



BLUES NEWS "Christmas" Edition – December 2011

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

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On the Buzzer

Last minute news for the year as we go to Press! **See Page 14 and 15!**
Our New Women's Coach and New Sponsor!

Wellness Day Success!

Feature story - please refer to Page 3.





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Club Notices

New Uniforms. Remember - all Sturt Players are required to transition to the new playing uniform **by now!** If the umpires start to enforce breaches of this rule, it will mean that **each player wearing an incorrect (old) uniform will incur a personal foul and the opposition team will be granted 2 points for each infringement!** Could be costly in a close game!!



Team Manager's Stepping Up to the Line: - Remember to step up and volunteer to help manage your team. Anyone wishing to be a **Team Manager** please speak with your respective Coaches and Helen Creeper (Manager of the Team Managers).



Many thanks to the “old” TM's who have returned their TM Manual for updating and redistribution to the new crop of TMs! Many thanks!

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



Just a reminder about the “No Smoking Policy” @ Pasadena Sports Centre: - All South Australian Government properties are non-smoking facilities. Pasadena High School is a South Australian Government property and as such **smoking is not permitted anywhere within its grounds.**



Please note that this includes all buildings, grounds gardens, car parks etc. **If you wish to smoke please wait until you have left the school grounds.** Thank you for not smoking while you are at Pasadena High School.

Fees: At this time of year, when new uniforms are being purchased / fees are being Thank you to those families who have paid their fees promptly or entered into a payment arrangement. Many of you took advantage of our fees morning in the clubrooms and we know at times the line got a little long and we thank you for your patience.



If you have not paid your fees the early discount date to deduct \$50 has lapsed. But we still need you to pay your fees promptly as we need the money to pay court hire costs, administration staff, BSA registrations and levies and generally keep our club running smoothly.

If you are experiencing financial hardship and would like to organise a payment plan please contact leannenoble@optusnet.com.au or sturtadmin@internode.on.net



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"Wellness Day" Club Training Event



After a successful event there are always people who helped make it all happen on the day, to say a big thank you to! Your efforts are much appreciated.....

My list of such people is as follows –

Scott Palmer for his informative sessions on stretches for warming up / warming down, and injury treatment and prevention.....

Aneeka for sharing her knowledge and experience about hydration and nutrition needs for maximum performance during training and games,

Conor for sharing her Podiatry knowledge about the right shoes to choose.

Scott Butler for his "Pathways in Basketball" session, despite hassles with the AV gear

Charlotte Goodall and Leanne Noble who worked tirelessly in the office with fees and Club Merchandise

David Gordon who single handedly cooked 300 sausages – with moral support from a variety of others including his beautiful daughters, and Paul Griffin.

Cherie Wilson and Louise McDonald, for serving the sausage sizzle

Donald for being MC on the day

Nick Gillings who ran a well attended and informative "Score Bench Session"

The Team Managers who kept their teams informed and encouraged them along to the event

The Coaches who came along and set a good example for their teams by their attendance

And of course..... the parents, for bringing their children along

Thankyou everyone, **Helen Creeper**





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Sports Injury Update

Warm Up – Cool Down



Why do we warm up?

Get your blood flowing and increase body temperature
Loosen up muscles and joints
Wake up your balance system
Helps get your basketball brain switched on
Reduce the chances of soreness and injury

How do we warm up?

Start gently, getting whole body moving
Increase intensity
Focus on your "basketball" muscles:
Thighs, Calves, buttocks muscles
Shoulders wrist and hands
Light stretches

Why do we cool down?

Help circulation and clear waste products
Assist recovery
Minimise stiffness

How do we cool down?

Continuous movement at the end of training:
2-3 minutes
Light jog or brisk walk
Move muscles through full movement
Light stretches

Stretching

Stretching may help with recovery and minimise soreness and stiffness after exercise
We don't want to over-stretch before sport

Hold comfortable stretch (never pain) for 15-20 seconds x 2-3 reps each muscle group

Back

Hips

Hip flexors

Hamstrings

Calves

Shoulders

Triceps

Forearms

Many thanks, Scott



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Rod's Report

A report from our *Senior Program Manager*



Senior Men - Appointment of Head Coach

It is with great pleasure that I can announce that **Scott Butler** has been reappointed as Senior Men's ABL Coach for the next year. Scott's success with the senior teams extends to overseeing (and coaching) the Youth League as well.

He leads a well-developed program and a group of coaches who must be the envy of other clubs in this state and beyond. **Paul Rigoni** and **Nathan Vaughan**, both players and long-term coaches with the club provide excellent support for Scott.

