



PIRANHA PRESS

Caulfield Malvern Basketball Club

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

SUMMER ONLINE REGISTRATIONS NOW OPEN



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

Congratulations to all Winter season teams - Final reports in the next edition:

It's on again, the Piranhas fun night at Sidetracked! After the huge success of last year's event, the Club Committee is pleased to announce another fun night on Saturday November 8th, full of unlimited rides and activities.



And that's not all. Additionally on the night we will be presenting long service players with special awards – something they will be able to show off weekly!

We will also take the opportunity on the night to have a quick AGM, to ratify accounts and committee roles for 2015. We welcome all Club parents to volunteer for a committee position.

With the awards and the AGM, we would like as many parents as possible to attend the event. Last year all thoroughly enjoyed the night, some dads even got to race the motorised Go Karts!

So lock the date in the diary now, 6.45pm for a 7pm start, finish time if you're not exhausted 9.30pm.

All Club members, siblings and parents free. Non-members \$15. And of course as usual our giant raffle (for which we would love all parents to help source donated prizes, contact Mike Saba on 0416 216 459).

So see you on the night!

Coaches, Team Managers, Parents and Players

Piranhas is now on Twitter!

Follow us for regular updates on club announcements, general information, fixtures changes, finals, team reports and Waverley news. Follow us at **Piranhas-CMBC** (and facebook at Piranhas Basketball - CMBC)



PIRANHAS'
PRESENTATION

**DATE
CHANGE!**

FUN DAY @ SIDETRACKED

SATURDAY 8TH NOVEMBER

6:45-9:30PM

(presentations begin 6:45
games open from 7:00)



SIDETRACKED

370 Huntingdale Rd Sth,
Sth Oakleigh

Exclusive use = unlimited rides

AWARDS go-karts

prizes dodgems

video games

tenpin bowling

SUBSIDISED EVENT

PLAYERS & SIBLINGS NO CHARGE

ALL NON-PLAYERS \$15

Annual General Meeting

The Caulfield Malvern Basketball Club Inc.

Registered under the Associations Incorporation Reform Act 2012 Number A0038045W ABN: 26 161 605 655
Endorsed by the Waverley Basketball Association

President and General Manager:
Rita Harris, N.C.A.S. Level One (Basketball)
P.O. Box 146, Central Park, 3145
Mobile: 0408 250 493
E-mail: rita.harris07@gmail.com
www.caulfieldmalvernbasketball.com.au

This is to notify that the Annual General Meeting will be held on Saturday 8 November 2014 at 7.00pm at Sidetracked Entertainment Centre, Function Room, 364/370 Huntingdale Road, Oakleigh South.

Nominations for Club Officers and Committee must be received by Monday 20 October 2014. Nomination forms will be emailed on request to the General Manager.

The Outgoing Committee is as follows:

President:	Rita Harris
Vice President:	Michael Saba
Secretary:	Rita Harris
Treasurer:	Patrick Doherty
Committee:	Alison Emerson, Damien Crone, Georgina Walton

The annual general meeting will confirm the minutes of the previous annual general meeting, receive the Committee's report and financial statements for the financial year ended 30 June 2014, elect the Club Officers and Committee Members and confirm the annual membership subscription fee for 2015.

Rita Harris
General Manager

5 September 2014

SINGLET CLASHES

Singlet clashes occur where both competing teams wear predominantly royal blue singlets. The most common clashes for Piranhas are other Piranhas teams and more recently with the introduction of the new Maccabi uniforms (introduced Victoria wide).

It is important to understand the rules surrounding colour clashes. These rules have been set by Waverley and are as follows:

"In the event where two similar colored teams play each other, the 'home' team, or the team listed first on the fixture and left hand side of LiveScore monitors, is permitted to retain their uniforms and the second named team must change to alternative tops."

Click here to follow the link

Please encourage all your team players to purchase an alternate singlet to ensure singlet clashes don't become an issue for your team.

<https://www.piranhasbasketball.com.au/uniform/uniform-order/>

If you need to borrow a team set this must be arranged prior to your game with Rita Harris. Alternatively they can be hired from the canteen.



ON LINE PAYMENTS

Piranhas are very excited to soon to offer online credit card payments for season subscriptions and uniform orders.



