

CENTRE BOUNCE



Round 7

2023

BELCONNEN JUNIOR FOOTBALL CLUB

Welcome to the seventh edition of the Centre Bounce

Can I just say what a pleasure it is and how proud I am, to be part of such a tremendously generous and engaged community such as The Mighty Fighting Cats! The volunteers who worked at the Bunnings BBQ Saturday contributed to a very successful day with enthusiasm and the attitude of “anything for the club!” I am so grateful to everyone who pitches in not just with this event but for all the times you assist in fundraising for our small club. We couldn’t do it without you!

The day started off mild, then sunny, then raining, then sunny again! We sold 845 sausages and 120 cans of drink. After adding it up properly, we went through 16kg of onions and 50 loaves of bread. Sauce and mustard is very popular and a new one for the kids is tomato and BBQ sauce together!

Thank you so much to all the parent and kids that donated their time to assist (I'm sorry if I missed anyone):

Paul for showing up early to start cooking, Belinda and Peter for the early shift followed by Kate, with son Noah out the front doing a great job with sales, Christina, Susan, Tracey and Riley who did a 2 hour shift during one of the busiest periods, Marty, Stacey and Immy who did a 3 hour stint whilst still busy! And for Mick arriving for the last shift to cook, and then do a fabulous job cleaning the site (the Bunnings staff were so impressed they asked when we were coming back!). Also, to my poor suffering husband Alby, who just does what I tell him to do behind the scenes to organise and set up these events.

Of course a big appreciation for the wonderfully dedicated committee members Gemma, Jon, Wal and Toni who assisted throughout the day in between games.

Some of you might remember I've been transcribing Les Scotland's speech in the History of the Club section. I was talking with a customer who happened to mention his dad had helped set up the Cats, so I asked him which one of Les' son's he was. It was Darrell the eldest, who also knew Alby, who was cooking away on the BBQ at the back. Unfortunately, it was quite busy and I couldn't have a longer chat. Hopefully I can get some stories later.

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

Amanda Ongania – Vice President

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Around the Grounds

Teams:

U8's –

What a lovely winter's day at the footy! Our pros teams headed out to Amaroo this weekend where we had another thrilling Cats vs Cats derby while the pumas took on the jets. The skill level is improving across all teams and it's great to see everyone having a go. Thanks to Marty for stepping in as coach while James is off for the next couple of weeks, and thanks to Ollie for helping out the pumas who were a couple players short.



U9's –

The U9 Lions and Jags played out at Amaroo this week, and of course because it's Amaroo, it rained! Both teams really stepped up for close results, making sure the goal umpires were keeping their steps up when chasing giant goals. After their games, both teams joined together to recognise Reconciliation Week. Jaguars coach extraordinaire and proud Palawa man Ciaran Doolan talked with all the players about the importance of learning on a path to reconciliation and challenged all of us to learn one new thing about indigenous Australians this week. Thanks Dools, great words!

We're not playing next weekend so we'll take a week off training as well. See you all soon!



U10's –

Thanks again to the group that played with the Magpies this morning. I hope you all had plenty of game time, got a few kicks and had fun!

Thanks also to the group that made the long trek down to Gordon to play the reds. We certainly started well with plenty of the ball going our way out of the middle and the boys down back repelling the ball when the reds went forward. Unfortunately, as the game wore on we didn't convert our opportunities up forward quite as well as we would have liked.

It's a long winter and we were somewhat tired and lethargic in our approach. However, we're getting our share of the ball and moving it downfield so that bodes well for the rest of the season.

It was great to see Mack & Jordan share the spoils for player of the week. Both showing skill and an understanding of the game beyond their years! Other notable contributors were Zack with his speed and great ball use. Tommo with his competitive fight. Alex, Leo, Willow, Theo, Andy and Max for fighting hard for every ball and creating many opportunities for their teammates.

Henry, Yattani and Daivik and Freddie also had their moments to shine. It's a tough game and sometimes it's just not your day. It's a matter of pushing on to the next contest and going even harder at the ball!

There is a lot of depth in our group, we need to stay focused, stick together, work hard at training and watch some footy on tv and we'll kick goals!

