



JUNIOR NEWSLETTER NOVEMBER 21/22

## Update from the Junior Coordinator

Season 21/22 it's on!! Well what a weeks it's been... behind the scenes, the start of the season is always so chaotic... sorting registrations, teams, organising clothing, coaches getting training organised, gear, balls, fixtures...arghhhhhhh..... BUT.....the season is now under way!! Yeeeeooooowww!

A massive shout out to our club sponsors... Ollie up the hill at Kalamunda Toyota, Dave across the hill at Gooseberry Hill Cellars and to Nat and Clayton from Next Gen, we appreciate all of your support and we wouldn't be able to get the season up and running without your contributions! THANK YOU! If you would like to become a club sponsor please reach out to any of the club's committee members.

A cricket season doesn't just start on its own. It really does take a big group to get it up and running. So I would like to give a massive shout out and THANK YOU to all our volunteers that have contributed so heavily in the past few weeks. Whilst very condensed, the heavy lifting is over. And it's now time to enjoy the cricket.

To all the kids that have stepped onto the field, I hope you're all having fun. I've heard of some amazing achievements already, we've seen some hat-tricks, some big bomb sixes and some freakishly good catches! We're only a few rounds in and already the 21/22 highlight reel is jammed packed! Novak has been around the grounds taking some shots, but if you capture a fantastic moment over a weekend, please send it in to us at [kalamundacricketclub.photos@gmail.com](mailto:kalamundacricketclub.photos@gmail.com). Keep having fun everyone. Enjoy playing out in the wide open space of a cricket field, it's something that we shouldn't take for granted. Let's hope the days of quarantine are now behind us. On that, parents, just a little reminder... don't worry about the ducks, the misfields or the drop catches, or whether or not the kids missed a quick single....."RUUnnnnnNNN".... the kids are out in the sun having fun, we've already won! So, relax and enjoy the cricket.

On the "enjoyment and belonging" topic, the club has been and continues to be, part of a joint initiative with Richmond Wellbeing in an effort to educate our members in the area of mental health. A few weeks ago we hosted the mental health round up at Kalamunda, and it is something that the club values deeply and is very proud of.

If you would like to know more about the club's involvement in the program, please follow the link below and or reach out to one of the clubs committee members to find out more.

<https://www.rw.org.au/bouncing-back-program-using-sport-to-break-through-mental-health-stigma/>

To any dads out there who would like to sink your teeth into something, we now host FIVE senior sides and the club is growing. If you feel like a game on Saturday arvo, Seniors train every Tuesday and Thursday from 5pm.... AND even if you don't feel like playing, the bar usually opens around 7PM on training nights... please, come on over.

Onto the really fun stuff!

We have some big events coming up so please stay tuned to social media for all the latest. But, a massive function we have sneaking up on us is the Christmas party on FRIDAY night 17th December. We are urgently seeking the help of some volunteers to help us coordinate the event. Please contact us ASAP if you think you could help us get Santa here on time.

That's it for now, enjoy the warm weather as it starts to roll in.... C'mon Kalamunda let's keep hearing the

Michael Trvcich

Junior Coordinator



**FUNDRAISING  
RAFFLE TICKETS**  
on sale now!

**\$5,000 CASH PRIZE**  
2ND PRIZE \$1000 CASH  
3RD PRIZE \$500 CASH

150 TICKETS ONLY  
\$100 each

Drawn Saturday 5th February 2022  
Results will be published on KCC website and  
Facebook page by 12/2/22  
Permit Holder, Lynda Rendell.  
Permit Number LS217581721

Have you got your tickets yet? This is the major Club fundraiser for the year. Ticket holders only are invited to a draw function on Saturday February 5th. Join us for the fun! Contact Lynda Rendell for tickets. If you don't know Lynda, we can put you in touch or you will often find her running the bar or canteen.



TOYOTA

## Good for Cricket

KALAMUNDA CRICKET CLUB  
TOYOTA GOOD FOR CRICKET RAFFLE

Support Kalamunda Cricket Club by buying tickets in the Toyota Good for Cricket Raffle. Kalamunda Cricket Club will get to keep 100% of the proceeds, and you'll go into the draw to win some amazing prizes, including three brand new Toyotas. Now that's Good for Cricket.

Tickets for the Toyota Good for Cricket Raffle are also available. Follow the link or make sure you purchase under Kalamunda Cricket Club. Tickets are \$5 each.

<https://toyotagoodforcricket.raffletix.com.au/kalamundacricketclub?q=buy>

## Key Dates

Junior Christmas Party

Last games prior to Christmas break

organise the Junior Christmas Party!

U10 / U11/ U12 - last game Friday 10th - Sunday  
12th December.

#### Team photos

Stay tuned... these will be happening soon!

#### Club Quiz Night

Stay tuned for all the details on the Quiz Night!

Save the date: Saturday 22nd January

#### Club Raffle Draw Event

Saturday 5th February. Entry only to those with a raffle ticket. Limited numbers - have you got yours yet?