During this setup process the Club has ensured the safest and highest encryption available by purchasing an ultra secure 128/256 bit SSL with extended validation encryption certification. (Verified by the worldwide certification authority.) The extended validation means that when you submit your details on our website, you will see the green address bar and padlock. The green bar provides instantly recognizable assurance of the strongest possible levels of encryption.



In-line with our new online payment system, we have also updated all on-line forms that will give you email tracking of your uniform order or registration details.

sample email				sample website																											
<p>Order</p> <table border="1"><thead><tr><th>Product</th><th>Qty</th><th>Unit Price</th><th>Price</th></tr></thead><tbody><tr><td>Full Uniform (Top and shorts)</td><td></td><td></td><td></td></tr><tr><td>Select Singlet Gender: Male Singlet Top (round neck) Select Top Size: Adult/AXL Select Shorts Size: Adult/AXL</td><td>1</td><td>\$96.00</td><td>\$96.00</td></tr><tr><td>Reversible Training Top</td><td></td><td></td><td></td></tr><tr><td>Select Size: X-LARGE</td><td>1</td><td>\$26.00</td><td>\$26.00</td></tr><tr><td colspan="3"></td><td>Total: \$120.00</td></tr></tbody></table>				Product	Qty	Unit Price	Price	Full Uniform (Top and shorts)				Select Singlet Gender: Male Singlet Top (round neck) Select Top Size: Adult/AXL Select Shorts Size: Adult/AXL	1	\$96.00	\$96.00	Reversible Training Top				Select Size: X-LARGE	1	\$26.00	\$26.00				Total: \$120.00	<p>sample website</p> <p>Card Number</p> <p>Month Year Security Code</p> <p>Expiration Date</p> <p>Cardholder Name</p> <p>You are Safe</p> <p>SECURE WEBSITE verified protection</p> <p>SSL Certificate Authority</p> <p>e-MEN SECURE ONLINE</p>			
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RSS FEEDS

Keep up to date with all Piranhas website posts by subscribing to the Piranhas RSS feed.

RSS is a notification system that alerts you of any new posts on your favorite websites. RSS feeds can help you organise all your favourite content (Piranhas included) in an easily accessible format.

When something new pops up on a site you're subscribed to, it gets sent to your feed reader instantaneously.

Many programs tend to have RSS functionality built in, for example Microsoft Outlook and free sites such as feedly.com

On a Web page you want to subscribe to, look for the RSS icon.

For example: <https://www.piranhasbasketball.com.au/feed/>

To manually enter an RSS Feed subscriber feed in Microsoft Outlook:

1. Click the File tab.
2. Click Account Settings, and then click Account Settings.
3. On the RSS Feeds tab, click New.
4. In the New RSS Feed dialog box, type the URL of the RSS Feed.
For example, <http://www.piranhasbasketball.com.au/feed/>
5. Click Add.
6. Click OK.



COACH'S PROFILE

AN INTERVIEW WITH JIM EMERSON

CMBC: *Do you play basketball?*

JE: I play basketball with Piranhas in the under 18 competition. (Armadale Piranhas) I am also currently playing Basketball for Melbourne Tigers (under 18 and soon to be playing under 20) on a Friday night

CMBC: *What got you started in coaching?*

JE: Recently people have started asking me for advice and wondering if I could help them improve their game, whether it was their shooting technique or ball handling skills. I enjoyed seeing how satisfied these players became and I wondered whether I could help more than just the few players who came to me.

CMBC: *How long have you been associated with Piranhas?*

JE: I have been playing with the Piranhas since grade 4. I am now in year 11

CMBC: *Why did you choose Piranhas as a junior basketball club?*

JE: Piranhas was one of the local teams in my area. Because I have played with them for a significant amount of time I got to know the coaches well and could therefore ask them whether I could coach.

CMBC: *How many teams do you coach?*

JE: Currently just one- The Malvern Valley Piranhas (under 14.) However in the future I would be more than happy to coach a couple of teams,

CMBC: *What do you enjoy about being a coach?*

JE: Seeing the players I coach improve.

