

### Caulfield Malvern Basketball Club

Registered under the Association Incorporation Reform Act 2012 No A0038045W ABN 26 161 605 655

## SUMMER ONLINE REGISTRATIONS OPEN NOW

#### REGISTRATIONS FOR SUMMER SEASON DUE BY 23 AUGUST 15

Teams will be determined after this date based on registrations received so please register now so that the Club is aware of your intentions.



#### Existing Players:

Click here for a quick and simple re-registration process

#### New Players:

Are always welcome.
Teams suitable for all skill levels.
Click here for on-line
registration

If you know anyone interested in joining, please ask them to contact Rita Harris on 0408 250 493 or info@piranhasbasketball.com.au



Piranhas are a growing club, and through our players, coaches, team managers, families and wider community, we would like to thank each one of you for your contribution in making our club such a success.

As a thank you to everyone's involvement, the Management Committee would like to run a fun day to be held on Saturday night, 10th October.

Being a fun day – we have hired SIDETRACKED, for our exclusive use. Sidetracked is locally situated in Oakleigh, which offers a range of activities for every age group, from ten pin bowling, go karts, dodgems, laser-tag, mini golf and video games.

Not forgetting a large room for the adults to mingle.

More details to follow in the coming days.

# WARM UP TOPS AVAILABLE FOR PURCHASE AT PRESENTATION DAY

SPECIAL PRICE \*
FOR
PRESENTATION/
FUNDAY ONLY

\$35.00

Sizes:

Extra Extra Small
Extra Small
Small
Medium
Large
Extra Large

\* Regular price \$40



Customised Drink Bottles:

\$7.00



#### Retired from junior basketball?



The Caulfield Malvern
Basketbll Club highly encourages retired junior players to continue playing in the Senior Competition at Waverley under the Piranhas name and uniform.

Registration should be made directly by the team to Waverley and permission to use the Piranhas name and/or uniform must be given by the Club prior to playing.

Please contact Michael Walton on 0419 012 309 for more information



#### REFEREE PROGRAM

it is expected the next referee school will commence in early 2016 - official dates will be posted on the Waverley Referees website early August

Please check regularly on http://wavrefs.weebly.com/ become-a-referee.html

## UNDER 16-18 TRAINING SESSIONS

This is an open invitation to all Under 16 and Under 18 players to attend a skills based training session on

Thursday evenings from 5.15pm-6.45pm at Orrong Romanis Recreation Centre, Molesworth Street, Toorak.

The training session is being run by
Pat Doherty.
Pat is our Club's Coaches Adviser and
most experienced coach.
Pat is also a Waverley Falcons
Representative Coach.

If you are interested in improving your game or looking for an additional training session then this is a great opportunity.

Please confirm your place by emailing Pat Doherty: patrickcgdoherty@bigpond.com

## CLUB LEVEL COACHES ACCREDITATION CLINICS

(formerly Level 1)

Basketball Victoria is offering a new and exciting Club Coaching Course. The Club Coaching Course replaces the former Level 1 Course that was offered here in Victoria and is suitable for Coaches of all levels, looking to obtain a formal accreditation.

The Club Coaching Course is 7 hours in duration, broken down into 1 hour of online training and 6 hours of practical training, which will be facilitated by a Basketball Victoria presenter.

The following practical training sessions are currently scheduled.

- Craigieburn Stadium, 23/8/2015 & 30/8/2015
- Broadmeadows Stadium, 15/9/2015 &17/9/2015
- Yarrawonga, Sacred Heart College, 23/8/2015
- Patterson River Sec. College 9/8/2015 & 16/8/2015
- St Michaels Primary School, 16/8/2015
- Dandenong Basketball Stadium, 6/9/2015
- Bulleen, 13/9/2015
- Hamilton, 1/9/2015 and 15/9/2015

The online training component of the course is undertaken first and once completed, the practical session will be arranged and at a date and time to suit.

The total cost of the course is \$150 per participant and is inclusive of all resources and materials.

Once registered, coaches will be able to access the on-line training component and download the 'Coaching Made Easy' resources.

All instructions as to how and when these resources will be made available are detailed as part of the registration process.

All coaches who have successfully completed the Club Coaching Course will be awarded with a Club Level Coaching Accreditation.

