

# SABRESNAPSHOT



SEPTEMBER 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 know that this has been a tough time for all of our junior Sabres players and families. We are so proud of the way you have all adapted and reacted during this challenging period.

It has been great to see so many of you joining in on our Zoom training sessions over the last 4 to 6 weeks. We have loved running the sessions and seeing the improvement in so many of you. Keep up your practice!

With the school holidays coming up it's a good time to have a break and reassess. We'll come back bigger and better at the start of term 4.

Simon and Nathan

## 2020 THE YEAR THAT WASN'T

What started as a promising year for our players in 2020, took a sudden turn when the Covid-19 pandemic hit Australia in March. No one could foresee what this virus had in store for all of Australia and the world. Fast forward six months and still no basketball for the hundreds of Sabres children. It has been a very difficult year for our players and hopefully we will be back playing soon. A commemorative 2020 long sleeved t-shirt, compliments of SBA, will be given to all players from U12-U21s when we are back playing. Please advise your 2020 team manager what size you require by Sunday 20th September.



Sizes available: 10, 12, 14, 16 and XS, S, M, L, XL, XXL and XXXL

## DAVID BARLOW

On Tuesday 25th and Thursday 27th of August, the SBA was lucky to have NBL star David Barlow speak to our players about his basketball journey and answer some questions.

We had over 100 participants over two one hour Zoom sessions as David spoke about playing against Team USA, his time away at College in Denver and his professional career.

David has played professionally in Poland and Spain as well as playing in the Australian NBL with the Sydney Kings, Melbourne Tigers and now Melbourne United. He has represented Australia at three World Championships/World Cups (2006, 2012 and 2019) as well as the 2008 Beijing Olympics and the 2012 London Olympics.

Dave also spoke about how much he loves returning to play for the Sabres in the NBL1 competition during the NBL off-season.

We thank David for imparting his knowledge with our players and giving them a boost during the Victorian lockdown!



## ZOOM

**Guest Speaker (if you missed Tuesday's Zoom)**  
**Brittany Smart**

Thursday September 17th

**School Holiday program**  
TBA

**SABRES ZOOM COACH CLINICS:**

**Thursday nights:**  
8pm

**TRAINING DRILLS**

See below link for a 2 minute shooting drill:

<https://www.youtube.com/watch?v=sK3MEs918F4>

**Australian  
Unity**

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

## SABRE FOR LIFE

It gives us great pleasure to announce a new initiative **Sabre For Life**. It is in recognition of the service and contribution players have given to the SBA junior program over seven years (or more) of participation. We will be inducting qualifying players as an honorary 'Sabre For Life'. We acknowledge this dedication to Sabres has helped us build a strong club.

As a thank you gift players will receive a Sabre For Life hoodie (pictured below) and their contribution will be celebrated with their photo on a new Sabres For Life wall on court 1 at the stadium.

(see page 7)



## JOKE OF THE WEEK

*Why is Cinderella so bad at basketball?*

*Her coach is a pumpkin*



Send your joke to:  
admin@southernbasketball.com.au

## COACH INTERVIEW

*Ashley Smirniotis (U12.4 Girls)*

How long have you been coaching in the Sabres program?

*I have been coaching in the junior representative program for three years.*

Why did you start coaching?

*I played rep for Sabres for 10 years and wanted to give back to the club.*

What's your greatest coaching moment?

*My first year of coaching I was lucky enough to coach a grand final with a friend I played a season of rep with.*

Who is your biggest coaching Influence?

*Bill Runchey*

Favourite basketball podcast?

*Don't have one!*

Favourite movie?

*A walk to remember*

Favourite food?

*Lemon pepper calamari*

Favourite NBA team?

*Golden State Warriors*

Favourite AFL team?

*Carlton*



## BEST WISHES

Everyone in the Sabres community would like to wish Sammy Cartwright all the best in his recovery from unplanned surgery. We hope you are back working out soon.



aproteins.com.au



icon-sports.com.au

## CONGRATULATIONS

**Jacqui O'Neill**

**Under 16 Vic Metro Women's Head Coach and Basketball Australia Emerging Coach Initiative**

Congratulations are in order for Sabres U16.1 Girls Head Coach Jacqui O'Neill who has been appointed as Head Coach of the Vic Metro Under 16 Women for 2021. Preparation for the Under 16 National Junior Championships will begin in early 2021.

