

**“Christmas” edition of BLUES NEWS
Dec 2010**

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(Player Tip #6: Remember where your player is)

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Website: <http://www.sturtsabres.com.au>

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Key Dates

(Player Tip #45: Be aware of the Shot Clock)

Time	Event
6 December 2010	Last games prior to break
10-12 December 2010	Basketball Sa @ St Clair Annual Christmas Carnival
19 December	Link Lightning playing @ Pas
27-30 January 2011	Eltham/Dandenong Junior Basketball Tournament
28-30 January 2011	Starplex Australia Day Carnival
31 January 2011	Games Recommence
7 February 2011	Phase 3 - promotion / relegation competition
07 – 09 March 2011	Grand Finals - Youth League and Senior Divisions without promotion/relegation
17 – 19 March 2011	Grand Finals - Junior divisions without promotion/relegation
10-12 March 2011	Adelaide Cup long weekend – no junior games
18 – 21 April 2011	TI Camp - Under 16
27 – 29 April 2011	TI Camp - Under 14
12 – 15 May 2011	2011 SA Junior Championships
31 August 2011	Annual General Meeting (AGM)
4 – 7 October 2011	TI Camp - Under 12
TBA	Club Photo Day



**LINK LIGHTNING
@
PAS
(3pm, Sunday, 19
Dec)**



Link Lightning are playing at Pasadena, at 3pm, on Sunday 19 December. The stadium will open at 1.30pm for the players and 2.00pm for the public (that's most of us!). Canteen & bar will be open.

Come along and support Sturts very own Link Lightning players, Caroline Burgess, Emma Langford, Nikki Seakamp and Angela Marino.

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STURT SABRES FUNDRAISER – THANKS JIMMY & NANDO’S

The Nandos evening was held at Nando’s South Road Edwardstown (across from Castle Plaza) on Monday 19 November. A number of Sturt people attended the evening where all the proceeds from the evenings’ sales went to the Club!! That's right all the proceeds!! Proceeds will go towards the purchase of a new air conditioner for the clubrooms.

Another evening will be held next year, on a different night, to ensure we get the maximum turn-out around training and game commitments.

Jimmy from Nando’s is happy to support the club in any way possible so let’s all support him. He has supplied food for the players after ABA games for a number of years!! Nando’s is a healthy alternative to fast food and ideal for sporting people.

Don't forget to support the businesses that support Sturt Sabres !!



WELLNESS DAY REPORT

Sports Injury Management Update



Scott Palmer, Physiotherapist and past Sturt ABL player, attended our Wellness Day and spoke to our U/10 and U/12 age groups about the importance of effective injury management. He then presented a session to the U/14-U/18’s on risk factors for injury and injury prevention strategies.

Scott’s message was that good management can get you back on court sooner and reduce your chances of re-injury.

Management in the first 48-72 hours should include applying the “**R.I.C.E.**” principles along with having significant injuries assessed early by a sports physio or doctor. You should also avoid “**H.A.R.M.S.**” in these first few days.

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<p>R.I.C.E. - Let it settle and start to heal First 48-72 hrs</p> <p>Rest</p> <p>Ice - local ice 20 mins every 2 hrs, or ice bath</p> <p>Compression - tubigrip, bandage</p> <p>Elevation - above your heart if possible</p> <p>Have your injury assessed by a sports physio/doctor</p>	<p>AVOID - H.A.R.M.S. First 48-72 hrs</p> <p>Heat, Alcohol, Running, Massage, Stretching</p> <p>These can increase inflammation and swelling, create more scar tissue and delay your return to the court.</p> <p>*Avoid anti-inflammatory medications like Nurofen or Voltaren for the first 3-5 days, <i>some</i> inflammation is needed for tissue healing.</p>
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Other injury prevention strategies discussed included warming up well but not “over-stretching” immediately before training and games, increasing training volume gradually and wearing appropriate footwear for basketball. Landing and jumping technique were also considered important and Scott explained that when performed well, the body is able to use muscles to absorb the impact of landing, rather than placing unnecessary pressure on joints or the spine.