CMBC: *What is your greatest thrill of being a coach?*

JE: I don't view winning games as a main measure of success. To me seeing the kids use the skills taught to them in training-in games- is the biggest achievement. It means I have made an impact. Such as seeing someone hit a left hand layup or the team executing a fast break offence.

CMBC: *Any other parts of your coaching experience that you could pass onto other coaches?*

JE: Take control and be firm and open to suggestion early on. Become friends later otherwise they will view you as a friend and tend to misbehave/ muck around during trainings.

CMBC: *Inspirational Quote?*

JE: **Keep your head up!**

CMBC POST: **We congratulate Jim and his team for their grand final victory!**



BASKETBALL CAMPS



HEAD COACHES

SEDALE THREATT SNR
15 years in the NBA

LANARD COPELAND
NBL Hall of Famer

JERMAINE WILLIAMS
ISU Basketball Star



**Ages
6-12 yrs**

Date: September 22nd-
September 24th
Time: 8:30am - 5:30pm

BOOK ONLINE NOW

www.aubdinate.com.au

1300-799-952



**Ages
13-17 yrs**

Date: September
29th (Monday) &
September 30th
(Tuesday)

Build Skills
confidence development
hoops
ACTIVITIES
ball
Give Aways
THREATT
FUN
B Who U R!
early drop off
late pick up
basketball camps

PLAY OF THE DAY

1 on 2 Pressure Ballhandling Drill

Summary

This drill forces the ball handler to beat two defenders.

It improves ball handling and the ability to escape and beat the double-team.

Instructions

1 Starts on the baseline with the ball. The two defenders try to trap and/or stop the ball.

1 tries to beat the defense and score at the opposite hoop.

You can also start this drill by having one defender force the defender to the baseline and bringing the 2nd defender to trap.

You can also start at half-court, 3/4 court.

Points of Emphasis:

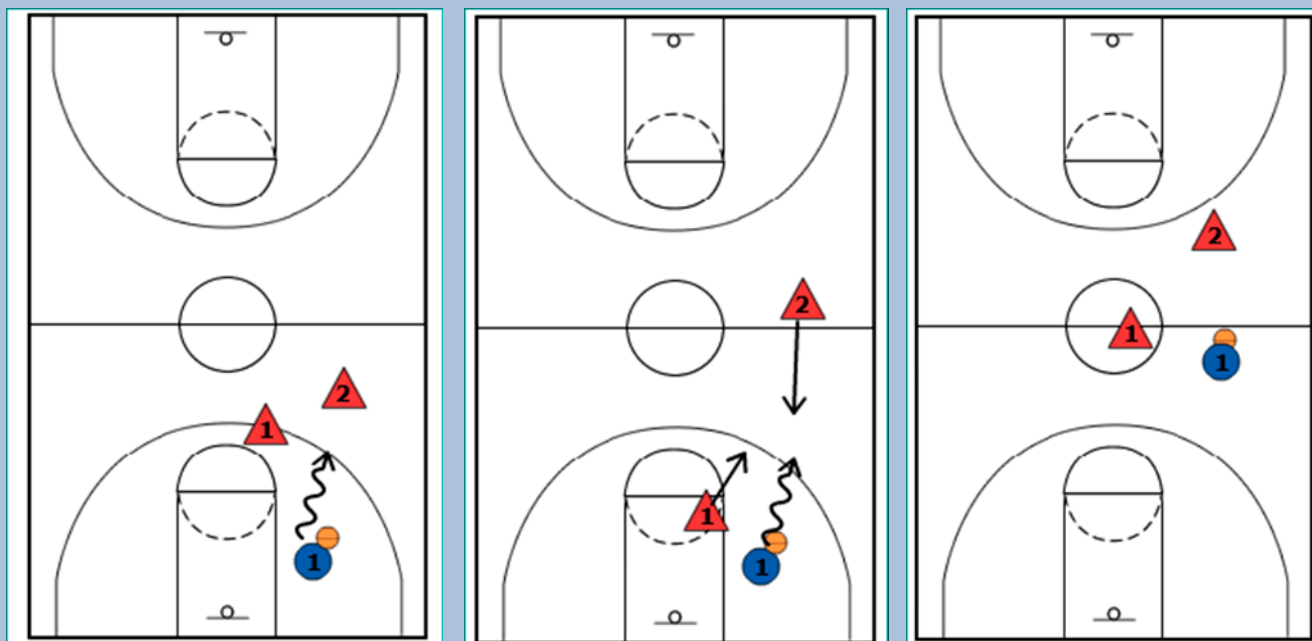
To increase difficulty you can:

Split the court in half.