All coaches who have held their Club Coaching Accreditation for a minimum of 12 months will become eligible to undertake an Association Coaching Course.

For more information, please contact Rob Coulter on 9837-8000 or email: rob.coulter@basketballvictoria.com.au

Piranhas will happily re-imburse any Piranhas Coach or prospective Coach wishing to undertake the clinic on completion of the course.

Please contact Rita Harris on 0408 250 493



## COACHES' CORNER



## COURT ETIQUETTE FOR COACHES

Here are some tips for getting off on the right foot at your game:

- 1. Introduce yourself and shake hands with the opposing coach and referees.
- 2. If your team is a beginner team and may not know all the rules, let the referees know this and ask them to explain their calls to the players.
- 3. If you are playing another Piranhas team, get both teams together in the center for your hands in call and explain that the coaches expect a competitive and respectful game.
- 4. Complement a great play from your opposition or a great effort from an opposition player.
- 5. Thank the referees and the scorers after the end of the game. Make sure your players shake hands with the opposition players after the game.
- 6. If you are unhappy with the way the game is being played, refereed or the actions of the opposing coach call a time out and speak to the referees. If the situation does not improve ask your team manager to call the rerferee supervisor.
- 7. Teach your players how to respond if calls don't go their way.
  - Referees won't get every call right 100% of the time teach your players to get on with the game as there is nothing more annoying than players and coach complaining after every call. The referees are not likely to change their decision.
- 8. Coaches are role models. Exhibit the right behaviour yourself so that your players do the same.



## PLAY OF THE DAY Speed Dribble and Lay-Up Relay Race

#### **Summary**

This is a fun and competitive drill that helps players to improve their speed dribble and lay up under pressure in fast break situations.

#### Instructions

- 1. Divide your players in two balanced teams. Each team lines up on a corner of the same baseline as shown in the diagram.
- **2.** The first player of each line gets a ball. On the coach's signal the drill starts.
- 3. Each player has to dribble fast towards the basket at the other end of the court for a lay up (keep shooting until he/she makes it).
- **4.** When the lay up (or the subsequent shot) is made, get the rebound and dribble back to the other basket for an other lay up (again: keep shooting if miss).
- **5**. Pass the ball to the next teammate, who begins the same routine.
- 6. The team that finishes first is the winner.

#### **Points of Emphasis**

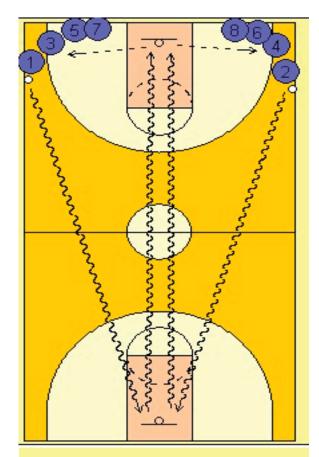
Put emphasis on competition! Encourage players to cheer their teammates.

You can establish rewards for the winners or penalties for the

losers.

#### **Teaching Tips:**

- In speed dribble push the ball forward in front of you (the palm of your hand is behind the ball), bounce it higher then normal and run fast.
- The players should always dribble and execute the lay ups with the hand closest to the sideline. So they have to use both right and left hand (this does not apply to younger kids).
- If any player fail to make the lay up, they must react quickly grabbing the rebound and shooting again.



#### Variations:

- Give two balls to each team. The second player starts when the first player has executed his lay up (this only applies to the first run). This variation is highly recommended if you have two teams of 4 or more players.
- You can arrange games best of three.
- If you have poor skilled players, you can allow them to continue the drill anyway after a given number of failed shooting attempts.





#### JUNIOR DOMESTIC FILL IN PLAYERS

#### Filling in for a higher age group

Teams in age groups form Under 10 to Under 18 may bring players up from lower age groups to fill in.

A player filling in for a higher age team may drop down a maximum of two sections from their registered age group for each age group in which they play up.

E.g. A player registered in Under 10 Section 3 may play Under 12 Section 1-5, and Under 14 Section 1-7

E.g. 2: A player registered in Under 12 Section 7 may play any section of Under 14 and older age groups.

Players are not permitted to play for more than one team in the same age group at any time during the season.

