

NEWSLETTER

Term Three 2015



This season we saw lots of energetic kids staying warm and keeping motivated through our favourite winter sports and activities. At Kelly Sports, we had a whole lot of fun, while watching the children's love of sport grow! Continuing our core programs from the first six months of 2015 and introducing fresh ones, the kids were involved, excited and engaged! We were delighted to watch kids progress in their social, physical and fundamental skills both on and off the sports field. The new favourite in term three was 'Ultimate Frisbee' along with other winter favourites – Hockey and AFL! It wasn't just the children who continued to grow and develop, we, at Kelly Sports, have continued to learn from each other and the children and through this, we have continued to find new ways to enhance the way in which we plan, teach and deliver our programs, promoting a life, long love of sport!

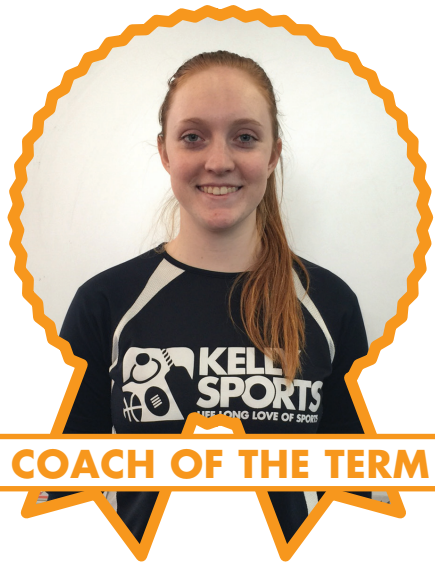


KIDS STAR OF THE TERM

Dominik Alavanja from Kelly Sports Geelong

Dominik is in prep and is always smiling and presents each week at the multisport program with a wonderful positive attitude which is infectious to others around him including his coaches. He has shown significant improvement with his ball handling skills and is never discouraged even if he doesn't pick up a skill immediately. He tries everything we throw at him and most importantly enjoys himself while doing so.

Name: **Elizabeth McCormack**
Coaching Areas: **Essendon**



COACH OF THE TERM

How long have you been working with kids at Kelly Sports for?

I have been a Coach at Kelly Sports and Kelly Club since the start of term two, 2015.

What do you enjoy most about coaching? Getting to know all of the children that I coach.

What is your favourite sport? Netball.

What has been your greatest achievement in sport? Getting triathlon captain at my school.

What is your favourite Kelly Sports game? The KS ultimate challenge.

What else do you like doing in your spare time? I like to read a book, or go for walks.

Who is your most admired sports person? Julie Colleto, because she is an amazing netball player.

What is your favourite food? Chinese food.

Any advice for young players? "Keep going, never give up!"

Term Three Recap • Kelly Sports

Kelly Multi Sports sessions concentrated on WILD WINTER SPORTS throughout term three, including Soccer, AFL, Ultimate Frisbee and Striking Games. As always, AFL was a hit, being a favourite among the kids during the winter season. Our latest program Ultimate Frisbee was a new sport in schools, with kids excited by all the modified games we played. The sessions challenged motor skills and coordination and coaches noted improvements throughout the term. Our focus on Hockey taught strength, ball control, dribbling and trapping. At the beginning of the term, Tball was also a used to improve hand, eye coordination, flexibility and spatial awareness.

Kelly Sports Dance this term was the popular STREET DANCE. The coaches were happy to see all the kids learning the new street moves and developing rhythm and movement each week. Keep up to date and get involved with your kids by practising the dance at home throughout the term! Follow Kelly Sports online, @kellysportsau on facebook and twitter where we post weekly dance lessons showing what your child has learnt from the coach! In term four, we are starting END OF YEAR CHEER! This is an exciting, new cheerleading dance program to bring us into summer; classes are filling fast!

Kelly Sports Dodge ball was our fresh new program this term. The program was a big success, with the main attraction for the kids being the chance to throw balls at their coaches! Dodge ball is such great fun, concentrating on enhancing hand-eye coordination, cooperative skills and teamwork. We will continue this program next term with more action packed sessions, competitions and games!

Kelly Sports Holiday Programs in term three brought in the highest numbers so far this year! Everyone had loads of fun and developed skills within the range of offered sports throughout the two weeks period. The new location in Sunbury was a great success; it was

fantastic to welcome new faces, and those that already attended Kelly Sports during the term joining us in the holidays! Highlights were the 'Amazing race,' along with the sports packed days filled with competitions, prizes and challenges. Our holiday programs are locked in for September and this term we have introduced favourite sports and activities requested by the children. Coaches will expand and build on the years' progress so far, as well as making the programs well rounded and suitable for children at all levels and abilities. Most of all we are excited for two more action packed weeks of FUN! See you there!