U11's – Cats 1.2.8 v Jets 9.14.68

Best players: Xavier, Loma, Alex, Jack L, Jack H and Darcy.

U12's -- Cats 1.2.8 v Queanbeyan 8.12.60

The U12s Cats took on number 2 on the ladder, Queanbeyan Gold at an Aranda home match in perfect conditions. We wore the indigenous jersey with pride.

After a performance last week that we all agreed we needed to improve on, the team was challenged to start the game with high intensity and strong attack on the ball, setting a standard on how we were going to play the game.

To the credit of the team this was exactly what they did, working consistently hard all game and not backing out of the challenge. Although QBN proved too strong for us to contain, the team never gave up and played what was a very consistent 4 quarter effort.

The midfield group worked tirelessly all game and did a fantastic job of stopping QBN's drive out of the clearances especially when coming up against the biggest Ruckman in the U12's. Our backline worked hard all day and were under plenty of pressure, but it was great to see some of the players really stepping up and attacking the ball as it came into defence so that we could rebound out of our defensive 50 to our attack. QBN's backline were a very well drilled group and attacked the ball hard both in the air and on the round, but our forwards did well to adapt to how they were playing to try to keep the ball in our attacking 50 for as long as we could, but we struggled to turn that into shots on goal. Obviously this didn't go as we would have liked, but gives us plenty of things to work on at training before our next game.

Although a significant loss, it was a game that certainly seemed a lot closer than the score and was one of our best four quarter performances where our efforts didn't drop off all game.

In other exciting news, three of our Under 12s were selected for the ACT school boy's team. Well done to Charlie Davis, Cooper Day and Lee Torkington.



U12's girls – Belconnen Magpies 10.14.74 to Ainslie 1.0.6

The 12s girls played in great conditions at Reid oval and started the game well with Addi clearing the ball from defence, strong marks to Meredith and Willow and great team play from Marlie. Magpies kicked 2 goals to nil for the quarter. Magpies continued to link up well in the 2nd quarter and new player,

Ellie getting possession, Elsie and Poppy winning the ball in the midfield and repeated forward pressure by the Magpies leading to a 3 goal to nil quarter.

In the 3rd quarter Annabelle played her best footy in the year, taking a mark and getting several kicks, Jess provided great drive from the middle and tackling pressure, another 2 goals to 1 goal for Magpies for the quarter. A big collision between our players Meredith and Nellie sprinting from either side to take a mark highlighted our desire and fortunately both players bounced back ok.

The 4th quarter was our best of the day with the team linking up well with kicks to leads, handballs out of pack and played a great team game. Mia great run down the wing with long kick to our player in forward line. Amy took 2 marks running with the flight and won lots of ball, Belle some 2nd efforts and new player Charlotte getting a good handball and kick.

New girls to footy Ellie, Marlie and Charlotte all had improved games. Marlie showing our team how to play a great defensive and team game. Best players Amy, Addi, Elsie, Poppy, Jess & Marlie. Goals to Jess x 2, Amy x 2, Addi, Elsie, Mia, Alana, Poppy and Harriet. Thanks to Willow Nellie and Emmi who all backed up from the 10s and played well.

U13's – Cats 2.2.14 v Marist 15.9.99

Best players: Oscar, Archie, Toby, Mitchell, Andrew and Raighn.

The u13s came up against Marist Sky at our home ground. It was a beautiful morning for footy and the boys took advantage of that, bringing outstanding individual and collective efforts. We controlled the 1st q without being able to get the score on the board, and our 3rd q was absolutely fantastic footy, showcasing the potential we see in this group every week at training.

The Marist coach said to me at the end of the game how impressive our 3rd q was and what a fantastic base to build on. Look out when we start stringing 4 quarters of that together.

Go cats!! 

U14's Girls – Belconnen Magpies 4.3.27 v Ainslie 4.3.27

Sunday's game saw our girls take on Ainslie Red in a top-of-the table clash at Reid Oval. A tight contest was expected between two undefeated teams and it certainly delivered on that.