#### Filling in for a different competition

In WBA Junior Domestic, there are two separate competitions: **Juniors** and **Girls**. Under 8 – Under 18 Juniors are considered the same competition, regardless of which day the competition is held. Likewise, Under 8 – Under 18 Girls is considered the same competition, regardless of which day the competition is played.

A player cannot play for two different clubs in the same competition. A player can however play with one club in the Juniors competition and another club in the Girls competition. The player must be registered with their 'Home Club' and have permission from their 'Home Club' to play for another club in a different WBA competition. To change the player's 'Home Club', a clearance must be completed and submitted to WBA.

A player in the Girls competition can fill in for a team in the Juniors competition for their Home Club provided they qualify for the age group. There is no restriction on which section a player can play in if filling in. This also applies for female players in the Junior Competition filling in for a team in the Girls competition.

E.g. A player in an Under 10 Girls team may fill in for an Under 10 (or older) Juniors team from their home club in any section.

E.g. 2: A player registered with one club for the Girls competition, may play for another club in the Juniors competition, provided they have permission from their Home Club.

#### Fill in players for Under 8 teams

Under 8 teams may be granted permission to use players from other Under 8 teams from that club, provided they are granted approval from WBA prior to the game.

Approval will be granted if the team has fewer than six players available for a game, and the additional player(s) will not give than team an unfair advantage.

Any player added courtside must enter their correct name and Date of Birth.



Important Club Dates



#### YOUR COMMITTEE

#### **WINTER SEASON**

SAT Competition

05/09 : Semi Finals 12/09 : Grand Finals

**TUE Competition** 

08/09 : Semi Finals 15/09 : Grand Finals

**SUN Competition** 

06/09 : Semi Finals 13/09 : Grand Finals

#### **SUMMER SEASON**

Summer Comp commences

06/10: Tue comp 10/10 : Sat comp 11/10 : Sun comp

#### President / Secretary:

Rita Harris info@piranhasbasketball.com.au 0408 250 493

#### Vice President:

Michael Saba msaba@tpg.com.au 0416 216 459

#### Treasurer:

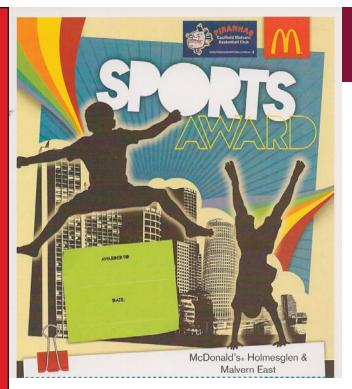
Pat Doherty

#### Commitee:

Alison Emerson Michael Walton Georgina Walton marketing@piranhasbasketball.com.au

With thanks to McDonald's Holmesglen and Malvern East for this season's sports awards





#### East Malvern Community Bank®

Find us on:

Follow us on

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At Bendigo Bank we realised long ago that to help your community become successful, we first needed to help U become successful. Because if U grow, everyone will grow with U – After all without U – there's no community, no success, and no us!

So we're concentrating on U – by delivering great products and services.



### **Waverley Falcon Try Outs**



**2015** — **2016** 



#### SUNDAY DATES:

#### FRIDAY DATES:

October 4th

October 9th

October 11th

October 16th

#### **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

#### TIMES:

#### U/12 Girls & Boys

BORN 2005 / 2006 / 2007 Friday 5.30pm — 6.45pm Sunday 8.30am — 9.45am

#### U/14 Girls & Boys

BORN 2003 / 2004 Friday 6.45pm—8.00pm Sunday 9.45am—11.00am

#### U/16 Girls & Boys

BORN 2001/2002 Friday 8.00pm—9.15pm Sunday 11.00am—12.15pm

#### U/18 Girls & Boys

BORN 1999/ 2000 Friday 9.15pm—10.30pm Sunday 12.15pm—1.30pm

#### U/20 Women & Men

BORN 1997 /1998 Sunday 1.30pm — 2.45pm

#### **REGISTRATION:**

Registration process for try-outs will be advertised at <a href="https://www.waverleybasketball.com">www.waverleybasketball.com</a> prior to the commencement of Try-Outs.

Any enquires please contact Director of Coaching Elias Palioyiannis at elias.palioyiannis@waverleybasketball.com

#### **PREPARATION**

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

### www.waverleybasketball.com