



PIRANHA PRESS

Caulfield Malvern Basketball Club

Winter 2013

Issue 2

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

WINTER SEASON FINALS

As the winter season draws to a close, the Committee would like to congratulate all teams for their fantastic efforts.

Of the 41 teams entered in the Waverley competition, 24 teams made it through to the semi finals, with 10 teams now progressing to the grand final this coming Saturday and Tuesday. We take this opportunity to wish them every success and encourage you to go along to the Grand Final games to show your support.

Girls Under 10 Section 4 Kooyong Park
Under 12 Section 6 (GOLD) Glenhuntly
Under 12 Section 1 Ardrie Park
Under 14 Section 1 Ardrie Park
Under 14 Section 3 Heyington
Under 14 Section 4 Gardiners Creek
Under 16 Section 1 Armadale (Tuesday)
Under 16 Section 2 Fawkner Park
Under 16 Section 4 Heyington
Girls Under 16 Section 2 Darling Park (Tuesday)



We look forward to the match reports and photos in the next edition

SIDETRACKED FUN DAY

We welcome you to join us at the CMBC season breakup 'fun-day'.

We are trying a new format this year with the exclusive use of '**Sidetracked**'
Oakleigh on Saturday 12th October 7:00-9:00pm.

This venue has a myriad of activities to keep all kids of all ages entertained from unlimited rides, dodgem cars, go-karts, ten pin bowling, laser tag just to name a few.

We will be having some presentations throughout the night mostly honoring our long service players.

We would also welcome the opportunity for coaches to hand out player certificates at this event, if you haven't already done so. Please contact Georgina Walton if you require any certificates.

Whilst this event is focused on fun activities for the players and will be subsidised by the Club, we will require an entry fee of \$10.00 per child.

(Siblings welcome at the same cover price payable on the night).

Please come along to show your support of your club.

Rita Harris
President



Like

PIRANHAS' FUN DAY @ SIDETRACKED

SATURDAY 12TH OCTOBER
7:00-9:00PM

\$10 PER CHILD
SIBLINGS WELCOME
SAME COVER PRICE
SUBSIDISED EVENT

SIDETRACKED
370 Huntingdale Rd Sth,
Sth Oakleigh

Unlimited Rides

AWARDS

dodgems lasertag
tenpin prizes
bowling
go-karts
video games





COACHES' CORNER

COACHING THAT IMPACTS THE NEXT GENERATION

1. Practice what you preach – One of the greatest ways to lose the respect of your players and others around you is to be a hypocrite. Players need to see and know that you live by the standards you are trying to teach them.
2. Admit mistakes and seek restitution – No one is perfect and we all make mistakes. As a coach you have to be willing to admit when you've messed up, seek forgiveness and then change the behavior that got you in that situation in the first place. This kind of humility goes a long way with your players and leaves a lasting impression.
3. Be available – Players have to know that they can count on you to be there when they need you. Try to make yourself available to your players as much as possible. Consider meeting before or after practice or even on the weekend if they need to talk with you about things going on in their lives. This shows that they have importance in your life beyond the realm of basketball.
4. Listen intently – When you spend time talking to your players, make sure you listen intently and pay close attention to details. Look your players in the eye when they are talking to you so that they know you are truly paying attention to what they are saying. Listening intently also helps you read between the lines for those hidden messages or even hidden agendas that might be there.
5. Be fair and consistent – Simply put, when it comes to discipline, team rules and how you run your team etc., don't play favorites. Don't let your stars get away with things that you wouldn't let the 6th man off the bench get away with. Hold all your players accountable for their actions both on and off the court. This also goes back to practicing what you preach.
6. Keep in touch with your former players – This should not be hard to do with all the technology and social media options we have available at our fingertips. One sure way to make a lasting impact on your players is to keep in touch with them as they turn the page into adulthood. Email, snail-mail, text messaging, Facebook or phone call, it doesn't matter just pick one. Check in with them every now and then to see how they are doing at school or how the wife and kids are doing. Always invite them to come back and invest in the current players you have in your program. This is very important and you should make the time to do this. I promise, they will love and want to hear from you.
7. Have a sense of humor – When you work with kids you have to have a sense of humor. In fact, I don't see how you can work with or coach kids without having one. Your players will love being around you when they know that you are someone they can laugh and kid around with while not crossing the line of disrespect. Youth players and kids in general are full of life, energy and humor so why shouldn't you be?

Read more: http://www.breakthroughbasketball.com/coaching/7-ways-to-make-a-lasting-and-positive-impact-on-your-players.html?utm_source=MailingList&utm_medium=email&utm_campaign=7Ways-YMS&newsid=800#ixzz2cwHIZTn9

www.breakthroughbasketball.com



PLAY OF THE DAY

Rebounding Drill: Reaction Rebounding (All Ages)

This rebounding drill has an interesting twist that nicely simulates game situations. This drill will help your players find the opponent and get them blocked out!

