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11th July 2021

President's update

Cougars Season – So Far 2021

What a year so far for the Cougars, the growth we have seen during the last 12 months has been amazing and everyone needs to give themselves a pat on the back with 22 teams and over 330 kids registered at the club, Jane has been extremely busy, this is the biggest we have ever been. For the first time in 10 years, we have an OPEN Men's team, we also have 6 girls' teams from U11s to OPENS.

The challenge has been fitting all of these teams in especially when it comes to training and game day and we have had our share of home rounds.

I would like to take a moment and thank a very hard-working Committee for getting us to where we are. Season 2021 saw us change gear suppliers and with that all of the players were sized to make sure all of the players got the right gear. A huge thanks goes to the Sponsors, who without your input we couldn't do what we do, if you are keen to jump back on board in 2022 please speak to Damien or Isaac ASAP. To everyone on game days who come down and help out, the more help we get the easier it is to spread the work load, this is a great time to socialise with other members of your team but the club, when we have a home game, we need volunteers from each team playing at home to help in the Canteen and around the ground. It's a great time to help out and this is done while your child is warming up and you won't miss their game.

As we head in to the last few rounds of the season, kids enjoy the game, parents enjoy watching the game and please be quiet on the sideline, if you haven't got anything nice to say then don't say anything, listen to your coaching staff and remember to just enjoy the game win loose or draw.

Now as we wait for Lockdown to finish get outside and practise your kicking and passing, go down to the park and get yourself ready for those last few rounds and the finals.

Important Dates

Sunday 8th August

Last round game

Saturday 14th August

Benny Elias Shield
U6/U7/U8

Sunday 15th August

Semi-finals start
International & Mods

28th-29th August

Grand Final weekend

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Committee Contacts

President: Damien Mackey

Vice President: Anh Pham

Treasurer: Isaac Taylor

Secretary: Monica Sherlock

Registrar: Jane Belgrove

Coaching Coordinator: Dan Burbridge

Gear Steward: Natalie Mavrakis

Social & Fundraising: Maryanne Thompson

Sponsorship Coordinator: Denise Macfadyen

Website: Steve Younis

Ground Manager: Ian Gibbeson

Anthony Zeitoun

Canteen Coordinator: Caroline Burbridge

Grievance officer: Richard Younis

Mario Cipollone

Child Welfare Officer: Robert Pellegriti

Suzan Caglar

Medical Coordinator: Ray Sleiman

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Under 6B

It been a great start to the season for the under 6 blue team. The most pleasing aspect has been seeing the kids form friendships and their performances improve from week to week.

It has been satisfying watching the first timers get a feel for the game and seeing those that have returned from last year develop their skills.

As with all great teams, our successful seasons has been built on defence. The blue cougar wall has been impenetrable! On the back of our defence we have seen some exciting attack right across the field and the season highlights include:

- Beth scoring her first try a couple of weeks ago and being awarded player of the match honours – we love having Beth in the team;
- Alessio being awarded man of the match in the last game. His courage is second to none considering his size and age (he would have to be the youngest kid in the club – I'm not sure he has even turned 4!);
- Jax taking the tough runs and getting us hard metres and being rock solid in defence – he never lets us down – a great team player, very courageous;
- Aiden bamboozling the opposing defence with his footwork and speed and scoring plenty of tries – not to mention his crunching defence;
- Charlie scoring try after try from all parts of the field. His defence has also been second to none. He has a big future this kid;
- Ben (B1) being one of our great all round players. He scores tries and cuts them down in defence. He's the bloke everyone wants in their team;
- Ben Miller (B2) enjoying his first season with some big breaks down the field and courageous defence despite his size. He's looking forward to the rest of the season including scoring his first try and I reckon he's not far off his first man of match award.

Thanks to all of the parents who have assisted with coaching and team management. It's been a learning curve but I think the kids are enjoying it more as the season progresses.



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213 NORTH ROCKS ROAD

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Under 6M



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What a season 2021 has been, our Team of 8 mainly first year Footy players (and Coaches) has had a great season so far! For a Team that didn't know which way to run when they first started a few short weeks ago, to the Team that is working together and creating their own moves on the field, moves that they haven't even been taught at training yet! They have blown us all away.

