



CENTRE BOUNCE

Round 9

2023



BELCONNEN JUNIOR FOOTBALL CLUB

Welcome to the ninth edition of the Centre Bounce

Well, I had an early start at the Nest on Saturday which was sunny in patches but very breezy and cold! Then ducked to Aranda to help with the BBQ but everything was under control thanks to the number of volunteers that put their hand up to assist. We thank you so much!

This gave me a chance to watch the commitment of the U12's and I am glad to see (or hear) that there is the same if not more enthusiasm from the Manager that I used to have when I was managing. I proudly hand over the mantle to Irene! Love it so much!

Can you believe the AUSKICK program wraps up this week! There will be a BBQ afterwards for the participants and we hope you can all stay after the last session. Thanks to all involved and congratulations to newest graduates!

Another important event that the Cats and Magpies are holding is an All Girls AUSKICK. You can register your girls 5 years to 12 years old. Mum, we expect you to get involved to – Dad's have to take care of siblings, this is Girls only! Register via the below link.

<https://www.playhq.com/afl/register/836f7c>

Amanda Ongania – Vice President
vicepresident@belconnencatsafl.com.au

Fun Fact:

When the game first started in 1858, no time limits existed for matches. The first team to score two goals was declared the winner.

SIGN UP TODAY

[PLAYHQ.COM/AFL/REGISTER/836F7C](https://playhq.com/afl/register/836f7c)

MAGPIES **MAGPIES**

ANY QUESTIONS, PLEASE CONTACT US
football@belconnenmagpies.com.au

GIRLS ONLY
AUSKICK

nab AFL Auskick

STARTS
SUNDAY AFTERNOONS
FROM 23/7 THROUGH TO 24/9
1:30PM - 2:30PM

AROUND THE GROUNDS

U10's –
Hey Cats,

As always, firstly thanks to Josh who went across to play with the magpies I'm sure you played well and showed them all how it's done!

Great effort from all of our Under 10's players this week, especially our players of the week, Lachie, & Mack who both had standout matches!

Once we figured out where we were all going and got to the ground we actually started the game fairly well!

Thanks to Willow & Freddie (& their parents) who got the run around a bit this morning, great you made it back!

It was a great moment and I'm super glad I was there to see Yattani kick his first goal in Aussie Rules! Well done to him even if it was whilst playing for the opposition. Hopefully he can bag a few more sausages for us before the year is out!!!

It was also great to have both Tom & Luca back after a few weeks in the wilderness; they played like they'd never missed a minute.

Marist were certainly a clever team who don't all get sucked into the honey pot at every contest, especially in their forward line. We can learn from that and also think more about why and how we are going about our game the way we are, listen closely to our coaches, learn quickly and move onto the next game.

We had loads of good players and moved the ball well at most times. The endeavour was definitely there and we had our chances to kick a good score but unfortunately it just didn't pan out that way.

Anyhow, I'm sure with a continued good turnout at training and hard work on our weaknesses we'll be piling on the goals in the coming weeks!

Again, get some AFL on the telly tonight or tomorrow arvo, it's always good to see how the pros go about it. It's a tricky game so watching a few quarters will help it all make a little more sense.

GO CATS!!!

U11's – Cats 1.1.7 v Tugg 14.16.100

U12's – Cats 2.2.14 v 9.15.69

Round 9 at Aranda saw the U12 cats v top of the table Eastlake. After winning the toss and kicking with the wind, we were unable to take advantage of the conditions and went into quarter time down by 19 points. A well drilled Eastlake then took full advantage of the wind, kicking some long goals and keeping the ball in there forward line for the majority of the quarter. Our back line was put under constant pressure, but to their credit, they stood tall and fought extremely hard.

The 3rd quarter was by far our best as we took full advantage of the wind and outscored Eastlake by 6 pts. The forwards did a fantastic job of keeping the ball in our forward line and the midfield worked tirelessly to make sure we hit the scoreboard.

The final quarter was a fantastic effort all across the ground. We kept Eastlake to one goal with the wind and fought really hard to the final Siren.



Are you sure these are U12's?
Look at the height they get!



Who wants it more?

U12's Girls – Belconnen Magpies 7.7.49 v Queanbeyan 1.1.7

The 12s girls started the game with the strong wind at their backs but didn't have their normal desire to win the footy and were kept goalless whilst the Tigers kicked 1 goal. Mia J, Addi and Blossom all fought hard in defence.

In the 2nd quarter the girls got back to their normal style of winning the ball out of the middle and moving the ball well forward kicking 3 goals for the quarter into the wind, to Jess, Harriet and Poppy. Good team play from Meredith and Hannah winning the ball out of the packs with handballs to team mates, and out defence kept the Tigers goalless when they had the wind.

In the 3rd quarter we dominated the play with many forward entries and kicked 4 goals 3 points for the quarter. Amelia and Jess both took strong marks, Amy and Addi kicked long impressive goals. Our manning up on their rebound was a bit slack, but Marlie was fantastic playing tight on her opponent and her tackling pressure.

The 4th quarter we worked hard into the wind but just couldn't get them through the big sticks kicking 2 points for the quarter. Our handball play was really strong to girls in better position and the highlight of the match Amy sprinting back into defence running with the flight of the ball and taking a super mark as got contacted from the Tigers player. A great win 7.7.47 to 1.17 staying undefeated so far this year. Best players: Amy, Poppy, Addi, Jess, Elsie & Mia. Goal Kickers: Amy & Poppy 2, Addi Harriet & Jess 1.