The appointment caps off a busy month for Jacqui who has also been selected to participate in the Basketball Australia Emerging Coach Initiative. The one-year program will include a raft of development, experiential learning and mentoring with a focus on developing identified young coaches and building depth in the pathway.

Jacqui is also busy coaching our Under 16.1 girls, the Sabres Victorian Youth Championship Women and the Basketball Victoria run State Development Program (SDP).

Congratulations Jacqui!



## COACH INTERVIEW

**Mat Scalzi (U16.2 Boys)**

How long have you been coaching in the Sabres program?

*5 years*

Why did you start coaching?

*My kids started playing*

What's your greatest coaching moment?

*Winning the U14 A grade Winter Domestic Grand Final against my good mate Tim Barber by 1 point*

Who is your biggest coaching influence?

*Peter Lonergan*

Favourite basketball podcast?

*All the smoke*

Favourite movie?

*Stand by me*

Favourite food?

*Pasta and Pad See Ew (Chicken)*

Favourite NBA coach/team?

*Doc Rivers – Celtics*

Favourite AFL team?

*Carlton – Go the Blues!*



sportspysio.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)**



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



**Bluff Road  
Medical Centre  
Family Health**

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



[goodlife.com.au/clubs/sandringham/](http://goodlife.com.au/clubs/sandringham/)



## PREPARE TO PLAY

### THE IMPORTANCE OF STRETCHING AND WARMING UP

A warm-up and stretch program prepares your body and muscles for sport.

Do not rush your warm up, even if you are late to training.

It is the warm up that allows you to:

1. Be ready to compete
2. Play at your best
3. Avoid injury

Therefore a good warm up should include a light jog, exercises and muscle stretches to help prepare you for sport, avoid injury and muscle soreness and will allow you to keep playing your sport with minimal risk of injury.



### Why stretch?

Stretching helps relax your body and increases your flexibility and should be part of your daily life. If you stretch regularly you will find that every movement becomes easier.

Stretching before a game or a training session helps switch your muscles on and decreases their tightness. Therefore, it helps get your muscles ready for exercise and reduces the chance of hurting your muscles during exercise.

Stretching after the game is also extremely important, as it helps relax muscles after a hard workout. By doing a good stretching session after exercise it will help reduce muscle soreness that sometimes happens in the next couple of days after a hard game of basketball.

### How to stretch

When performing the stretches seen in the photos:

- Hold each stretch for 20-30 seconds.
- Repeat the same stretch 2-3 times.
- Make sure your breathing is slow and controlled
- Hold the stretch steady. Don't bounce the stretch.
- Stretching should never hurt.

All you should feel is a mild tension in the muscle that you are stretching. The feeling of tension in the muscle that you are stretching should reduce over the 20-30 seconds. If it does not, ease off the stretch slightly and find a position where the tension is more comfortable.

In summary, stretching is an important part of every athlete's training program and should be performed before and after basketball training and games.



*Quadriceps stretch in standing*



*Lumbar extension in prone*



*Adductor stretch in standing*



*Butterfly groin stretch*



*Hip flexor stretch (lunge stretch)*



*Lumbar rotation stretch in supine*

## SABRES FOR LIFE INDUCTEES

### Campbell Blogg U18.1 Boys

**What is your favourite Sabres memory?**

*Being selected in the 12.1s team in my first year. Competing in my first Grand Final in U16s.*



**What did you feel was the high point of your playing career?**

*MVP in U18s and trying out for the Vic State team.*

**Will you tryout as a senior in U21s?**

*Yes, can't wait to get started!*

**Describe 2020 in a few words.**

*Different, disappointing and frustrating*

**How are you keeping active during lockdown?**

*I'm lucky to have a basketball ring and area to play every day so I can keep working out. I've still kept really active.*

**Do you aspire to play US College basketball?**

*I would love to play College basketball, it's always been a dream of mine since I started playing. Hopefully I will get the opportunity.*