#### First games after the Christmas break

U13 / U17 - Saturday 22nd / Sunday 23rd  
January.

U10 / U11/ U12 - Friday 28th - Sunday 30th  
January.



Some of our under 10s!

## Team Updates

### This year, in our team updates we are going to hear from the players!

We asked our under 12 players some questions.... here are their answers!

#### What do you love about cricket?

Quite a few said EVERYTHING! Love it... but here are a few of the others...

Dominic: Batting and bowling are really fun... and it is a team game

Fletcher: That it is a team game

Hamish E: I love getting wickets, especially bowling someone out.

Rhys: Having fun with my friends.

James: I love all parts of the game. The players, the coach and the club.

Corbin: I just love going out representing Kalamunda. It's just a great sport watching bails fly off.

Hamish S: Improving

#### What are you looking forward to achieving this year?

Xavier: Getting more runs than the week before.

Benji: Trying not to get out too much.

Fletcher: Hitting a 4.

Patrick: Improving batting skills on offside

Dominic: Having fun and not getting out in batting.

James: To get 40-50 runs in an innings

Corbin: I would like to get a hat-trick (a fifty would be nice too).

Hamish S: Retiring and coming back in.

#### How do you feel about being given "out" this year, now that you are playing under 12s?

Dominic: I like it cause you get to face more balls if you don't get out. Also more challenging

Hamish E: I think it's a good thing because it means that you feel like it's more of an accomplishment when you get somebody out. I feel bad when I get out but it helps you learn. It means everyone has to play more defensively.

James: I don't mind as the rule is more like real cricket rules.

Hamish S: It's more challenging but more fun and realistic.

#### **How would you describe your team?**

Xavier: Encouraging

Benji: Crazy

Dominic: Funny

Patrick: Fun, friendly and encouraging

Fletcher: Good sports.

Hamish E: Friendly. A nice group.

Rhys: Really good team mates.

James: A good sporting team who support each other.

Corbin: A good and enjoyable group to be around. Really nice kids.

#### **Who's your favourite cricket player?**

Xavier: Steve Smith

Benji: Pat Cummins

Dominic: Marnus Labuschagne

Patrick: Pat Cummins

Fletcher: Glenn Maxwell

Hamish E: Steve Smith

Rhys: Steve Smith

James: Marnus Labuschagne and Tim Payne.

Corbin: Marnus Labuschagne

Hamish S: Marnus Labuschagne

Thank you boys for contributing. We had some awesome answers to the questions! We hope you have a great season and can't wait to hear about how you are going with achieving your goals!

Don't forget to check out the pictures of our Under 12 Blue team in action at the end of the newsletter!



Thanks to Simon for sending through this photo of our Under 12 Green team avoiding the swarm of bees crossing the field!

## Canteen Update

Many of our teams have now had home games and hopefully have had a chance to check out the extended range available in the canteen. With the addition of the new North wicket, the ability for us to host three games makes the canteen more viable to open, and it has great viewing of the pitch!

So please, when you have a home game, support the club and grab your breakfast, lunch, snacks or drink from the canteen!

Check out our latest blog post about healthy eating! <https://www.kalamundacricquetclub.com.au/post/it-s-all-about-the-food>

**WATER:**  
The clear winner in junior sport

Water is the drink of choice for health and sports performance benefits, especially for juniors.

Sporting stadiums, clubs, canteens, coaches and parents can play a key role in promoting water to children and the wider community.

**3 simple steps for kids to keep well hydrated during sport**

- 1 Get ready before you start**  
Head to the starting line well hydrated. Drink plenty of water\* and enjoy a healthy breakfast or snack before you play.
- 2 Top up on the go**  
When you take a break, top up with sips of water so you're refreshed and ready to play on. In hot and humid weather, you may need to stop more regularly to top up.
- 3 Finish and replenish**  
Finish with water and a healthy snack to replenish your energy after you play.

**Water is the best choice in junior sport**

- Keeps the body cool
- Replaces fluid lost through sweat
- Helps you feel energised and play at your best
- The healthiest drink there is – and is naturally sugar free

\*Children and adolescents aged 4–18 years require 5–8 cups of fluid per day, preferably from plain water.<sup>1,2</sup>

1. NHMRC (2006). Nutrient Reference Values for Australia and New Zealand, viewed 17 July 2015, <https://www.nhmrc.gov.au/initiatives/nutrition>.

2. NHMRC (2013). Australian Dietary Guidelines. Canberra: National Health and Medical Research Council.

Don't forget to email us your team pics to have them featured in our next newsletter!  
[kalamundacricquetclub.photos@gmail.com](mailto:kalamundacricquetclub.photos@gmail.com)

Do you know the words to the KCC Club Song?

Are we good, are we good

If you don't know then you should, we are the mighty KCC!

We go bigger, we're faster, we're stronger than the rest  
Coz we are the Kangaroos and we are the BEST!

Are we good, are we good

If you don't know then you should, we are the mighty KCC!

please let someone on the committee know, as the club would like to record and publish the club song)









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