Preventative measures

Complete **full rehab program** after injuries and continue maintenance exercises provided :-
 Monitor **training volume**, increase load **gradually**
 Maintain **general fitness** after time out injured or away, build fitness gradually
Maintain ankle DF (upward bend) with regular calf stretches, particularly if previously injured
Improve squat control and **landing technique** - knee over 3rd toe, “silent hopping”, “shock absorber”
Warm up well before training/game with only light stretching before
 Good **recovery** habits - hydration, nutrition, warm/stretch down, regular stretching between sessions
Strength - calf raises, squats, lunges, bridges, core
Flexibility - calf, quads, hamstrings, hip flexors, back
Shoes - court specific, supportive/stable
Bracing/taping ankles - particularly if previously injured



Many thanks Scott.



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Bakers Delight at Kuralta Park

A big thumbs up to PETER and JULIE BONNICI from
Bakers Delight at Kuralta Park.

Peter and Julie donated bread for our Wellness Day Bar-B-Q.
Sturt Sabres' really appreciate your support.

Don't forget to support the businesses that support Sturt Sabres !!

Training Squads.....What does it all mean?

Training squads are not necessarily indicative of the final team each player will play throughout the year. Players may be moved up or down depending on performance and need. This will be assessed on a weekly basis by the coaches over the summer season.



Please be "mindful" of what this means to players, parents and coaches through this summer season.

Mango Fundraiser

(Player Tip #89: The right foods & drinks can help you become a better athlete).



A big thumbs up to **ANDREA SEXTON** for her efforts in organising this year's Mango Fundraiser.



The Club made **over \$1,000** and it will be used to purchase a new air conditioner for the Clubrooms.

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So where does all that \$\$ go?



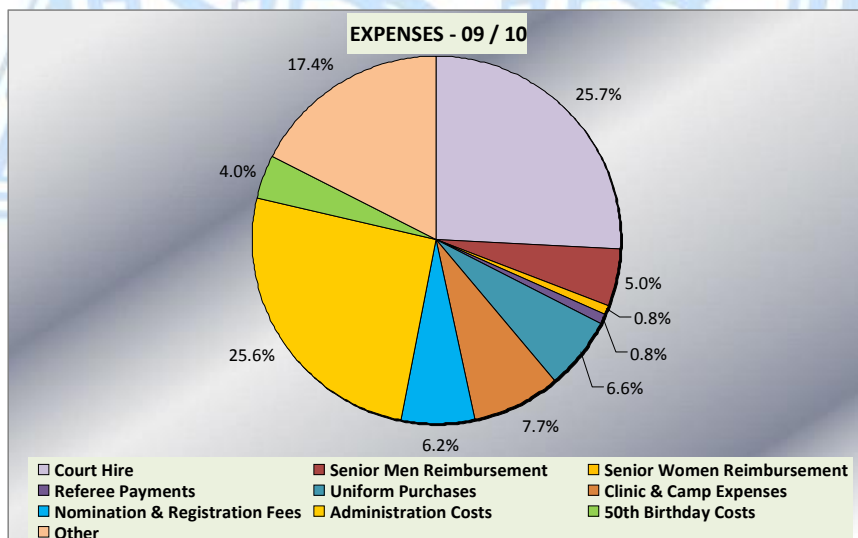
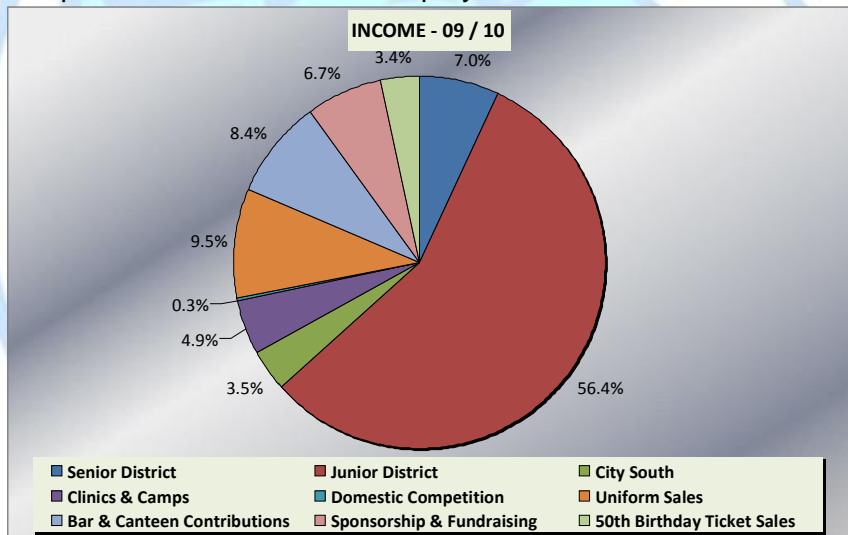
At this time of year, when new uniforms are being purchased / fees are being paid, families have the added pressure of Christmas and some are even preparing for school books and fees for the following year, there is added pressure on the purse and wallet!