It has been incredible to watch this little team of newbies turn into a group mates playing Footy and helping each other grow. The different characters in the team have been entertaining to watch at times and other times make me want to pull out what little hair I have left, but they always manage to put a smile on my face.

Our boys have faced some really big, experienced, and strong opposition this season and they have stood their ground and played their little hearts out! And as a Coach and as a Dad there is nothing more that you can ask for and I could not be prouder of our Little Cougars.

Fortunately, before the current lockdown, every single one of our players earned the Player Of The Week Trophy. The boys earned the Trophy through some big runs, from short solid bursts, to some full field break-away's (don't forget the side steps!) and even some incredible off loads in the tackle to secure some great Team effort tries. The boys have put in some massive tackles, some solid one on one tackles, full field chase downs, to our "Little Bash Brothers" get the job done. We have even had some hand offs worthy of the West Tigers!

Hopefully we can get back on the field soon and get back to some Footy Fun!

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Under 7B

MR

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U7's Blue has had an amazing start to the season. We have faced some speedy and strong opponents and each game has been a very close battle.

We have seen an abundance of high-level tries over this season and the calibre of our defence has been first class.

Great start to the year with Ryan and Taylor leading the try-scoring tally, both with a great ability to find the weakness in the position defence line.

Not only have Trent and Beau "the Bulldozer" led the way in tackles and defence but their offloads have been a driving factor in our try-scoring capability.

Jayden and Max have shown amazing footwork this season with great agility and speed shown in attack and always have their hands up to take the first hit up each week.

We also welcome Chris back into the side and he proved himself with some huge tackles against a strong team last week.

All up a great start, and looking forward to seeing these young men grow throughout the season. A big thanks to Denise our Manager and Tommy our Trainer for all the hard work they have put into helping the team.

ROSSI'S
FRESH GROCER

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Under 7M

ROSSI'S

FRESH GROCER

This team epitomises Cougars Spirit, all the boys are respectful, considerate and play as a team. These boys are easy to coach and are absolute credit to their parents.

At this stage of their development, line defence has room for improvement, however this is expected as only a few have previously played. I would say most of the Opposition played together last year.

All the boys have scored this year, Riley was the last but he scored three in that game. I would like to thank Mat Rickard for Coaching the Under 7s squad. His enthusiastic skills training has the boys tackling below the armpits and has improved their ball work and attacking skills.

Looking forward to getting back on paddock.

MR

MUSSETT & RICKARD PLUMBING

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Under 8B

A great start to the season for the U/8 Blue team after beginning the season with only eight players and we now have a few reserves with some great new additions to our team. They are a great bunch of boys with some that have played for a few seasons now and others playing league for the first time. I'm actually starting to wonder if they are really U/8s as they listen, follow instructions and give their best during training. This season has seen us progress to a bigger field, which has helped the elusive stepping of Nate and the hard running Lachie who have both enjoyed the extra space in attack and defence. We also have the 'coveted' yellow vest which is a bit like its namesake in the Tour de France for eight year olds as everyone wants to wear it. Liam Reilly and Paddy have really excelled in this position with great vision, organisation and crisp passing. We have also played against a few different teams this season and we have had some good wins against Enfield Federals with one our new recruits Nick showing some great tackling and stepping in attack. During that game Benji also showed us why is one of the most feared ball runners for under 8's in the World. With some strong carries and often requiring half of the opposition to get him to ground. Another great game was just before lockdown against Five Dock RSL where our other new recruits stood up against some strong opposition. Zac showed us that he is a great team player with always getting into dummy half and his passing has really progressed in such a short time. Also, Rex showed us that he is the master of the tap off with some great runs that often bamboozle the opposition as they never know which way he is going to run. When the season returns we are definitely looking forward to playing Strathfield Raiders again. We started a bit slow against them and they taught us a few lessons. However, there were some really strong performances in that game with Liam Hays scoring four tries and Manuelle constantly saving tries with his great cover defence. Looking forward to getting the boys back together after lock-down.



