



Kensington Junior Netball Club News

Spring 2026

Kensington Junior Netball Club

www.kfjsc.com.au/netball

Kensington Flemington Junior Sports Club Inc

ABN 77 195 317 280 • Inc Assoc A0026770F

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- Power of the midcourt • New weekly player awards
- and much more!

Message from the President

Welcome back, Kensington! There's nothing quite like the first weeks of a new season, catching up with familiar faces on the sideline and welcoming new members and their families into the fold.

I want to flag something close to my heart, both as a parent of netballers and as a physiotherapist who has spent years helping young athletes through injury and back onto the court.

An alarming number of girls drop out of sport during their teenage years. Nationally, by 18 years of age, only a third of girls are still playing regularly.

It happens in all sports, at all levels, and at all clubs. But it doesn't have to be this way, and as a community, we can help change the story.

That's why KJNC is joining forces with Essendon Netball Club and Aberfeldie Netball Club to host **'Tackling Attrition of Teenage Girls in Sport'**, a community education event featuring a powerhouse panel comprising Sharelle McMahon (former Aussie Diamonds captain), Amy Holmes (Maribyrnong Sports Academy), and Dr Kay Copeland (leading physiotherapist).

This panel discussion, to be held at Djerring Flemington Hub on Saturday, August 8, seeks to unpack the reasons why girls step away from sport and what clubs,

coaches and families can do about it. You can also expect to hear from some of our own players, who will share their experiences of the barriers they face.

This exciting initiative has been made possible thanks to a community grant from Moonee Valley City Council and is the first part of a two-phase project that will also involve schools. But more on that later!

We invite players, families, coaches and team managers to [book now](#) using the discount code **TeenSport**. There are also some fantastic door prizes up for grabs (more details on page 9).

Also, I encourage players and families to familiarise yourself with our new guide to training (details on page 4), which has been developed to support a positive, safe and fun environment so that every player can learn and do their best.

Kathryn Anderson

KJNC President



Players wanted

There are current openings in several 15&Under teams playing in Parkville's Saturday and Thursday competitions appropriate for experienced and novice players.

If you know a player who may be interested, please encourage them to email the club registrar, Pilar, at registrar@netball.kfjsc.com.au.

Vixen at KCARC!

What a thrill to welcome Hannah Mundy to our NetSetGo training last month!

The star Vixen midcourter joined our youngest players for drills and games, signed T-shirts, water bottles, even shoes, and then generously submitted to a no-holds-barred Q&A session!

The event was organised to help Netball Victoria promote 'Bring a Friend' month, which takes place in August, and permits registered participants to bring a friend for free. Check out some of the action on our [Facebook](#) page.



Training etiquette and uniform policy

As you know, how we train has a huge influence on how we play — as individuals and as a team.

With this in mind, the coaching co-ordinators have pulled together a training policy covering expected behaviours, attendance, what to wear, and more. It has been designed to ensure that training sessions are a positive and productive experience for all.

It will also be shared across team WhatsApp chats so please make sure that your players are familiar with it.





TRAINING ETIQUETTE

how we train is how we play

Our expectations help us create a positive, safe and fun environment where every player can learn, improve and support one another.



1 COMMUNICATE WITH YOUR COACH

If you are unable to fully participate in training due to injury, illness or another circumstance, please let your coach know at the beginning of training. This can be communicated by the player in person or by a parent/carer via WhatsApp before the session.



2 PARTICIPATE TO THE BEST OF YOUR ABILITY

We understand that players may sometimes have physical limitations or find it challenging to maintain concentration during training. We encourage players to adapt activities where needed and seek support from their coach to participate safely. Where additional support is required, players and parents are encouraged to work with coaches to develop a plan that promotes engagement, positive behaviour and team unity.



3 STAY ENGAGED, EVEN IF YOU'RE INJURED

Players who are unable to participate physically are still encouraged to attend training where appropriate. Being present helps maintain team connection and learning. Injured players are expected to remain engaged by listening, observing, supporting teammates and contributing positively, rather than becoming a distraction to the session.



4 RESPECT THE TEAM ENVIRONMENT

Every player has a responsibility to contribute to a safe and respectful training environment. Behaviour that is unsafe, consistently disruptive or prevents coaches from effectively running the session impacts everyone's experience.



5 PLEASE BE ON TIME OR EARLY TO COLLECT YOUR CHILD

We ask that parents and carers arrive on time (or a few minutes early) to collect their child at the end of training. This helps us finish the session smoothly and ensures your child is supervised until they are collected.



