



Lakenham-Hewett Newsletter

Happy New year!!!!

Thank you to everyone who came to the children's Christmas party and to the people who helped in the kitchen with all the food.

We hope you all had a great time!!!

The youth section had a great time at Pizza Hut.

Minis

Under 12's

The coaches are Katie, Dan, Martin, Heggie, Ollie & Charley assisting.

What a busy December for the minis playing at Fakenham, Norwich and at home with Lowestoft and Yarmouth.

Lots of fantastic rugby played by all.

Just a reminder that training starts at 10.30 until 12.00

Games

Sunday 17h January Away at Lowestoft and Yarmouth. Please be there for 9.45 start.

Address is Lowestoft and Yarmouth rugby Club Gunton Park, Old Lane Carton, Lowestoft NR32 5HE

Boys

Under 13's- under18's

The coaches are Sean, Richard, Heggie assisting, Leanne & Mark.

Games

Sunday 17h January Away at Lowestoft and Yarmouth. Please be there for a 9.45 start.

Rugby boots and muddy shoes

Please could you not wear boots or very muddy shoes in the club house.

Girls

Under 13's- Under 18s

The coach is Simon. Well done to the girls who played for Eastern Counties last Sunday. Score lost 20-29

If your child needs a lift to away games please talk to Julie before hand and not on the day.

Games

Sunday 24th January Away at Bury.

Names on Shirts

Over the next few weeks Andy will be printing names on the children's shirts.

Please email me the name they would like on the shirt publicity@lhrfc.co.uk by the **Sunday 17th January**.

The cost is **£3 per shirt**.

Photos

If you **DO NOT WANT** your children to have their photographs taken while training, playing matches or at any social functions please contact Louise on minis@lhrfc.co.uk

Photos will be used for publicity purposes or put on the official LHRFC website.

Gumshields

The RFU guidelines say that all children should have gumshields when training or playing games.

You can buy them from the club for **£3** or any sports shop.