



PIRANHA PRESS

Caulfield Malvern Basketball Club

Winter 2013

Issue 1

Registered under the Association Incorporation Act 1981 Section 7 No. A0038045W ABN: 26 161 605 655

Jamware online

**YOUR TEAM GAME REPLAY
VIDEOS ARE NOW
AVAILABLE FOR THE
WINTER COMP!**

**GREAT COACHING & REVIEW
TOOL.**

**FULL INSTRUCTIONS FOR
ADMINISTRATORS & TEAM
MEMBERS NOW AVAILABLE**

YOUR COMMITTEE

- President: Rita Harris
rita.harris07@gmail.com
0408 250 493
- Vice President: Michael Saba
msaba@tpg.com.au
0416 216 459
- Secretary: Lucy Martyn
Treasurer: Trevor Baxter
- Committee: Patrick Doherty
Alison Emerson
Jim Crane
Damien Crone
Georgina Walton (newsletter)
waltonenterprises@ozemail.com.au

WELCOME TO WINTER 2013

Dear Club Members

The Winter Season is in full swing and we have 40 teams entered in the Tuesday, Saturday and Sunday competitions at Waverley. As you may know Waverley's competition for older girls (Under 14 and above) is on Tuesday evenings. We have teams entered in Under 14 and Under 16 and the competition is of a very high standard. I encourage all girls wishing to keep playing basketball after they turn 12 to seriously think about playing in this competition. On Sundays the Under 18 boys competition is held. We currently have only one team entered in Under 18 but this number will grow as our players age up and our Club matures. All our other teams play on Saturdays with games starting from 8.00am and finishing at 8.00pm. The reason for such a long program on Saturdays and the shift to Sundays for the Under 18's is the growth in junior basketball. According to The Australian Sports Commission's Exercise, Recreation and Sport Survey, basketball attracts some 230,000 Victorian participants, ahead of Soccer with 228,000 participants and Australian Rules Football at 220,000. This demonstrates the exponential growth and popularity of the sport at the junior level in Victoria.

This newsletter includes match reports from the Summer Season Grand Finals which were held on 23 March 2013. They make for great reading. We had 23 teams make it to a Semi-Final and 13 of those teams made it into the Grand Finals with 7 teams winning their Grand Final. This was a fantastic effort for the Season and I thank all the coaches, team managers and players for their commitment and dedication to our Club.

Every player owes it to themselves and their team to strive to improve. A great way to do this is to attend a basketball training program. We have attached details of a number of training programs that are being held during the July holidays and we encourage you to ask a mate and attend one of them. They are a lot of fun and you will be amazed at how much you will learn in an intensive day program.

We are about to have a short break from basketball with the July holidays approaching. Enjoy the break and come back refreshed for the resumption of the Winter Season from 16 July.

Rita Harris
President

Coaches, Team Managers, Parents and Players

Piranhas is now on Facebook!

Like our page for regular updates on club announcements, general information, fixtures changes, finals, team reports and Waverley news.

Piranhas Basketball - CMBC



SUMMER 2012-2013 SEASON WRAP-UP

U12 BOYS SECTION 3 (GREEN) TOORONGA PARK

After finishing the season 4th on the ladder, we knew that we had a tough game against the top undefeated team in the semi. The boys came out on fire and were never headed, despite an anxious last minute. So, much to our shock, we had made the grand final, our third in as many years.

We played Malvern Tigers (White) another very strong team. They came out hard, but we got the first points of the game and we then went goal for goal to 10 all. They tightenED their defence and our scoring dried up. We went into half time 22/16 down.

The second half was a very even contest, goal for goal, unfortunately some of our shots just didn't drop, despite some marvellous drives by Josh Fromberg and Lewis Morgan.

Final score was 35 to 27. A wonderful team effort by all the boys.

Michael Fromberg (Coach)

U18 BOYS SECTION 2 CENTRAL PARK

With many of our team players still qualified to play in the U16 comp, the move into the U18 Sunday comp was a really big leap.