Restrict dribbles.

Add a 3rd defender.

Read more: <http://www.breakthroughbasketball.com/playcreator/view.asp?id=106&type=drill#ixzz3BTYzbyOF>





As well as dealing with basketball injuries and rehabilitation, it is important to take measures to minimise and prevent injury.

Before

A warm up is designed to increase the body temperature and ensure that you play at your best. Prior to training, a warm up should consist of jogging 4 – 5 laps of the basketball courts and at least 4 - 5 baseline to half court sprints. This includes normal running and sliding your feet side-to-side in your defensive stance.

By now you should be sweating slightly and you can finish your warm up with stretching and drills given by your coach. Important stretches for basketball include calf, hamstring, glut, quad and groin stretches.

Before game time, it is important to try and maximise your warm up within the tight time schedule. When waiting for the game before to finish, you can start your stretches. Once on the court, run from the baseline to half court at least 4 - 5 times. When completing pre-game drills given by your coach, it is essential to warm up how you would like to play. Make sure you make quick precise passes and aggressively attack the basket when doing lay ups and pull down any missed shots. If you have the chance, even practice simple dribbling drills such as the “spider dribble drill” and crossovers at home prior to coming to the game.

During

During the game, it is important to keep fluid levels up, and keep as warm and mobile as possible. When subbed out, make sure you have a drink and aim to stay on your feet before sitting on the bench. Aim to walk up and down the sideline and do some gentle stretches for at least 30 seconds prior to being subbed on again.

After

Whilst you may not feel like cooling down after a strenuous training or game, it is equally important to cool down in order to allow yourself maximum time to recover and perform at your best next time you're on the court. Even if this is performed at home, a cool down should consist of brisk walking or a slow jog for approximately 5 – 10 minutes. It is then important to stretch the major muscle groups for at least 15 seconds each, and re-hydrate to replace the sugars and salts lost through sweat. If any injuries have occurred it is also important to RICER:

Rest

Ice for at 10 - 15 min, approx. every 4-5 hours for the next 72 hours

Compress

Elevate

Rehabilitate

For any aches, pains or injuries, please do not hesitate to contact our friendly staff at Malvern East Physiotherapy on 9571 6888.

Happy Balling!

Malvern East Physiotherapy

153 Waverley Road

Malvern East 3145

9571 6888

www.malverneastphysio.com.au

Helping you keep active and injury free!



YOUR COMMITTEE

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
Damien Crone
Georgina Walton
marketing@piranhasbasketball.com.au



GRILL'D HEALTHY BURGERS
GRILL'D ELSTERNWICK
GRILL'D CARNEGIE

Grill'd delivers a new fresh and vibrant approach to what is, arguably, the most widely appealing food concept in the world - the burger.

Grill'd offers a healthy burger experience unlike any other. Beef, chicken breast, lamb and veggie burgers, all made with love from the highest quality, freshest ingredients so you can appreciate the difference.

The store environment is friendly, casual and funky and you can choose between in-store dining or take away. Part of the Grill'd experience is in watching the delicious, made to order burgers being cooked on the flame grill and being "dressed" with fresh toppings.

Get into Grill'd Elsternwick or Carnegie and see Brent and his crew for the best burgers in town...!!



6th September
Semi finals competition

13th September
Grand finals competition

Week beginning 7th October
Summer Season commences

8 November - Saturday
Presentation/Fun Day
CBMC AGM

East Malvern Community Bank®

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.



Bendigo Bank



Warriors September Holiday Camp.

Featuring Warriors BIG V star
Andrew Kaban
D2 Men's Leagues Leading scorer
time player of the Month award winner
MVP favourite

Improve Your Game! Register online today!

The Warriors September **basketball** camp commences on Monday 29th September.

The camp will be conducted by and feature Warriors BIG V captain Andrew Kaban. Andrew has enjoyed an outstanding season and wants to pass on some of his insights into the game to as many Warriors kids as possible.