Kelly Sports Pre School programs advanced with the kids this term. After mastering basic skills, such as catching and throwing, striking, as well as development through invasion games throughout terms one and two, coaches adapted their sessions to keep up with the level of skills. With the strong signs of the kids progression, programs moved away from the fundamental skills program, and set a focus on three major sports; football, soccer and basketball. By focusing on these sports, the coaches teach the kinder groups new skills and improve development to aid the move into a primary school level. Learning the basics of these main sports, the kids are shown variety and coaches hope this will help children come closer to finding a sport that they love when they reach prep. We have increased our involvement with kinders, and are growing our base around Victoria. We are experiencing a stronger interest in both centre paid and parent paid programs, as kindergartens get on board with the importance in physical activity and skill development at a young age. Favourite games this term have been 'Giants Treasure,' and 'Shark Attack!' Both games using a variety of equipment to encourage movement increase involvement and keep the kids excited and engaged.



Recap • Corporate Events

Corporate Events are building up as we come into Spring, Kelly Sports are extremely excited to be announced the chosen supporter of Country Racing Victoria's Summer season! As the weather gets warmer we will be at a huge number of events, including race days, family days out, carnivals, and many other events that are fun for the whole family. Keep up with the events over term four on social media!

Sports Star Profile

Through the winter season, hockey was one of our favourite sports and as it featured in our Wild Winter Sports program we chatted to a sports star from the Australian Hockey team, asking questions as asked to us by Kelly Sports, Kelly Mini's and Kelly Club kids around Victoria.

Name: **Georgia Nanscawen**

Age: **23**

Team: **Hockeyroos** (Australian Women's Hockey Team)



How old were you when you started playing hockey? I first started playing club hockey at the age of 5

Why did you choose that sport when you were younger? My mum played, so from an early age I was down at her training sessions hitting the ball around and loved it!

What's your favourite part of the sport? Getting to run out alongside some of my best friends. I have always preferred playing team sports rather than individual sports. It is nice to be able to share the highs and lows of sport with other people who are going through the same experience.

What was your hockey journey like leading you to where you are now? After beginning hockey at the age of 5 in the under 9 boys competition, I was selected in my first Victorian state team at the age of 11. I made the natural progression of playing for Victoria in the under 13s, 15s, 16s and 18s, often playing a few years above my own age group. At the age of 16 I was selected in the senior Victorian team, and a few months later was shocked to be selected in the Australian women's hockey team, the Hockeyroos. I made my international debut a day after my 17th birthday, and became the 3rd youngest women in history to play for the Hockeyroos. I was very honoured to become the youngest woman to play 100 games for Australia, and recently also became the youngest woman to play 150 games for Australia.

What is your most memorable sporting achievement? Playing at the 2012 London Olympics was definitely a huge career highlight. 2014 was also a very memorable year, winning silver medals at the World Cup and Champions Trophy, and gold at the Commonwealth Games.

What was the hardest game you've ever had to play? Probably the toughest game I have been a part of was our final pool game against Argentina at the 2012 Olympics. We needed to win to progress to the semi finals, but after an incredibly hard-fought match we drew 0-0, meaning we were out of medal contention. After 4 years of preparation, our dreams of an Olympic medal came crashing down. It was an incredibly devastating moment. However having been through that experience, I think I am

even more determined to improve so that we don't have to feel that again.

Who is the toughest team you've had to play so far? Holland is the number 1 team in the world, and by far the toughest team I have played against. Since I have been in the team, the Hockeyroos have moved from 7th to 2nd in the world. There is a lot more hard work that needs to be done to take over that number 1 spot.

Are your teammates friends off the field? Yes I get along very well with my teammates off the field. Although we train together every day, we usually hang out together off the field as well, usually bonding over some good food!

What position do you play, and why do you like it? I am a striker, and I enjoy it because we get to be creative.

Besides hockey, did you play any other sports growing up? I played competitive tennis for a few years when I was younger, however hockey was always my true love. I also enjoyed playing soccer, football and cricket at school.

Who has been the biggest influence on you throughout your hockey career? I would have to say my parents. I know I wouldn't have achieved what I have without their incredible support. From the moment they put the very first stick in my hand, countless hours spent driving me to training sessions, and waking up at all hours of the night to watch our matches from the other side of the world. They have never once been pushy, and have always been there for me during both my ups and downs. I am very lucky!

What's a fun fact about you? I am pretty obsessed with good food, and have started up a website www.littlepippincreations.com where I post my healthy recipes. I am also an ambassador for the Orangutan Project and Fresh Potatoes.

