

“Summer” edition of BLUES NEWS
Feb 2011

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

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Key Dates

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

Time	Event
7 February 2011	Phase 3 - promotion / relegation competition
7 March 2011	Senior District Grand Finals
8 March 2011	Youth League Grand Finals
10-12 March 2011	Adelaide Cup long weekend – no junior games
17 March 2011	Junior District Grand Finals
21 March 2011	Senior District Winter Season Commences
22 March 2011	Youth League Winter Season Commences
31 March 2011	Junior District Winter Season Commences
2 April 2011	Central ABL Commences
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)
3 September 2011	Central ABL Grand Finals
15 September 2011	Junior District Winter Grand Finals
19 September 2011	Senior District Winter Grand Finals
4 – 7 October 2011	TI Camp - Under 12

News Flash: Sabres successfully hunt east of the border!

ELTHAM/DANDENONG TOURNAMENT (Melbourne, Friday 28TH - Sunday 30TH January 2011). Sturt were represented by **23 teams** at the Eltham/ Dandenong Tournament from U10 girls playing in the U12 competition to the top level in U18 boys and girls.

See what the players, coaches, managers and parents said, about their adventure east of the border, **on the following pages...**

And speaking of success... **See what the Press said about Tom Daly** – refer Page 10.



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U14 Div 3 – A Stella Performance Girls!

Team - Jade, Annabelle, Izzy, Tash, Natalie and Shailie. Coach - Peter Rault.



Thanks. I would like to thank all the parents for allowing their kids to play in this event, all the Teams we played, the tournament organizers for the hard work in putting together a great comp and finally our coach for taking the time to teach the girls and coach them for each game.

Jason Annand (Team Manager)

Like most teams the girls had 5 games to play over the weekend. The first team they played on the Friday night was a team from Knox, whom we believe were playing as a grade or 2 lower than they should have been but nevertheless our girls tried their best even though they were convincingly beaten. They took some valuable lessons from that game which they would employ for the remainder of the weekend. Saturday was going to be a big day for everyone but the girls were ready for a fight.

Our first game in the morning would see the Sturt girls facing a Pakenham side where the parents must be putting something in their food as their shortest player was taller than our tallest player. On court **the Sturt girls killed the other side** but under the basket was a different matter all together. Pakenham got 98% of all rebounds and out of their final score of 38, a massive 32 points were scored from rebounds, even though it took many shots for them to score. We took on Melbourne at lunch time and the improvement in the girls on court development really started to show. The girls attacked aggressively and defended well and for a lot of the game it was fairly even. The shooting let the girls down in the end but they were setting them up for a massive game in the evening against Mornington. A team more evenly matched in skill and height, Mornington was a hurdle the Sturt team was determined to jump over.

All players put in **a stella performance** where all their training and the lessons learned from their earlier games really set the girls up for their one and only win for the tournament and there was no way they would let this game slip away from them. The final score 20-16 reflected how tough the game was but it was a well earned win.

Frankston was our final game for the tournament and by this stage the girls were sore and tired but they fought like troopers despite the 27 - 4 loss. This Sturt team are mostly made up of newer players only 1 or 2 season's experience, and have only been playing together for 9 weeks. **All of the parents are very proud** of their achievements and we all had a wonderful time over the whole weekend. We all stayed together as a team and I think that this experience has turned these girls from merely teammates, who practise together a couple times a week to good friends. The skills they learned over the weekend and the bonds they have created with each other well strips the amount of wins or losses they had in the Dandenong tournament. **What a great event.**

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U10 Girls Play Up in Dandenong!



The **Div 1 U10 Girls** team (pictured left) participated in the carnival in Dandenong **playing up a grade in the U12 Div C competition**. They had a great time and overcame many obstacles such as higher rings, larger ball and older, taller and stronger opposition.

The girls won 2 out of their 5 games and finished 5th out of 7, of which they should be extremely proud. It was a fantastic experience for them all and they have relished the opportunity to further develop their skills.

A big thankyou to all parents for their support over the weekend and to **Phil Blake** for his great coaching and constant encouragement to all the girls. **GO STURT!**

U16 2/3's – Doing themselves and the Club proud.



Under 16 2/3's participated in the recent Dandenong tournament and were very successful. The team managed to get **through the preliminary rounds undefeated**, making their way through to the final rounds.

They **took out the semi final** which then gave us the opportunity to play off in the grand final. The team put up a great performance and always looked in it but unfortunately were beaten in the end by Dandenong 1's by 10 points.

