

Kensington Junior Netball News

Autumn Season 2025 – March



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

Welcome • Who We Are • Mid-Year Move • Key Dates
Parents Open Team • Kites in Div 1 • Courtside Conduct
Team Selection • Strength & Conditioning Sessions • KFJNC President

Welcome to Autumn 2025!

A new year means new faces! Increasingly kids are picking up netball at older ages, rather than as a young NetSetGOer. So more than ever, players across the club this season have found themselves with unfamiliar teammates.

While it's great to be able to stick with your friends, a big part of the experience of community sport is forming bonds with people you don't know – and together figuring out how to build something powerful.

Everyone's often nervous and unsure about their team at the start of the year... and by the end, want to stay together forever!

Who We Are

It's important everyone understand the kind of club they're in. KJNC is:

- **inclusive** – We try hard to find a place for every kid who wants to play.
- **run by volunteers** – We are a non-profit and rely on parents giving their time for free to benefit everyone.
- **respectful** – We appreciate the hard work everyone does: players, coaches, parents, umpires, officials, administrators.
- **growing** – From a single team in 2013 to over thirty today, with more players than ever before.

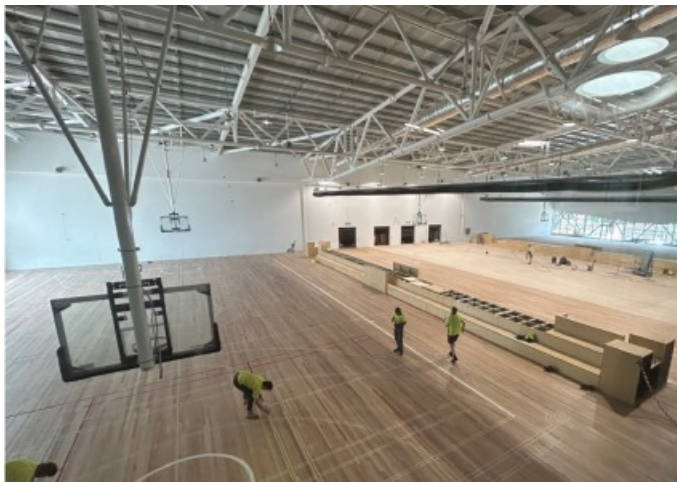


This is a community club with a **proud culture of welcoming, inclusiveness and positivity** – we encourage all families to embrace and share it.

Mid-Year Move: Back to Kensington

The rebuilt Kensington Rec Centre – now known as **Kensington Community Aquatic Recreation Centre**, or KCARC – will re-open in mid-2025. And we're moving in!

With three indoor netball courts, the Centre offers a fantastic opportunity to train many teams in one place on one night, and relief for parents tired of fighting their way through Racecourse Road traffic.



The new Centre is in much demand already, but we've been lucky to secure bookings on Wednesdays and Fridays.

As a result, **there will be changes for Spring season** – that is, the season after this one, running July to December – as we need to shuffle teams into a new venue and new timeslots.

Look out for our 2025 Spring EOI in the next few months, when we'll be asking families to indicate whether they're planning to play on and what their new training time will be!



Key Dates



NETBALL KEY DATES AUTUMN 2025

SATURDAYS @ PARKVILLE

FEB 8 - JUN 14
EXCL. 8/3, 12/4, 19/4, 17/5, 7/6
+ **FINALS (13&U, 15&U): JUN 21 - JUL 5**
OR **EXTRA ROUNDS (11&U, NSG)**

TUESDAYS 17&U @ RIVERSIDE / PARKVILLE

FEB 4 - JUN 10
EXCL. 8/4, 15/4
FINALS: JUN 17 - JUL 1

THURSDAYS 15&U @ RIVERSIDE

FEB 6 - JUN 12
EXCL. 10/4, 17/4
FINALS: JUN 19 - JUL 3

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

FEB 13 - JUN 12
EXCL. 10/4, 17/4
FINALS: JUN 19 - JUL 3

RESPECT INCLUSION

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.

FAIR PLAY POSITIVITY IMPROVEMENT

Nelson
Alexander





Parents Open Team (Mixed)



Interested in playing a bit of netball yourself? The grown-up equivalent of KJNC, Kensington Open Netball Club, is looking at putting together a midweek Open mixed team (men and women).

To express your interest, please drop an email to Meg Olive! olivemf@icloud.com

Kites Take On 17&U Div 1

The Kensington Kites have qualified for Parkville Tuesday 17&U Division 1 – the first time in club history a team has reached this level. It's a huge accomplishment for players, coaches and club, as they face off elite representative teams and the very best of what club netball has to offer.

Historical Fun Fact: When our club formed in 2013, the Kites were the first team: a group of six and seven year olds from Kensington Primary School. All those players have since grown out of the club – some now play for Kensington Open Netball Club – and the Kites name is given to our top team.

Courtside Conduct: What's OK?

Spectators are bombarded with messages to mind their conduct at community sport. But what does this mean exactly? It may not always be obvious!

Always good:

- Positive encouragement: *"Come on, Kensington!" "You can do it!"*
- Celebrating effort, skill or cleverness: *"Good effort!" "Great defence!"*
- Celebrating the process, not just the outcome
- Passionate clapping, cheering, whistling!

