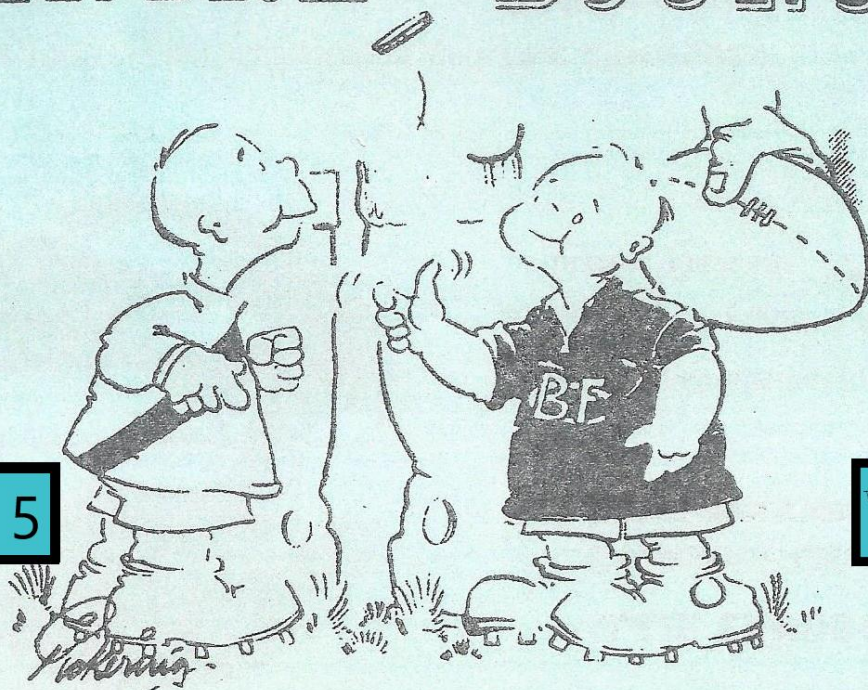


# CENTRE BOUNCE

Round 5

2023



BELCONNEN JUNIOR FOOTBALL CLUB

## Welcome to the fifth edition of the Centre Bounce

Firstly, my sincere apologies for the incorrect information given out last week in relation to the Indigenous Rounds (purely my fault looking at the fixture timetable for U8's instead of U10's+, in the first column!). Luckily my Editor in Chief picked it up! The information for our strip was sourced from the internet which I'm hoping was correct.

I did see an U8's team playing in their indigenous strip this weekend at Reid and another team at Queanbeyan.

Rounds 6 & 7 (this coming weekend and next) are ACT's designated dates.

Anyway, the AFL had their Indigenous round this week and if you would like to read more about each Club's strip then you can go to this website:

[AFL Indigenous Round 2023: Every team's guernsey for Sir Doug Nicholls Round | Sporting News Australia](#)

So, after all that, this weekend's theme was **Pride Round** in the ACT.

The Eastlake and Ainslie football clubs First Grade played the inaugural AFL Canberra Pride Game at Manuka Oval on Saturday. Pride Round will encourage players, spectators and the community to look beyond stereotypes and recognise the benefits of sporting inclusion.

The AFL promotes Pride Round as a celebration of diversity and inclusivity within the game and community. The AFL aspires to ensure everyone feels welcome and safe be their authentic selves whilst participating, watching and enjoying our great game.

International Pride Day will be celebrated on 28 June.

I attended a couple of the games at Aranda and then went to Reid to watch the U8's and U9's. My goodness there is some great talent coming up through the ranks! It was an absolute nail bitter with the under 11's against Marist! I really enjoyed getting out and about and meeting some of our fabulous community.

We had Kate from KD's Van at Aranda for the few games that were there. Thanks again Kate as it certainly was a little chillier so I hope business was great!

Please feel free to send me photos or good stories from the weekend games to include in this newsletter.

**Amanda Ongania – Vice President**

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## Around the Grounds

### Teams:

**U8's** – 2 of our 3 teams played each other at Reid, it a joy to watch. The families barracking from the sideline were all smiles.



**U9's** -- These players have got some serious skills! Definitely some budding professional players in the making! I met Josh and Mark who were full of enthusiasm despite the bitterly cold wind. Thanks to them everything runs smoothly each week for the Lions.



**U10's** – We'll done everyone for braving the cold this morning, we're all winners just for doing that!!!

Thanks to the 3 boys who went and helped out the magpies. Fancy playing a qtr for the jets as well, that's insane, hope you bring back some good intel for our coaching team!!!

To our group that battled it out in Jerrabomberra it was a tough outing with a lot of ball going their way. However we are getting game time into everyone and the improvement in every player is definitely there to see!!!

Unfortunately they're first to the ball mindset and numbers to the contest, and around the contest, meant we were hassled out of it easy and they had multiple options to move the ball forward with ease.

We're better than we showed today and we'll move on quickly, and go for the ball with more determination next time out!

