

# SABRESNAPSHOT



OCTOBER 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

As we work our way through October, things are looking much better for Victoria as the COVID-19 case numbers come down. We have started afternoon workouts this week – Week 2 of Term 4 – and they are available to all Sabres and SBA domestic players. Check your inboxes for the Zoom links.

Hopefully we are playing some domestic basketball again before Christmas, with a return to VJBL basketball in 2021.

We are also extremely excited about getting the green light for the building of four new courts. A bigger stadium means we can run more development programs, play more games and continue to grow as an Association.

Enjoy this edition of Sabres Snapshot. See you all soon!

Simon and Nathan

### SBA Player and Coach Zoom Sessions Term 4

See page 2 for a list of session dates and times.

These sessions take us up to the week of the 23rd of November – which is hopefully the last stage of restrictions in Victoria.

We have given the players and coaches the week off for the Melbourne Cup week, then back into it the week after.



## COACH INTERVIEW

*Izzy Shea* (A Sabres for Life coach)

How long have you been coaching in the Sabres program?

*Since 2015*

Why did you start coaching?

*I started coaching as my volunteer experience for the Duke of Ed program at school. I enjoyed it and once I was asked to start coaching a Sabres team I have continued on.*

What's your greatest coaching moment?

*My under 16 girls team won a grand final from 5th place, they came together so well at the end of the season, and everything we had been working towards all year started to sink in. They played so well in every single final we played.*

Who is your biggest Coaching Influence?

*Jo Wood, I loved playing for Jo, and so did so many of my teammates. I loved the way the team gelled together because of her influence. Our sessions were hard and interesting and we learnt so much.*

Favourite movie?

*Harry Potter*

Favourite food?

*Pasta*

Favourite NBA coach/team?

*Spurs*

Favourite AFL team?

*Hawks*



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

## PLAYER DEVELOPMENT

### ZOOM PLAYER DEVELOPMENT SESSIONS

Nathan & Simon – 4.30pm sessions from Week 2

#### Week 1

Monday 12th October Domestic 16s and 18s *(completed)*

Tuesday 13th October Sabres 12s and 14s *(completed)*

Wednesday 14th October Sabres 16s and 18s 4.30pm

Thursday 15th October Domestic 12s and 14s 4.00pm

#### Week 2

Monday 19th October Domestic 16s and 18s

Tuesday 20th October Sabres 12s and 14s

Wednesday 21st October Sabres 16s and 18s

Thursday 22nd October Domestic 12s and 14s

#### Week 3

Monday 26th October Domestic 16s and 18s

Tuesday 27th October Sabres 12s and 14s

Wednesday 28th October Sabres 16s and 18s

Thursday 29th October Domestic 12s and 14s

#### Melbourne Cup week OFF (Nov 2nd - 5th)

#### Week 4

Monday 9th November Domestic 16s and 18s

Tuesday 10th November Sabres 12s and 14s

Wednesday 11th November Sabres 16s and 18s

Thursday 12th November Domestic 12s and 14s

#### Week 5

Monday 16th November Domestic 16s and 18s

Tuesday 17th November Sabres 12s and 14s

Wednesday 18th November Sabres 16s and 18s

Thursday 19th November Domestic 12s and 14s

## COACH DEVELOPMENT

### ZOOM COACHES DEVELOPMENT SESSIONS

Community Coaching Course – 7pm

Monday 5th October *(completed)*

Monday 12th October *(completed)*

Monday 26th October

Monday 9th November

Monday 23rd November

## PLAYER INTERVIEW

### Callum Macnamara (Seniors)

How did you get into basketball?

*I first started playing domestic in 2013 after my younger brother started playing and won the grand final and I decided I would like to win some trophies too.*

When did you first play for the Sabres?

*My first rep season was bottom age under 16s in the fourth team.*

Favourite Sabres team mate??

*I love all my teammates but especially Mitch Stewart, Kobe Davies, Ben Charnley and James Doyle.*

Best memory of your Sabres career?

*Starting my first NBL1 game against Nunawading and guarding 6'11 Simon Conn or winning the 2018 U18 VC championship.*

What college are you going to play for?

