

# SABRESNAPSHOT



AUGUST 2020

*The SBA is always a busy place, even during Melbourne's shutdown. Our Sabres Snapshot is here to keep you informed of the things that have been happening with the Sabres program over the past few months!*

## HEAD COACHES NOTE

We hope everyone is coping as best they can with the current Victorian lockdown. 2020 has been a challenging time for everyone involved with community sport, the SBA included.

The cancellation of the VJBL season was certainly a blow for all of our Sabres players, especially the Under 12s and Under 18s.

The silver lining is that while we can't be on court, we are taking this time to work out ways to further improve the Sabres junior program for 2021, by throwing around ideas and engaging with our parents and players.

We are trying hard to keep our Sabres players motivated with the weekly afternoon Zoom workouts. This newsletter is also another way of communicating with you all. As we prepare for 2021, we want everyone to stay safe and adhere to the state government guidelines so we can all resume 'normal' as soon as we can.

Simon and Nathan.



*Simon Giovannoni*



*Nathan Crosswell*

## PLAYER INTERVIEW

### *Lexie Johnston* (U12)

What have you been doing during the shutdown?

*I have recovered from breaking my wrist in March. Since then, no more skateboarding, but plenty of skipping and dribbling.*

How many times a week are you training at home?

*5 times – not much else to do, except Fortnite*

Favourite basketball shoes?

*My Green PG's*

Favourite NBA team?

*Lakers*

Favourite TV show?

*Greenhouse Academy*

What year are you in at school?

*Grade 4*

Any idea what you would like to do once you leave school?

*WNBA/AFLW or a fashion designer*

Give us your favourite joke!

*Why did the toilet paper roll down the hill ... ?*

*To get to the bottom ba ha hah*

Favourite thing about playing for the Sabres?

*Playing the game that I love most and being part of a team*

Favourite food?

*Ice blocks*

Favourite NBA player?

*The Claw, Kawhi Leonard – I love his hair!*

Favourite AFL team?

*Melbourne*

Why did you choose basketball?

*'Cause my brothers played*

What age were you when you starting playing basketball?

*7 years old – Dribblers at Parkdale Pacers*



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## 2020 SABRES

The following players finished their junior Sabres 'career' this year as top age U18s.



Campbell  
Blogg  
U18.1 Boys



Sammy  
Cartwright  
U18.1 Boys



Nate  
Dear  
U18.1 Boys



James  
Clark  
U18.1 Boys



Kaylan  
Kitto  
U18.1 Boys



Joe  
Lubarsky  
U18.1 Boys



Rory  
Williamson  
U18.1 Boys



Lachlan  
King  
U18.2 Boys



Bryn  
MacNamara  
U18.2 Boys



Ben  
Klingwort  
U18.2 Boys



Archie  
Padley  
U18.2 Boys



Josh  
Nielsen  
U18.2 Boys



Samuel  
Breen  
U18.3 Boys



Flynn  
Young  
U18.3 Boys



Adam  
Bartosy  
U18.3 Boys



Will  
Biddick  
U18.3 Boys



Charlotte  
Zygarlicki  
U18.1 Girls



Isabelle  
Zygarlicki  
U18.1 Girls



Charlotte  
Ryan  
U18.1 Girls



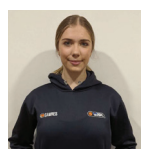
Sienna  
Romancz  
U18.2 Girls



Imogen  
Lambie  
U18.2 Girls



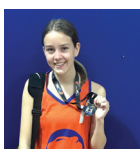
Emily  
Ryan  
U18.2 Girls



Yvetta  
Lipkin  
U18.3 Girls



Sarah  
Randazzo  
U18.3 Girls



Billie  
Upton  
U18.3 Girls



Thank you!

## PLAYER INTERVIEW

### Archie Heck (U14)

What have you been doing during the shutdown?

*School work, playing online games and walking the dogs.*

How many times a week are you training at home?

*Three times a week*

Favourite basketball shoes?

*Air Jordan 34 (Zion's Shoes)*

Favourite NBA team?

*Los Angeles Lakers*

Favourite TV show?

*Bear Grylls Running Wild*

What year are you in at school?

*Year 7*

Any idea what you would like to do once you leave school?

*Become a professional basketball player*

Give us your favourite joke!

*Do you want to hear a construction joke?  
Sorry, I am still working on it!*

Favourite thing about playing for the Sabres?

*Travelling and playing the games*

Favourite food?

*Sushi*

Favourite NBA player?

*Giannis Antetokounmpo*

Favourite AFL team?

*St Kilda Saints*

Why did you choose basketball?

*My dad played and it looked like fun*

What age were you when you starting playing basketball?

*8 years old*



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## ZOOM

### SABRES PLAYERS ZOOM WORKOUTS:

Zoom links will be sent weekly via Team App and emailed to all Sabres parents. Please keep checking Team App for notifications.