### Kaylan Kitto U18.1 Boys

**What is your favourite Sabres memory?**

*Playing in the 2013 Nunawading Tournament where the team won the Grand Final and I was nominated as MVP. Whilst this was a favourite memory, it's definitely worth mentioning the many friendships that I have made over the nine years playing basketball.*



**What did you feel was the high point of your playing career?**

*Definitely representing Victoria in the Pacific School Games in 2015 where we came home with a gold medal. Representing Vic Metro twice in the Southern Cross Challenge – picking up the winners trophy in one of those years was a close second.*

**Will you tryout as a senior in U21s?**

*I will be trying out for Under 21s in 2021.*

**Describe 2020 in a few words.**

*2020 has been a year to remember, with COVID taking away the chance to play my last year of junior basketball and striving to end on a win, shows what a global pandemic can cause. Whilst 2020 has been unexpected and authentic, some of us have found balance whilst some have suffered. I'd like to say that I hope people are doing well and keeping safe during these difficult times.*

**How are you keeping active during lockdown?**

*Through being outside as much as possible. Whether it has been working on skills and shooting, or going for runs, I've endeavoured to keep active every day. Being winter, in the second lock down, I tried to offset the outdoor activity with a gym/boxing workout indoors. All these activities hopefully help me with different aspects of my game.*

**Do you aspire to play US College basketball?**

*I aspire to play the sport at the highest level possible, whether that is US College basketball, only time will tell!*

### Rory Williamson, U18.1 Boys

**What is your favourite Sabres memory?**

*The U14 Canberra trip.*



**What did you feel was the high point of your playing career?**

*Being invited to SDP (State Development Program).*

**Will you tryout as a senior in U21s?**

*Definitely.*

**Describe 2020 in a few words.**

*Year of self development.*

**How are you keeping active during lockdown?**

*Practising basketball in the backyard, going on runs and bike rides.*

**Do you aspire to play US College Basketball?**

*I'm definitely aiming for College.*

### James Clark U18.1 Boys

**What is your favourite Sabres memory?**

*The USA basketball tour.*



**What did you feel was the high point of your playing career?**

*Being able to represent Sabres at VC level.*

**Will you tryout as a senior in U21s?**

*Yes I will be trying out.*

**Describe 2020 in a few words.**

*Would've been nice to actually play my final junior Sabres year.*

**How are you keeping active during lockdown?**

*Working out every week and getting shots up in the backyard.*

**Do you aspire to play US College Basketball?**

*Yes I do.*

*cont next page ...*

## SABRES FOR LIFE INDUCTEES

### Sammy Cartwright U18.1 Boys

**What is your favourite Sabres memory?**  
*Getting to play and train with some really talented players.*



**What did you feel was the high point of your playing career?**  
*Playing a bottom age U/16 Grand Final and coming 3rd in the Classic in U12s.*

**Will you tryout as a senior in U21s?**  
*Yes.*

**Describe 2020 in a few words.**  
*Just disappointing.*

**How are you keeping active during lockdown?**  
*Building strength with a weights program and handling a ball as much as possible with drills and shooting.*

**Do you aspire to play US College basketball?**  
*Yes.*

### Nate Dear U18.1 Boys

**What is your favourite Sabres memory?**  
*Bottom age 16s – 2017 season*



**What did you feel was the high point of your playing career?**  
*Winning MVP in my first season of Sabres in U12s*

**Will you tryout as a senior in U21s?**  
*No*

**Describe 2020 in a few words**  
*Disappointing start to the season not making VC and then Covid!*

**How are you keeping active during lockdown?**  
*Manual labour and kicking the footy*

**Do you aspire to play US College basketball?**  
*No*

### Flynn Young U18.2 Boys

**What is your favourite Sabres memory?**  
*Winning the Southern Peninsular Tournament last year (November 2019) with the 18.3s.*



**What did you feel was the high point of your playing career?**  
*Playing in the 18.3s as bottom age and we won 7 games in a row.*

