz Smale contact details – crfcmembership@hotmail.co.uk .

**DIARY DATE – 2nd SEPTEMBER 2015
MANAGERS MEETING
THE SPORTS CENTRE PARMITERS
8PM START**

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SPONSORS OF THE U15'S

Metro Printing of Watford provided two player recruitment banners that are proudly on display in the car park and astro turf area at Parmiters.



We must also thank **Andy Bugler of Bugler Homes** for covering the cost of a regular player recruitment ad in the My News magazines.

Without the generous support of local business's we would struggle to provide the kit and equipment needed for all our teams.

NEW WEBSITE COMING SOON

The club want to say a big thank you to **Tomasz Libich** who has spent countless hours over the summer bringing together the new club website.

Tomasz's son plays in the U11's and his technical know-how has been invaluable.

You can now find us on Facebook and Twitter and Tomasz is working on a facility for managers to upload their weekly results from their mobiles!

Charlie Rowland, an ex CRFC Player who spent 11 years playing with the club and is now a coach with the U13 Clarets will monitor and update the site.

LINESMAN COURSE

One of the challenges we face when organising matches is finding a willing volunteer to "run the line". We all want to watch our children play so the best solution is for a rota of parents to offer to do this for their team.

This means no-one gets lumbered with the role every week and the coaches can focus on organising the team.

Last season we arranged for a qualified referee from Herts FA to visit the Parmiters and run a basic course for parents and coaches.

It was a great success and we are looking into running a similar course this season.

Please let your manager know if you would be interested in coming along.

We would need a minimum of 15 people to attend.



CQ ZONE FITNESS TIPS FOR YOUNG FOOTBALLERS

It's vital to develop the physical characteristics of skill, strength, speed, suppleness and stamina over time. Each develop independently and at different rates.

When we're young warm-ups and cool downs aren't so important, but as exercise lasts longer and our bodies grow they become essential.

The purpose of a warm-up is to prepare us physically and mentally for training that follows.

Warm ups prevent injuries, allows blood to circulate, warms muscles and prepares you for exercise.

Here are some simple warm-up exercises

- Stand on one leg and 'write your name' with the other foot
- Skip with opposite arm and leg up high
- Go from A to B via a series of obstacles in the shortest amount of time or with the fewest steps
- Dribble balls in a small area (10m by 10m), with five or six players without colliding
- Twist - stand shoulder-width apart and your arms straight out and parallel to the floor. Keep your body stationary while swinging your arms from side to side. Do this several times to loosen up your waist, back and shoulders

Taking the time to warm up will help get the most out of any training session.

Score with our special offer!



Does your child play for Cassiobury Rangers? Then you can save 25% on your selling or letting fees!

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