Amazingly both sides still managed to emerge from the game with an unbeaten record after a heart-stopping draw. It was a gripping game of footy

where momentum see-sawed throughout, particularly during a frantic final term.

The girls put in a huge last quarter effort to draw level and keep Ainslie scoreless and with the footy deep in our forward line in the dying seconds, we just ran out of time to kick ahead.

As we move into the second half of the season, our consistent form and team spirit has us in good shape.

U14's – Cats 12.17.89 v Wildcats 1.0.6

Best : Rubin, Tyler, Lachie, Luca, Lucas B, Eamon, Lewis, Hugo, Brayden, Immy

Goals: Eamon 3, Luca 2, Lucas B 2, Rubin 2, Mitch 1, Lucas C 1, Immy 1

After several weeks of improvement against the competition's best sides, the Cats entered Saturday's game against the Wildcats with growing confidence. Tyler won the first tap to Rubin and the Cats were quickly into their forward line. Rubin won a free kick at half forward and was gifted a 25 metre penalty to get the first goal on the board. The Wildcats bounced back and Harry was soon into the action, laying a couple of strong tackles and defending the Wildcats early forays. But Weston Ck got the ball out the back and had their first on the board. The next ten minutes was all about Cats forward pressure. Tyler tapped it to himself and launched a big torp, into the forward line. Dan almost took a great mark, Lucas B and Luca laid some great tackles, Jakie was competing well in the forward line, an Eamon snap hit the post. Immy's efforts were reflective of the Cats mindset. She had a running shot at goal. It fell short but she followed up, got the ball back and snapped a great goal. Weston Ck tried to fight back but Lachie, Lewis and Conal were solid in defence. Lucas B kicked a great goal from a set shot from the boundary. Mitch was caught high and got a 25m penalty to score another goal for the Cats. In the dying minutes, Eamon's kick off the ground hit the post and a set shot from Luca was just off line.

Pete urged the team at quarter time to not rest on their laurels. Beau was into the play early. Jacob Dau had a great spin out of a pack. Lucas laid a great tackle and from the subsequent free kick short passed to Rubin for his second goal. The Cats drove forward again. Brayden won the ball and fed to Dan, Mitch kicked forward where Eamon skilfully read the ball off the pack to kick the Cats sixth major. The Wildcats lifted their efforts. Lucas B copped one in the jaw and came off for a rest. But Weston Ck found it hard to break through Lachie who took several intercept marks. Lewis was also hard to get past, winning multiple contests even when outnumbered. And Ali was fighting hard at half back against his old team. On one occasion when it looked like the

Wildcats were through, Henry's punch in the last line of defence stopped a goal and flipped the momentum. Lachie kicked the ball to Beau at half back. Beau switched play to Jacob D in the centre. He kicked out to Immy on the wing. She found Eamon at half forward who ran in and kicked a goal. Definitely the best team goal by the kids this season. With the momentum running the Cats way again, Dan ripped the ball out of pack and got the ball forward again. Eamon had an attempted mark but followed up to run into an open goal and kick his third for the quarter.

At halftime, coach Pete encouraged the kids to lower the eyes and control possession. Immy's leading patterns were providing a great target. Luca was pushing forward and kicked a great running goal. Soon after, Luca and Brayden combined to get it deep forward. Lucas B almost took the mark, but pinched the ball in a goal square scramble to bag his second. The Wildcats kept trying but Conal, Henry, Bailey and Lewis were great in defence. Lachie took more contested marks at half back to ruin the opposition's attacks. As the Cats confidence grew so did their running teamwork. Brayden kicked to Beau who marked at half forward. He kept running to get the follow up hand ball. Henry found Eamon who put Beau in the clear. Rubin marked at half back and crossed the ground to Mitch which had Luca driving forward. The Cats could have finished the quarter with two late goals but Eamon was just off line and Luca's set shot just drifted wide.