#### Tuesday afternoons:

3.30pm - 4.10pm Under 12 Boys and Girls

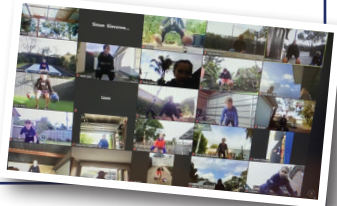
4.30pm - 5.10pm Under 14 Boys and Girls

#### Wednesday afternoons:

4.30pm - 5.10pm

Under 16 and Under 18

Boys and Girls



### SABRES ZOOM COACH CLINICS:

#### Thursday nights:

8.00pm

### TRAINING DRILLS

See below link for a shooting drill.

[https://www.youtube.com/watch?v=QEs2K6nYZxk&feature=emb\\_logo](https://www.youtube.com/watch?v=QEs2K6nYZxk&feature=emb_logo)

## CONGRATULATIONS

### Under 16 Vic Metro Girls

Christina Roberts

Hannah Wickstrom

Emergency: Jaida Reid

Emergency: Isla Airey

Assistant Coach: Jacqui O'Neill

### Under 20 Victoria Men

Samuel Taulapiu

Kingsley Box

### Sabres Junior Players heading to US Colleges:

Kingsley Box

Callum MacNamara

Samuel Taulapiu

## COACH INTERVIEW

### Heather Simurina

How long have you been coaching in the Sabres program?

Two seasons

Why did you start coaching?

*I started coaching my children, Luka in U9 domestic then Olivia when she started playing. I love playing, coaching and watching basketball ... at all levels. I enjoy teaching the kids new skills and concepts and watching them grow. It's so rewarding when they manage to execute something you've been working on.*

What's your greatest coaching moment?

*Winning the 2018/19 grand final with U14.4 girls.*

*Closely followed by a moment in one of our games (in the same season) when all five girls on the court boxed out their player ... I almost cried!*

Who is your biggest coaching influence?

*I wouldn't say there's just one coach or person that's influenced me, I try and take something from all coaches I watch or talk to.*

*Simon and Nathan are great at breaking skills/drills down and explaining to the kids.*

*I like to pick my sister's brain (Penny Taylor), she makes me think about the game differently. Even at the level she's played and coached she always wants to know more as the game evolves and moves in different directions.*

*I've stolen/borrowed lots of great drills from Wal (U16.3 boys coach).*

Favourite movie?

*Outbreak, Contagion*

Favourite food?

*Vietnamese and anything I don't have to cook*

Favourite NBA coach/team?

*Phoenix Mercury, Clippers, Spurs*

Favourite AFL team?

*Luka told me to say Richmond!*



[aproteins.com.au](http://aproteins.com.au)



[icon-sports.com.au](http://icon-sports.com.au)



## JOKE OF THE WEEK

*What do an angry bunny and a pro basketball player have in common?*

*Mad hops!* 😂

*Joke sent in from our mascot Sandy*



Send your joke to:  
[admin@southernbasketball.com.au](mailto:admin@southernbasketball.com.au)

## COACH INTERVIEW

### Angus Cotton

How long have you been coaching in the Sabres program?

8 years

Why did you start coaching?

Great opportunity to be back involved in the sport and teaching the kids

What's your greatest coaching moment?

Competing in the 2017 Classic

Who is your biggest Coaching Influence?

Bill Runchey

Favourite basketball Podcast?

Basketball Coach Unplugged

Favourite movie?

Shawshank Redemption

Favourite food?

Thai

Favourite NBA coach/team?

Phil Jackson/LA Lakers

Favourite AFL team?

Adelaide Crows



[sportsphysio.com.au](http://sportsphysio.com.au)

## Q & A

*We will be starting 'Q & A' section in Sabres Snapshot. Please submit questions and in the next edition we will answer them!*

**Email:** [admin@southernbasketball.com.au](mailto:admin@southernbasketball.com.au)



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## PREPARE TO PLAY

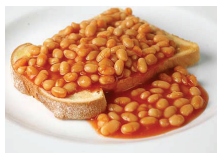
### TIPS FOR GAME/TRAINING DAY NUTRITION FOR YOUNG ATHLETES

#### Pre-game/training 2-4 hours before (for sustained energy)

- Toast, crumpets or English muffins with jam or honey
- Baked potato with cottage cheese filling
- Baked beans on toast
- Breakfast cereal or muesli bar (low in nuts/seeds) with milk
- Bread roll, wrap or sandwich with cheese, egg or lean meat filling
- Pasta or rice with low fat sauce eg. tomato, vegetables, lean protein
- Fruit toast or bun and a glass of milk
- Creamed rice with stewed fruit

#### Pre-game/training 1-2 hours before (for energy and easy to digest)

- Liquid meal supplement eg. Sustagen, Up & Go
- Fruit smoothie or milkshake
- Light breakfast cereal with milk eg. Weet-Bix, Corn Flakes, Multigrain, Sustain, Oatmeal
- Cereal bars eg. Uncle Toby's, Carman's Oat Slice (no nuts), Kellogg's K-time twist
- Low fat fruit yoghurt or drinking yoghurt eg. Chobani, Five Am
- Fruit eg. banana, canned stewed fruit
- Jam, honey or peanut butter sandwich with white or wholemeal bread
- Crackers and cheese eg. rice crackers or Vita Weats with cottage cheese