6 COACHES TRACK TRAINING ATTENDANCE

Coaches track training attendance throughout the season and may use this data for team decisions.



If a player's behaviour significantly disrupts training or compromises the safety of others, a parent or guardian will be contacted via WhatsApp and asked to collect them early where possible. If collection is not possible, the player will remain at the venue for the remainder of training and will be expected to behave respectfully without disrupting the session.

WE PLAY TOGETHER. WE GROW TOGETHER. WE THRIVE TOGETHER.

At KJNC, our highest priority is keeping children engaged in sport for as long as possible. Together, we love netball and *keep kids in sport!*



TRAINING ATTIRE

Our training attire expectations align with Netball Australia's approach to match day attire.

Just as players are required to wear appropriate clothing and footwear for games to ensure safety and performance, we ask that players arrive at training dressed to participate safely, move comfortably and get the most out of every session.



CLOTHING

Players should wear comfortable sports clothing suitable for netball, including:

- ✓ KJNC training shirt (preferred but not essential)
- ✓ Plain sports t-shirt or singlet
- ✓ Sports shorts, skirt or leggings

CLOTHING SHOULD:

- ✓ Allow unrestricted movement
- ✓ Be suitable for physical activity

NOT APPROPRIATE FOR TRAINING:

- ✗ Denim or casual fashion clothing
- ✗ Dresses or skirts not designed for sport



FOOTWEAR

Players must wear enclosed, supportive shoes designed for court sports.

SUITABLE FOOTWEAR INCLUDES:

- ✓ Netball shoes
- ✓ Court shoes
- ✓ Cross-training shoes with good grip and support

NOT PERMITTED:

- ✗ Casual sneakers that do not provide adequate support
- ✗ Sandals, slides or thongs
- ✗ Bare feet

! Some running shoes with heavily raised heels may not provide the lateral support required for netball. Coaches may restrict participation if footwear is considered unsafe.



HAIR & JEWELLERY

For the safety of all players:

- ✓ Long hair must be tied back securely.
- ✓ All jewellery must be removed before training, including earrings, necklaces, bracelets, rings and watches.
- ✓ Medical alert jewellery may be worn if securely taped.

feel good and play great



PROTECTIVE ITEMS

Players are encouraged to wear:

- ✓ Knee supports or braces (if needed)
- ✓ Strapping/taping for existing injuries (with parental/medical guidance)



IF PLAYERS ARRIVE UNPREPARED

Where clothing or footwear presents a safety concern, coaches may:

- Ask the player to make adjustments if possible.
- Modify or restrict participation in certain activities.
- Prevent participation where safety cannot be reasonably maintained.



Working together to keep kids in sport

Our most important goal is to help every child develop a lifelong love of netball. This happens when they feel safe, supported, connected and have fun!

Full parental engagement and support is pivotal to achieving this goal. Thank you for being such an important part of our

The power of the midcourt

Everyone appreciates what shooters and circle defenders do on the court, but are you aware of the power of the midcourt?

Let's take a look at some of the stats from a recent game to find out.

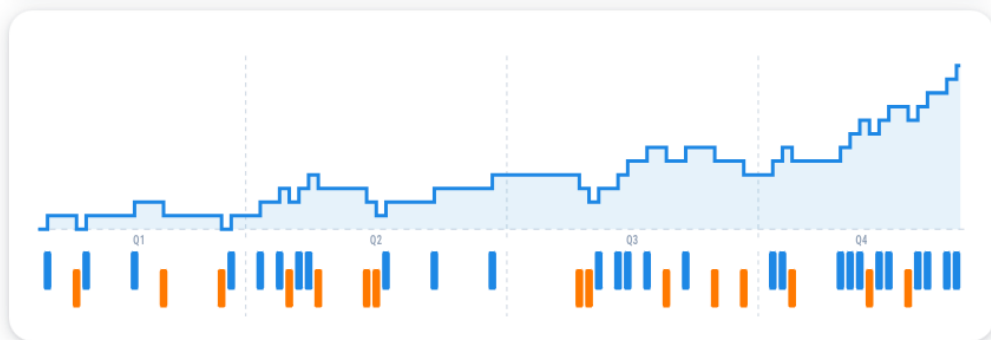
In Round 1, the 17&U **Kensington Keas** faced **BNC Geckos**.