This camp is set to be lots of fun while giving your child a great chance to develop their basketball.

The camp covers all age groups and skill levels and will be broken up into the following two sections where possible.

Register today to have a great time at a great camp by [clicking here](#).

Camp Dates

Monday 29th September
Tuesday 30th September
Wednesday 1st October
Thursday 2nd October
Friday 3rd October

Camp Times

Morning session - 9:00am to
Lunch - 12:00noon to 1:00p
Afternoon session - 1:00pm to

Camp Costs

Day - \$ 50.00
2 Days - \$100.00
3 Days - \$150.00
4 Days -
\$200.00

Big V Captain Andrew

5 Days - \$225.00

www.warriorsbasketball.org




Warriors Basketball
P.O. Box 289
Bentleigh, Vic, 3204.



Great Fares, Great Service

www.orientexpress.com.au

Tel: 0468 543 173

 [Facebook](#)

 [Twitter](#)





GET READY FOR REP TRY-OUTS

SEPTEMBER HOLIDAY CAMP

SEPTEMBER 22-26
at Kilsyth Sports Centre
9am - 4pm daily
For all players 8 - 18

CONFIRMED COACHES (MORE TO COME!)

DAVE BIWER - Nunawading Spectres SEABL Head Coach, Former NBL player (Victoria Giants)

MICHAEL BROOKENS - Nunawading Spectres Vic Youth Champ Women's Head Coach

TONY KITCHING - Former SEABL/Big-V Coach

PETE MAUNDER - Owner of No Limits Basketball, Ganon Baker Basketball Certified Trainer

Registration: \$299 (includes reversible No Limits jersey valued at \$45)

Limited places available. Register now so you don't miss out!

www.nolimitsbasketball.com.au/register-for-camp

pete@nolimitsbasketball.com.au / 0431 974 592

ALSO AVAILABLE

SHOOTING CLINIC

September 29

@ Vermont Sportlink

9:30-11:30am / \$39

Camp sponsors:



Waverley Falcon Try Outs

2014-2015



SUNDAY DATES:

October 5th
October 12th
October 19th

FRIDAY DATES:

October 10th
October 17th

TIMES:

U/12 Girls & Boys
BORN 2004 / 2005 / 2006
Friday 5.30pm—6.45pm
Sunday 8.30am—9.45am

U/14 Girls & Boys
BORN 2002 / 2003
Friday 6.45pm—8.00pm
Sunday 9.45am—11.00am

U/16 Girls & Boys
BORN 2000 / 2001
Friday 8.00pm—9.15pm
Sunday 11.00am—12.15pm

U/18 Girls & Boys
BORN 1998 / 1999
Friday 9.15pm—10.30pm
Sunday 12.15pm—1.30pm

U/20 Women & Men
BORN 1996 /1997
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:

Registration process for try-outs will be advertised at www.waverleybasketball.com prior to the commencement of Try-Outs.
Any enquires please contact Elias Palioyiannis at eliasp13@hotmail.com.

PREPARATION

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

www.waverleybasketball.com

ALL DAY BREAKFAST ON WEEKENDS

Join us after your Piranhas' game!

Airstream café is located in the heart of Glen Waverley's food precinct. Our aim is to offer a great dining experience whether its for a weekend breakfast, quick lunch or a relaxed dinner

Simple classic food, including the best wood-fire pizza

Airstream cafe welcomes families and large bookings

Drop in before the movies at Village cinemas, and take advantage of our discounted movie ticket deal

A great selection of delicious cakes is always on display to tempt the sweet tooth

NEWLY RENOVATED

AIRSTREAM CAFÉ

Century City Walk

285 Springvale Rd Glen Waverley

9545 1800 - www.airstreamcafe.com.au

airstream
CAFE





LET'S GET EVERYONE TOGETHER!

THERE'S A FUNCTION ROOM UPSTAIRS
AT BOTH GRILL'D ELSTERNWICK & GRILL'D CARNEGIE

WE CAN SEAT UP TO 40 PEOPLE AT EACH VENUE 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 | ELSTERNWICK | 322 GLENHUNTLY RD | 9523 5533

GRILL'D | CARNEGIE | 86 KOORNANG RD | 9569 7300

GRILLD.COM.AU