Be wary of:

- Loud celebration when you're winning easily – *can be dispiriting for the other*



team

- Coaching – *might conflict with the coach's instructions*
- Highlighting mistakes — *kids usually know when they've made an error*
- Encouraging aggressive play — *can sour the spirit between teams*

Never:

- Approach or address an umpire or opposition player – *forbidden by league rules*
- Audibly criticise a player, umpire or umpiring decision — *forbidden*
- Instruct other people's kids – *even with the best of intentions, rarely well-received*
- Tell a coach what to do – *undermining, particularly of younger coaches*
- Be disrespectful, intimidating or aggressive

Any grievances must be addressed through proper channels, not in the heat of the moment. You can speak privately to your Team Manager, or contact the club's Complaints Officer.

[Parkville Netball Codes of Behaviour](#)

Complaints Officer

Rachel Thomson
rethomson82@hotmail.com

Team Selection: An Inside Look

Everyone is interested in who gets to be on which team. But for many parents, the process is pretty mysterious!

Around October each year, we start gathering information from:

- **Parents & Players** who submit their preferences for friendships, training days, and preferred playing positions
- **Coaches** who write reports on positions, developmental level, and social factors, plus their own availability
- **Grading Day** performances



We compile all this data into cards like this:

2012/13: 13&U - Thursday evening @ Riverside - EDNA

2013 (bottom-age 13&U in 2025)

2012/13: 13&U - Saturday afternoon @ Parkville

Jessica Sample

Previous team(s): Foxes; Chameleons

Nominated positions: GS, GA (Coach 1) / GA, C (Coach 2) • GA, GS (player)

✓ Returning

Priority: Social - please prioritise friendships

Key Friendships: Imogen Imaginary, Ella Ethereal

Player/Family Comment: Jessica gets a lift to training with Imogen and would love to stay on a team with her.

	Position	Movement	Catch/Pass	Attack	Defend	Position	Total	Overall	CoachScore	Attitude
Coach 1	GS, GA	2	3	3	2	2	12	C+	40%	4
Coach 2	GS, GA	4	4	3	3	4	18	A	64%	5
* Grader 1	GS	3	3	3	3	3	15	C+	58%	
* Grader 2	GA	3	3	3	2	3	14	C+	28%	
* Grader 3	GS	3	3	3	2	4	15	C+	33%	

Advice (Coach 1): Jessica has improved a lot this year with her shooting accuracy and technique. She uses her height to her advantage but needs to work on her movements, especially around the circle and drive. She has a great reach so is able to defend while attacking.

Advice (Coach 2) Jess responds well to clear instruction, and likes to have specific tasks.

Friendships (Coach 2): Sometimes needs encouragement to mix with other kids beyond her close friends.

Cannot Attend Training: Tuesday 4:30pm; Thursday 4.30pm

Team Selectors (who are volunteers, of course!) then spend hundreds of hours figuring out effective combinations of players, coaches, training venues, and timeslots.

This process has hundreds of moving parts, where each change has ripples that affect other people. And it goes on for a long time – sometimes teams still require changes up until March.

While many parents would like to know “Why is so-and-so on that team?”, there’s rarely a simple answer – it’s a combination of who could train when, with which coach, in conjunction with which other suitable players, and much more.

It’s an exhausting process, but the club has a strong commitment to delivering effective teams, giving as many kids as possible the best chance to bond, develop and build for success together.



Coming Soon: Strength & Conditioning Sessions

Keep an eye out for an invitation to our new Strength & Conditioning Sessions, aimed at improving netball-specific fitness! These will be in addition to regular training. Details to come!

A Message from the KFJSC President

Dear KFJSC families,

At our recent annual general meeting, I'm very pleased to let you know that Andrew Hollow was elected President of the *Kensington Flemington Junior Sports Club*.

The KFJSC Association is the body overseeing the five sports that comprise the KFJSC – cricket, netball, soccer, basketball and football.

Andrew has been the long term president of the junior soccer club, cricket stalwart and from what I can tell, essentially lives at JJ Holland Park.

He is across all things KFJSC and the Association is in stellar hands. His priorities going forward are securing:

- Scoreboard on Oval 1
- Lights on Oval 2

I'm finishing up now in my official capacity at the KFJSC after 6 years as Association president and 7 years as basketball president.

Go Colts.

Kind regards,

Richard Reilly

Child Safety

The most important thing we do is keep kids safe. At KJNC, if you have an issue or concern, there's always someone you can talk to – whether you're a player or

family member.

Child Safety Officer

Keryn Coster
keryncoster@me.com



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! Let us know.

President

Max Barry
kjnc.president@gmail.com



KJNC Committee & Operations

President	Max Barry kjnc.president@gmail.com
Secretary	
Treasurer	Drew Anderson kjnc.treasurer@gmail.com
Complaints Officer / Team Manager Co-ordinator	Rachel Thomson rethomson82@hotmail.com
Registrar	Pilar Abou Haila kjnc.registrar@gmail.com
Child Safety Officer	Keryn Coster keryncoster@me.com
Coach Co-ordinators	Leigh McHenry & Kathryn Anderson kjnc.coaches@gmail.com
Umpire Co-ordinator	Shane Healey shanehealey@yahoo.com
NetSetGO Co-ordinators	Lindel Feldman & Morelle Bull kjnc.netsetgo@gmail.com
Uniforms Co-ordinator	Sue Williams sue.williams.au@gmail.com
Welcoming Officers	Rebe Taylor & Glen Hancox kjnc.welcome@gmail.com
Venue Managers	Peter Ernst-Russell & Raoul Endres kjnc.venues@gmail.com



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 that participation in the Club 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.

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