

CENTRE BOUNCE

Round 6

2023



BELCONNEN JUNIOR FOOTBALL CLUB

Welcome to the sixth edition of the Centre Bounce

Saturday was the winter footy days I remember from last year! Cold and foggy, so much so you couldn't see the goal posts! It didn't dampen the enthusiasm of the players and parents though.

I started off at Holt with the U13's with the Magpies playing in the indigenous jersey. Since we are lucky enough that they shared the design with us, we couldn't wear ours this week – home ground advantage. When I got to Aranda for the U11's game they were proudly wearing it (I arrived a little too late to see Troy do the Acknowledgement of Country). The sun came out for the final quarter which was very welcome. The other team to wear the jerseys this week were the U9 Lions (I did get a photo eventually after having to chase them across the field!). Back to Holt to do drop off for the U15's who were lucky enough to play on The Nest, over to Reid where I just missed the U14's and back to Aranda for the Cross Over Round for the U8's and U9's.



My biggest ask this week is for volunteers for the Bunnings BBQ at Belconnen this Saturday the 3rd June. Please let your Managers' know what times you are available so we can update the roster. There are 1 hour slots to fill from 8.00am to 4.00pm. We have a couple of people volunteered so far (thank you so much!) but I need more help. I'll be there all day but will probably be a little tired by the arvo, so come and keep me company!

I have had great feedback on this newsletter and have had a couple of suggestions. I will be putting in the scores from now on and adding in the full reports from teams that mention player's names so the kids can read this too.

Oh, one other thing, our committee is looking for parents that have skills that they can apply to helping out with jobs that will alleviate the pressure on us. Do you have a background in website design? Do you have organisational skills that can be applied to being in charge of distributing the equipment for each team at the beginning of the season? What about coordinating and running the BBQ's? Or marketing skills for recruitment before the beginning of the season? What about using the PLAYHQ system for registrations? Any help is very much appreciated and you don't need to be a committee member, although we are looking for members to join as well for future proofing as some of us will be moving on in the next year or so.

Please feel free to send me photos or good stories from the weekend games to include. Thank you to Kirsten for the U13's and U15's pics.

Amanda Ongania – Vice President

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Our blankets certainly come in handy for the bench on the cold foggy mornings!

Around the Grounds

Teams:

U8's –

The U8's hosted a number of teams at Aranda and the pic below doesn't do the massive effort of setting up 6 grounds justice. The southern teams were welcomed to a cold but sunny location.



U9's –

The U9's this week hosted Tuggeranong, Weston Creek and Gungahlin in the first of two crossover rounds. Both Lions and Jaguars faced off against Weston Creek, and both teams had to adapt and grow their playing style to meet these new challenges. The introduction of tackling this year has really sped the games up, leading to more contests and some fancy footwork.

Big thanks to those parents who helped out with the BBQ and packing up, your efforts benefit the club directly.



The Lions also had the opportunity to wear the indigenous jersey and the Jaguars will wear the strip next week.

U10's –

Super game today from our Under 10s team!!!

Thanks to our players that helped with the Magpies numbers this week, Max, Mack & Grayson. I know it unsettles our team a little, but it's better than freezing our butts off on the bench!!!

They say a week is a long time in football, and never was that truer than it was today!!!

With strong numbers at training it's great to see the effort paying off. Seriously I could have handed out 15 mars bars because everyone was having a real crack, or perhaps too scared to stand still in case they got frostbite!

Our ability to move the ball from end to end was a highlight.

Early on it was Lachie taking kick-ins and our defenders leading in pairs (Ashton & Henry, Freddy & Yattani) to the pocket helped move the ball out of our defensive 50, most times. It really set a tone for the entire game.

It really suited us only having 4 players in the centre in the first quarter too, plenty of space for players like Zack to show his pace, Leo to run onto the loose ball, Tommo marking the ball well and playing a strong and determined game, his best game of the year thus far! Daivik (who almost froze to death) (scary stuff!) petty much ensured one way traffic throughout the first stanza.

Pinch hitters Alex, Josh, Freddie and Yattani (Player of the Week!) all had their own highlight reels! It's not easy being moved around a lot, but as long as you all continue to chase hard and strive to be first to the ball the game will begin to make sense.

The crew up forward certainly had many opportunities to put a score on the board and they didn't let us down!

Luca had a great game, certainly doing a lot of good things, and really took note of what was said by the coaches helping us to maintain our structure. Not only up forward but in every zone he played in.

It was pleasing not to see all our players lined up along the zone cones.