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Under 8M



Under 8 Maroons are having a cracking season! A lot of the team are new to rugby league & didn't know anyone before the year began but they have come together so well, everyone is showing great improvement in their skills individually & the boys have had some great wins showing awesome teamwork - everyone in the team has scored a try! We are looking forward to resuming & enjoying the rest of the season with this great little team



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Under 9

The year commenced with a team that included six new players who had never played junior league previously. However, once the competition commenced, you would never know it. The team improved each week and while at the beginning, was reliant on a few dominant players, the team has become more cohesive with strong performances throughout. One thing we try and instil into the team is that effort is the number one trait, and whilst not everything can go your way all the time, as long as you can walk off the field knowing that you couldn't have done better, we cannot ask any more. Whilst we need to work on our defence and goal kicking (which has provided some comical moments!) our attacking football is formidable.

This has been my first year of coaching and therefore have been heavily reliant on Chris (Trainer), who has tirelessly trained them through the week, allowing me to just swan up to the games and enjoy the fruit of his labours. Huge thanks also to Alison who has kept everyone updated and informed throughout the year and parents for their support. With only one loss this year, the team are in a good position to be involved in finals footy, and I for one, cannot wait. The boys will be raring to go after a lengthy break.

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Under 10



CHALOUHI

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The boys this season have transitioned to a larger size field testing their endurance. With 6 new players this year the team is really starting to come together as the season progresses.

Our main focus for the remainder of the season will be our defence which has let us down. The boys have shown real improvement in their attack and their communication on the field has improved out of sight. We have a great group of kids with a hunger to improve their skills, fingers crossed we get the chance to do so.



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Under 11 Tag

What a great club to be a part of!

The girls have loved being able to clap on the older teams and being clapped on to the field themselves. Memory's I'm sure they will keep.

This is the first time playing for most of our team and the girls have done an incredible job. They have been challenged each game and were technically undefeated for the first 5 weeks of the season.

When our first loss came the girls, spirits were stayed high, and they complemented each other on how well they all played. Every game our defence is brilliant, with our attack improving every week.

Round 1 and 2 were washed out and the girls didn't get to shine until the 3rd round.

Round Three.

The girls played Fairfield with a 2-point win, 14-12.

Bailey was our captain and did a wonderful job. Nikki scored 2 birthday tries, and first of the season she also received player of the match.

Alofa scored her first try of the season and was successful with her kick conversion which was just what we needed to hold Fairfield off in the second half.

Ella had a great couple of runs, and Audrey did a wonderful job as our DH.

Amelia was great job at communicating to the team and Sienna did amazing at marking the other team and getting those quick tags.

Astrid came close to getting a full field try!! Hali was terrific with the quick tags and defence.

Round Four.

The girls played Riverwood with a 16-point win, 28-12. What a game with a few firsts for some of our players.

Alofa got her **first** hat trick with 3 tries! Sienna scored her **first** 2 try's and received player of the match.

Audrey scored her **first** try of the season and was named most improved player.

Savannah achieved her **first** full field try, and Sienna player her **first** game was successful with two kicking conversion.

Astrid, and Nikki wouldn't give up with their pressure and getting some great tags. Nikki also showed great sportsmanship with cheering the other team on.

Ahmani improved on her passing as DH. With Hali and Bailey using great communications in calling for the ball.

Cara showed us how quick she can be off the mark, and Amelia put training in practice with her commitment to run the distance.

Round Five.

The girls played The Hills District blue with a 12-point win, 28-16.

Hali scored a birthday try; this was also the first try of the game.

Audrey, Sienna and Alofa all scored 1 try each with Sienna and Alofa both making the conversions!

Sienna managed 2 try's and was great with her commitment to running straight and getting in those meters.

Astrid never gave up chasing that ball down which resulted in her receiving player of the match!

Amelia was wonderful as this week's captain, and excelled as our FR.

Savannah put our training into practice and did a great job of running straight through their defence line and was named most improved player.



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Under 11 Tag

Cara, Bailey, and Nikki found some space and committed to their runs with getting some impressive tags!

Round 6.

The girls played Leichhardt with a loss of 14-points, 38-24.

The girls played their hearts out with only 8 players, no reserves, and against an establish team.

Audrie scored the first try of the game and with her positively attitude received player of the match.

