



Welcome to the eighth edition of the Centre Bounce

What a beautiful day for footy! I was at the U10's match this morning and it was very exciting! There are great skills on display and was a very good game to watch. I also had the opportunity to talk to a few parents and managed to score a web designer (thanks Mitch!) and a future Secretary (thanks Aleks!). It's

my son was playing in the Nest. I love the enthusiasm of all the kids and parents alike. That has a lot to do with the excellent work our coaches, managers and parent helpers provide and it's so wonderful to have the young one's having such pride in wearing the Cats jersey (yes I know, I know, I still need to find a couple of smaller ones. once I get the U10's excess back I'll race them over to you!).

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

Fun Fact:

St Kilda have seven Jack's on their list (Steele, Billings, Lonie, Bytel, Sinclair, Bell, Mayo) with the Captain, Jack Steele a former Belconnen Cat!

BBQ This Saturday at Aranda:

YOU!



We need volunteers please. Can you send offers of assistance to:
secretary@belconnencatsafli.com.au

Roster times below:

Time	Activity	Helper	Helper	Helper	Committee person
8:30 - 10am	Set up and cook				Jon and Toni
10-11:30am	Cook and serve				Jon and Waj
11:30am-1pm	Cook and serve				Amanda
1-2pm	Cook and serve				Amanda
2-3pm	Cook and pack up				Gemma

AROUND THE GROUNDS

U8's –



U9's --



U10's –

Hi Cats Faithful, Thanks again to the boys who went across to the magpies for a run, Chevy & Zach. I believe you both had a great game, good stuff!

Our Under 10s team that took to the field at Aranda certainly started the game well! We definitely had the ball camped at our end of the ground for the majority of the first stanza. Unfortunately, we didn't manage to covert our opportunities into scoreboard majors.

The Wildcats certainly turned the tables in the 2nd quarter, piling on 3 goals to our 1 taking advantage of a few lapses in concentration from our young cats.

plenty more work to do!

The last quarter was an exciting one with both teams fighting hard every time the ball was in dispute. Our great game of Aussie Rules was certainly the winner, as there wasn't a face without a smile on it when the final siren sounded.

Both teams were buzzing as the match had gone down to the wire. The match had many highlights, too many to mention them all. But all our Under 10s players have improved and gained confidence as the season has rolled on. We've got a great bunch of kids who are willing to have a crack. Their skills are getting better week by week.

Player of the week honours were shared between Theo & Leo who both had great impact whenever they had possession of the ball! Let's all get along to training again this week and continue our steady improvement.

Go Cats!!!!!!



U11's – Cats 3.4.22 v Jets 3.6.24

I don't have a match report this week but my goodness it looks as though it was a nail bitter!

U12's – Cats 6.13.49 v Tugg 2.0.12

Round 8 was a big game for the U12 cats as we needed a win to keep us in the hunt for finals. Tuggeranong were equal with us on the ladder so we knew this was going to be a good test for us to respond from a big defeat before the bye. Playing on the big ground at Gordon was going to test us as it is a lot bigger

plan as although we had more scoring shots, our inaccuracy in front of goal meant that we went into the quarter time break down by 2 points.

The players were asked to put in a big 2nd quarter into the breeze and concentrate really hard on manning up the opposition and making sure we used extra run and carry with the ball to minimise the impact of the breeze. The players followed the instruction perfectly and held Tuggeranong scoreless whilst keeping the ball in our forward half for a large portion of the quarter.

The third quarter was similar to the first where we dominated play and peppered the goals but inaccurate kicking 1.7, meant that a big last quarter into the wind was going to be required. This is exactly what we delivered kicking 4 straight goals and completely dominating the last quarter to run out comfortable winners.

This was such a pleasing 4 quarter performance as we controlled all parts of the ground, remained disciplined to our structure throughout each quarter and showed superior fitness to run out the game. A big test coming up v top of the table Eastlake on Saturday

U12's Girls – Belconnen Magpies 7.4.46 v Eastlake 0.0.0

The 12s girls were missing 5 players this week with oztag, travel and sickness and had Willow and Bernice backing up providing great cover. The Magpies started well with a brilliant first quarter, Jas and Poppy kicking a goal each on the run, and Mia taking a strong mark and kicking a big goal from about 30 metres. The Magpies played a strong 2nd quarter into the breeze and kept the ball for the majority in our forward half. Madi positioning really and receiving handballs and winning kicks, Meredith a great effort to spoil a mark, Ellie playing a great quarter, and as a team kept manning up and playing well defensively with pressure and tackles, Jess and Mia getting a goal each.