Great to see Daivik get player of the week, his determination to gain first possession of the ball was 2nd to none, hopefully we can all take a leaf from his book and hunt the ball in the same way next week!!!

Jordan had another strong game, showing his class kicking with both feet, certainly a handy skill we all need to learn! Along with Ashton, Lachie and Andy who all showed their class at different stages of the game

Lucas, Luca, and Freddie all had good games, they're all at different stages in their footy development, however it's great to see them all finding the ball and learning quickly. If the game was easy everyone would be out there running around!

So many trying really hard, Mack, Theo, Max, Henry, Zach, Chevy, Willow, Yattani & Josh, basically everyone!

I'm pretty sure we'll give a better account of ourselves next time we play the tigers in Belconnen!

Look forward to seeing everyone at training again Wednesday afternoon for some contested ball work, it should be fun!!!

**U11's** – As mentioned above, the U11's was an exciting game right to the end! There was only a goal in it (although a couple of us thought we were drawn!) and it was a fantastic effort by the Cats who played really well.

Adam from the U17's was one of the umpires and showed off his skills with a centre throw in.



**U12's** -- In Round 5 the U12 cats travelled to Reid to play Ainslie Red.

After a big win last week the team was challenged to implement the things that we had been practicing at training, and to get off to a fast start which is something we have struggled with so far.

After only a few minutes of play, it was great to see that the team were really switched on, as we started to hit the scoreboard and apply plenty of pressure to Ainslie all across the ground.

It was extremely pleasing to see the midfield work we have been doing at training really click today, as we completely dominated all day through the middle and our clearance work was great.

Our backline held their structure all game and showed great discipline to play in front and repel the Ainslie attacks before they had a chance to have a shot at goal.

The teams forward pressure, hard leads and unselfishness around goal was very pleasing to watch as plenty of players took their opportunities to hit the score board or bring their team mates into the game.

A fantastic team performance.

**U15's Belconnen Magpies** – Are on top of the Ladder! Whoo Hoo! After seasons of being at the wrong end of some harsh score lines, the 2 teams have come together to prove a formidable force! They are responding well to Coach Paddy and Coach Oscar and the training is really paying off.

**U17's** – Round 5 saw the U17s at home against Marist, we have had some great battles against Marist over the past few seasons and Saturday was no different with a goal difference between the sides at the 1st Qtr and Halftime breaks.

The pressure around the footy was hot from both teams and it wasn't until the last qtr that our boys were able to kick a couple clear from Marist and secure the win.

Great effort across the park from all players involved with Luke Gray being solid as a rock in the full back position and it was great to welcome back a few players from injury with Cooper Lees bagging 6 goals in his return.

Looking forward to travelling to Queanbeyan next week to take on the Tigers.

A big congrats to Brodi Bugden who plays up for the team, in reaching his 75 game milestone!

**Bunning's Belconnen BBQ :**

**WE NEED YOU!**



Well, it's almost upon us! In round 7 we will be hosting a BBQ at the Belconnen store and need your help. If you could send me your details so I can put you on the roster for an hour or two Saturday the 3<sup>rd</sup> June from 08.00am until 4.00pm that would be fantastic! Before or after your games if you can spare some time whilst you are already on the road would help so much! We would like to update some equipment with the profits.

See what time slots you can fit into:

Tasks	8.00-9.00 set up & start cooking	9.00-10.00	10.00-11.00	11.00-12.00	12.00-1.00	1.00-2.00	2.00-3.00	3.00-4.00	4-4.30 Pack up
Cook									
Kitchen									
Kitchen									
Orders	N/A	N/A					N/A	N/A	
Orders									

We need 4 people all day with a fifth person during the busy period. No one under 18 is allowed in the kitchen area but they can certainly help out with taking orders, charging the customers and handing out the drinks.

### Sponsor Information:

Our U14's received their new jerseys this week with Sportslink Travel as the sponsors. Thanks so much to Paul Kelly and his team for supporting the Cats!



# THE CLUBHOUSE

K A L E E N



## After Match

MEAL DISCOUNT – Saturday & Sunday until 6.00pm

### 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

### The Clubhouse Classics

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:

How about some photos this week! Do you know these names?



**Brendan Scotland, the blonde is Michael Hopps, Michael 'The Great' Walsh, Warren Mcilwain ( I went to school with him), Chris Cook, Paul Hynes.**

How about this for memorabilia!





**BELCONNEN JUNIOR NATIONAL FOOTBALL CLUB  
UNDER 13 EAST - 1983**

R. CROSS (MNGR), S. HOBBS, J. PARKINSON, A. BATES, G. TROUNSON, R. KELLY, M. HYNES, M. SHANNON, B. SMITH (COACH)  
M. JOHNSON, C. DUNN, A. SHANNON, A. BUYTEWEG, S. HOLMES, D. CLIFTON  
P. CROSS, M. GREENHILL, A. LEAN, D. MARTIN-HENRY (C), A. LILLEPRUUN, D. COWDROY, S. TILLEY