Our first game was a real eye opener – tattoos, body and facial hair were unlike anything we had come across before. The U18 circuit was fierce, rough and very competitive, where games were won and lost over some serious 3-point shots. But after the shock of the first few games we were graded in section 2 (out of a possible 3) and with only a few losses incurred during the season we moved into the Grand Final.

As we sized up our competition (Solway Storm) we knew this was going to be a very tough match.

In the last two minutes of the game we were down 15 points, but Ryan Evans popped in three 3-pointers in what seemed only half a minute of play, followed by another 3 pointer by big brother Mitch.

The Solway Bench were on their feet! (as were the Piranha parents). The turnaround was nothing short of spectacular but unfortunately we just couldn't pull off another one, although the opportunity for a buzzer beater was within grasp. All our boys should be congratulated on a wonderful season.

Steve Walton (Coach)



SUMMER 2012-2013 SEASON WRAP-UP

U 10 BOYS SECTION 5 HEDGELEY DENE

The boys U10 Hedgeley Dene team beat the Timberwolves in a tight game by 6 points.

We played against a much taller team and it was close for most of the game.

At one point early in the second half we enjoyed our biggest lead of 7 points before the Timberwolves came back to be 2 points down. That was as close as our boys wanted it and managed to score a couple more goals towards the end of the match to finally win by 6 points.

It was a great team effort, with all players contributing well in both offence and defence.

We had 8 scorers out of a team of 10, so it was a well balanced team effort.

The boys have played very well all season and they deserved the win. Week after week we fronted up against much taller opposition but the boys never gave up.

Jason Fox (Coach)



UNDER 14 SECTION 1 ARDRIE PARK

The under 14 division one team Ardrrie Park completed the perfect season on Saturday defeating Solway Warriors 34 to 22. This game was always under control and the boys went about their business with precision and executed the pre game strategy with perfection.

This team only comes together every two years and the boys have only lost one home and away match in two seasons. The boys are fantastic to coach and with the talent and maturity we have, the boys really coach themselves.

This season I decided to promote Sam Dorevitch into a leadership role to help him with his development, which he performed with distinction. Most of our club would know of Sam and how talented he is, however his assistance on game day with not only leading the boys, his insights were very helpful.

I would also like to thank all the boys in the side. The team welcomed AK Kuany who made a huge impact. David Djukic has come a long way since I coached him in first year back in under 10's. Ryan Matthews is one of the best point guards in the competition and continually set our team rolling.

Ed Sinclair is best described as Mr Athletic, his high leaping and court coverage coupled with cat like anticipation are unequalled. Nick Herschell is affectionately known as the pick pocket who continually steals the ball straight out of the oppositions hands. Anthony Bennett gave the team another string to its scoring bow finishing second to Sam in the grade scoring. To my son Ethan another stellar season and his ability to cope with his father coaching continues to amaze all in Malvern!

To Neville Matthews thanks for your support as assistant coach, Christina Matthews, an excellent job as Team Manager and all the parents for their support during the year, see you all again in two years.

Tony Phillips (Coach)



SUMMER 2012-2013 SEASON WRAP-UP

UNDER 12 SECTION 3 (GOLD) PHOENIX PARK

The Phoenix Park Piranhas came to play against the undefeated Malvern Tigers Yellow Team.

The Tigers had a season percentage of 211% showing they were consistently doubling most opponents scores throughout the year. Despite putting up courageous performances, the Tigers defeated us on two previous occasions. Our boys knew they were in for a hard day at the office. The game opened at a frantic pace and Tigers were leading 12 to 3 when the Piranhas called a time-out. Two minor adjustments to our game plan saw us go in half-time with a score of 18 to 7. Sam Hume was causing a lot of headaches for their defence with some great drives to the basket. Oliver Phillips and Ryan Pietsch were consistently competing for rebounds against much taller and stronger opponents and their tenacity was inspiring to their team. Tom Fish was setting up some good drives with his passing at the top of the key. The Tigers were in foul trouble when they were trying to get the ball off our ball carriers who protected the ball extremely well.