Ahmani got her first try the season! Nikki scored 2 try's and never gave up or loss pace with her chase downs.

Alofa scored 1 try and really put her head down and committed to running straight through, you gain a lot of meter this game!

Sienna scored 1 try and her and Hali really put the pressure on with some great chase downs.

Amelia played all game with a sore ankle! What great sportsmanship and dedication you showed.

Ella great job twisting the hips and commitment to being up on the line ready to go!

Round 7.

The girls played the Hills District blues.

This game was listed as a washout. Our team still had a fun time playing and learnt a lot from playing against a state team.

Ella was name player of the match with her growing confidence and a great job as DH.

Audrey showed off her great communication skills as this week's Captain.

Nikki scored 2 try's and her and Hali showed great sportsmanship in sitting out for half the game so their teammates could have more time on the field.

Sienna scored 1 try and was able to get the conversion too. Bailey and Ahmani got in some great runs and tags.

Sianna showed us her past pace, and great job at marking.

Alofa what an amazing job you did with your impressive defence and non-stop pressure throughout the second half!

Cara well done reading the game and staying out on the wing to get some metres down.

Savannah and Astrid were able to find some gaps in her defence line and really succeeded in getting some meters down the field.

Congratulations under 11s, I'm proud of you all.

Coach Dani



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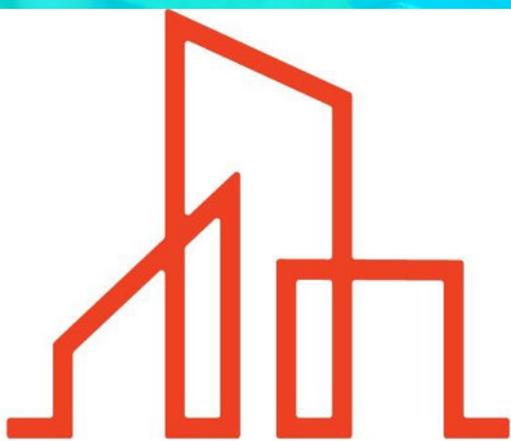
Under 11M

The Division 2 Under 11 squad is a collection of something old, something new this year! I'm honored and proud to have the opportunity to Coach the team this year after many years as a trainer and learning from Anthony Zeitoun and appreciate all the time and guidance Anthony has given me! The Cougars have attracted a lot of new signings to the Under 11 Div 2 team this year which is a credit to the club and the culture that we are well known for. This though will take the division 2 side time to reach its potential as well. The team is a mix of new players amongst some players that have been with Cougars for a few years now so it will be these seasoned players that the team will rely upon to step up and steer and guide our newer players through the season.

We have a great Captain who is our FR (Thomas Leehy) who makes a great deal of difference to our side each week both on and off the field, a great clubman. His Father is also our trainer, Matt Leehy who also makes my job so much easier through his support as well, thanks so much Matt!

Ultimately it is our Manager for Under 11 Division 2 who is the glue of the team, Denise Ozer who we cannot thank enough for everything she does that we "don't see" & "don't ask for" but Denise just quietly gets this done – thank you Denise!

The competition, quality and strength of the sides within Division 2 is the strongest I have seen over the 5 years I have been with Cougars which is actually something I am very much looking forward to. Our new team will grow and learn from this experience and will become stronger as a team and unit. It's been a tough start for the boys, no doubt about it however it is through our teamwork, discipline and hard work that will see us grow as a team unit this year and set us up for hopefully many years to come as Cougars!



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Under 11B

Round 1-4

This season we are off to a great start with 3 wins and 1 loss putting us in the top three of a very tough and competitive Div1 competition, a competition where we have to fight for a win every time we take the field. Our boys are coming together as a team both on and off the field, and if we maintain and improve I'm confident that we're a good chance at being in the finals at the business end of the season.

It not only takes a great team of boys on the field, but a great team off the field as well, I'm proud to have the support of an excellent coaching team in Anthony Zeitoun and Craig Newby, the greatest Management duo in junior rugby league, thank you Suzy and Denise, and of course a great group of parents who do all the hard work getting our boys out and ready to go.

