



JUNIOR NEWSLETTER FEBRUARY 21/22

## Update from the Junior Coordinator

Hello all Junior Parents!

I think it's that time of the year where we all start questioning... why on earth do we play this game in long pants in this kind of weather? It's a very good question and there actually is no good answer. We love the game and we all have rocks in our heads.

As one co-worker recently just asked me... "are you playing this weekend... it's going to be over 40 degrees?" Does your elevator go all the way to the top floor?"

But never mind the weather, the finals for some are already here, for others they are just around the corner. Our 17s look like they will play finals in a couple of weeks and congratulations to our senior B Grade side who have made it to the grand final. Perhaps we'll even know the result by the time this hits the press. (Note: We do - unfortunately a narrow loss by the boys over the weekend just gone).

Everyone at the club is just so very proud of our junior numbers this year and so very proud of the achievements of so many of you. We wish you all the best as you move into the last few fixtures, where perhaps personal bests and trophy's are won. GOOD LUCK!!

Team Photos... the time for team photos is now. Please ask your coach when your team photo is happening. The team photos will be handed out at the junior wind up night, so your photo session should be some time this week.

Key events... EVERYONE... Listen up... The last Blasters session will tie in with the Junior/Blasters wind up night this year on the same night- Friday 18<sup>th</sup> March.

Please look out for more details over the coming weeks, but what we can already tell you is that Blasters will go from 5pm to 6pm and the wind up for all Blasters and Junior players will follow on directly after the Blasters session.

We are so close to the end of the season... kids and parents... brave the heat... enjoy every last minute of that sun shine and the smell of those freshly cut fields. And just of special note... listen out for the little conversations the kids are having and how happy they are sharing a day of cricket together. That's where the magic is. That's why the long pants and the plus 40 degrees doesn't bother us.

Love you all, stay safe... C'mon Kalamunda!!!

Trav

Michael Travcich

Junior Coordinator



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## Key Dates

**Last Round for Under 13 - Under 17**

Saturday 5th - Sunday 6th March

**Semi and Grand Finals for U13 - U17**

Sat 12/ Sun 13 March and Sat 19/ Sun 20 March

**Team photos**

Stay tuned... these will be happening soon!

**Blasters/ Junior Windup**

Friday 18th March 6pm

## Team Updates

### This month, we asked our Under 10s about their season so far...

**What have you enjoyed about cricket this season?**

Kai- playing cricket with my team mates because they're fun!

Chilli- making new friends.

Daniel- seeing my bowling improve.

Cayleb- getting wickets and having fun celebrating with my friends.

Elliott- bowling, I've gotten the most wickets I've ever gotten!

Jake- making new friends.

Elias- bowling, working on the strategy of having a straight arm.

Declan- batting and bowling

Oliver- taking wickets while bowling.

Suhsmanjali- I have enjoyed playing cricket because you do it as a team, playing with friends , and it is fun &amp; challenging to compete against other teams.

Hrithikeshwar - I have enjoyed playing with friends, &amp; I love bowling.

Sawyer- enjoyed everything.

Dheeksha- I like Cricket because it is fun &amp; competitive sport and you can see your improvement, and also learn new tricks. I also like my coach. It is an entertaining sport.

Yeshwanth- I love cricket because it is fun, and against other teams.

Joshua Davidson- I have Enjoyed being wicket keeper and stopping all the balls.

Biren- Enjoyed playing games.

Louis- Really enjoys clean bowling people and playing with a great team

Wilson- Hitting fours and getting lots of runs and the team

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

Kai- Mitch Marsh

Chilli- Labuschagne

Daniel- Labuschagne or Steve Smith

Cayleb- Pat Cummins

Jake- Steve Smith

Declan- Ashton Turner

Oliver- Jai Richardson

Suhsmanjali- Mitchell Starc , I like his bowling techniques, I hope to be an amazing bowler like him one day.

Hrithikeshwar- Pat Cummins

Dheeksha- Ellyse Perry because she is an all-rounder

Yeshwanth- KL Rahul

Joshua- Cameron Green

Biren- Virat Kohli

Louis- Labuschagne

Thank you all for contributing. It sounds like we have lots of kids who love their cricket and perhaps some future Labuschagnes and Cummins (and the new Elyse Perry!). Love your work kids!  
Don't forget to check out the pictures of our Under 10s in action at the end of the newsletter!



How good is this shot of our Under 13's! Thanks to Heidi and the team for supplying!

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

## Message from a sponsor



Our partners at Mead Physio Group have shared some knowledge to help you as your child grows!

### **Is my child injured or is it growing pains?**

by Jason Wells – Mead Physio Group

#### **What are growing pains?**

Often described as an ache or throb in the legs, growing pains are very real and most commonly felt in the front of the shin, thigh, back of knee and calf. Growing pains tend to affect both legs and generally peak at the end of the day and at night, they may even wake a child from sleep.

These pains are not inflammatory however can cause your child to feel increased sensitivity, reduced bone strength, bone fatigue and overuse. These pains can affect children aged three to eleven and it is common for the worse pain to affect those aged six through nine.

Growing pains are best managed with heat, massage, light stretching, compression, analgesia, activity modification and diet.

growing pains. Below are several differences you may experience:

- Timing: Growing pains are most often felt at night whereas pain from an injury is felt at the time of and following the accident occurring.
- Location: Growing pains mostly cause discomfort in the legs, while pain from an injury is an isolated pain to the specific injured area.
- Consistency: Pain from an injury is usually constant, but growing pains can come and go over a few nights, then eventually fade away.
- Other symptoms: Injuries usually have symptoms other than pain, such as: swelling, bruising, redness, deformity and trouble with movement.
- Becoming unwell: Growing pains shouldn't affect how a child walks and runs and they do not make a child unwell. If your child is limping, complaining of pain during the day, or if the leg is sore to touch, it is best to seek help.

Our top 5 ways to prevent injuries

- Warm up and warm down
- Stretch well
- Wear good shoes
- Exercise daily
- Don't continue sport until cleared after injury

Even though your child can be in a lot of pain, growing pains do not cause damage to their bones or muscles. These pains can respond to simple at home treatments, however if gentle massage, heat, stretching and analgesia do not improve your child's discomfort, something else may be going on.

If the pain doesn't go away in the morning and starts impacting their normal activities including walking and running, referral to a physiotherapist can help. Often a physiotherapist will recommend exercises to improve musculoskeletal fitness in a way that settles the growing pains. There may be another reason for the pain, in which case the physiotherapist will assess the joints, muscles and coordination to determine if there are limitations in these areas that contribute to symptoms.

If your child is reporting unexplained aches and pains and you are concerned, give our team a call and we can arrange an appointment to ease your mind. Call reception on 08 9293 1800 or book online <https://www.meadphysiogroup.com.au/>

Mead Physio are also offering deals for Reformer Pilates sessions.

KCC players and families can access the following offers.... why not give it a go?

1. Purchase a 5 class Pilates Reformer Fitness Pack (single person use) for \$125 and \$5 will go to KCC.
2. Book a Pilates Reformer Fitness class for 6 people for \$125 (normally \$150).

Find out more about the Studio here:

<https://www.meadphysiogroup.com.au/news/our-new-reformer-pilates-studio-is-now-open>

Email [kcc.juniorsecretary@gmail.com](mailto:kcc.juniorsecretary@gmail.com) to find out more or to purchase.

**Do you know the words to the KCC Club Song?**

**Are we good, are we good**

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!

(If anyone is skilled in the recording arena and has access to the right equipment,  
please let someone on the committee know, as the club would like to record and  
publish the club song)

## Under 10s 2021-2022













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