U13's – Cats 4.1.25 v Ainslie 5.10.40

Best players: Tor, Archie, Emmett, Toby, Ben and Raighn

Congratulations to all involved for such a great game! 3 goals to Archie and 1 to Toby! Well done!

U14's - 0.3.3 v Marist 9.6.60

Best Players: Luca, Mitch, Lucas, Brayden, Ramon, Ruben

U14's Girls – Belconnen Magpies 2.4.16 v Queanbeyan 2.3.15

Sunday's game saw us return to our home ground at Aranda, where we were greeted with fine but blustery conditions. This week was always going to be a challenge for us against an in-form Queanbeyan side, with five of our players missing from the previous game - so we were rapt to have two girls keen to put

their hand up and join us from the Under 12s. However, an unfortunate injury to another one of our players late in the first quarter then left us without an interchange bench for most of the game.

Despite this, the girls rallied together and put in a huge effort to grind out a 13-point lead at half time. As fatigue started to set in, Queanbeyan continued to throw everything at us, and they closed to within 5 points at the final break. The final quarter saw the ball moving constantly from end-to-end, with both sides desperate in defence. Just when it looked like we'd done enough to build a winning buffer, Queanbeyan goaled with 40 seconds remaining to get the hearts fluttering again - but fittingly, we held on in a thriller.

It's the type of win that I'm sure we'll draw inspiration from later in the year. The resilience and determination that everyone showed was unbelievable, and something the girls can be proud of.

A match-up on Sunday against Weston Creek at Holt Oval now awaits us.

U15's Belconnen Magpies – Belco Magies 11.8.74 v Marist 4.10.34

Congrats to Sam and Spencer celebrating their 75th game milestones this week and they both had an absolute cracker of a game. Spence was continually getting the ball out from defence (as represented in Marist's score) and feeding into Sam who continued the progression back to the mids and beyond.

Matt celebrated his 100th game with a fantastic tap off the ground to go through the goals to really put the game beyond reach.



U16's Girls – Belconnen Magpies 2.6.18 v Eastlake 1.5.11

U17's – Cats 8.7.55 v Ainslie 8.6.54

Round 9 saw the U17s return to Aranda to face Ainslie for the first time this season. After a disappointing loss against Marist the previous week the boys were keen to bounce back and came out of the blocks hard to establish a two

goal lead at qtr time. The pressure from our forwards in the first qtr was the best that it has been all season and enabled us to create opportunities at goal.

Ainslie returned serve in the second qtr and at halftime we went into the break with a 1 point lead. The game would go back and forth through the 3rd qtr with the teams still separated by the single point.

Tight start to the 4th qtr before Ainslie were able to kick two goals in quick succession to take a 10 point lead with 5 minutes on the clock remaining, our young Cats were able to rally and continue to apply pressure which resulted in a few scoring opportunities. To be able to score two goals in the last 5 minutes was a real sign of a team that doesn't know how to quit and I was really proud of the will to win the boys displayed eventually finishing on top by the solitary point again 55-54

The pressure in our forward 50 today was great and the desperation shown by our mids and defenders to just keep turning up when they needed to was a great sign and a strong bounce back from last week.

Speaking of milestones, check this one out from last week!



THE CLUBHOUSE

K A L E E N

SPONSOR INFORMATION

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.

HISTORY OF THE CLUB

Time for more from Les' speech:

With the boys sorted, I spent the first 6 months engrossed in my new job as you do, although I did see some games. In October I attended the AGM and walked out wearing the President's Hat, taking over from Don Johnson who had presided over the Turner/Belconnen years.

Over the summer we finalised a Committee consisting of –

President – myself

Secretary – Jim Watt

Assistant Secretary/Junior League Rep – Pat Brazel

Treasurer – Harry Souter

Fund Raiser – Judy Hynes

Registrar – Kaye Scotland

Eventually we included some North side people in Ton Wood, Ossie Terron and Nick Pashier.

Two of our major initiatives were the Centre Bounce Magazine and the shields and badges showing the number of years played, milestone games and premierships won. Centre Bounce required the Mangers to submit a match report each week into a box at The Shed by 6.00pm on a Sunday. The Watt

family typed, printed, collated and assembled some 400 copies by Thursday nights. Jim worked for IBM and had this whiz-bang machine that did most of the work, although some SOS's were sent out if there had been any hiccups, as the magazines had to be at our house by Friday mornings for pickup by the Managers. That's not all they picked up, there were oranges, cordial, first aid supplies, socks, shorts, etc.

Wow! What commitment! I'm so glad of the technology we have today that makes the process of the Centre Bounce a lot quicker!

Keep the stories coming. Please send anything through to:
vicepresident@belconnencatsafl.com.au



**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

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.

After Match Drinks

Special

UC Stars Beer of the Day

Valid Saturday/Sunday till 6pm
\$6.00 Schooner \$9.00 Pints

Special

Cider or Ginger beer
of the Day

Valid Saturday/Sunday till 6pm
\$7.00 Schooner
\$10.00 Pints

Special

UC Stars House Wine
of the Day

Valid Saturday/Sunday till 6pm
\$6.00 a glass

**Come on down for our Nightly Specials
after Training**

Follow us on [Facebook](#) for Surprise Special Meals and Other Specials.

Make sure you follow [BelcoCatsafi](#) on Instagram and Facebook. We regularly post updates and news on both of these platforms, so it's a great way to keep up to date with all things Cats related.

NCM

NATIONAL CAPITAL MOTORS



The **COOK
GROCER**

Please support the businesses who support our club



This email was sent to gemma@exportsolutions.com.au
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
Belconnen Cats Junior AFL Club · Bindel St · Belconnen, ACT 2616 · Australia