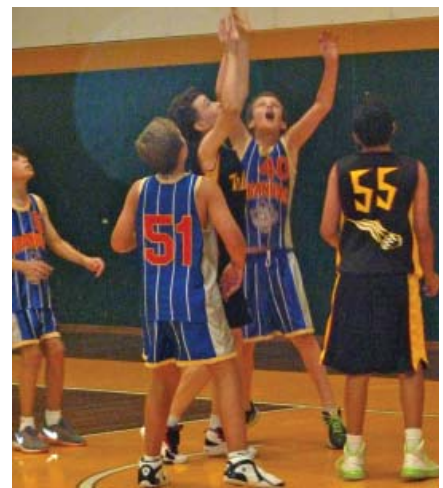
The half-time break saw the Piranhas implement their Plan 'B' against the Tigers. This saw Piranhas take the challenge up to the Tigers in the first ten minutes when we closed the score to 15 to 26; Conor Stone 4 points, Oliver Phillips 2 points, Jake La Brooy 2 points and Sam Hume 2 points. This gave the Piranhas and their adoring fans a ray of hope. The crowd could see the game changing quickly and the Tigers coach called a timeout in an attempt to slow the pace. Conor Stone and Oliver Phillips scored through some great rebounding play from Fraser Rosman, Jake La Brooy and Sam Hume. Ryan Pietsch was starting to get more confident under the boards and Tom Fish's quick passing was a sight to behold. We closed the gap again in the next five minutes to nine points. The Tigers called their final time-out; this proved the settling opportunity they needed to reset and finish the game off. The final score was 39 to 23 a vast improvement on our first encounter when we lost by 27 points.

Scorers: Conor Stone 8 points, Oliver Phillips 6 points, Sam Hume 5 points, Jake La Brooy and Ryan Pietsch 2 points each.

This young team had developed so much and their defeat of a Solway team in the semis by one point was an amazing effort. Our theme for the season was to develop these young men and they certainly did. Tom "Bomber" Hume was able to do lay-ups and shot from outside the key by the end of the season. Oliver "The Tower" Phillips proved his ability to score under the ring and rebound along with his good mate Ryan Pietsch who really became an enforcer under the boards. Our player makers in Jake La Brooy, Sam Hume and Conor Stone all developed a variety of aspects in their game namely Jake and his defensive work-rate and skills when he was finding scoring hard, Sam developed the confidence to drive the key against bigger opponents with tremendous power and Conor's ball control and ability to change direction in heavy traffic was a highlight of the Grand Final. Tom "Fishman" Fish improved his ball passing with the speed of his decision-making dramatically improving from the semis to the Grand Final. Fraser Rosman's overall game improved especially with his defensive work-rate and his lay-ups.

I congratulate the boys on an extraordinary season. We were most grateful to and thankful for the organisational skills of our Team Manager Kath Pietsch, Additionally I would like thank the parents for their support. We look forward to the coming seasons as the boys physically develop and become even more competitive in the Waverley Under 12 competition. I wish you all the best for the Winter season and look forward to seeing you when my football coaching permits.

Hartley "Yonnie" Stone (Coach)



PLAYER DEVELOPMENT PROGRAMS

Basketball Victoria's Camp Program is designed to assist players in improving their basketball skills and knowledge in a fun and enjoyable environment.

The 2013 Basketball Victoria Camp Program is now available to download.

http://www.basketballvictoria.com.au/fileadmin/user_upload/POLICIES/Website_camp_program.pdf

For more information on the Basketball Victoria camp programs below, please contact Jessica Haley on (03) 9837 8000 or email on jessica.haley@basketballvictoria.com.au