In the 3rd quarter the Magpies had the ball in their forward half most of the time, with Jess kicking her 2nd goal and Meredith kicking a great goal from tight angle from a pack. Harriet continued her great form in the ruck and worked hard in defence as well, Amy was taking marks, Charlotte a strong tackle and Amelia a great pick up and clearance kick. In the last quarter the Magpies had

Blossom had her best game of the year both playing well in defence and getting loose ball and kicks. Willow did some great tackles and strong defence and getting kicks out of the backs. Ellie and Charlotte also both played their best games of the year and getting better each week as new players. Poppy, Amy, Jess, Meredith & Harriet. Goals to Jess and Mia x 2, Jas Poppy and Meredith x 1

U13's – Cats 0.0.0 v Jets 11.10.76

U14's – Cats 1.0.6 v Tugg Red 9.17.71

Goals: Tyler 1

Best: Tyler, Luca, Lachie, Mitch, Rubin, Lucas B, Brayden, Alistair, Henry

A tough assignment for the Cats on Saturday, with their first re-match against Tuggeranong Red since last year's prelim final. Coach Pete talked through some tactics pre-game to stop the Reds running game and break back the other way. The Cats had a great first quarter. Tyler was winning in the ruck. The midfield were linking well with Rubin, Mitch and Luca's handpass game keeping the Reds on their toes and Beau and Jacob spreading well on the wings. It was good to see Ambrose back after knee soreness and he, Immy and Lucas B were lively up forward. Tuggeranong Red tried everything to get through the Cats defence but they couldn't get a major on the board. Dan, Bailey and Tyler were solid across half back. Lachie, Hugo and Brayden teamed well in the last line of defence. While Henry and Harry were there to clean up and clear the ball out wide.

Tuggers were kicking with the wind in the second quarter, so the Cats needed to double their defensive efforts. Henry, Harry and Brayden were again teaming well down back. Conal kept the ball in front of him whenever he could. Dan made some important clearances. Lachie was tackling, punching and smothering. The midfielders also came down to lend a hand. Mitch ran thru a pack of players and spotted up Beau. Luca was at the bottom of several packs. Lucas B laid some terrific tackles. And Lewis was working his way into the

Lucas C were providing a great target. Eamon had some chances. And Lachie had a ping at goal that just fell short.

As the game moved into the second half, the Reds running game started coming to the fore. But the Cats were putting them under pressure. Jacob D tirelessly chased down the Reds half backs and wingers. Hugo didn't give up and ensured his Reds player wouldn't have an easy shot on goal. Lucas B was putting on a tackling master class. Bailey made some important clearances off half back. Conal, Lachie and Tyler all laid big spoils to stop the Reds gun forwards from clunking marks in front of goal. Despite the Reds pressure, the Cats still had some great passages of play with Luca, Brayden, Beau, Mitch, Rubin and Ambrose all involved, and Lucas C, Jacob H and Eamon had chances up forward. The effort finally paid off, with a great individual effort from Tyler – winning the centre bounce, following up and bombing a big goal from the edge of the centre square.

With the Reds back with the wind in the last quarter, the Cats needed to raise one last defence. Second and third efforts were typified by Conal and Harry who were determined not to be beaten. Alistair laid some great tackles on his midfield tag and was rewarded with several holding the balls. Lachie ran back into an emerging pack to affect a great spoil. Henry saved a goal with a desperate touch on the goal line. And Lucas B, Brayden, Lewis and Tyler laid some heavy tackles to make sure the Reds remembered their day against the Cats. Luca and Mitch kept running. Beau and Jacob had great last quarters on their wings. And Immy kept presenting with some great leads from centre half forward.

So despite the scoreboard, another spirited team effort from the Cats, which was recognised by coaches and parents after the game. Another tough game awaits against Marist at home next week

U14's Girls – Belconnen Magpies 9.9.63 v Wildcats 1.1.7

Our girls took on Weston Creek in good conditions for footy at Stirling Oval on Sunday. With a big ground and plenty of open space to work into, our run and fast ball movement helped us record our highest score for the season so far.

leading targets and great contested marks. The response from those girls who were presented with the challenge of a new on-field role was also fantastic. As a result, we were able to keep the scoreboard ticking over, and it was awesome to see the team celebrating everyone's contributions in such a supportive way.

After four straight away games, we now look forward to our home game at Aranda this weekend against Queanbeyan

U15's Belconnen Magpies – Belco Magies 6.16.52 v Ainslie Red 5.3.33

Best players: Alex, Brodi, Tyler, Dylan, Spencer and Sam

Congratulations to Josh playing his 25th game which was a cracker!



It was a top of the table clash with Belco coming out on top! It was a great turnaround from our round 1 loss against them (which by the way is the only loss this season!). Great game from Alex (man of the match) and great work from the backline (Sam, Spencer) repelling everything that came their way. Although singling out those names it was a massive team effort.

Jess and Hika played up for the Rising Stars on Friday night and whilst the team didn't get the win it was good experience.

U17's – Cats 5.12.42 v Marist 11.9.75

Best Players: Tom, Brodie, Jack, James, Max



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

A Huge acknowledgement for recent achievements for the Bennett family who have been heavily involved with both Belconnen Clubs for a long time: Dave (BFC), and sons Lexie and James (Cats) recently achieved the milestone of



Lexie, Dave, James and mum Lesley

Some things we collect on the way as memorabilia that are priceless and sentimental. The below was given to Judy Hynes when Alex Jesaulenko was coaching at Belconnen. Judy was a major contributor to our club and was very well respected in the community.



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



THE CLUBHOUSE

K A L E E N

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.

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

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 [BelcoCatsafl](#) 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
GRO CER**

Please support the businesses who support our club