I believe we've still got a long way to go and a lot of improvement ahead of us, we'll all be working hard to make that happen.

It won't be an easy ride this season for Cougars 11sDiv1, we are a team on the rise and with focus, commitment, supporting each other, plus a bit of luck we might just get there, and as of round 4 ...well, so far so good, keep up the good work.

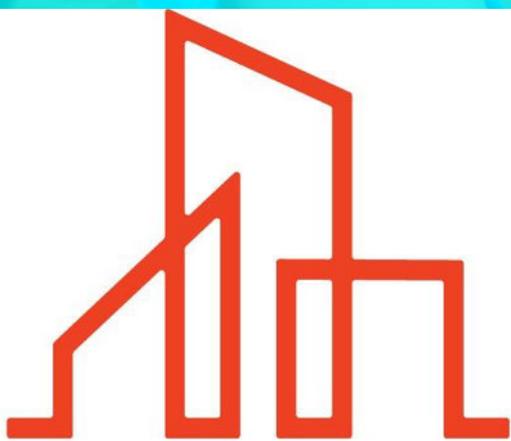
Round 5-11

As we approach Round 12 the U/11s Cougars are sitting in 4th place in what is a very competitive competition. This season we've had a few players move up from Div. 2 to Division 1 based on their good performance. Returning player Ibrahim, and new signings Jeremiah, Nevaeh and Xavier are a welcome addition and a huge boost to our team.

We're currently undefeated in our 3 matches at home, but we need to learn to play well when we travel away, particularly to Burrows Park.

The boys are continually improving and learning to better play together and there were some really good signs after our last win against Leichhardt Wanderers. Let's hope that post lockdown the boys can continue their good form into the end of season and shake up the competition come semi-final time.

Lastly I'd like to thank our parents for all their efforts and support and of course Anthony (coach) and Craig (trainer) for getting this season up and running and the boys in a good place both on and off the field.



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Under 12

This time last year we had 8 registered players and were relying on the U10's to help us every week. What a difference 12-months and a grand final can make. As of today we have 18 registered players with another boy training in the hope a position becomes available. We even had an online inquiry this week for another boy wishing to join the team.

This year the U12's competition is a single combined grade competition with division 1 and division 2 competing on a weekly basis so we have a big challenge on our hands especially with so many new boys and girls. We entered the completion as a division 2 team with no trial games under our belts due to bad pre-season weather.

We are now nine rounds into the competition and that ugly thing called Covid has shut us down again. Rounds 10, 11 & 12 look like they will be cancelled so the season will be another short one.

The team started the year with a big win against the Clovelly Crocodiles in Round 1 downing them 44-10. It was a good game to start the year as we fielded 7 players that had never played full contact rugby league before.

We have gone on to record three further wins, four losses and a forfeit. We sit 6th on the combined table and 1st on the division 2 table as of today's date. The division 1 teams have been a real test for us. Most of these teams have been together for years and really set a benchmark for us to strive towards.

The team has grown and the kids are developing into fine young men and women. They are all looking forward to getting back out there and playing the game they love.



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Under 13



Season 2021 see our U13s move up to international football with modified rules removed and new out of district teams that we have never played before. Coming from a long off-season and a later start than normal, the boys were excited for their first game to pack their first scrum and attempt goal kicks from the sidelines, but unfortunately their opposition had to forfeit.

Round 2 was at home to a new team, South Eastern. We had a good first half scoring first but our defence let us down in the second half letting in a few tries, losing 24-4

Round 3 against our fellow district club Holy Cross from Div. 1 last year, saw us put 3 tries against them, but that was as close as we got losing 58-14.

Round 4 we played another new unknown team Maroubra who were just too big and too fast for us losing 40-6

Round 5 was at home to our crosstown rivals Dundas Shamrocks. It was an even game at the start, but having no reserves, then an injury, then a 10min. sin bin left us with 11 players during the second half and that's when we struggled to keep them out eventually losing 24-10

Round 6 against another new South Sydney team, La Perouse saw us get dominated again by a much better team going down 54-4.

Round 7 saw a regrading with half the teams, including us, move into a bronze division due to the lopsided scores during the first 6 rounds. We were happy with this as the draw was a lot more even and safer now. Due to play Bondi United, then BOOM! Covid hits the Eastern Suburbs and we are where we are now.