At this time of year, the Club often get asked, “where do our fees go?”

So Donald (aka ‘el Presidente’), Lynn (aka ‘Ms Moneypenny’) and the Committee would like to provide some additional information to assist in answering this important question.

Set out below are pie charts to provide members with a summary of the allocation of income and expenses for the club for the year ended 30th June, 2010.

These charts are designed to communicate key financial information that you as members and stake holders can review and have a better understanding of the allocation of your fees. For example, our #1 expense is Court Hire. We hope you find this information useful.



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Club Notices



Start of Season [Team Manager] Madness

Remember to step up and volunteer to help manage your team. Anyone wishing to be a **Team Manager** please speak to your respective Coaches and Dani Warbout (Manager of the Team Managers).



All Players need to complete a **Medical Information Form** – please get these in asap ! Team Manager’s will provide blank forms.



	LINK LIGHTNING @ PAS (3pm, Sunday, 19 Dec)	
<p>Link Lightning are playing at Pasadena, at 3pm, on Sunday 19 December. The stadium will open at 1.30pm for the players and 2.00pm for the public (that’s most of us!). Canteen & bar will be open.</p> <p style="text-align: center;">Come along and support Sturts very own Link Lightning players, Caroline Burgess, Emma Langford, Nikki Seakamp and Angela Marino.</p>		

Carnivals and Tournaments

ELTHAM/DANDENONG TOURNAMENT FRIDAY 28TH TO SUNDAY 30TH JANUARY 2011

The January Eltham/Dandenong Tournament is fast approaching and your entries should have already been received by now. Games will be held on the Friday evening. If anyone is looking for some accommodation in Melbourne near Dandenong please contact **Leanne Noble** via leann noble@optusnet.com.au.

Please don't forget to collect a contribution for the coach's expenses and perhaps organise a team dinner whilst you are away. January should be hot, so players need to be well hydrated before, during and after the game please ask players to bring at a minimum two (2) filled drink bottles to each game.

NORWOOD CLASSIC AT EASTER 22-25 APRIL

The Norwood Easter Classic is for Girls and Boys, U12, U14, U16 and Under 18. The Easter Classic attracts teams from around Australia, including some New Zealand entries. It is used as preparation for the State Championships, the Classics and the Under 14 Australian Club Championships. There will be 2 grades Championship and A Grade.

As Monday is ANZAC day, games will be starting at 1200 Midday

Team Fee - \$440 per team. - This team fee admits all players, spectators, coaches, assistant coaches and team managers to every stadium (Distinctive Homes Dome, MARS Sporting Complex, Pasadena Sports Centre and Wayville Sports Centre)

STATE CHAMPS

In May we are expecting the Division 1 and Division 2 teams to play in the State Champs Carnival, success at this carnival will provide our teams with entry to Classics Carnival in June and the U14 Australian Club Championships

Pasadena Stadium continues to be used for State Champs and we will require volunteers to act as Games Commissioners for the weekend. It is not a difficult job but does require you to know how to check Sporting pulse and use a fax machine. We will call for volunteers closer to the carnival via the Team Managers.

New Uniforms

(Player Tip #73: Be dressed for success)

All Sturt Players are required to transition to the new playing uniform by the beginning of the summer season 2011/2012.

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Once again, here is the list of Carnivals for the Season ahead!