**Will you tryout as a senior in U21s?**  
*Yes, I will try out for Sabres U21s.*

**How are you keeping active during lockdown?**  
*I've kept active by doing the Zoom Sabres training sessions and shooting hoops outside my house.*

**Do you aspire to play US College basketball?**  
*Not at the moment.*

### Charlotte Ryan U18.1 Girls

**What is your favourite Sabres memory?**  
*Winning the Adelaide Easter tournament.*



**What did you feel was the high point of your playing career?**  
*2019 Season.*

**Will you try out as a senior in U21s?**  
*Potentially.*

**Describe 2020 in a few words.**  
*A year that took away everything.*

**How are you keeping active during lockdown?**  
*Running, and kicking the footy.*

**Do you aspire to play US College basketball?**  
*Yeah.*

### Emily Ryan U18.2 Girls

**What is your favourite Sabres memory?**  
*Winning the Adelaide tournament in 2018 and winning two MVP's – U12s and U16s.*



**What did you feel was the high point of your playing career?**  
*Making the 18.1s as a bottom age player.*

**Will you try out as a senior in U21s?**  
*Depends on the athletics season and year 12 commitments.*

**Describe 2020 in a few words**  
*Boring. Also, disappointing as I wasn't able to finish what I started with my sporting activities.*

**How are you keeping active during lockdown?**  
*Walks and workouts.*

**Do you aspire to play US College basketball?**  
*Yes with athletics as my focus and basketball if possible.*

cont next page ...

## SABRES FOR LIFE INDUCTEES

### Sienna Romancz U18.2 Girls

What is your favourite Sabres memory?

Making last year rep season U18 girls Metro5 Grand Final and nearly winning. Great group of girls as well.



What did you feel was the high point of your playing career?

The girls and friends made. The skills, exercise and fitness achieved. Playing basketball at the highest level I could achieve.

Will you tryout as a senior in U21s?

Yes.

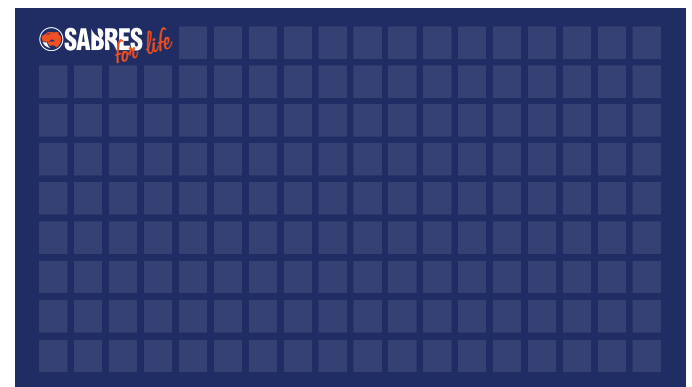
Describe 2020 in a few words.

Basketball wise: The start was really rocky, based on injured and away players. But we settled into the start of the year and grading phase 2 with a full side and were ready to hit the season hard. From a personal side like most people my age it's been really hard not seeing family, friends and not playing my last year of junior rep basketball.