*Indiana University of Pennsylvania.*

Biggest influence in your basketball career?

*As a junior, coaches Bill Runchey and Sinisa Markovic and as a senior player coaches Brendan Joyce, Nathan Cooper-Brown, Evan Vallance and Nathan Crosswell.*

What advice would you give to our junior Sabres if they have ambitions to play college basketball in the US??

*Work hard, go to early morning training sessions and take on board constructive criticism from coaches.*



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



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

## OUR MASCOT – SANDY

What were the highlights of your first season as the Sabres Mascot?

*Every NBL1 game and meeting all of my fans!*

How much fun is it getting the crowd hyped up?

*I LOVE it! Especially when Dave Barlow gets going.*

What have you been doing during lockdown to keep you moving?

*At the start I was very upset. I did some of the workouts Nathan and Simon provided for the SBA and now I feel much better. I've also been doing a lot of reading, puzzles and crosswords.*

*Every day I go hunting in the morning for some prey and then I take it back to my lair.*

Are you ready to come back next year and support Sabres in the NBL1?

*SO EXCITED!*

How do you stay so motivated during games?

*It's my job. I need to stay motivated. The team feeds off my energy and I feed off the team's energy. The crowd gets us both going!*



## COACH INTERVIEW

*Andrew Stavropoulos* (A Sabres for Life coach)

How long have you been coaching in the Sabres program?

*Since I stopped playing in 1990*

Why did you start coaching?

*I love the game and enjoy developing players*

What's your greatest coaching moment?

*It's not one moment, but enjoy looking back at players who I've coached and have developed into good players.*

Who is your biggest Coaching Influence?

*Terry Walsh who was the head coach at Sabres from the mid 70's to early-mid 90's.*

Favourite movie?

*Green Book*

Favourite food?

*Love everything!*

Favourite NBA coach/team?

*Phil Jackson – Chicago Bulls*

Favourite AFL team?

*St Kilda*



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*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 with seven continuous years of participation in U12s-U18s. 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.*

## SABRE FOR LIFE – GIRLS

Name	Years played
Charlotte Ryan	2014 - 2020
Emily Ryan	2014 - 2020
Sienna Romancz	2013 - 2020
Hailey Duncan	2013 - 2019
Alia van den Straaten	2013 - 2019
Chloe Keating	2013 - 2019
Siena Gittus	2012 - 2018
Nicola Caine	2012 - 2018
Ella Cigognini	2011 - 2018
Alice Humble	2010 - 2017
Jamie-Lee Munn	2010 - 2017
Ashley Smirniotis	2010 - 2016
Chloe Hicks	2009 - 2016
Ella Batish	2009 - 2016
Emily Lynch	2009 - 2016
Sally Burke	2009 - 2015
Pia Hatt	2009 - 2015
Natarsha Ymer	2009 - 2015
Mia Cigognini	2009 - 2015
Olivia Shand-Gost	2009 - 2015
Caitlin Farmer	2009 - 2015
Molly Cochrane	2009 - 2015
Georgia Collinson	2009 - 2015
Kelsey Tranter	2009 - 2015
Alannah Hilford	2009 - 2015
Alana Hilford	2009 - 2015
Ellen Adams	2008 - 2015
Ebony Dunkley	2008 - 2014
Francesca Kaye	2008 - 2014
Ali Brown	2008 - 2014
Cassidy Peters	2008 - 2014
Lucy Burke	2007 - 2015
Laney Callahan	2007 - 2014
Emma Kellock	2007 - 2014
Ruby Neave	2007 - 2014
Sarah Gordon	2006 - 2014
Rachel Fairhurst	2006 - 2014