BASKETBALL VICTORIA CAMP PROGRAM 2013

Age Group	Gender	Camp	Date	Times	Venue	Who can attend
U/12 - U/18	M & F	Pre-Season Camp	Mon 14th- Wed 16th	Jan 9.30am - 3.30pm	Dandenong	All VJBL Players U/12 - U/18 Welcome
U/16	Males	NITP Selection Camp	Tues 2nd & Wed 3rd	April 9.30am - 4.00pm	Dandenong	VJBL U/16 Players - XX - BB & DoC Nominees
U/16	Females	NITP Selection Camp	Thurs 4th & Fri 5th	April 9.30am - 4.00pm	Dandenong	VJBL U/16 Players - XX - BB & DoC Nominees
U/14	Males	Regional Talent ID Camp	Mon 8th & Tues 9th	April 9.30am - 4.00pm	Dandenong & Mill Park	VJBL U/14 Players - XX - BB & DoC Nominees
U/14	Females	Regional Talent ID Camp	Wed 10th & Thurs 11th	April 9.30am - 4.00pm	Dandenong & Mill Park	VJBL U/14 Players - XX - BB & DoC Nominees
U/10 - U/14	M & F	Specialist Shooting Camp	Fri 12th	April 9.30am - 3.30pm	Dandenong	All VJBL Players U/12 - U/18 Welcome
U/17	M & F	NITP Selection Camp	Mon 1st	July 9.00am - 4.00pm	Dandenong	VJBL U/17 Players - VC - VJL2 & DoC Nominees
U/15	M & F	NITP Selection Camp	Tues 2nd & Wed 3rd	July 9.30am - 4.00pm	Dandenong	All VJBL Bottom age Under 16 players (born 1999)
U/14	Males	NITP & SCC Selection Camp	Thurs 4th	July 9.30am - 4.00pm	Dandenong	Players selected from Regional Talent ID Camps
U/14	Females	NITP & SCC Selection Camp	Fri 5th	July 9.30am - 4.00pm	Dandenong	Players selected from Regional Talent ID Camps
U/12 - U/18	M & F	Specialist Shooting Camp	Fri 5th	July 10.00am - 3.00pm	Mill Park	All VJBL Players U/12 - U/18 Welcome
U/12	Females	Regional Talent ID Camp	Mon 8th & Tues 9th	July 9.30am - 4.00pm	Dandenong & Mill Park	VJBL U/12 Players - VC - VJL2 & DoC Nominees
U/12	Males	Regional Talent ID Camp	Wed 10th & Thurs 11th	July 9.30am - 4.00pm	Dandenong & Mill Park	VJBL U/12 Players - VC - VJL2 & DoC Nominees
U/12 - U/18	M & F	Specialist Guards Camp	Fri 12th	July 10:00am - 3:00pm	Dandenong	All VJBL Players U/12 - U/18 Welcome
U/13	M & F	NITP & SCC Selection Camp	Mon 23rd & Tues 24th	Sept 9:00am - 4:00pm	Dandenong	All VJBL Bottom age Under 14 players (born 2001)
U/12 & U/14	M & F	Player Development Camp	Wed 25th & Thurs 26th	Sept 9.30am - 4.00pm	Dandenong & Mill Park	All VJBL Players U/12 & U/14 Welcome
U/10 - U/14	M & F	Domestic Development Camp	Fri 27th	Sept 9:30am - 3:30pm	Dandenong	All Domestic player U10 - U14
U/12 - U/18	M & F	Specialist Shooting Camp	Fri 27th	Sept 10.00am - 3.00pm	Mill Park	All VJBL Players U/12 - U/18 Welcome
U/12	Females	Central Talent ID Camp	Mon 30th- Wed 2nd	Oct 9.30am - 12.30pm	Dandenong	Players selected from Regional Talent ID Camps
U/12	Males	Central Talent ID Camp	Mon 30th- Wed 2nd	Oct 1.00pm - 4.00pm	Dandenong	Players selected from Regional Talent ID Camps
U/16 & U/18	M & F	Player Development Camp	Thur 3rd & Fri 4th	Oct 9.30am - 4.00pm	Dandenong	All VJBL Players U/16 & U/18 Welcome
U/12 - U/18	M & F	Specialist Guards Camp	Thur 3th	Oct 10:00am - 3:00pm	Dandenong	All VJBL Players U/12 - U/18 Welcome
U/16	M & F	ECC tryouts	Fri 4th	Oct 9:00am - 3:00pm	Dandenong	2013/14 Under 16 NITP athletes

PLAYER DEVELOPMENT PROGRAMS



NEW REFEREE PROGRAM

GROUP INTERVIEW

All applicants must attend a group interview from 6 - 8pm on Sunday 30 June 2013. This group interview helps us identify if you have what it takes to pick up a whistle in a confrontational environment and have the skills to make decisive judgements.