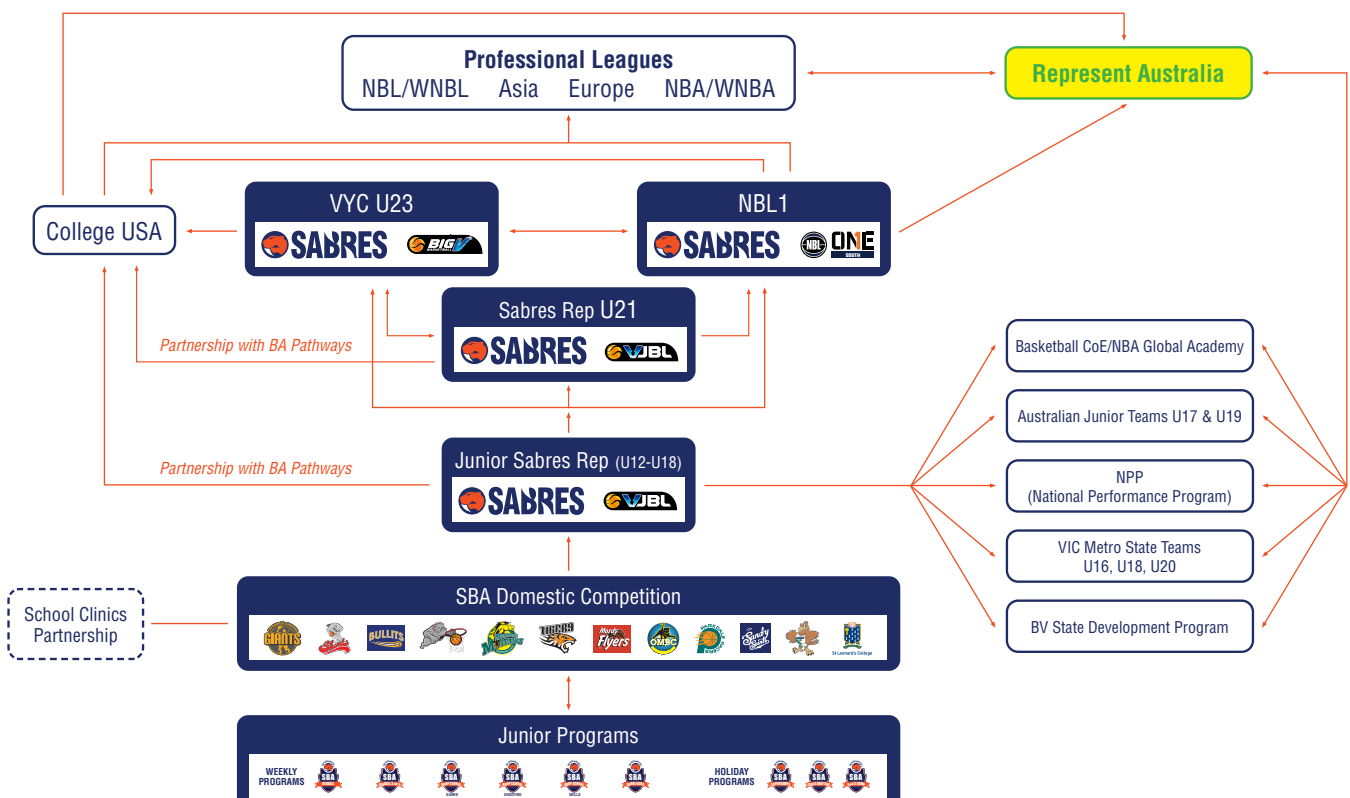
How are you keeping active during lockdown?  
Lots of school studying and some basketball practising. My team did get some outdoor and indoor training sessions in June but it was pretty limited and short.

Do you aspire to play US College Basketball?  
No.

### Plan for the Sabres for life wall on court 1



## SBA Playing and Development Pathway





## COMMUNITY SPONSORS

*Thank you to our  
2020 Community sponsors*

E N A



H A I R



4 Railway Rd Cheltenham



Community support  
Uncompromised quality  
Better health through education  
Prevention first

9589 2675 [bcdental.com.au](http://bcdental.com.au)



Fully licensed &  
Function venue

9589 4614  
23-25 South Concourse Beaumaris, Victoria 3193

GINGER FOX



7elements  
DESIGN • PRINT • SIGNAGE • WEB



Trevor Bowen your local agent  
0417 501 327

**buxton**



S A S K A



Saska Cafe 3193



AMOS | HAIR

Bayside's leading upmarket salon, located in Sandringham



[www.amoshair.com.au](http://www.amoshair.com.au)



Sweet Alice

CLOTHING BOUTIQUE

[www.sweetalice.com.au](http://www.sweetalice.com.au)

(03) 9580 1614

240 Como Parade West, Parkdale



6 North Concourse Beaumaris, Victoria 3193



## SPONSORS

*Thank you to our 2020 sponsors*



Southern Basketball Centre  
150 Tulip Street, Cheltenham

[www.southernbasketball.com.au](http://www.southernbasketball.com.au)

(03) 9583 4481

[info@southernbasketball.com.au](mailto:info@southernbasketball.com.au)



Southern Basketball Association



Southern\_Basketball



SouthernSabres