Just a quick thank you as well to all Coaching staff & Parents for your assistance so far.

Hopefully NSWRL can make something of the rest of the season once lockdown lifts and our boys get a few more games in.

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Under 13 Tag Blue



Round 1

On Sunday 2nd May a new season of League Tag finally kicked off. We had a large number of players register this year so have split U13 Tag into two teams, Blue and Pink. Preseason training has been a little more challenging with so many players, some new, some experienced, and we have mostly trained as one big group.

You wouldn't know it though watching both teams play their first game of the season at Blackmore Oval, with both Pink and Blue putting in a solid performance. U13 Pink started with a tough assignment, taking on Hills Bulls. The girls, ably helped by some of the U11 tag team who had a bye, stayed in the game for long periods, with the Bulls running away with it in the end 46-6.

For most this was their first game of League Tag and it is clear U13 Pink will be a strong side with more experience and training together as a team behind them. I am also pleased to be able to say that the team now has a full staff, thank you to everyone who put their hand up to help, I am looking forward to seeing what you will achieve.

The U13 Blue team took on Fairfield Maulers. Defence was the highlight, a few errors were made, but the girls continually defended their try line over and over again, only allowing the Maulers a solitary try, running away with the game 26-6 for a great win.

Round 8

With a large number of players registering this year for U13 League Tag, we have been able to field two teams, Blue and Pink. After initially training together and sharing staff, U13 Pink is now fully staffed and improving quickly. Both teams find themselves in the same competition, making for some entertaining games when they play against each other.

U13 Blue started the season well, defeating Fairfield Maulers at Blackmore in the first game and also U13 Pink at Sir Thomas Mitchell. There have also been losses to both Hills teams and Fairfield, in what has been a stop-start season with washouts, byes and now Covid lockdown.

The girls have worked hard at training in what was a long preseason, and it was good to see that translated to good performances in the games so far. We've tried different combinations in key positions with some



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Under 13 Tag Pink



As a team forming for the first time, we have plenty of potential to start with. I would call it raw potential because I don't know if any of the girls had ever played any sort of football before this season.

We are blessed with a couple of speedsters and the girls have come a long way in a short period.

The girls are taking to the game very well, they are super keen and it shows in their enthusiasm. Each time they learn something new at training, they have been able to put it into action that same week.

They love getting the ball and going for a run.

It's a pleasure to see them starting to encourage each other when they make a good tag or a good chase out of dummy half.

Kicking is definitely an area for improvement as well as chasing through, but all things will come with practice.

It is also great to see the group come together and starting to form into a real team.

They don't seem to mind the cold at training and even trained on the Friday night when every other team stayed at home.

The pinks have improved at each outing in their cohesiveness and I can't wait to see how they develop for the final games this year.

Coach Gallagher



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Under 14



The Under 14's sit on equal 1st position on the ladder and they are getting back to their wonderful 2020 form.

With the inclusion of 3 new players, Nathan Kaoutal, Josh Tallaridi and Adley Shang, our squad is stronger in 2021.

There have been many challenges throughout the first half of the season with injuries sustained to several key players, but due to the depth in talent, we have only lost the one game this season.

I am looking forward to the second half of the year as we ramp up the intensity at training to produce the skill, we need to build momentum towards the final series.

The squad is keen to go one better this season and win the grand final, and I am very confident that they can achieve this.

Congratulations to Lucas Cagnoni, Kerim Caglar, Rocco Bragg, Alex Younis, Jonas Pellegriti and Nathan Kaoutal on their selection in the Balmain Development squad. The boys do not look out of place amongst their peers, and I am extremely proud of the way they are conducting themselves at training sessions.

Finally, I want to take this opportunity to again thank all our family and friends who attend our games and support us every week.

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Under 15 Tag



What the U15 TAG girls needed was some Confidence and to believe in themselves, with an injection of new players this season and a lack of positive results during the last few seasons. Season 2021 was going to be an interesting competition, 10 teams and some very strong teams it looked like another tough season ahead. Some tough training sessions and a new look with the new playing gear the girls were ready for season 2021.