2010/2011	Carnivals	Dates	Location	Closing date for Nominations Note #1
Dec 2010	Basketball Sa @ St Clair Annual Christmas Carnival	10-12 December 2010	St Clair Recreation Centre	See Note #2 below
Jan 2011	Starplex Australia Day Carnival	Australia Day Long Weekend	Starplex Gawler	Friday January 7 th See Note #2 Below
Jan 2011	Eltham/Dandenong Junior Basketball Tournament	27 th - 30th January 2011	Eltham Basketball Centre/Dandenong Basketball Centre	
Feb 2011	Australian U20 Ivor Burge Championships		NSW	
Apr 2011	Australian U18 Championships	9-16 April 2011	Tasmania	
Apr 2011	Norwood Easter Classic	Easter	Various Adelaide Venues	
May 2011	SA Junior State Champs		Various Adelaide Venues	
Jun 2011	Melbourne Classics	Queens Birthday Long Weekend	Dandenong/MSAC	
Jun 2011	Nunawading Spectres Tournament	Queens Birthday Long Weekend	Nunawading And Various Melbourne Venues	Tues 17 th May 2011
Jun 2011	Mildura/Irmyple Basketball Association	Queens Birthday Long Weekend	Mildura Stadium	Tues 17 th May 2011
Jun 2011	Ballarat Junior Tournament	Queens Birthday Long Weekend	Ballarat, Vic	Friday 6 th May 2011 See Note #2 Below
Jul 2011	Australian U16 Championships	9-16 July	Victoria	
Jul 2011	Barossa Basketball Tournament		Tanunda	See Note #2 Below
Jul 2011	West Adelaide Bearcats Carnival Mid Year Carnival		Port Adelaide	See Note #2 Below
Sep 2011	U14 Boys Club Championship	26 Sept – 1 October 2011	Queensland	
Oct 2011	U14 Girls Club Championship	3 rd – 8 th October 2011	Northern Territory	
Oct 2011	Bullets Junior Carnival		Murray Bridge	See Note #2 below
Dec 2011	BSA @ St Clair Annual Christmas Carnival	December 2011	St Clair Recreation Centre	See Note #2 Below
Dec 2011	Australian Schools Championships	5-9 December 2011	Bendigo	

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Note #1. Sturt’s nomination are required in advance of these dates. If you’re thinking of playing in any of these tournaments, please liaise with the Sturt Office (Paul Mesecke) and Leanne Noble (Tournament Co-ordinator) well in advance.

Note #2. Please note that Stuart Sabres ‘practice’ is that we attend the other tournaments and generally do not attend the ones ‘noted’. That said, we wouldn’t discourage a team from entering any of these carnivals – but as a Club we attend the others. Make sense? Anyway, attendance at any of the carnivals needs to be ok’d first by the Sturt Office (Paul Mesecke) and Leanne Noble (Tournament Co-ordinator) also needs to know about it.

From the Desk of the President

Well the year is nearly over and Christmas is just around the corner, I would like to take this opportunity to say thank you to everyone involved at the Sabres. Your loyalty and support is very much appreciated, enjoy the festive season, drive safely and good luck to all teams going across the border to tackle the Vics in January. We look forward to seeing you all in the New Year for what promises to be yet another successful season for all Sabres teams.

Thank you
Donald Rodman



Call for Sponsor’s

Sponsor: - a person, business, etc. That finances or helps to finance a club or organisation, usually in return for advertising time. If you own a company, or work within a company that is community minded. Please consider making a small financial contribution to the future growth of our club.

The rewards are quite humbling; please feel free to discuss any opportunities that you can consider with Donald Rodman (President) 0408 834 572. Please consider getting involved your club needs your support.

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2011 Talent Identification Camp

(Player Tip #15: There is no “I” in “TEAM”)

For the past couple of years we have run the TI Camps in April, July and Sep/Oct for U16, then U14 and finally U12 age groups respectively.

However, the camps for 2011 need to be adjusted because there is simply no time suitable available at Wayville in the July holidays. There is a major outside event booked into the venue one week and the Under 16 Nationals are on the other week. Accordingly, the camps have been scheduled as follows:

Under 16	18 th – 21 st April
Under 14	27 th – 29 th April
Under 12	4 th – 7 th October



Stay tuned for more details.

Sturt Basketball Office

Pasadena High School Sports Centre

Tuesday to Friday 2:00 pm - 5.00pm

Sunday Morning 10.00am - 11.00am (not school holidays)

Sale of New and Second-hand Uniforms and Leuko Ankle Tape.

PAYMENT OF FEES will also be accepted at this time.

Please ring the office on 8177 0463 or leave a message on the answering machine after hours.

Admin Officer - sturtadmin@internode.on.net

Paul - sturtsabres@internode.on.net or Mobile 0416 754 489



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