COURSE DATES

• **Theory Session 1:** 6 - 8pm
Sunday 14 July 2013

• **On court practice:**

All participants are assigned on two shifts per week. This on court practice begins the week of Monday 15 July 2013. This training continues for up to ten weeks.

• **Theory Session 2:** 6 - 8pm
Sunday 21 July 2013

• **Theory Session 3:** 6 - 8pm
Sunday 28 July 2013

• **Theory Session 4:** 6 - 8pm
Sunday 4 August 2013

All applicants must be at least fourteen years of age prior to the commencement of the first theory session.

Applications for the next course will open on Friday 24 May 2013.

<http://wavrefs.weebly.com/become-a-referee.html>

COACHES' CORNER



Working with Children Check

<http://www.justice.vic.gov.au/workingwithchildren>

Purpose:

The Working with Children (WWC) Check helps protect children from physical and sexual harm.

It assesses a person's suitability to work with children and is a legal requirement for those undertaking paid or voluntary child-related work in Victoria.

The WWC Check (the Check) is only one means of helping to protect children. The scheme enhances the safety of children who participate in activities outside the home. The Check supports the efforts of organisations to screen and supervise their staff and volunteers engaged in child-related work.

The Check also complements Victoria's child protection system, which helps protect children from significant harm caused by abuse or neglect within the family.

The Caulfield Malvern Basketball Club, falls under the occupational field (code 42) being a sporting, recreational or cultural club, association or movement that provide services or conduct activities for children or whose membership is mainly comprised of children.

Therefore all coaches aligned to CMBC (all being volunteers) require a Working With Children Card, although some exemptions are applicable. Some of the exemptions apply if you are under 18 year old or where Parents are volunteering in an activity with their child.

If you fall within the guidelines of requiring a WWC (outside of exemptions) then the application forms are available from Australia Post outlets.

You will also require 100 points of acceptable identification and a passport size photograph.

Volunteer applications are free.

Keep the application receipt, which is an important document.

Department of
Justice



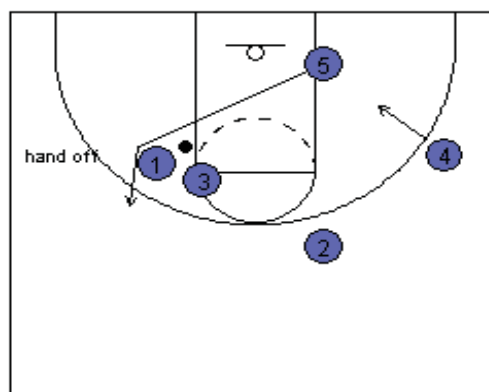
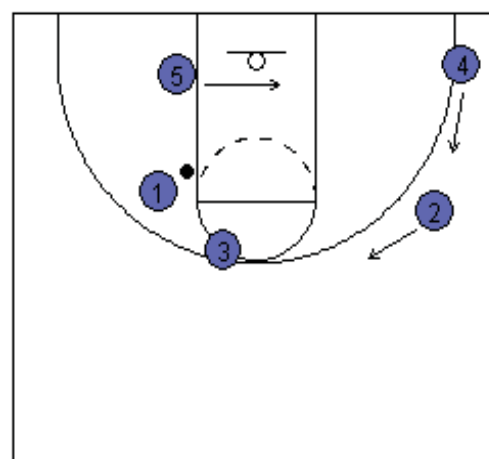
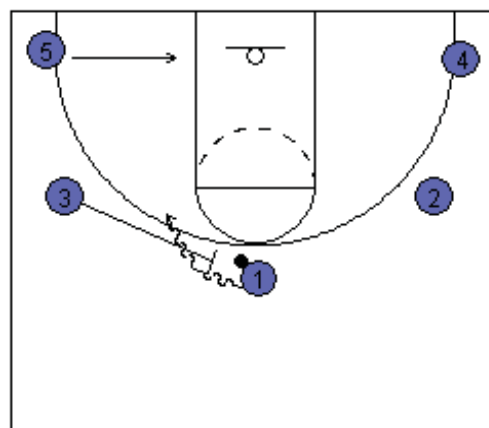
PLAY OF THE DAY