Weston Ck were desperate to add to their tally before the end of the game. But the Cats were equally determined to keep them out. Lewis smothered and punched the ball clear. Conal laid some great tackles and wouldn't let the ball pass him. Bailey copped one in the nose and came off with a blood rule. Ali and Jakie kept close to their opponents as the Wildcats made several forward forays. And Lachie racked up a few more intercept marks. On the turnover, Jacob D was creating space and kicked to Dan who took a great mark. Henry and Harry pushed forward and got a sniff of the goals. Luca kept running and cleared to the wing where Beau kicked forward to Tyler. Tyler handpassed to

Henry, who found Hugo in the clear. Hugo's short pass to Lucas C was a beauty. The shot at goal fell short, but Luca was there to kick a great tumbling goal from the pocket. The Cats kept pressing and in the confusion of another forward attack, Lucas C kicked a great goal as he was falling to the ground. The Cats kept going to the final siren, as another line of teamwork from Lachie to Rubin to Luca and Mitch led to a long range shot at goal after the siren which just fell short.

So after a lot of promising signs, the Cats finally clicked on Saturday. Just in time for another testing run of games against the ladder leaders after the Kings Birthday break.

U16's Girls – Bye

Congratulations to Belconnen girls selected for the U15's Australian Football ACT rep team heading to Ballarat in July. Layla Raadts, Jesse Weston, Jade Brazier, Imogen Foster and Hikari Robinson was selected as a Shadow (not sure what that means but yay Hika!).

U15's Belconnen Magpies – Belco Magies 16.12.108 v Eastlake 0.1.1

Best players: Sam, Brodi, Spencer, Alex, Leo and Matt.

Congratulations to boys from this team selected for the U15's Australian Football ACT rep team who will also be travelling to Ballarat in July. Brodi Bugden, Tyler Nisbet, Dylan Sim, Alex Churches, Lucas Davill and Luke Wallensky.

Spare a thought for Matt who was stretchered from the field; hope the healing process is a quick one!



U17's - Cats 9.4.58 v Magpies 3.12.30

Best Players: Harry, Tom, Max, Ryan and Koby

Another tough day at the footy as we headed back to Aranda to take on crosstown rival Magpies, what was looking like a beautiful day earlier in the morning didn't last with the heavens opening just prior to our start.

This resulted in a slippery surface and ball and a contest that was tight around the footy without much spread out wide.

Both teams just kept grinding away at the contest went into 3 qtr time on 27 points each.

Running down the hill in the last qtr we were able to create some opportunities and kick a few goals whilst keeping Magpies goalless finally coming out on top 58-30 and give ourselves a two game buffer at the top of the table at the halfway point in the season.

Some great efforts today from all the boys particularly Harry McMaster & Max Swoboda who were just relentless around the footy and Tom Williamson who bagged 4 goals.

Congrats to Brodie Doyle on his 50th game for the Cats and we now look forward to a break over the long weekend before we head to Lindwall Oval to take on Marist.



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:

I’m a proud Kangaroo and Cat, so this is very fitting to be able to celebrate 32 years since Brett Allison took mark of the year and is one of our greatest exports (biased much!).



I also have a little something that Brett’s sister Tina sent through a source recently that talks about the iconic “Shed”:

Half the Belconnen and West Canberra footy clubs' young parents of the day worked in the same public service department.

A few local Canberran's and a shite load of Victorian's who relocated to Canberra are responsible for creating both clubs.

When the Department of Supply was moved to Canberra (from Melbourne) peeps had the option of keeping job but relocating interstate (all expenses paid) or moving to another department but not having to move states. That's how we ended up in Canberra.

On Friday's they'd all drink at The Shed (lots lived in Aranda, Cook Page, and Scullin) and West Canberra had no club premises so The Shed was the hub of the day and they'd flock to talk footy and BS and gather for some quiet ales.

Keep the stories coming. Please send anything through to:

vicepresident@belconnencatsafl.com.au

The Clubhouse discount Cats menu:



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**

Specials

Monday

\$12.00

150g Steak with Chips & Salad

Wednesday

\$16 Chicken Schnitzel

\$20 Chicken Parmigiana

\$24 Chicken Schnitzel Surf me up

Friday, Saturday & Sunday

Chef Special

**Follow us on Facebook for Surprise Special
Meals and Other Specials.**