



Capalaba Football Club 2024 Season



Miniroos Kick-Off Program (4-9 yrs)

Capalaba Football Club will be running Kick-Off (players aged between 4-9 years) as an opportunity to introduce our youngest players and their parents to the game of Football. The Program is run during and in-line with the school terms.



MiniRoos Kick-Off in a nutshell

- A fun, safe sport taught in a friendly environment for children aged between 3.5 and 9.
- Weekly 60-minute sessions that build skills through games and simple drills delivered in an engaging and inclusive environment.
- Every player gets plenty of time on the ball and the prime aim of each session is for children to build fundamental motor skills.
- Each child also receives a MiniRoos Participant Pack when they register which includes the following;
 - Football
 - Drinks Bottle
 - Shin Guards



What are the benefits of signing up your children for a Kick-Off program?

- Make new friends and develop social skills.
- Develop values of teamwork, co-operation, fair play, and respect for others.
- Develop a child's ability to make quick decisions and improve reaction time.
- Keep healthy by getting active.

Capalaba FC has a long history of running our introductory football programs and in 2024 it continues.

2024 TERM 1 BLOCK (8 WEEKS)

NEW PLAYERS - Saturday Mornings

WHEN: Starting Saturday 3rd February 2024, **8:30 am to 9:15am** to 23rd March 2024

WHERE: John Fredericks Park, Capalaba

Cost: \$99 - New Players - Includes a welcome pack

Ages: 4-9 years (for first time & returning players)

Register: Please visit our website & follow the links

<https://www.capalababulldogs.com/kick-off-kindy-under-4-under-9>

Please contact our Kick-Off team for any further details.

Email: kickoff@capalababulldogs.com



WWW.CAPALABABULLDOGS.COM.AU



2024 TERM 1 BLOCK (8 WEEKS)

RETURNING PLAYERS - Saturday Mornings

WHEN: Starting Saturday 3rd February 2024, 9:30 am to 10:30am to 23rd March 2024

WHERE: John Fredericks Park, Capalaba

Cost: \$69 - Returning Players

Ages: 4-9 years (for first time & returning players)

Register: Please visit our website & follow the links

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