This program extends to the capable leadership of **Nathan Anderson** who works across the Senior Program and the Youth League with some very promising coaches too. Nathan provides not only the expertise and enthusiasm, but also a sense of enjoyment that the players and other coaches appreciate greatly. We have even had a referee formally congratulate a team under his supervision for the way the players and coach conducted themselves in a game recently – a rare compliment indeed!

Over summer Sturt is running two Division 2 Men's teams (there is no Division 1 aka ABL) and two Division 3 teams.

After 8 games the Div 2 'NV' team (coached by Nathan Vaughan), has 8 wins and is top of the ladder, and the Div 2 'NA' team (coached by Nathan Anderson) has 6 wins and is sitting 5th in a league of 16 teams.

The Division 3 teams are about to start the second phase of games (a 5 week block) and over 3 phases all teams will have gradings determined for the winter season.

Youth league

This league is not without its problems in the summer start up over term 4 with the demands of end-of-year exams and deadlines for major assignments for senior high school and university students. Further complications occur when the National Schools Tournament is played in early December.

Of course injuries can always impact on team numbers and while that is not a new



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problem, it does put further pressure on teams that are already having problems at this time of year.

Scott Butler and I have discussed this and Scott has requested BasketballSA provide more flexibility for clubs over this period. At time of print, the response has not been helpful.

The club has 5 teams in Youth League and when the full 5-year cycle is complete, we will have a better understanding of managing the transition of players from Under 18s to Senior ranks. What was always obvious but will continue to be a complex issue is the management of players coming out of Under 18s and their place in an Under 23 age group. For example, a player who has regularly played division 1 as a top-age player through Under 10 to Under 18 will discover that there are going to be players in the Youth League who have played Division 1 Youth League for 3 or 4 years. There will be some interesting competition for Division 1 and 2 spots in the coming years. Players (and parents!) need to be mindful that this Youth league is meant to prepare players for the men's league, and tough competition will make everyone better.

I trust that players will show determination and persistence as they work to improve their game skills and understanding, and compete through all the divisions to become better players. Most importantly, enjoy the journey!

Senior Women - Appointment of Head Coach

At time of going to print, the Club is still negotiating for the position of Senior Women's ABL Coach for the next year.

Senior teams

As per usual the senior ABL group go in different directions at the end of the ABL season. **Caz Burgess** has work commitments as a high school teacher in the very busy term 4, **Tess Madgen** is playing WNBL with Bendigo, where she continues to perform as a major player, and **Monique Bowley** has endured an operation on her shoulder after a horrific injury in the last part of the ABL season. Monique is working on her rehab and we wish her a swift and not too painful recovery.

Nicole Seekamp has settled into the basketball program at South Dakota Coyotes and the season there is just underway. You can follow Nicci at http://www.usdcoyotes.com/sports/wball/bio.asp?PLAYER_ID=3380.

Anna Maycock continues her 'other' sport, volleyball, in the meantime.

Following last year's pattern (there is no Division 1 grade in summer), we have withdrawn the senior Division 2 team for the summer competition. We have two senior women's teams in Division 3. After 5 games the Div 2 C division team has 1 win and 4



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losses (coached by **Jane Hodgson**). Our new Div 2 D division team has 4 wins and 1 bye (coached by **Alicia Bode**) and are top of their group.

Youth league

As mentioned in the Men's section of this report, the Women's Youth League has severe difficulties at this time of year. Sturt has 2 teams in the Youth League and it has been a week by week proposition in running these teams since the start of the season 5 weeks ago.

For most games both teams have only had 5 or 6 players. **Mark Bauer** has been coaching the Division 1 team, and David Smyth has been helping me coach the Division 2 team.

Now that school and University exams are over, we hope we can field full teams for the rest of the season, although the National Schools Tournament will impinge on the numbers for one more week.

Results so far: Division 1: 4 wins, 1 loss and 1 forfeit. Division 2: 3 wins and 3 losses.

Deadlines. We welcome your stories and /or photos to put in future issues of Blues News. No need for a form, template or any structure – just email and perhaps a quick call to discuss. You can email your articles through to our Blues News editor David Gordon at david.j.gordon@baesystems.com.



Please provide inputs by **5th Feb 2012** for publishing in the **Summer** edition.

Training Squads for Summer.....

.....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.

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

It is perhaps easier and '**diplomatically more appropriate**' to say a player has been "**rotated**", rather than "**delegated, relegated, promoted and/or demoted**" as Players move in and out of Teams.