The first 2 rounds were nothing with a bye and a washout but girls were working hard and getting used to new players.

Rd 3 - Was when it clicked and the girls won their first game, this gave the girls confidence and belief, winning 36 to 4 and everyone contributing, with some great attacking plays and amazing tagging.

Rd 4 - Saw us playing away from home, short on players but as the game started so did their belief we welcomed players back from injury and another win 54 to 4 and the girls were now enjoying their footy, with some great long range try's and lots of enthusiasm.

Rd 5 - We were playing the team on top of the table and knew it was going to be tough but what was impressive was the never give up attitude, again we were short and welcomed Olivia from the U13s to help us out. After some promising attacking plays they strung a back line play together and Olivia scored in the corner, the highlight here was this was the first try scored against this team in 5 rounds. Our scrambling defence was very impressive against a much stronger team but we went down 40 to 4.

Rd 6 - This game started at a frantic pace with the girls jumping out to a 12 - 0 lead and full of confidence but St Christopher's came back and after plenty of ball and the girls doing their fair share of defending, they saw themselves trailing 18 - 12 and with a Quarter to go, this quarter was end to end and it wasn't until the last minute Erin decided to shift a gear and took off down the sideline and scoring in the corner, the conversion was missed and the game finished 18 - 18.

We now sit back and wait for the season to restart and enjoy lockdown.



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Under 15

The Carlingford Cougars Under 15s started the season with a number of injuries, putting us at a slight disadvantage going in to our first few game. While we didn't perform to our potential early in the season, the boys improved from week to week, beating the undefeated Clovelly Crocodiles in our final game before the COVID lockdown. While the halt to the season hasn't come at a good time for us, with momentum building, it does give the boys a chance to freshen up, get those little injuries right, and come back (hopefully) ready to power through to the end of the season. The Under 15s are primed to make a great showing in the back end of the year.

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Under 16



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With a couple of new coaches, trainers and players the first part of the season has focussed on getting to know each other so as to work out the correct combinations both on and off the field. A first round big victory was what the team needed however since this first game the competition has settled into a tight grind with a couple of draws meaning that we now sit third on the competition ladder.

The aim at the start of the year was to play in the semi finals and then take it from there. Before the covid break we were on track to do this albeit no certainty and we will all still need to improve to keep our goals alive. Ongoing Injuries have caused us to continuously rotate players in positions that have not always been their first pick but that is the challenge of snr. football and not having a huge squad. We look forward to getting back on the field subject to the ongoing lockdown. Stay well all.



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Under 17 Tag

Pre season for the Cougar U17's tag team saw the girls make their way to Sunny Coffs Harbour in February, where it pretty much just teamed with rain for 3 days. This didn't dampen the girls enthusiasm though as they were super excited at being able to enter such a prestigious event and very keen to see how they stacked up against more experienced opponents. Whilst not over confident we felt we had as good a chance as any after missing out on a grand final appearance by just 2 points in their 2020 conference at their first attempt.

We didn't make it to the play offs in Coffs this year but we did not disgrace ourselves either with a first up win, followed by a draw and then 2 close losses. In the last game we actually kept the eventual winners scoreless in the second half and had the smallest losing margin of any other team on that weekend! So we were heading into our conference competition full of confidence that we were a strong unit and ready to tackle all comers (pun intended!)

Between February and Round 1 in May the girls U17's had some changes to their line up due to overwhelming number of new players signing up and wanting to play with the Cougars. This meant several of the 2020 players would stay behind to go around in the U15's again making way for the new signees. A great position for the club to be in going forward!



So onto round 1 at home to the Leichhardt wanderers and a cracking game to watch and one which I'm sure the girls will admit they let get away. A very narrow 10 - 12 loss we put down to a bit of rustiness and getting the new girls settled in to the team but plenty of positives to take away and work on at training.

Round 2, Mother's Day and no game for us this weekend.

Round 3 and we're at home again hosting St Christopher's. A slow start for us which saw our opponents get away early but a second half rally saw us chasing them down and a ball game on with 12 all and only minutes remaining. It wasn't to be though and our second loss in a row going down 12-16 to a better side on the day.