Man to Man Play: 5 Out Wide Zinger

Summary

This play is designed to get player #5 a pure shot opportunity, however within any play, read the defense and be ready for opportunities.

1. Player 3 sets an inside screen to the left on Defender 1. As player 3 begins to move towards the ball, Player 5 cuts to the basket. If open, Player 1 gives him a high pass. If not, he fakes, uses his teammate's screen and drives all the way to the basket if he can. If not he stops at the elbow. Player 5 then clears out to the other side in case Player 1 comes all the way.
2. Player 3's screen caused Defender 1 to slide through between Players 3 and 1. All other teammates rotate clockwise.
3. Seeing Player 1 stop at the elbow, Player 5 cuts to the outside of the double screen, takes a handoff from Player 1 and shoots over the double screen, following his shot. Player 4 also goes for the rebound as Player 2 plays safety in case the ball is lost.



www.breakthroughbasketball.com



UNIFORMS

We are pleased to announce that Jodi Hunt is our new Uniform Co-ordinator. Jodi can be contacted for new uniform orders via email at: jodihunt@bigpond.com

A uniform order form (including sizing chart) is available online at:

http://www.waverleybasketball.com/caulfieldmalvern/show_page.asp?page=60

COST:

Full uniform: \$95

Shorts only: \$55

Singlet only: \$55

Extra length of shorts: Add \$5.50

PAYMENT:

Can be made by cheque, money order or EFT. Please make cheques payable to Caulfield Malvern Basketball Club.

Please note that orders will not be processed unless full payment is included.

Orders are usually completed within 4 – 6 weeks.

As the demand for second hand uniforms is high, if you have an old uniform that is no longer required, please consider donating it or selling it back to the Club. Contact Jodi for full details.

On a separate note, it would be greatly appreciated that the red training tops be returned to the Club if they are no longer required.



Winter 2013 Important Club Dates

30th June - 15th July
no games
season break

16th July
Tuesday season resumes

20th July
Saturday season resumes

7th September
Semi-finals competition

14th September
Grand finals competition



UNIFORM POLICY

All teams need to be aware of the Uniform Policy for WBA Domestic Competitions.

Competitions are now finished gradings. Uniform penalties now apply in all games, each uniform infraction will be penalised five points.

Teams are especially asked to make note that royal blue, navy blue and black are considered different colours, and a mixture of these colours will be considered as a uniform violation.



2013-2014 Memberships now available

The best way to support your club not only in season 2013/14, but in the future is by becoming a Club Member.

Whether you attend every game, just a few, or live too far away, there is a NBL Club Membership that is right for you. To find out more about the options your favourite club offers, click on

<http://www.nbl.com.au/membership>

IMPACT

BASKETBALL

CHANGING THE WAY YOU TRAIN

ELITE TRAINING CAMPS

GUEST COACHES FROM IMPACT USA.
COACHES WHO TRAIN NBA STARS.



COME TRAIN WITH IMPACT WHO TRAIN NBA STARS

"IT'S MORE THAN A BASKETBALL CAMP,

IT'S A TRAINING EXPERIENCE THAT HAS CHANGED THE PATH OF MANY YOUNG PLAYERS IN THEIR PURSUIT OF IMPROVING ON THE COURT."