Well done also to Jordan, Andy, Chevy and Willow for strong games. It's a talented group and you certainly look for each other. Linking up really well and pushing across to help out your teammates when they're caught in an outnumbered situation.

Plenty still to work on Cats but the foundations have been laid!

U10's Girls –

This week the girls played at Aranda where they had the best game that I have seen them play. Their drive for the footy and their determination was outstanding and was rewarded on the field. All of them did an amazing job and they all should be so proud of themselves.

U11's – Cats 0.3.3 v Queanbeyan 11.9.75

The U11's played at Aranda against Queanbeyan who were on a rampage. There were some standout players and passages of plays that did not represent the score. We just need to get it to the forwards and all that hard work will start to be converted to points.



U12's – Belconnen Magpies 4.14.38 v Cats 3.1.19

After coming off a couple of big wins, the U12's knew we were in for a much tougher contest taking on the magpies that had just beaten last year's premiers.

The Magpies came out of the blocks fast and used their larger bodies to attack and win the ball, putting us on the back foot early. The team was challenged at quarter time to expect that today was going to be tough and that we would need to lift our efforts at the contest and attack the ball harder if we wanted to stay in the game. As the game went on, we started to lift our intensity and challenged the Magpies for the contested ball making sure that they weren't going to run away to an easy victory. This was highlighted in the last quarter when we kept the magpies goalless and scored 2 goals ourselves, reducing the final margin from 29 points to 19. With only one player on the bench all day it was really pleasing to see us play the game out to the very end when everyone was worn out.

U12's Girls – Belconnen Magpies 6.8.44 v Tuggeranong 1.3.9

The 12s girls played in cold conditions at Aranda against Tuggeranong, and started the game well kicking 3 goals to 1 in the first quarter including a great goal from Hannah from long range after a good mark. Madi was tackling hard and taking marks and Mia continuing her good form winning the football and doing some impressive shepherds. Marlie had a strong second quarter making tackles and handballing to players on the outside and the team tackled and pressured well uphill into the wind.

Jess and Poppy both had strong 3rd quarters winning the footy at stoppages and Loma had a great quarter pressuring in defence. The Magpies finished the day with our best quarter with Amy positioning well in the backline and repelling the ball, as well as some great handballs and strong marks from various players. The Highlight Amy handballing out of the back to Alana, who kicked accurately to Elsie to mark, who in turn kicked to Jess who marked and played on and moved the ball about 100m in one bit of great team play without the ball hitting the ground.

Congratulations to Ellie who played her first game, and both Madi and Marlie improving each week. Alana Jess and Mia all had consistent games. Best players Harriet, Elsie, Amy, Poppy and Hannah. Goals to Jess x 2, Hannah, Madi, Poppy, Harriett and Elsie.

U13's – Magpies 16.25.121 v Cats 0.0 – entered score 60 to 0

The U13's really do put some good plays together but just can't get past the defence to score. I certainly know what that feels like with the current U15's going through the same thing a few years in a row. It will come, patience is a virtue and there are great skills on show from every member of the team.



U14's – Ainslie 13.8.86 v Cats 3.3.21

Our arch rivals proved very strong and we couldn't match them this time but there is always next time!

U14's Girls – Belconnen Magpies 5.5.35 v Eastlake 2.4.16

This week the girls met an Eastlake side determined to improve on their performance against us in Round 3. After repelling some early pressure, we were able to string together three great first quarter goals to take a stranglehold on the game. To Eastlake's credit, they lifted their intensity in the second quarter to get within 5 points at half time, and then stay within striking distance at the final break. The challenge was issued for a big surge to start the last quarter, and the girls absolutely delivered. Desperate defending, great attack on the footy and a well constructed running goal sealed a hard-earned 19 point win. A top-of-the-table clash against Ainslie now awaits us on Sunday.

U15's Belconnen Magpies – Belconnen Magpies 11.6.72 v Tuggeranong 1.5.11

Luke Usback played his 125th game – Congratulations Luke! Despite having had a rough week he showed his usual courage on the field.





U16's Girls – Ainslie 5.4.34 v Belconnen Magpies 0.7.7

A tough game of football today against a strong Ainslie side saw the U16 Girls Belconnen Magpie team get defeated 5.4.34 to 0.7.7. The team played well as always and are really gelling well together as a team. We have a bye in our next round, and a Royal birthday holiday so will be back in round 8.

U17's – Queanbeyan 3.5.23 v Cats 10.12.72

Round 6 and another game against Queanbeyan for the U17's Cats.

Our game started off well against the Tigers with a strong centre clearance and early entry into the Tigers defence putting them under pressure.