Considering the very hot temperatures inside the stadium, and that our opposition played 1 less game than us to qualify, it was evident that it took its toll on all the players. In saying that we were beaten by a very good team and **our lads did themselves and the club proud**.

Special mention to Henry Carey who took out the MVP. Great job and well done to all the players, coach and parents. The whole event was fantastic; it was great for team building, bonding and should hold our lads in good stead for the year ahead. Regards, Vince

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And from the mouths of babes...er, well, U12 Girls actually!

The U12 Girls Div 1 Team enjoyed playing in the 2011 Eltham Dandenong Tournament. In their words:

- *Melbourne was a great team building experience! I got to know my Team Mates & Coach. What a great start to the season!*
- I think the Under 12 Div 1 Team did really well even though we only won one game. Now that we know some teams from Melbourne we will be prepared for Classics. The Melbourne Teams were a lot stronger than our teams in Adelaide so we will need to improve. But I also think our Team was very aggressive and tried our best.
- *Melbourne was a great learning experience and showed us that there are even tougher teams out there. It was also a whole heap of fun.*
- I really enjoyed my experience in Melbourne. It was fun, exciting and a fantastic opportunity for me. It was more challenging than here in Adelaide but that meant we had to work harder. I really enjoyed spending extra time with my team mates. Some of us celebrated the tournament with Australia Day tattoos.
- *The Eltham Tournament was a great time to push myself and our Team to success. I enjoyed it lots. While I was working hard on the court, I was also having heaps of fun. With my Coach on the bench and my Team Manager and Team cheering me and while the parents were supporting too, I tried to work to my full potential.*
- Melbourne Tournament was great and very challenging. I had a great time.
- *I enjoyed playing against Victorian teams at Div 1 level for the first time. I learned to play hard and push myself. It was great to play with my sister and the rest of the Team.*
- The things I enjoyed most about the Tournament were getting to know my team mates better and watching and learning from other basketball teams, being able to play 3 games in a day and having great fun at our team dinner on Saturday night.
- I liked going ✈️ to Melbourne for Basketball because it was fun playing and having fun. It was fun because it wasn't about winning or losing it was about enjoying ourselves and having fun (although we wanted to win!). I had fun playing against hard teams. We had fun trying to find out which hotel rooms each of the girls were staying in. And we surprised Jason when he arrived “LATE” 🕒🐌🤔 for dinner (50 push-ups for Jason!) we counted to 3 and then shouted at the top of our lungs “JASON” and then the whole restaurant looked. I think he was a little bit embarrassed. 😊 I am looking forward to the Classics in June and hopefully we can beat all of the teams who only just beat us this time. And of course spending time with my team mates ❤️, and I would like to thank Stephi for coming along to watch, 🤓Helen for doing a GREAT job of Team Managing 🌹 and especially Jason for being an EXCELLENT Coach 👍. **GO STURT!**

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2010 “Wellness Day” Club Training Event



Well done and thanks to all

Late last year, Sturt held its annual **Wellness Day 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. Our 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.....
- Tom Daly and Jan Warbout for sharing their knowledge and experience about hydration and nutrition needs for maximum performance during training and games....and then running an impromptu training session for the U10s and U12s!
- Scott Butler and Paul Mesecke for their “Pathways in Basketball” session which again included input from Jan and Tom (the girls being unavailable due to State and Lightning commitments).
- Sue and Daniel Sibly, Louise Gibbons and Leanne Noble who all worked tirelessly on the Club Merchandise Stall – turning over approx \$4,500.00 on the day!! (And also to Lauren Gibbons, who collated all the sales and orders on her laptop!)
- Andy Kareta and Pete Warbout who cooked up 500 sausages – always turning, never burning!
- And Mike and Julie Daly who doled them out to the hungry hoards, all wrapped in bread (compliments of **Bakers Delight**) with onions and sauce!
- Scott Ainsworth, who slipped naturally into his usual role of MC on the day (much to the delight of Donald Rodman, who was happy to give up the job to him!)
- Nick Gillings who ran a well attended and informative “Score Bench Session”
- The Team Managers who kept their teams informed and got them along to the event...
- And, of course, **the Coaches** who came along and set a good example for their teams by their attendance!

Cheers and thanks, Dani Warbout

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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So, you want to be a Mascot?

During every home game of the CABL, 2 lucky Sturt Juniors experience the opportunity to be Mascots for the Senior Men's and Women's Teams.

Mascots are welcomed into the playing group for the night; sitting on the bench, tuning in to coach talks and laying up the first ball in the warm-up. Often they become the good luck charms!

If you love basketball, this is a great opportunity to meet the players, many of whom are part of the 36ers and The Lightning Squads.