Our athletes have access to the same unique training system that prepares stars such as Kevin Garnett, Chauncey Billups and John Wall for the NBA season. The Impact Training Camps offers an intense combination of basketball movement-based performance training, nutrition counselling, and on-court skill development. Experience and knowledge gained during an Impact Training Camp has proven to have had a profound positive long-term effect on a player's career. NBA Stars Dwayne Wade & Blake Griffin have recently become clients of Impact and value the role Impact plays in helping to prolong their careers.

TRY OUT FOR OUR US IMPACT TOUR

Elite Tour December 2013 - For 15 to 21 year olds.
- Girls Teams 14 to 19 year olds.
CONTACT US FOR MORE INFORMATION

CONTACT US FOR OUR US COLLEGE
BASKETBALL INFORMATION HANDBOOK



SIGN UP NOW !

PLACES LIMITED, DON'T MISS OUT,

Presented in conjunction with the Nike Foot Locker
Basketball Camps. Register Online at
www.ausbasketball.com.au
Or Call (03) 9415 6112





PRESENTED BY



www.ausbasketball.com.au

CAMP FEATURES

- Intense NBA style Impact training drills.
- Impact Performance Training system to improve, balance, speed, flexibility, functional strength.
- Game situations to improve game performance.
- Guard & Post player specific sessions.
- Unique drills never before seen in Australia.
- A camp experience like no other. Not to be missed.

VENUES:	BRISBANE - "Churchies" Grammar School - June 25th to 27th - 9:00am till 3:00pm	\$245.00
	MELBOURNE - Nunawading Stadium - July 1st to 3rd - 9:00am till 3:00pm	\$245.00
	(Tram route 75. Stops out the front of stadium)	
	SYDNEY - Knox Grammar - July 8th to 10th - 9:00am till 3:00pm	\$245.00
	(Warrawee train station at school)	
	WELLINGTON NZ - July 13th to 15th - 9:00am till 3:00pm	\$245.00
	FOR PLAYERS 11 to 19 YEARS OF AGE (REPRESENTATIVE LEVEL PLAYERS ONLY).	

BASKETBALL CAMP REGISTRATION

Register online at www.ausbasketball.com.au OR call (03) 9415 6112 OR fill in the below form and post to PO Box 4116, Balwyn East Vic

I wish to attend the _____ Camp. Player Name _____

Age _____ Birth date ____/____/____ Shirt Size S M L XL XXL

Address _____ City _____ State _____ Post code _____

Parent/guardian name _____ Phone (Mbl) _____ Phone (h) _____

Email _____ School Attended _____ Year _____

Is there any medical condition or allergies that our coaches should know about? _____

Payment enclosed: \$ _____ Please make your cheque payable to Australian Basketball Services Pty Ltd.

Card Payments: Cardholder name: _____ Card No: _____

Expiry Date: ____ / ____ (Month / Year) MasterCard / Visa Only . I give permission for my son / daughter to attend the Impact Basketball camp. I understand that the camp organizers will make every effort to ensure the safety of my child. I will not hold them responsible for any injuries that occur during the camp. Any images taken can be used for future promotional use.

Signature: _____ Date _____



INTENSIVE DEVELOPMENT PROGRAM

Over recent years we have watched several “Elite” Academies & Programs commence. Some are reasonable programs but none we have seen have come close to the programs at Impact Basketball in the US.

Over the next 3 years we expect up to 20 Australian’s to join the US Impact programs and many others from our programs to go onto US colleges.

The time is right for us to start up our own Intensive Development Program to help prepare young Australians for Impact Basketball and or directly to US colleges. This program will address the deficiencies in Australian basketball and focus on preparing players for US basketball and /or senior Australian representative levels.

KEY PROGRAM COMPONENTS

- Elite skill development. Guards & Post players.
- College recruitment service through our partner CCR. (additional fees apply)
- Individual player development plan.
- Building Core Strength.
- Agility training & Injury prevention.
- Diet & Nutrition advice.
- Optional - additional training sessions.
- Optional - game analysis and support.
- Small groups, strictly no more than 12 players per group with 2 coaches for on court sessions.
- Groups organised by age & ability.
- Constant individual feedback.



