



# NORTH ROCKS SOCCER CLUB

## Club Foundation and Development

Founded in 1965, the North Rocks Soccer Club (NRSC) was born out of discussions between the then Principal of the North Rocks Public School and interested parties. It is sometimes said that “You never really own a precious item ... you can only ever expect to look after it for future generations” and this applies perfectly to NRSC. As is the norm, mums and dads become team managers and coaches of the teams that their children join and some of them go a bit further and join the management of the club. As many have discovered personally, involvement with NRSC is infectious and, once bitten, it is very hard to get it out of your system, if indeed you wish to get it out.

During 2015 the Club celebrated its 50th anniversary with several significant formal and casual functions, ensuring that past and present members kept in touch.

2016 was a momentous year for NRSC. It changed its logo to a more modern version of the Roc bird, a middle eastern mythical bird similar to the phoenix or thunderbird. It was also thrilled to be a foundation club of the new breakaway Sydney Hills Football Association. This was unfortunately an unsanctioned competition, but with near record numbers playing for the club and over 7000 players playing for the association, it was a roaring success. As fate would have it, FNSW in late 2016, created the Hills Football Association (HFA), a fully sanctioned association. NRSC in turn, was accepted as one of the foundation clubs for this exciting new association. The Club felt that this validated its decision to breakaway from FNSW earlier in the year.

The Club looks forward to a fresh and bright future, one that will be more exciting than its previous era. The Club prides itself on its family club image and as one of the largest clubs in the Hills area. It is well positioned to cater for both boys and girls, mens and ladies teams from age groups under 6 to over 45s. The Club also has a Special Needs Program which we call “Rockerball”. This fun skills program caters for children 5-12.

## The nuts and bolts

- 5-7 year old boys and girls train and play in-house on Saturday mornings at Murray Farm Reserve in a small-sided format (4v4). Their fun skills training is provided by a professional coaches while parent coaches run the games. Coaches are encouraged to involve themselves with the fun skills training as part of our ‘coaching the coaches’ program.
- 8-11 year old boys and girls play other Hills Football Association clubs on Saturday mornings in a small-sided format (8-9s play 7v7, 10-11s play 9v9). 8-9 year olds also receive regular professional coaching in addition to their normal training sessions. Training for 8-9 year olds is held Monday nights.
- Men/boys/mixed teams, Under 12 to Over 45s play Saturdays.
- Ladies/girls teams, Under 9 to All Age, play Sundays.
- Over 35 Ladies play Friday nights.

Please don't hesitate to contact us if you have any questions.  
We can be contacted through our website or facebook page.

[www.nrsfc.com.au](http://www.nrsfc.com.au)

 [northrockssoccerclub](https://www.facebook.com/northrockssoccerclub)

Proud to be a foundation member of the new FNSW sanctioned Hills Football Association