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Under 17 Tag

Round 4 takes us out to Hammondville Oval to take on the very proud and strong Moorebank Rams and this game was one that the girls who played in 2020 were especially excited about. You see, last year, in their first year in the cold and rain, our girls stole a draw in the dying seconds against the Rams which let us just say, stunned the Rams players! Sadly it wasn't to be our day this time though and we went down with a fighting 28 – 16 loss.

Positives to take away from this game were the Rams were a much stronger side this year and played a very fast and tough brand of football but their coach and manager both commented several times that our girls were playing far better than last year with a big improvement in passing and kicking skills. Nice! The thing which appears to be our Achilles heel this year thus far – fitness!

To the 5th round now and we host the Mona Vale Raiders for the first time and we are back in business. Our first win of the season and how good was it! 30 – 0 at full time and just what we needed to boost our morale and remind us just how good we can be.

Round 6 and we visit Leichhardt Wanderers at Blackmore oval and they are just too good for us on the day nailing us 28 – 4 on what was a very warm June day.

So mid-way through the season and we haven't had the wins we had hoped for but the new players to the side have gelled and as a team we are definitely improving. Fitness is increasing every week and for many of our girls they are playing against girls that are a year ahead of them. Our skills in plays, passing and kicking have improved week on week and we have grown immensely as a playing group. The Wests Tigers league girls came to training a couple of weeks ago really left a huge impact on our players and have motivated and inspired the girls to play better when they get to take the field again and finish the year on a high!



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Open Women's Tag

Perfect Day BRIDAL

The open ladies league tag side have had very disrupted season to date with what has felt like we have been playing week on then having three weeks off but nonetheless it has been a successful start to season only suffering the one loss while also having a very impressive 80-0 win in our 3 victories.

We are currently sitting first on the ladder.

Hopefully big things to come from this very talented bunch.



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Open Men's

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Jim Walker Photography*



Umina Beach

How good is it to have an open age men's team for the first time in years. This year we have a team in the Metro League competition which generally plays on Saturday afternoons against teams from across Sydney. The team is made up of a cross section of players, from long time Cougars players, ex Ryde Eastwood players and a number of players that played for teams across Sydney who just want to get in there and play.

With over 30 players registered and enquiries not stopping to join this team, it's amazing, no wonder with a team full of heart. With the season starting with the kick off game against Macquarie Uni with a good strong win using our back line to score on each side of the field this was a great start to the season.

From there each game has been a tough fought battle and the highlight showing the bravery of the team would have to be the second half of the round 3 game against the competition leaders the Asquith Magpies. We were down to 11 players on the field with a few injured players remaining on the field so that the game was no called off. However the brave Men soldiered on only allowing 4 points to be scored against them. Go you Cougars!

If you do get a chance come down and watch the team as its much more entertaining than watching some of the games in the NRL.

Thank you to coaching staff (including injured players who help) and supporters for your assistance.

Bring on the rest of the season



the family inn



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Tuesday afternoon Meadowbank Park, Constitution Road

10 rounds + Semis & Finals

Season Starts Tuesday 7th Sept 2021, Grand Final 7th Dec 2021*

(*could be extended if there are washout rounds to be played)

NO GAMES DURING SCHOOL HOLIDAYS

Thursday afternoon Meadowbank Park, Constitution Road

10 rounds + Semis & Finals

Season Starts Thursday 9th Sept 2021, Grand Final 9th Dec 2021*

(*could be extended if there are washout rounds to be played)

NO GAMES DURING SCHOOL HOLIDAYS

Wednesday afternoon Carlingford High School

10 rounds + Semis & Finals

Season Starts Wednesday 8th Sept 2021, Grand Final 8th Dec 2021*

(*could be extended if there are washout rounds to be played)

NO GAMES DURING SCHOOL HOLIDAYS

Registration nights will be held at Meadowbank Park Canteen,
Constitution Road Meadowbank

You only need to attend one of these nights

If registering a full team only the delegate needs to attend

Tuesday night 10th Aug 2021 630pm-830pm

Tuesday night 17th Aug 2021 630pm-830pm

If you are unable to attend please email njdoztg@yahoo.com or
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