*Sarina Lococo, Accredited Sports Dietitian*

#### During games/training

#### (some suitable for break times for quick energy)

- Jam or honey sandwich
- Rice crackers or cakes
- Small banana, orange slices, watermelon slices, grapes, berries

#### Post-game/training (recovery) nutrition

- Soup and a cheese sandwich
- Fruit smoothies with milk or drinking yoghurt
- Bread roll or sandwich with cheese, lean protein and salad
- Noodle or rice dishes with lean protein and vegetables
- Baked potato with cottage cheese
- Milkshakes or flavoured milk
- Pasta with lean protein and vegetables
- Baked beans on toast
- Up & Go
- Sushi rolls

### HYDRATION

#### Match or training day

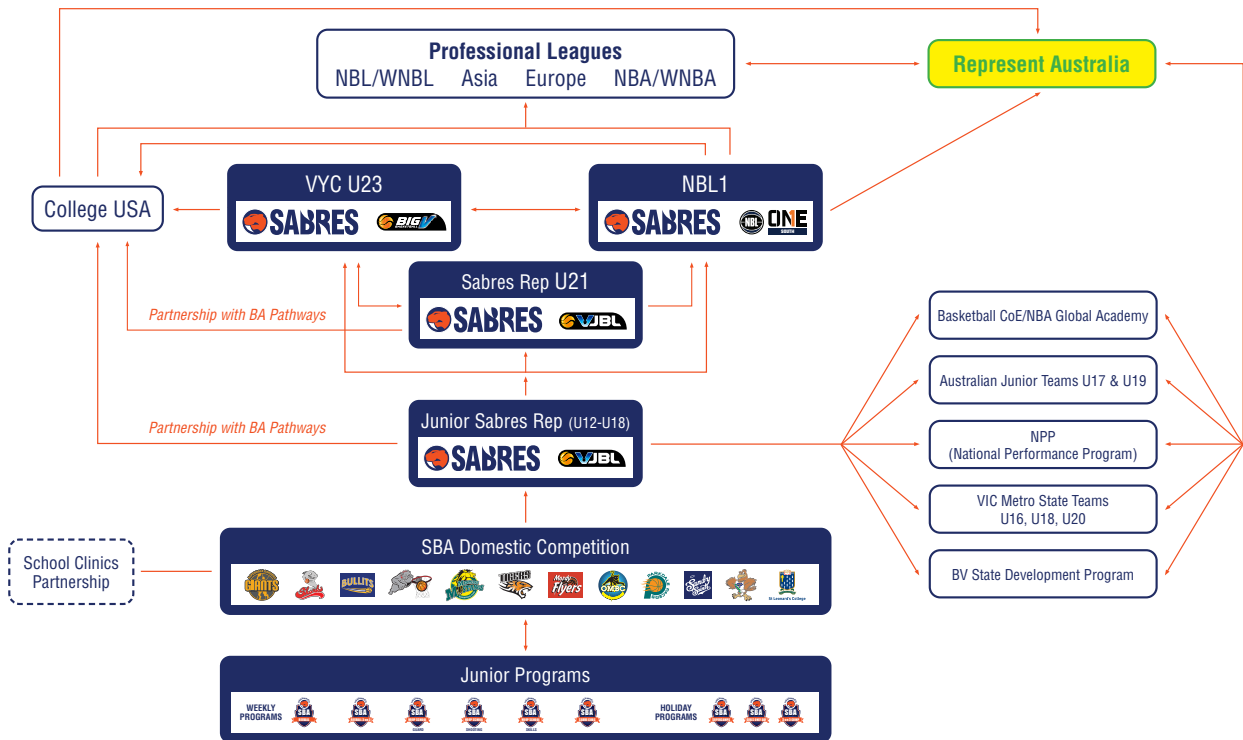
- Start drinking early – especially in the heat
- Aim to drink enough to keep your urine clear throughout the day
- 2 hours before the game/training – drink up to 600ml of fluid
- 15 minutes before play – drink about 300-500ml of fluid
- During the game/training: aim for 100-250ml every 15 minutes or sip small amounts
- The gut can tolerate up to 1 litre of fluid per hour – but this may vary for individuals
- Grab that drink – don't wait until you are thirsty
- Practice drinking at training

#### What to drink

- Before the game/training: Water is best, but sports or electrolyte drinks may be helpful for high physical demands or in hot, humid conditions by providing small amounts of carbohydrates and electrolytes boosting energy and performance. Milk drinks can also be a good choice pre and post game.
- During and after the game: water is best
- The drinks you should try to avoid are caffeine drinks like tea/coffee/energy drinks, too much fruit juice and carbonated drinks such as soft drinks.



# SBA Playing and Development Pathway



# Appreciation

## The Staff and Members of Southern Basketball Association

# 2020



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