COACHING STAFF

Head Coach will be Avi Meyerson who has coached at all levels of US college basketball and for Impact Basketball USA. CJ Massingale, Lyndon Dale and our highest level of coaches will also be involved in sessions.

PROGRAM TIMES / VENUES

11 to 19 Year Olds (High School) - Kingswood College, Box Hill
Mondays & Wednesdays 5pm to 7pm.
(Girls only group if numbers permit)

- Players should be undergoing 3 strength training sessions per week. A third 30 minute session that you can complete at home on the weekend will be provided each week as part of the program.



MORE INFORMATION - CONTACT

Australian Basketball Services Pty Ltd Phone: (03) 9415 6112
Email: info@ausbasketball.com.au
www.ausbasketball.com.au





LET'S GET EVERYONE TOGETHER!

**THERE'S A FUNCTION ROOM UPSTAIRS
AT GRILL'D CARNEGIE**

WE CAN SEAT UP TO 40 PEOPLE WHICH IS PERFECT FOR:

**SPORTS CLUBS
POKER OR TRIVIA NIGHTS
CORPORATE MEETINGS
(GET OUT OF THE OFFICE, MEET OVER A BURGER!)**

**FAMILY GATHERINGS
TEAM FUNCTIONS
BIRTHDAY PARTIES
OR ANY OTHER FANTASTIC FUNCTION**

CHOOSE FROM OUR EXTENSIVE MENU OF HEALTHY BURGERS - BEEF, CHICKEN, LAMB, VEGGIE, KIDS OR OUR SALAD RANGE. WE ALSO HAVE GLUTEN FREE BUNS AND OUR FAMOUS CHIPS WITH GRILL'D HERB MIX. A GREAT SELECTION OF LOCAL AND IMPORTED BEERS ALSO AVAILABLE.

HEALTHY BURGERS



HEALTHY MIND

CALL US FOR YOUR NEXT FUNCTION

GRILL'D | CARNEGIE | 86 KOORNANG RD | 9569 7300 | GRILLD.COM.AU



LET'S GET EVERYONE TOGETHER!

**THERE'S A FUNCTION ROOM UPSTAIRS
AT GRILL'D ELSTERNWICK**

WE CAN SEAT UP TO 40 PEOPLE WHICH IS PERFECT FOR:

SPORTS CLUBS	FAMILY GATHERINGS
POKER OR TRIVIA NIGHTS	TEAM FUNCTIONS
CORPORATE MEETINGS	BIRTHDAY PARTIES
[GET OUT OF THE OFFICE, MEET OVER A BURGER!]	OR ANY OTHER FANTASTIC FUNCTION

CHOOSE FROM OUR EXTENSIVE MENU OF HEALTHY BURGERS - BEEF, CHICKEN, LAMB, VEGGIE, KIDS OR OUR SALAD RANGE. WE ALSO HAVE GLUTEN FREE BUNS AND OUR FAMOUS CHIPS WITH GRILL'D HERB MIX. A GREAT SELECTION OF LOCAL AND IMPORTED BEERS ALSO AVAILABLE.

HEALTHY BURGERS



HEALTHY MIND

CALL US FOR YOUR NEXT FUNCTION

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BASKETBALL

MIN. AGE 30

REGISTER NOW



XIV AUSTRALIAN MASTERS GAMES GEELONG 5-12 OCTOBER 2013



Men's, Women's, Mixed and Disabled Events

Venues The Geelong Arena, 110 Victoria Street, North Geelong
Geelong Basketball Netball Centre, Crown Street, South Geelong

Competition Dates 5-12 October, 2013

Entries Open 18 March, 2013

Age Groups 30+, 35+, 35+ (Intellectual Disability), 35+ (Wheelchair),
40+, 45+, 50+, 55+, 60+, 65+, 70+



GAME ON IN GEELONG!

 /AustralianMastersGames

www.AustralianMastersGames.com



Principal Partner



Host City Partner