For the first three quarters, it was a pretty tight battle. But the Keas ran away at the end with an 11-3 final quarter.

Kensington Keas

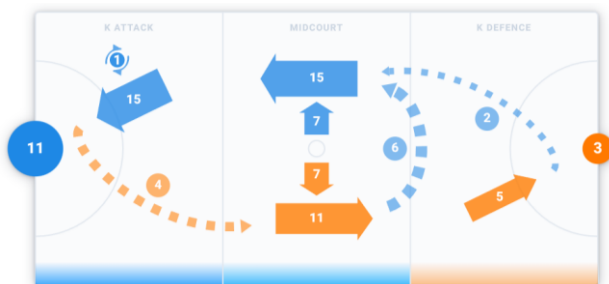
27 - 15

BNC Geckos



So, what happened, exactly?

We can use the ball movement analysis tool, Flow Map, to examine ball movement in the critical fourth quarter. (The Keas are represented by blue; the Geckos are orange).



As the image shows, the most obvious difference is the 11 goals scored by the Keas, compared to the Geckos' three goals. But taking one step back, we can see the Keas had 15 entries into their attacking third, whereas the Geckos had only five.

So where did those extra attacking opportunities come from? Here's the real secret: six midcourt turnovers to zero! The Keas were able to steal the ball from the Geckos on six occasions in the midcourt — thanks to tight defensive pressure and sharp ball-hunting — while not losing possession themselves once.

Even if the Opposition had Sophie Garbin in their goal circle, they wouldn't have been able to pull off a late win as they never gave themselves enough chances to score.

The key takeaways for coach and players include:

- Scoring from our own centre pass is so important: so, no breaking!
- Players should work together to offer multiple leads, giving the player with the ball more than one passing option.
- Attacking into the front space for a short, firm pass is a safer option than floating behind the defender for a loopy, overhead pass.
- Players should use preliminary leads in a bid to provide strong, safe options, over and over.
- Avoid forcing passes to teammates under pressure; instead choose a sideways option or pass back to reset the play, providing teammates with time to clear and drive to an open space.
- When defending, hands over the ball is a great tool for creating pressure, forcing opponents to make mistakes and create turnovers.
- When an intercept is taken, take a deep breath and look for a safe pass first (a sideways or back option is good here). This allows the entire team to 'flick the switch' from defensive to attacking mode and avoids the common mistake of forcing a long pass to a player who isn't ready to receive, resulting in another turnover. Don't let your awesome work go to waste!

So next time you're admiring the hard work of the goalers and circle defenders, remember also to notice what's happening in the midcourt!

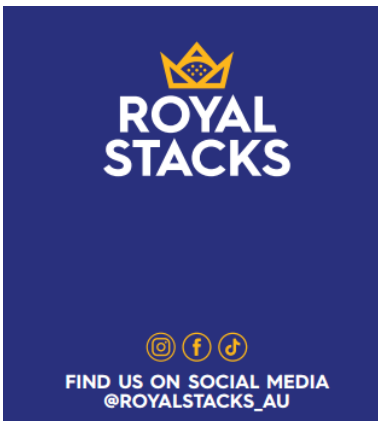
All KJNC coaches have access to Flow Maps via the club's AutoRoster subscription. If you're a parent and you get asked to record game stats, this is why!

Celebrating our players

We are excited to announce a new initiative to celebrate our players' achievements, made possible thanks to our fantastic new sponsor, Royal Stacks, Moonee Ponds.

Each week, coaches and team managers will nominate a player from their team to receive the award. And because we know that success comes in many shapes and forms, awards will recognise the full spectrum of qualities that players bring to both games and training, for example, effort, determination, sportsmanship teamwork, or putting a new skill into practice.

Weekly winners will receive a free kids pack (mini) plus fro-yo!



THANK YOU TO OUR SPONSORS:



Nelson
Alexander

Know of a business that wants to show off its community connections to hundreds of local families? Maybe they'd like to become a sponsor. Let us know!

KJNC Committee & Operations (Who's who)

KJNC operates thanks to a group of dedicated parent volunteers who offer their time, talents and expertise for the benefit of all players.

We are always on the lookout for new volunteers, and all contributions— big or small — are appreciated.

If you would like to get more involved, please get in touch with the President or Secretary.

