



Local juniors and senior women pave the way for a strong future in women's football at SUFC.



2023 Ruby League and Intermediate Women's Players End of Season Wrap!!

2023 has seen a seismic shift in how women's football is perceived by the general population. Whilst Springwood United has a proud history of developing female players it is not the same everywhere.

With the advent of the FIFA Women's World Cup, women's football has really captured the public's imagination. Here at Springwood United we want to help keep that enthusiasm and momentum going by continuing to grow and develop the senior women's premiere league teams.



Last season saw the initial combined training squad of Ruby League and Intermediate Women's players all being coached to play the Springwood Way.

The teams didn't quite reach the levels of the Matilda's or the Spanish World Champions but there were sublime moments of beautiful football being played.

Very early on the IMWs bought into playing the Springwood Way and this quickly materialised in their play on the pitch. It was this willingness to adopt the style of play that made it straight forward for 9 IMWs to play-up into the Ruby's over the course of the season.

For season 2024 we want to continue to grow the number of female players in the top competitions and we are taking expressions of interest now for both the Ruby's and Intermediate Women's teams.

If we have sufficient numbers we may also be able to form a third team (we already know a significant number of players from last season will be joining us again)



Pre-season activities will commence on Sunday 4th February with a kick-off session at the clubhouse. This will be an opportunity to understand how the squad will work, find out more about the club and get to meet fellow players. This session was well attended last year and everyone had a good laugh, hopefully will see everyone again on the 4th February for more fun team building.



On the 6th, 7th, 12th & 13th February we will be holding squad train on sessions (you must complete and EOI to participate) to determine skill levels and build our teams. Week commencing 19th February will see normal training commence every Tuesday and Wednesday night 7 pm to 8:30pm.



The IMW and Ruby's squad got together recently to celebrate the season and talk about the upcoming season.....they had to first get used to the different shaped balls but were soon hitting the target with laser like precision.

Don't waste time, fill out your [2024 Ruby League Expression of Interest Form](#) as soon as possible and join this amazing squad of ladies in 2024.



If you have any questions about the season ahead, reach out to the Ruby League Squad coaching team via:

rubypremcoach@springwoodunited.com.au