Friday Night Start Times to Change!

Did you know BSA have changed the District Competition Start Time on Friday Night, **wef Friday 10th February?** For more information, please refer to **Page 11**.

East Coast Challenge

Congratulations to Sturt's Coaches and Players for selection in the SA Team for the East Coast Challenge to be played in Sydney in January 2012! A fantastic accomplishment and what a way to start the new year!!

Congratulations to Katherine McPhail, Ben Gliddon and Dean Nyberg (Coaches) and Harry Einarson (Assistant Coach).

Several of our Boy's have made it including: Harry Reemst, Uche Dibimaka and Ben Carter.

And the girls list include: Maritsa Coumi, Millie Edwards, Sophie Horvat, Erina Marafioti and Elizabeth Petrie,

A full list of all Players will be included in the February edition.

Sabres hunting in Bendigo

Congratulations also to the Sturt players who went to Bendigo for the Australian Schools Championships. Players included:

Concordia: Hamish Burns (championship division); Isaac Calligeros; and Cale Matthews.

Cabra: Championship Girls: Kayla Mathews; Madi Forster; Tamara Brine;

Senior Div 1 Boys (Gold): Tom Fitzpatrick

Sacred Heart: Championship Girls: Taylor Falting; Ashleigh Bow; and Madison Quigley

Unley: Junior Div 5 girls (bronze): Molly Dumican; Lisa Goodfellow; Taylor Artacho; Julia Meaden; and Lana Creeper

Andy Thomas; Stefan Wright; Ky Meaden; Cohen Creeper; Dan Jeffery; Spencer Womersley; Jem Burford-Rice; Matt Jeffery; Henry Carey; and Sam Tallura



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Congratulations – Sturt Basketball is a "good SPORTS" Club!



Sturt Basketball Club has recently attained Level 1 Accreditation in the Good Sports Program.

The Good Sports Program is an initiative of the Australian Drug Foundation (ADF) to develop safer and healthier communities. The program helps sporting clubs manage alcohol responsibly and reduce related problems such as binge and underage drinking.

By being involved in this program, Sturt Basketball Club promotes a responsible attitude towards alcohol and provides a safe environment for its players, members, families and supporters.

Congratulations Sturt Basketball, and well done Dani for all your efforts in gaining this accreditation for our Club!

Show me the Money?



You may recall that we replaced the **Community Lottery raffle** ticket sales with a **Fundraising levy**. But did you know how we are spending the money we have raised?

Well, monies from the **Fundraising levy** has been spent by your Committee on the following:

- **Canteen windows** – *sit, eat and watch the games!*
- **An Air conditioner in canteen** – *and do it in the cool!*
- **Stadium seating** – *much better for our butts!*
- **Wall fans in the stadium** – *A welcome relief with summer coming on!*
- **A Laptop computer and remodelling within the office** – *for better Administrative Support for our Staff and Volunteers!*
- **A Video camera** – *for Player and Coach Development!*
- **And a digital camera** – *so we can capture the moment" for the next edition of Blues News!*

We trust you're happy with how we put your hard earned money to use for our Club. The Committee are happy to take feedback and suggestions if you like. More to come in 2012! Many thanks.



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January School Holiday Basketball Training Camp

Sturt are once again conducting our pre-season basketball camp for U/10, U/12, U/14 and U/16 players during the January Holidays in order to assist in their development in preparation for the upcoming new season. The camp will teach players the fundamentals of basketball in line with the clubs junior development aims. Players will work on their individual offence and defence as well as team offensive and defensive principles.

CAMP DETAILS

Venue: Pasadena Stadium, cnr Daws and Goodwood Road
 Dates: January 10th - 13th
 Times: 9.30am - 4.30pm
 Cost: \$140

You will need: A ball, a jump rope and a drink bottle.
 You will receive: A camp T-shirt
 Prizes for winners of games

Coaches will include current club coaches and ABA Players. The canteen will be open for recess and lunch. For more information call Paul Mesecke on 8177 0463. Numbers are limited to send nominations quickly. Look forward to seeing you at the camp.

Yours in basketball,
 Paul Mesecke (Junior Program Manager)

Nomination Form for the 2012 January Holiday Camp

Name: _____ D.O.B. _____
 Address: _____
 Team: _____ Phone: _____

CREDIT CARD	Card Name	Card Number	Use by Date	Amount
Please circle				
Mastercard/Visa				

Signed.....Date.....