If you would like to be a Sturt mascot, and take home a signed ball and photo with your favourite players, then contact your Team Manager and let your intentions be known.



Who knows, it may inspire you to play for Sturt in the CABL in years to come.....***we'd love to see that!***

Pictured: Under 10 Mascot, Liam, with Jacob Holmes; Under 12 Mascot, Toby, with Darren Ng; and Under 14's Jessa with Caroline (Caz) Burgess and Lauren with Monique Bowley. All got up close and personal with CABL team members, sharing jokes and a late night supper during the 2010 season.

Team Managers complete the form distributed at the February Team Manager's meeting or obtain from your pigeon hole, and return to Louise Gibbons via the Sturt office.



Sabres make 2011 Under-20 State team.

Congratulations to our own Sturt Sabres players, who have made the **2011 South Australian Under 20** state team:-

SA Under 20 Men

John Marriott
Nathan Spehr

SA Under 20 Women

Nicole Seekamp
Hannah Richards
Aneeka Smith
Georgia Sexton



The teams will be competing in the National Championships at Maitland, NSW from February 20 to 26.

In conjunction with Basketball SA, Sturt congratulates all athletes and staff selected to these teams, and we wish them all the best as they complete their final preparation for the tournament over the coming weeks.

Central ABL Pre-Season Tournament

Both our Men's and Women's CABL teams will be participating in the Basketball SA 2011 Central ABL Preseason Tournament. The tournament will be run by Basketball SA at the **Wayville Sports Centre on March 19 and 20.**

The schedule will be posted at <http://www.centralabl.com.au> by Friday, 4 March.

Entry to spectators is free. Come along and support our Senior teams, which includes 36ers and Lightning players.

Thanks also for those who came out on Sunday 19th December to attend the Link Lightning game at Pasadena and support Sturt's very own Link Lightning players, Caroline Burgess, Emma Langford, Nikki Seakamp and Angela Marino, and the entire Link Lightning Team.

Call for Sponsors

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.



Sports Injury Update – Ankle Sprains

You could probably guess that the ankle is the most commonly injured body part in basketball players. Many players you speak to will tell you they have sprained their ankle at one time or another. This is not really surprising considering we spend most of our time on court jumping, landing, cutting, sliding and pivoting in close proximity to other players, who are doing the same things, with our focus on our opponent and the ball and not specifically on what our feet are doing.

An ankle sprain often results in stretching or tearing of the ligaments that connect the end of the outside lower leg bone to the outside of the foot. More severe injuries can also result in involvement of the bones, the joints of the ankle and foot, and tendons. While most ankle sprains won't keep you off the court for long, we often see that even minor or moderate ankle sprains that haven't been managed well can still be problematic weeks or months later and can greatly increase the chances of suffering another injury.

Following the guidelines below will give you the best chance of getting back on court sooner and reduce the chances of further injury.

Managing ankle sprains

- **Good early management:** follow “R.I.C.E.” principles to minimise swelling.
- **Have the nature and severity of your ankle injury assessed by a professional to guide best management:** every injury is unique.
- **Allow enough time for the ligaments to heal and healthy scar tissue to form:** early movement helps improve recovery in most cases but the amount of activity needs to be suitable for the severity of injury.
- **Regain full movement in your ankle:** e.g. “alphabet” exercises, calf stretch.
- **Regain muscle strength in your leg and ankle:** including the big muscles (e.g. calf) and the smaller balance and control muscles. (calf raises, elastic exercises)
- **Ensure your balance reactions and agility skills are functioning well:** Balance e.g. wobble board, single leg balance > with eyes closed > with ball skills. Agility e.g. ladders, jumping and hopping drills.
- **Wear well fitting shoes and ankle braces/taping:** on return to training and games.

Many thanks, Scott



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What did the Press say about Tom Daly?

A Sturt player through and through, Tom Daly is going to be a major part of our upcoming ABL title defence. Come along and watch our favourite 36ers' player close up and personal and support Sturt ABL team. So, ***what did the Press say about Tom Daly?***



Adelaide 36ers' young 19 year old development player, Tom Daly, has exploded onto the scene in recent weeks. The Sturt point guard has made the most of the opportunities presented to him with injuries to fellow point guards Rhys Carter, Aaron Bruce and more recently Eddie Shannon.

The injuries have necessitated Tom to be fast tracked into the rotation and he has responded with some very mature performances, particularly in Perth where he played a vital role in the 36ers win and Friday night in Sydney with 12 points in 21 minutes complimented by some inspirational defence.