1. Position three offensive players as shown in the diagram.
2. Position three defensive players in the lane. Assign numbers to each defensive player.
3. A coach should have the ball somewhere on the court.
4. The coach passes the ball to one of the perimeter players and calls out a number (1, 2, or 3).
5. The player in the lane, that had their number called, goes to close out/block out the shooter. The other 2 players have to identify who they block out. This forces the other two to quickly react and get to one of the other perimeter players. They should then get the ball and secure the rebound.

It takes a couple of times for the kids to get it. But once they do, you'll find they learn to communicate, identify, and quickly scramble to get everyone blocked out. This is a good simulation of what happens in a game.

I'm sure you'll find that this twist really helps your players learn how to find their opponent and consistently put a body on them.

6. Repeat the drill as necessary and give everyone a chance to rebound several times.

Points of Emphasis

Continually tell your players...

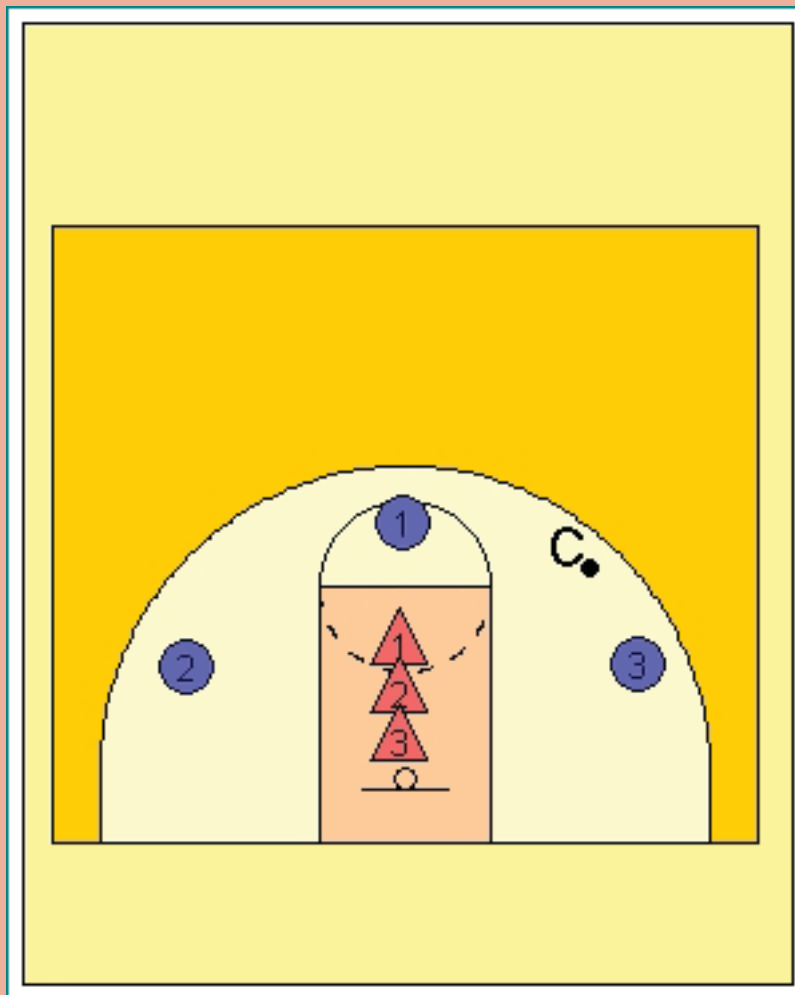
Put a body on someone and block them out!

Make sure you communicate and get everyone blocked out.

Stay low when blocking out.

Use proper form when blocking out -- find your defender then back pivot into them.

Always keep your elbows out after securing the rebound. Make a good outlet pass to the coach.



Read more: <http://www.breakthroughbasketball.com/drills/reactionrebounding.html#ixzz2cwLYvWM6>

www.breakthroughbasketball.com



PLAYER DEVELOPMENT PROGRAMS



NEW REFEREE PROGRAM

GROUP INTERVIEW

All applicants must attend a group interview from 6 - 8pm on Sunday 22 September 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 6 October 2013

• **On court practice:**

All participants are assigned on two shifts per week. This on court practice begins the week of Monday 7 October 2013. This training continues for up to ten weeks.

• **Theory Session 2:** 6 - 8pm
Sunday 13 October 2013

• **Theory Session 3:** 6 - 8pm
Sunday 20 October 2013

• **Theory Session 4:** 6 - 8pm
Sunday 27 October 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>



ROLE OF THE TEAM MANAGER

New competition on Sundays Under 23's

Waverley Basketball Association are anticipating the possibility of introducing a new Competition.

This will be a U/23' Competition to be played on Sundays and we would like to kick it off in Winter Season 2014, giving Waverley time to drum up interest.

Waverley will keep updates on this competition by regularly placing notices on their Website and Entry Forms will be published when they can successfully commit to running this new competition.

Your interest and support will be the "Key" to introducing this new Competition so help us by getting interest from possible players.

