

Kensington Junior Netball News

Autumn/Spring Season 2023 – July



Kensington Junior Netball Club
www.kfjnc.com.au/netball
Kensington Flemington Junior Sports Club Inc
ABN 77 195 317 280 • Inc Assoc A0026770F

Premiership Thrills

Last week, three teams joined the illustrious ranks of KJNC premiers:

- Kites (17&U/5)
- Kookaburras (15&U/1)
- Kingfishers (15&U/3)

This makes it a bit of a gold rush since last season the Crocodiles and Canaries became the first KJNC premiers since the club was founded in 2013.

Winning a premiership at any level requires coolness under pressure, dedication, and hard work, so we're very proud of these teams – as well as all those Kensington teams who gave it everything in the Autumn season!

And a special shout-out to the Cockatoos, who reached the 13&U/9 Grand Final and delivered a heroic effort.







Registrations

By now all continuing players should have re-registered for Spring Season, to ensure their place on a team!

If you haven't, register via your NetballConnect app ("More" → "Register"). Further details are available in our [Registrations FAQ](#). Please e-mail kjnc.registrar@gmail.com for assistance.

Spring Season Teams, Dates & Divisions

The Spring Season will begin at the start of Term 3, with netball training in the week of July 10, and most teams playing their first game on Saturday July 15.

Official fixtures are expected to be released by Parkville in the near future, and some time after that, we'll send all families a summary of Key Dates for the season.

The club tries to minimise changes to team player lists at mid-season. Most teams will remain essentially unchanged, except where adjustments are required due to players leaving, new players needing to be added, or changes in circumstances or player/staff availability.

For teams playing in graded divisions, exactly where they wind up next season is ultimately determined by Parkville, who do their best to create competitive groupings based on results and finishing positions from the season just concluded.

A special welcome to our new Set team, the Kensington Corgis, who graduate from the Development Squad to real matches in Spring season!

Spectator Conduct

We're very proud of the way our club's families supported their team this season – thank you! It's noticed by officials and other clubs, and creates a positive feedback loop for both players and volunteers.

Many community sports face issues with managing spectator behavior, which at its worst can drive kids out of sport.

This 2-minute video is worth a look:



From: <https://gippsport.com.au/letusplay>

I am your umpire today...

I am a school student not an adult
I am learning
There will be decisions I get wrong
Some decisions will go against your team-it's not a conspiracy
I am a netball player trying to give back to younger players
I love this game and I want to develop your daughter/son's love of the game
I can hear your negative comments
Please support my decisions
I am doing my best, improving with every game
Thank you



Keeping Girls in Sport

[Suncorp's Youth and Confidence Report](#) in 2019 reported that almost half of Australian teenage girls drop out of sport aged 15-17.

Team sport has repeatedly been shown to help kids with confidence, stress management, social interaction, and even academic performance.

Read the [Game On! Guide](#) for a dive into the issues of keeping girls active in team sport.

Take a look at this research that came from the Atlassian: "The imagination gap report 2018" (in partnership with the AFL).

- Women who played team sport as children say it helped them develop skills like collaboration and teamwork (88%), communication and social skills (83%), flexibility and adaptability (82%), confidence, and resilience (80%)
- 75% of women say team sports improved their ability to give and receive feedback, while 67% credit it with the development of leadership skills
- The research shows those who play team sport are significantly more likely to reach managerial and other roles of responsibility. Continuing to play into adulthood increases this likelihood





THE DIFFERENCE BETWEEN GIRLS & BOYS

NEARLY 50% of girls turn their back on sport by age 17



Only 55% of Australian girls 11-17 play sport, compared to 69% of boys of the same age

46% of girls aged 15-17 decreased their participation in sport in the past 12 months

compared to only **30%** of boys the same age

-1H 18 MIN ON AVERAGE

11-17 year old girls are significantly less active than boys of the same age in a typical week



The difference in time spent on physical activity in a typical week is even more marked amongst 15-17 year olds

1 IN 3 GIRLS

11-17 stop playing sport because they think they're not really good at it

WHAT PARENTS THINK

16 WITH 61% OF GIRLS AGED 15-17 ENGAGED IN PHYSICAL ACTIVITY FOR LESS THAN 5 HOURS A WEEK — ACCORDING TO PARENTS



AROUND 8 IN 10 PARENTS OF GIRLS AGED 13-17 BELIEVE SUPPORT FROM FAMILY AND FRIENDS IS A KEY CONFIDENCE BOOSTER

ONLY AROUND **1 IN 2 PARENTS** OF GIRLS AGED 13-17 BELIEVE PLAYING SPORT IS A KEY CONFIDENCE BOOSTER



TEEN GIRLS

ROUGHLY 1 IN 2 PARENTS OF GIRLS ARE CONCERNED ABOUT THEIR DAUGHTERS' SELF-ESTEEM

AND YET...

9 IN 10 GIRLS derive confidence through support from friends or family



reason for starting to play sport in the first place is because friends and siblings were playing

8 in 10 girls aged 11-17 believe it is important for girls to support one another



2 in 3 girls aged 11-17 acknowledge that sport can make them feel confident



ALMOST 3 IN 4 GIRLS aged 15-17 see sport participation as important

65% OF GIRLS aged 11-17 agree that playing sport makes them feel great about themselves



11-17 GIRLS AND PARENTS BELIEVE SPORT TEACHES THEM ABOUT:

- TEAMWORK AND ITS BENEFITS
- CONNECTING WITH FRIENDS
- FEELING CONFIDENT
- FEELING GREAT ABOUT THEMSELVES
- FORGETTING ABOUT THEIR WORRIES
- BOUNCING BACK WHEN THEY'RE HAVING A HARD TIME



Child Safety



The club has begun to require all adult volunteers, including Team Managers, to take the online Child Safety course “*Child Protection & Safeguarding.*”

It’s free, insightful, and [available to anyone.](#)

Volunteers – We Want You!

The club has a few vital roles that need filling. In particular, we’re currently seeking a *Complaints Officer* and/or *Child Safety Officer*, who can act as the first point of inquiry for families, directing questions or concerns to the appropriate place within the club.

Please get in touch with us if you’d like to take this up or any of our other [Open Tasks!](#)

Sponsors

Know a business that wants to show off its community connections to hundreds of local families? Maybe they’d like to become a sponsor! Contact Max Barry at kjnc.president@gmail.com

Nelson Alexander



KJNC Committee & Operations

President	Max Barry kjnc.president@gmail.com
Secretary	Michelle Foster kfjnc.secretary@gmail.com
Treasurer	Drew Anderson kjnc.treasurer@gmail.com
Complaints Officer	Eve Binnie eve_herschberg@hotmail.com
NetSetGO Co-ordinator	Leigh McHenry nsg.kfjnc@gmail.com
Coach & Umpire Co-ordinator	Naomi Fennell
Registrar	Pilar Abou Haila kjnc.registrar@gmail.com
Team Manager Co-ordinator	Rachel Thomson
Administrator	Cynthia Stacey
Player Development Co-ordinator	Naomi Smith
Uniforms Co-ordinator	Sue Williams

Get involved!

Club Task List