Tom trained full time with the 36ers last season, followed up with an outstanding CABL season, helping Sturt win the Championship and individually winning the Frank Angove medal for the most outstanding player under 21. After completing a tough pre-season with the 36ers Tom was deservedly elevated to a development player role with the 36ers. Tom has continued to work on his game and was well prepared for his opportunity.

"The conditioning program Tim (36ers strength and conditioning coach Tim Reeve) has put us through has helped me physically and the opportunities and direction that Marty

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and Mark have provided each day at training has been great" an appreciative Daly said.

"Going up against Rhys, Eddie and Aaron every day has really helped me" Tom concluded.

Tom has really thrived in the work environment which can include up to 3 sessions a day and is continuing to put his best foot forward, logging minutes in 7 games and shooting an outstanding 14 of 15 from the free throw line.

One thing 36er supporters can be assured of is Tom's commitment to hard work and self improvement.

Source: Adelaide 36ers and Advantage SA, Aston House, Level 1/15 Leigh Street, Adelaide

Club Notices - Scoring & Stats

Sturt Sabres are looking for people who are interested in helping out on game nights as **Scoring and Stats** volunteers. There are different positions available, including spotter, computer operator, caller, **shot clock operator and timer** for appropriately trained people. Training is provided, both on game nights and also away from game pressure. We are looking for suitable people to join us; age is no barrier!



Whether you're just a fan of basketball, playing basketball in a youth league or school, or want to play competitively, it is beneficial to know what the abbreviations in the box score or stats book stand for. Each abbreviation represents one of the basketball stats that are recorded and tracked to help determine the effectiveness of a player or team when they play a game of basketball.

So, if your aim is to play fantasy basketball (Pls note: That's a legal computer game!) or become a Scorer and/or Stats volunteer at Senior and ABL levels, you should understand scoring and stats!! For more information, please contact Nick Gillings on 0409 641 443 or Nicholas.Gillings@ato.gov.au or nick.gillings@bigpond.com.

Club Notices – Fees

By now all the summer fees should have been received and paid. If you have not received your fees please contact Tim Short in the office on 8177 0463 or email him at sturtadmin@internode.on.net.



If you are having difficulty paying your fees please contact Leanne Noble at sturt.treasurer@internode.on.net so an arrangement can be reached. Don't leave it so long that it then becomes an issue and your child and their team is penalised for non payment of fees. We implement a "no pay no play" policy, where the coach of your child's team is contacted and advised that until payment is received, your child will not

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be allowed to participate in games.

Carnivals and Tournaments

NORWOOD EASTER CLASSIC (22 – 25th April)

We are now gearing up for the Norwood Carnival which is open to all teams that wish to participate over the Easter Long Weekend from the **22 – 25th April, 2011**.

“The 2011 NORWOOD BASKETBALL CLUB’S EASTER CLASSIC will be held from 22 April to 25 April at the Distinctive Homes Dome, the home of the Adelaide 36ers, at the MARS Sporting Complex, the Pasadena Sports Centre, Wayville Sports Centre and at other stadia as required. The Dome is one of the best venues for basketball in Australia. This tournament is fully endorsed by Basketball SA as this state’s traditional Easter tournament.

Norwood’s Easter Classic is for Girls and Boys, U12, U14, U16 and Under 18. As the premier tournament in South Australia the Classic attracts teams from the leading clubs across Australia, giving rise to a competition of the highest calibre which will provide teams with the best opportunity to prepare for the State Championships, the Championship season, the Classics and the Under 14 Australian Club Championships.

The Easter Classic will be organised in two grades: Championship (top grade) and A Grade. Grades will run if there are sufficient entries. (Refer: Norwood Carnival website). We will need ALL entries and Team sheets into Sturt Office by **the 25th March 2011**. Your team will not be entered if you do not pay the entry fee.

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

Team Fee ~\$350 per team (approximately). 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)

Following closely behind the Norwood Carnival is the Junior State Championships.

STATE JUNIOR CHAMPS (12 – 15 May)

In May the Division 1 and Division 2 and historically our Division 2.2 or third teams play in the State Champs Carnival. Success at this carnival will provide our Div 1 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.

Leanne Noble (Carnival Co-ordinator.)

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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
Feb 2011	Australian U20 Ivor Burge Championships		NSW	
Apr 2011	Australian U18 Championships	9-16 April 2011	Tasmania	
Apr 2011	Norwood Easter Classic	22 – 25th April	Various Adelaide Venues	25 March 2011
May 2011	SA Junior State Champs	12 – 15 May	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/Irymple 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	

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 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.

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



STADIUM AND CLUB 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 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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