President	Kathryn Anderson president@netball.kfjsc.com.au
Secretary	Sian Summers secretary@netball.kfjsc.com.au
Treasurer	Drew Anderson treasurer@netball.kfjsc.com.au
Registrar	Pilar Abou Haila registrar@netball.kfjsc.com.au
Complaints Officer	Rachel Thomson rachel.thomson@kfjsc.com.au
Child Safety Officer	Keryn Coster childsafety@netball.kfjsc.com.au
Team Manager Co-ordinator	Chris Cane chris.cane@kfjsc.com.au
Coach Co-ordinator	Finlay Barry coaches@netball.kfjsc.com.au
Head Coach	Finlay Barry finlay.barry@kfjsc.com.au
Umpire Co-ordinator	Rebecca Oates bec.oates@kfjsc.com.au
NetSetGO Co-ordinator	Lindel Feldman and Kylie Freeman netsetgo@netball.kfjsc.com.au
Uniforms Co-ordinator	Kim Luong uniforms@netball.kfjsc.com.au
Welcoming Officer	Jasmine Stafford welcome@netball.kfjsc.com.au
Sponsorship Manager	Brooke Robinson sponsorship@netball.kfjsc.com.au
Venue Manager	Peter Ernst-Russell venues@netball.kfjsc.com.au
Equipment Manager	Chris Goldie 0417 977 402
Communications	Rebecca Urban communications@netball.kfjsc.com.au

TACKLING ATTRITION *of teenage girls* IN SPORT



Participation in organised sport has many benefits — both physical and social.

Despite this, a significant number of girls drop out during their teenage years and by 18 years of age, just 33 per cent regularly play sport.

Join us for an insightful panel discussion exploring the participation barriers girls face in our local community and ways that we can better support their continued involvement in sport.



Saturday
August 8, 2026



6:30pm – 8:00pm



Djerring Flemington
Hub, 25 Mt Alexander Rd,
Flemington

Entry is **FREE** with
the code **TeenSport**

**BOOK
NOW!**



FEATURING:

Sharelle McMahon

Former Australian Diamonds captain and Netball Victoria general manager, high performance and pathways

Amy Holmes

Maribyrnong Sports Academy athlete wellbeing coordinator and high performance preparation coach

Dr Kay Copeland

Specialist sports physiotherapist

Brought to you by:



Supported by a Moonee Valley
City Council community grant

GREAT DOOR PRIZES UP FOR GRABS, INCLUDING:

\$200 Qantas gift voucher | \$200 ASICS gift voucher | Gilbert Diamonds supporter netballs



NETBALL KEY DATES SPRING 2026

SATURDAYS @ PARKVILLE

18 JULY - 14 NOVEMBER
EXCL. 26/9, 3/10, 17/10 & 31/10
FINALS (13&U, 15&U): 21/11 & 28/11
OR EXTRA ROUNDS (11&U, NSG)

TUESDAYS 17&U @ RIVERSIDE / PARKVILLE

14 JULY - 10 NOVEMBER
EXCL. 22/09, 29/09, 20/10 & 3/11
FINALS: 17/11 & 24/11

THURSDAYS 15&U @ RIVERSIDE

16 JULY - 5 NOVEMBER
EXCL. 24/9, 1/10 & 15/10
FINALS: 12/11 & 19/11

THURSDAYS (EDNA) 11&U + 13&U @ RIVERSIDE

TO BE ADVISED



KENSINGTON JUNIOR NETBALL CLUB

We're run by parents who
volunteer their time.

We follow a code of conduct, extending
respect and positivity to every player,
umpire, opponent and official.

OUR VALUES | RESPECT | INCLUSION | FAIR PLAY | POSITIVITY | IMPROVEMENT

Nelson
Alexander

About us

Kensington Junior Netball Club is part of the Kensington Flemington Junior Sports Club Inc, a not-for-profit incorporated sports association that exists in order to:

- be a community-based junior sports club run primarily by parents for the development and enjoyment of young people;
- provide an environment that is safe, friendly and inclusive for all;
- create a culture that:
 - seeks to positively develop all players' self-esteem;
 - emphasises the primacy of learning co-operative skills within a team environment;
 - promotes a sense of good sportsmanship and respect for others;
 - ensures participation is accessible to all regardless of gender, ability or background;
 - encourages all players to develop their sporting skills to their fullest potential;
 - promotes active, healthy living amongst young people;
 - facilitates the fielding of teams that are competitive, disciplined and well drilled.

www.kfjsc.com.au/netball

