

RICHMOND UNITED FC NEWSLETTER

WWW.RUFC.CA

DECEMBER 2025



One Community-One Family! Richmond is United!

News & Updates

- **BMO GIRLS PLAY BC!**
- **SPRING REGISTRATION IS OPENING SOON**
- **PACT CERTIFICATION FOR VOLUNTEER COACHES**
- **VOLUNTEER SPOTLIGHT- INDIE SAHOTA**
- **CALLING FOR VOLUNTEERS**
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BMO



BMO GIRLS PLAY BC!



BMO Girls Play BC!

RUFC has been selected to host the **BMO Girls Play BC!** initiative on May 30, 2026, at Hugh Boyd. Only 4 clubs from across BC are selected each year! This program encourages girls' participation and leadership in soccer through a morning Fundamentals coaching workshop for female coaches aged 14–19, followed by an afternoon girls-only player camp all led by a female Learning Facilitator. Priority is given to CSA Fundamentals age groups, U6-U8, but players up to U10 are welcome. There is no cost to RUFC coaches or players.

Registration will be open in the New Year for eligible female coaches and players. Stay tuned for more information about this exciting initiative!



Spring 2026

Registration Opening Soon!

RUFC Spring registration details coming soon!

www.rufc.ca

- ODP U5-U12: December 15 to March 5 (early bird registration)
- ADP U8-U18 & ODP U13-U18: December 15 to February 6 (early bird registration)



PACT

PACT is Positive Attitude & Character Training. In October, RUFC was the first club in North America to roll out this program!

The PACT program will empower coaches to support athletes to:

- Combat anxiety, fear, & self-doubt.
- Instill the understanding needed to control own beliefs.
- Promote positive self-talk

[PACT TRAINING VIDEO HERE](#)



VOLUNTEER SPOTLIGHT- INDIE SAHOTA



Indie Sahota



Equipment Manager

A teammate we can all rely on! RUFC and the Board of Directors would like to extend a special thank you to Indie Sahota. Indie has gone above and beyond as our Equipment Manager, generously using his own space to store club uniforms and gear. We are incredibly grateful for the personal time he sacrifices each season to organize and distribute equipment to our teams.

The Story

Indie's journey began in England as a devoted Arsenal supporter. Influenced by a childhood coach who taught him that sport is about "how to treat people," Indie brought those values to Richmond in 2000 when his son started playing. Now, 25 years later, he is still serving the club. While he is a familiar face on the field—helping young players grow and serving multiple terms on the Board of Directors—much of Indie's most vital work happens behind the scenes.

"Sport isn't just about winning. It's about working together, being a leader, and being the person your teammates can rely on."

Thank you, Indie, for 25 years of dedication!

Our Club Thrives because of our Volunteers Dedication and Support!

JOIN NOW!

VOLUNTEERS NEEDED



Feeling inspired by Indie's story? Come Volunteer with us! We are excited to introduce our new Volunteer Committee, and we're looking for enthusiastic individuals to join our team. As a newly formed group, our goal is to build a positive, inclusive environment that supports all of our youth athletes, on and off the field. Whether you're interested in coaching, managing a team, helping at games, assisting with club events throughout the year, or lending a hand behind the scenes, every role makes a difference.

If you have any questions or want to join, we'd love to hear from you!

Email: volunteer@rufc.ca

RUFC ANNUAL AWARDS GALA NIGHT



Save the Date!

March 5, 2026

All players, coaches and managers from the U13-18 teams of the 2025/2026 season are invited. Join us for a night of award presentations, dinner, photos and dancing! Four U18 Teams are graduating and event organizer, Angela Louis will be reaching out to the U18 families for volunteers to help make the evening special for these players! Alternatively, if you have any questions about volunteering you can reach her at:

angelal@rufc.ca

RUFC ANNUAL GALA

Night

MARCH 5, 2026

RIVERSIDE BANQUET HALL
#135 - 1231 BURDETTE STREET

Food Bank Drive

RUFC Holiday Food Bank Drive

Thank you to everyone who came out to support the RUFC Annual Food Drive this past Saturday.

Your generous donations were greatly appreciated by the Richmond Food Bank and will help many families during the holiday season.



Winter Wonderland

RUFC is excited to once again host the annual Winter Wonderland Skate!

Due to space constraints, this event is limited to RUFC U10-U12 teams/players. Please check your email for sign-up details. Spots are limited, so secure your spot early. Friday December 19th, 4:30-6:00pm Minoru Arena - Silver Rink.

 **RUFC Winter Wonderland Skate** 



Dec 19, 2025 4:30-6:00pm
Minoru Ice Rink

HIGHLIGHTS FROM THE 32ND ANNUAL RICHMOND THANKSGIVING TOURNAMENT & FESTIVAL



Thank you to our Sponsors

Our annual Thanksgiving Tournament & Festival was a huge success! Thank you to all the teams that participated and to the teams who travelled a long way to be part of the experience! A huge thank you to our Sponsors for making it possible: Title Sponsor Sandher Fruit Packers and Silver Sponsors: Wong's Insurance, Bridge Kids, Benchmark Recruitment, CIBC, Joe Preswick Realtor, Merchant Growth, and Isidore Landscapes Inc.



Congratulations to U16 Div 2 Warriors & U14 Div 1 Blazers!

U16 Div 2
Warriors
Runner-Up



U14 Div 1
Blazers
Champions



We welcomed 252 girls and boys U8-U18 teams from across BC and Yukon.

Thank-you to the City of Richmond, Parks & Recreation, for their ongoing support!





MESSAGE FROM RUFC PRESIDENT



Tyler Pronyk

RUFC PRESIDENT

To the RUFC Community,

Since the AGM, the incoming Board has met and established a number of working committees including the Executive to support the work of the Board guiding the organization in the year ahead.

As shared previously, the Executive was unanimously appointed:

- President – Tyler Pronyk
- Vice-President – Angela Louis
- Secretary – Adam Khong
- Treasurer – Rishi Sekhon

The Executive Committee will work closely with senior staff and the Board, overseeing day to day operations, guiding the development of the Club's strategic plan and managing key relationships with the City of Richmond, BC Soccer and other stakeholders.

Looking Ahead,

As outlined in our by-laws, we will be hosting an Organizational General Meeting on December 17th. This meeting will review the prepared financial statements for year-ending July 31, 2025 as well as reviewing several by-law amendments to improve and strengthen the governance of our club. We hope to see you there!

Thank you to everyone who makes Richmond United FC such a great club. On behalf of the Board, we want to wish you all a very happy holidays this winter break.

Regards,
Tyler Pronyk
President
Richmond United FC

Rufc Board of Directors & Working Committees



ANGELA LOUIS
VICE PRESIDENT &
TECHNICAL



ADAM KHONG
SECRETARY
MARKETING &
COMMUNICATIONS & VOLUNTEER



RISHI SEKHON
TREASURER &
FINANCE & AUDIT
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REBECA AVENDANO
VOLUNTEER CHAIR



ANDREA FRIESEN
TECHNICAL & HR
& GOVERNANCE



GARRY MARCINOWSKY
SAFETY & DISCIPLINE
CHAIR



SCOTT MARESCAUX
TECHNICAL & HR
& GOVERNANCE



JASON SPEERS
MARKETING &
COMMUNICATIONS CHAIR &
TECHNICAL



RAJI THANDI
MARKETING &
COMMUNICATIONS,
TECHNICAL & VOLUNTEER

HOLIDAY WISHES TO RUFC FAMILIES



STAY CONNECTED-FOLLOW US ON SOCIAL MEDIA