Cheques made payable to the Sturt Sabres Basketball Club

Return to P.O.Box 163, Daw Park SA, 5041



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Friday Night Start Times to Change

Please note that Basketball SA have announced that as of Friday February 10, 2012, Friday district games at all venues except Marion will generally start at 6:15pm.

PREVIOUS START TIMES

Previously, Friday district games have started at:

- 6:00pm at Wayville, Pasadena, Marion, Hillcrest and Mars
- 6:15pm at St. Clair, Port Adelaide, Starplex, Adelaide Hills and Morphett Vale

Games have started at 6:15pm at the venues furthest from the CBD (Port Adelaide, Starplex, Adelaide Hills and Morphett Vale) to allow additional time for travel. At St. Clair, games start at 6:15pm because of the time required to modify the configuration of the stadium after a junior competition which runs in the afternoon.

These start times allow an extra 15 minutes for those travelling from more central regions to outer stadiums, but do not accommodate those travelling from outer regions to more central stadiums. As an example, an Under 12 Division 1 game between Forestville and Central Districts would be at 6:15pm if at Starplex, but at 6:00pm if at Wayville.

FUTURE START TIMES

Going forward, games will generally start at 6:15pm at all venues. This means that the most common start and end times for division 1 and 2 teams would be as follows:

- Under 12 Division 1 6:15pm-7:15pm
- Under 12 Division 2 6:15pm-7:15pm
- Under 14 Division 1 7:15pm-8:30pm
- Under 14 Division 2 7:15pm-8:15pm
- Under 16 Division 1 8:30pm-9:45pm
- Under 16 Division 2 8:15pm-9:15pm
- Under 18 Division 1 9:45pm-11:00pm
- Under 18 Division 2 9:15pm-10:15pm
- Under 18 Division 3/4/5 game start times will still vary as they do currently, but will generally not start before 6:15pm.

These start times will hopefully make it easier for families of players playing in the first time slot to get to games on time, without a significant impact on those playing in later time slots. This change applies to the Friday night competition only.

EXCEPTIONS

In some cases at some venues, other factors may prevent games from commencing at 6:15pm. As an example, council restrictions do not allow us to finish games at 11pm at Marion, so it is likely that the start time at Marion will vary from week to week pending scheduling.



Carnivals and Tournaments

Heading into the Christmas break it is only natural that there is another list of Tournaments and Carnivals ahead. The next two big ones are the BSA St Clair Christmas Carnival and the Eltham/Dandenong Tournament.

BSA St.Clair Christmas Carnival: - The carnival this year will be conducted over the weekend of 16th 17th & 18th December 2011 and nominations close 4th November 2011. Information has already been sent out via Team Managers, but if you need it resent please email Leanne Noble via leannenoble@optusnet.com.au.

Eltham/Dandenong Tournament: - Yes, this one is further afield, in Melbourne! Please ensure you pencil in the following dates for the upcoming Eltham/Dandenong Tournament, again we will request that all our teams play at the Dandenong side of the tournament.

The 2012 January Tournament dates are Thursday 26th (evening – optional to play), Friday 27th (evening), Saturday 28th and Sunday 29th. By now you should have your nominations for the January Eltham/Dandenong Tournament and payment if required into the Sturt Office. Again Sturt will be represented at the tournament by many of our Junior Teams.

If you haven't booked your **accommodation** yet you need to do so now, so you don't miss out on accommodation situated near the stadium.

Don't forget to collect a **contribution** for the coach to assist with covering with the expense of getting to Dandenong and to assist with accommodation costs.

If this is your **first tournament** and you need anything clarified speak to your team manager or one of our committee members who may be able to assist with any questions you may have.

2011/2012	Carnivals	Dates	Location	Closing date for Nominations Note #1
Dec 2011	BSA @ St Clair Annual Christmas Carnival	December 2011	St Clair Recreation Centre	See Note #2 Below
Jan 2012	Eltham - Dandenong 2012 Tournament	Thursday 26 th – Sunday 29 th January	Melbourne	Now!!!



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Note #1. Sturt's nominations 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 Sturt 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.

Deadlines. We welcome your stories and /or photos to put in future issues of Blues News.

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Please provide inputs by **5th Feb 2012** for publishing in the **Summer** edition.

TEE LEE Travel - Give Janet and her crew a call today and let them do the walking for you. With over twenty years in the business, they are certain to give you the best deals. **TEE LEE Travel** can look after group or individual bookings and will ensure the best deal for you.

