

# COUGAR CONNECT

MARCH  
2026

## WELCOME TO OUR *New Season Newsletter*



*Welcome to the 2026 season,*

I would like to extend a warm welcome to all our returning and new members, young and old. 2026 has the feeling of being one of our biggest and most exciting years, since I have been involved with Colo SFC.

The beginning of every season is hectic and no doubt not perfect, but bear with us whilst we get everything you'll need in place to have a fun-filled season.

Don't be a stranger, come and introduce yourself to us and feel free to ask a question. Our aim is to make your time with Colo SFC something you can remember for all the right reasons.

I would like to take this moment to also welcome our returning and new Committee members and thank you for all your hard work so far in preparing the upcoming 2026 season.

*Gary Bell*  
*President*

### March Dates for your Diary.

#### 2026 Season Kicks Off

**21<sup>st</sup> & 22<sup>nd</sup> – Waratah & Ruby**

**23<sup>rd</sup> & 27<sup>th</sup> – O30 Women & O35 Men**

**28<sup>th</sup> & 29<sup>th</sup> – U5 – All Age**

– See our website for full calendar dates –





## Bathurst Cup

What an incredible weekend for our boys at the Bathurst Cup. Our Colo SFC U13 Div 1 Boys & U15 Div 1 Boys competed as part of their pre-season development, setting out with clear goals: build connections, develop their style of play, and gain experience as they began their journey together.

Across two demanding days, the squad played multiple matches from early morning through to the evening, with temperatures soaring to 40–41 degrees.

Facing some of the strongest Football NSW Boys Youth League Division 1 and 2 representative teams, the boys showed remarkable resilience, determination, and character in testing conditions.

As one of the few grassroots clubs in the competition, our teams more than held their own—pushing quality opposition, earning a hard-fought draw against Western Region, and narrowly missing a win against Hills United in the closing minutes. Their effort, tenacity, and speed embodied the now well-known team motto, the “Hawkesbury Mongrel,” as they refused to back down in any contest.

While finals qualification eluded us, the tournament was a tremendous success. The boys represented the club with pride, grew stronger as teams, and showed exciting potential for the season ahead.

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## MOMENT OF THE MONTH

### Come & Try Day

It was great to see our Waratah & Ruby League players kicking around with our juniors. What a great morning, learning from some of the best!



# COLO IN PORT MACQUAIRE



We've got a great pre-season underway with our senior teams competing in Port Macquarie over the weekend. We came away with some good results and great team building for the upcoming season. Thanks to Port Macquarie United for the opportunity for our Intermediate, Ruby & Waratah squads to get some game time in.

## Our club is run by volunteers

LET'S GIVE THEM A SHOUT-OUT

*Have you got someone you want to thank?*

[Click here!](#)



## COACH'S CORNER

### Group Management Tips

#### Clearly define your playing area

Use colour coded markers and cones to clearly identify boundaries and goals. This will help you explain your activities using visual cues.

"Can everyone see the red square? That is area we are playing in. The green markers at each end are the goals"

#### Avoid long lines (3 or more players)

Children need to be involved and engaged in order to maintain interest. Standing at the end of the line for too long will cause a child to get frustrated and bored. This is also time they could be spending working on the desired skill.

#### No elimination games

Elimination games are a big 'no-no'. Generally speaking, the same children will get eliminated early on in the game, every time. Not only does this affect their confidence in a negative way, they are also starved of valuable playing time that can be used to improve performance.

#### Organised chaos is a good thing

If players are running around like crazy, balls are flying everywhere and the sound of laughter fills the air, your session is going well. All you have to do is steer the ship so that ALL players are continuing to achieve the objective.

For more coaching tips, visit [MiniRoos Activity Guide](#)



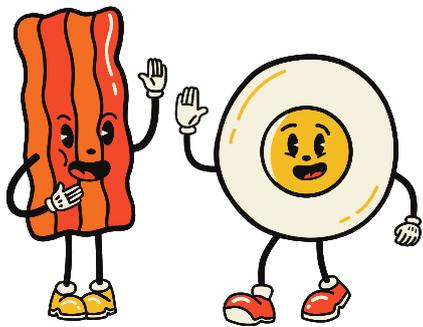
*Thank you!*

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### BBO Roster

Each week, our BBO is served by teams through a roster system. Please chat with your manager to find out when your team is rostered to help.

## COLO'S BBQ MENU

**SAUSAGE SANDWICH**  
\$5.00

**BACON AND EGG SANDWICH**  
\$5.00

**BACON SANDWICH**  
\$4.00

**EGG SANDWICH**  
\$4.00

### THE LOT

Sausage, Bacon, Egg  
\$7.00



## COLD COORARS CANTEN SUMMER SPECIAL!!



YOUR FAVOURITE DRINKS HERE  
HOT & COLD  
LATTE, CHALMUNA  
HOT COFFEE \$4.00



SEASONAL FRUIT CUPS  
\$5



**Shoosh for Kids**

**Keep it Positive. Keep it Fun**  
Think Before You Speak



#ShooshForKids

At Colo SFC, we support the **#ShooshForKids** campaign.

On the sideline, keep it positive, cheer the kids on, & let the coaches do the coaching!

## COLO 2026 COMMITTEE

PRESIDENT - Gary Bell  
VICE PRESIDENT - Michael Viera  
TRESURER - Joerg Ziegler  
REGISTRAR - Vacant (managed by S Mitchell)  
SECRETARY - Sharon Bell  
COMPETITION SECRETARY - Vacant (managed by S Mitchell)  
PROPERTY OFFICER - Simon Flanagan  
MPIO - Karla Eldridge  
DIRECTOR OF COACHING - Scott Dent  
MINI-ROOS COACHING COORDINATOR - Brad Cole  
FEMALE FOOTBALL COORINATOR - Ryan Latham  
SPONSORSHIP OFFICER - Michael Viera  
EQUIPMENT OFFICER - Scott Dent  
GROUNDS - Allan McDonald  
CANTEEN MANAGER - Vacant

SOCIAL MEDIA COORDINATOR - Carolyn Viera  
FUNDRAISING COORDINATOR - Casey McNeill  
EVENTS COORDINATOR - Grace Robinson  
CADET REFEREE COORDINATOR - Conor McNeill  
WANDERER'S AMBASSADOR - Casey McNeill  
PUBLIC OFFICER - Karen Blanch  
GENERAL - Aaron Pagett, Craig Richards, Mark Racker, Andy Eldridge

### NON-COMMITTEE ROLES

GROUNDS & MAINTENANCE - Mark Calphy  
CLUB ADMINISTRATOR - Sophie Mitchell  
CANTEEN MANAGER - Jasmine Viera

**HUGE THANKS TO OUR  
CLUB & TEAM SPONSORS**



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