What advice would you give to young sporting kids? At the end of the day you should always play sport because you love it. There are always going to be setbacks and disappointments, but if you enjoy what you do it will make the good moments even greater.

Congratulations to our Kelly Sports Colour Competition Winner!

= *Max Sujansky* =

TERM FOUR COMPETITION TO BE ANNOUNCED

Programs coming up for Term Four...

Kelly Sports

Spring into Sports

Soccer, Basketball, Hockey, Cricket, and Team games

Have fun in the sun this term! Spring into Sports is a dynamic and active program run over ten weeks. This program will not only provide an essential base for your child's motor skills, but also help build awareness, co-ordination and friendship all in an enjoyable environment. Our multi sport program has new locations next term in Sunbury West and Donvale! Term four will bring the spring, summer season, with the AFL season finishing off, cricket will be a strong focus along with a range of sports over the longer term.

Terrific Tennis

BE THE NEXT TENNIS SENSATION! Our tennis program will ensure your child will develop new skills, build coordination and awareness, and increase their confidence. As well as allowing your child to learn and play fairly and have fun in an enjoyable environment.

Dodgeball

GOT ENERGY TO BURN! Join us again for our Dodgeball program for boys and girls. Lots of different modified games as well as mini tournaments. Plus you get to throw soft balls at your friends and Kelly Sports coaches. Book early for this incredibly fun program.

Dance: End of Year Cheer

All year the kids have had a great time doing modern dance, hip-hop and street dance. And now, **IT'S THE END OF THE YEAR AND IT'S TIME TO CHEER!** Join us for our new Cheerleading program for boys and girls as the kids learn weekly moves and learn a routine to perform at the end of the year.

Gym Club

BEND YOUR WAY TO GYM CLUB THIS TERM! This fast paced, highly active and nonstop program is an introduction for your child to the world of gymnastic. Colourful Ribbons, Entertaining Hula Hoops, Fantastic Rhythmical Routines and Group Dynamics allow your child to build up their thirst for energetic activities.

Circus Skills

WHO LIKES TO ACT LIKE A CLOWN? Learn to juggle, spin plates, use devil sticks and have lots of fun with all our exciting circus skills equipment! This nine week course also includes skipping drills, hula hoops and encourages participants to use their creative minds to put together their own circus performance.

Pre-Schools

Our pre-school program will continue developing fundamental motor skills, and focus on preparation for prep level learning next year for the older group. We have new locations next term, Casabambini Early Education Centre, Blackburn, Gloryland Early Learning Centre and Goodstart Vermont. There will be a focus on summer sports; cricket, basketball, and Invasion games, with more outside activities as the weather warms. Coaches will be working on a number of different sports specific skills including spatial awareness and hand/eye coordination.

Holiday Programs

Mount Waverley; Sunbury; Greenvale Winter Holiday Programs

We're back for another holiday program, this term it's 'Spring in Full Swing' running from 8am – 5pm each day.

We have a jam packed schedule full of fun activities and sports to keep your children engaged all holidays! We will kick off **Monday the 21st of September**, and run through until **Thursday the 1st of October**.

These holidays we have... AFL Grand Final Day, Pizza Day, our own Rippa Rugby World Cup, Sport Quizzes, Competitions and Prizes, AND SO MUCH MORE! Head online to www.kellysports.com.au to **ENROL NOW!**

Two-day Football Camp Holiday Program

In the holidays we are continuing the success of last holidays, with our action packed footy camp! One of our top coaches Chris Hoegel is running the training camp, held at Walker Park in Mitcham over two days in the first week of the term three school holidays. The camp will have a strong focus on football skills and development for the age group including hand passing and kicking drills. A round robin lightening cup will take place, and an exciting goal kicking and hand balling competition - with many prizes to be won! With the AFL grand final coming up, get your kids booked in to hone in on all their skills to be like their favourite sports stars on the day!

Customer Feedback

"Our family has used the Kelly Sports after school program, and school holiday program for nearly three years, Max loves them both. Max's three-year-old brother has been doing Kelly Mini Sports for the past 18 months with Coach Cameron too and it's fantastic! I cannot recommend Kelly Sports highly enough." - Sara, Kelly Sports and Kelly Mini Sports Parent.

"My son's Kelly Sports birthday party earlier this year was FANTASTIC! Everyone who came had a great time. It was very professionally done. Kids were entertained the whole time. I could not recommend Kelly Sports highly enough." - Doug, Kelly Sports Parent

"By all accounts [the Kelly Sports Circus Program] has been very successful, with lots of positive comments from the students and the parent community. This is something I will definitely be adding to my program as a two-year thing." - Ashley, Teacher, White Horse Primary School, Blackburn North.



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