Whether it's for sport, work or personal travel, support one of our clubs biggest fans and give Janet and the crew at TEE LEE a call today.

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For more information, please refer to **Page 11**.



On the Buzzer

Last minute news for the year as we go to Press! [*Thanks Donald!*]

Our New Women's Coach - Trudie Hopgood

Sturt Sabres is pleased to welcome Trudie Hopgood, formerly a Lightning Player, as our new Women's Coach.

Trudie has been working in basketball within the UK for the past five years, most recently with basketball Scotland as the player Pathway Technical Lead. Trudie also sat as a member of the British Basketball Performance Management Group for the past five years.



Whilst in the UK, Trudie has been involved in coaching in both a professional and volunteer capacity in the following roles:

- Great Britain U20W, Assistant Coach 2009 - European Div C championships 2010
- Scotland SW, Head Coach 09-11 – Bronze Medal, European Div C championships 2010; Poland Tour 2011 (4-0 v Div 1 opponents)
- Scotland U16M, Assistant Coach 2010 – Silver Medal, European Div C championships
- basketball Scotland Talent Development Program, Technical Lead/Head Coach
- basketball Scotland Elite Development Program, Head Coach, Individual Player Development
- UWIC (University of Wales, Institute Cardiff), Assistant Coach 2008 - England Basketball League
- Rhondda Rebels Professional Team, Assistant Coach - England Basketball League

Trudie has gained a strong appreciation of the importance of a unified pathway within a club with communication and co-operation between age groups; The link between junior and senior programs being essential to ensure continuity in player development and the future of the Senior Program.

Trudie, Welcome to Sturt! We look forward to seeing you around the courts.



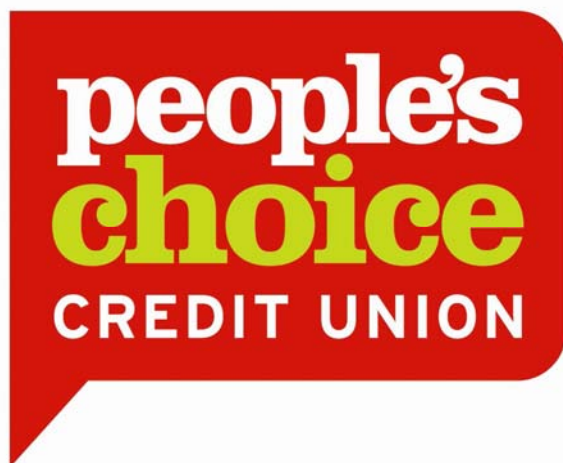
Our New Sponsor:- People's Choice Credit Union

Sturt would also like to officially welcome **People's Choice Credit Union** as a new sponsor.

People's Choice Credit Union is one of Australia's largest and most successful member-owned financial institutions. Being member-owned means their customers and owners are the same – their members. Everything they do is designed to benefit their members.

You may know of **People's Choice Credit Union's** history. In December 2009, Australian Central and Savings & Loans entered an exciting new era through a merger of the two credit unions. The merger created the nation's second largest credit union, with more than 350,000 members and \$7.4 billion in assets and advice under management.

People's Choice Credit Union believes in supporting the community. Their sponsorships range in size from small community organisations, to large public events.



Sturt Sabres are pleased to welcome **People's Choice Credit Union**.

You will see more of them at Sturt/Pasadena – but in the interim, please check them out at:

www.peopleschoicecu.com.au

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...and a big Sturt Sabres'..... *ROAR* ...in support of our Sponsors



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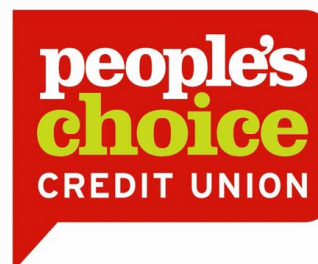


Ken Hall
PLUMBERS

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Rose Park SA 5067
Phone 08 8364 5855
Fax 08 8364 2855

Sturt Sabres are pleased to welcome
People's Choice Credit Union.

You will see more of them at Sturt/Pasadena –
but in the interim, please check them out at:
www.peopleschoicecu.com.au





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Office Hours

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 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 and Paul (0416 754 489) or sturtsabres@internode.on.net

Deadlines

We welcome your stories and /or photos to put in future issues of Blues News. You can email your articles through to our Blues News editor David Gordon at david.j.gordon@baesystems.com.



No need for a form, template or any structure – just email and perhaps a quick call to discuss.

Please provide inputs by **5th Feb 2012** for publishing in the **Summer** edition.

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

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