Unfortunately, we were unable to convert our chances and went into halftime only 2 points up having scored 1:10 for the half.

Second half we lifted our intensity around the contest and continued to move the ball well and it allowed us to create more opportunities within our forward 50 and to the boys credit they kicked a lot straighter in the second half scoring 9:2 to run away with the game.

Our effort around the ball and then our ability to spread and use our wingers was great to see after we have been working on it at training.

Looking forward to a return match next week at Aranda against second place Magpies.

U8's Cross over round/ Cats/Magpies Girls Only AUSKICK:

The cross over round was a great success and there were some great teams out there. One in particular I was taken with was the Wildcats Pinkies! There are all girls and are having so much fun! See sneaky photo I managed to get, below.

Which is a good segue way into mentioning that the Cats and our sister club the Magpies are embarking on the inaugural AFL girls only AUSKICK in July this year. We have female coaches and assistants, run by females, mum's to get involved by helping out and sorry guys, no males allowed!

More information will be coming shortly on how to register. Any girl siblings out there between the ages of 5-12 come along!

Sponsor Information:

Our U10's and U13's received their new jerseys this week with National Capital Motors as the sponsors. Thanks so much to Duncan Brede and his team for supporting the Cats!

Duncan presented the jerseys to the U10's at training on Wednesday night and they were all excited to try them on and give Duncan a big Cheer!



Duncan then presented the U13's with theirs on Saturday before the game.



The Clubhouse located at 16 Georgina Cres Kaleen (next to the Kaleen Plaza) is providing the Cats with a special “Footy Menu” at discount prices. This applies to Saturday’s and Sunday’s until 6.00pm. Go down for an after match lunch or early Dinner. See attached menu at the end of this newsletter – take a photo so you can show it at the counter to verify you are a member of the Cats.



After Match

MEAL DISCOUNT

Shares/Entrée

Crusty Garlic Bread (4pcs) \$9

Cheesy Crusty Garlic Bread (4pcs) \$12

Chips with Tomato Sauce \$10

Sweet Potato fries with Smokey Aioli \$12

Chicken Wings \$16 Choice of; Lime pepper rub or Szechuan rub

Szechuan Calamari with Salad
Entrée \$18

Salads

Caesar Salad \$20

Cos lettuce, crispy bacon, egg, crouton, parmesan, Caesar dressing. Add Chicken \$6, Add Prawns \$8, Add Grilled Steak \$8

Greek Salad Small \$12 Large \$18
Tomatoes, Cucumbers, Spanish Onion, Feta Cheese, Olives and Oregano

Get \$5.00 off The Clubhouse Classics meals

Chicken Schnitzel \$25

200g Homemade crumbed chicken fillet, chips salad, gravy. Plant-based Schnitzel available add \$5

Chicken Parmigiana \$28

220g Homemade crumbed chicken fillet, smoked ham, mozzarella, chips salad, gravy.

Fish & Chips \$24

Homemade beer battered fish fillets, chips, Salad, tartare sauce, lemon

Crispy Skin Barramundi Fillet \$30

Chips, Salad, tartare sauce, lemon.

Marinated Grilled Chicken \$28

Chips, Salad, Gravy.

300g Angus Rump Steak \$31

Chips, Salad, Gravy.

300g Angus Scotch Fillet Steak \$38

Chips, Salad, Gravy.

Surf me up add \$8, Creamy Garlic Prawns

Pizzas 12"

Ham and Pineapple \$15

Double Smoked shaved ham, pineapple bites, mozzarella, oregano, Parsley

Meat Lovers \$20

Bacon, Pepperoni, Ham, Prosciutto, Caramelised Onion, Parsley, cheese.

Margarita \$15

Bocconcini, cherry tomatoes, basil, Grana Padano, balsamic

Gluten free bases available add \$5

Pastas

Choose from Spaghetti or Penne

Bolognaise \$15

Traditional bolognaise sauce, basil, extra virgin oil, Grana Padano

Carbonara \$15

Bacon, garlic, onion, cream, white wine, parsley parmesan

Add Chicken \$4 or Add Prawns \$6

Burgers

All burgers Served with Chips

Clubhouse Burger \$15

Wagyu Beef Pattie, Lettuce, Tomato, Secret sauce.

Vege Burger \$15

Vege Pattie, Lettuce, Tomato, Cheese, Secret sauce.

History of the Club:

Apologies for this week, I have run out of time to compile a report for you all this week but I promise to be back next week.

In the mean time there is this photo:

Can't quite see the date but looks like February 8th (not sure of the year)