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

Waverley Falcon Try Outs

2013 - 2014



SUNDAY DATES:

October 13th
October 20th
October 27th

FRIDAY DATES:

October 11th
October 18th
October 25th

TIMES:

U/12 Girls & Boys
BORN 2003 / 2004 / 2005
Friday 5.30pm—6.45pm
Sunday 8.30am—9.45am

U/14 Girls & Boys
BORN 2001 / 2002
Friday 6.45pm—8.00pm
Sunday 9.45am—11.00am

U/16 Girls & Boys
BORN 1999 / 2000
Friday 8.00pm—9.15pm
Sunday 11.00am—12.15pm

U/18 Girls & Boys
BORN 1997 / 1998
Friday 9.15pm—10.30pm
Sunday 12.15pm—1.30pm

U/20 Women & Men
BORN 1995 /1996
Sunday 1.30pm—2.45pm

PLACE:

Waverley Basketball Stadium

Corner of Batesford Rd & Power Ave Chadstone

EQUIPMENT:

Dark & Light top
(or Falcons Reversible Training Top)
Drink Bottle with name
Basketball with name

NEW PLAYERS IMPORTANT:

Any player registered with another association will be required to bring a signed '**Permission To Train**' form from that association

REGISTRATION:

All players to arrive thirty(30) minutes before try-outs commence with a completed '**Tryout Registration Form**' available on our website www.waverleybasketball.com
Please see Tryout Registration Form for further details

PREPARATION

All players to be warmed up and stretched ready to commence prior to training time

www.waverleybasketball.com

SCORE TABLE COURSES

Become a registered score table official

LEVEL 1

-September 15

-9am-2pm

-**Nunawading**

Basketball Stadium

LEVEL 2

-September 22

-9am-2pm

-**WAVERLEY**

Basketball Stadium

All participants should bring a pen, paper, drink and lunch (and handbook for the level 2 course).

To register or for more information contact the WBA Office on 9807 9814



CAMP FEATURES

- Respected national program.
- Rookies program for beginners 6 to 9 years old. (not all venues)
- Nike Foot Locker Camp for experienced club & rep players 8 to 17.
- Invitational camp is invite only for elite rep level players 11 & over.
- Nike Camp Shirt valued at \$40.00
- Nike camp prizes.

INVITATIONAL CAMP

- Intense, elite, challenging program.
- Focus on improving player weaknesses.
- Annual US Tours & college opportunities.
- Impact Academy NBA drills incorporated into program.
- Pathway to Impact Academy & US Colleges.



CAMP DATES — NUNAWADING STADIUM

Sept 23 & 24	Girls Only Camp \$100
Sept 25 - 27	Rookies Camp \$145, Nike Camp \$175 Invitational Camp \$195
October 1st	Shooting & Ball handling clinic. Club & Advanced Rep Program \$60
Oct 2 - 4th	Rookies Camp \$145, Nike Camp \$175
Oct 2nd	Specialist Rep Try Out Clinic Guard/Perimeter Moves \$60
Oct 3 & 4	Girls Rep Try Out Camp \$120 (Special Discount attend both girls camps for only \$190)
Oct 4th	Specialist Rep Try Out Clinic Team Offence \$60

PRESENTED BY Australian Basketball Services Pty Ltd
 Phone: 03 9415 6112 Fax: 03 9415 6119
 E-mail: info@ausbasketball.com.au

www.ausbasketball.com.au



BASKETBALL CAMP REGISTRATION

Register online at www.allausbasketballcamp.com OR call (03) 9415 6112 OR fill in the below form and post to PO Box 4116, Rookies Camp \$145.00 Nike Camp \$ 175.00 Invitational Camp \$195.00 Specialist Clinics \$60.00 Balwyn East Vic 3103
 Girls Camp \$100.00 Girls Rep Try Out Camp \$120.00

I wish to attend the _____ Camp / Clinic Player Name _____
 Age _____ Birth date ____/____/____ Shirt Size 12 14 S M L XL
 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 Nike Foot Locker 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 _____

GRILL'D ELSTERNWICK SUPPORTS
THE Y-HOUSE FOUNDATION

\$5

FROM EVERY
BURGER SOLD
WILL GO TO
THE Y-HOUSE
FOUNDATION

HELP US TO RAISE
\$10,000

FRIDAY 20
SATURDAY 21
SUNDAY 22

--- SEPTEMBER ---

THE Y-HOUSE
FOUNDATION >

COMMITTED TO PROVIDING LONG TERM HOUSING
NEEDS FOR YOUNG PEOPLE WITH PHYSICAL
DISABILITIES AND / OR LIMITATIONS. THE
Y-HOUSE AIMS TO PROVIDE THESE YOUNG
PEOPLE WITH A VIBRANT & STIMULATING 'HOME'
ENVIRONMENT WITH PEOPLE THEIR OWN AGE,
OUTSIDE OF AGED CARE FACILITIES.

WWW.Y-HOUSE.ORG

Grill'd