## SABRE FOR LIFE – BOYS

Name	Years played
Campbell Blogg	2014 - 2020
James Clark	2014 - 2020
Nate Dear	2014 - 2020
Flynn Young	2014 - 2020
Rory Williamson	2013 - 2020
Sammy Cartwright	2013 - 2020
Kaylan Kitto	2012 - 2020
Max McInnes	2012 - 2018
Jack Damyon	2012 - 2018
Mitch Barlow	2012 - 2018
Kobe Williamson	2012 - 2018
Tomo Owens	2011 - 2018
Dan Brown	2011 - 2018
Josh Hicks	2011 - 2017
Alex Windhager	2011 - 2017
Sam Garra	2011 - 2017
Beau Glennon	2011 - 2017
Tyrone Simos Primerano	2010 - 2018
Max Coughlan	2010 - 2017
Kosta Tsousis	2010 - 2017
Vinnie van Oorschot	2009 - 2016
Barclay Kaipuke	2009 - 2015
Bailey Clarkson	2008 - 2016
Ryan Heath	2008 - 2016
Jaylen Cross	2008 - 2016
Tim McCormick	2008 - 2015
Timothy Taranto	2008 - 2014
Joshua Bradley	2008 - 2014
Jimmy Ellison	2008 - 2014
Lachlan Lemons	2007 - 2014
Harley Balic	2007 - 2013



sportspysio.com.au



melbourneorthodonticgroup.com.au

## MOTIVATION

### HOW TO STAY MOTIVATED AT THIS CHALLENGING TIME

Firstly, it is normal to have flat periods during this time. It is ok to feel down, lethargic and even a bit sorry for yourself ... so long as these are just 'moments' in time. Because the sun will rise again and mankind has endured so many worse things than a pandemic. In fact, watching a movie about our World Wars or reading up on them is a great way for us all to gain perspective – that life really isn't that bad ... and it will get better.

#### 1. **Set SMART** Goals:

- a. **S = Specific** – write down what you would like to achieve. It can be anything: maybe to pass VCE, improve foul line shooting, 50 push ups in a set.
- b. **M = Measurable** – take a baseline measure today (e.g.; max push ups) and test it at regular intervals to ensure you are on track.
- c. **A = Attainable** – you must have the resources and time dedicated to the task, 50 push ups is attainable, 500 maybe not so much!
- d. **R = Realistic** – it has to be a realistic goal, we can't all play in the NBA, but we can all play for Sabres.
- e. **T = Timely** – set a time limit to the task with measures along the way to ensure you are on track to achieve your goals.

2. **Set Daily Tasks – 'Day Planner'** – one of the scary things right now is the uncertainty that exists. We all crave certainty and stability. Whether you use a note pad or iPad start your day by planning what you will do, a combination of things you have to do and want to do. Set them up and literally-physically 'cross them out' once you have completed them. Crossing things off your 'to do list' is very satisfying and self-motivating. With so much uncertainty around us, a to do list is a great way to grab back some certainty and control of your day and life.

3. **Routine** – establishing a regular routine again gives us an element of control. Start your day the same way, morning walk, smoothie, stretches - and don't forget those push ups. But when you set your routine and script your daily or weekly planner - and a big chart on the wall does help. Make sure you start by penciling in the fun things you enjoy, along with the other things we have to do: study, stretch, train, breaks, relax.

4. **'Me' Time** – this is important. When planning don't forget about you! Its ok to have some selfish time each day, non structured where you choose what to do, coffee, chat, meditate, watch something trivial on TV. Just zone out (for a defined period of your day ... not all day).

5. **Stay Social** – maintain your social networks and connections. Reach out to a current or old friend as they may be struggling more than you. Make a difference in someone else's day.

6. **Seek assistance if required** – anxiety and flat periods are normal emotions. Sometimes talking things over with a mentor, parent, coach, family friend or health professional is all you need to reassure you ... 'you are ok' and you are not alone.

#### So in summary:

It is difficult to balance work, study, sport, friends, family – everyone finds that challenging.

Have goals and ambitions and map them out, write them down, draw them and even timeline them so our brain can see them clearly.

Where do you want to be in 1, 5 or 12 months' time ... but do not map your ambitions in a straight line – there are no straight lines in nature. Mankind developed the straight line.

So do not be surprised when your life takes a turn – it's how nature planned it.



## PLAYER INTERVIEW

### Felicity Hilford (Seniors)

**How did you get into basketball?**

*My grandfather was a big basketball fan and he got my mum and her siblings involved in basketball which carried through to my siblings and myself. My older siblings played basketball and just like any other younger sibling, I wanted to do what they were doing so picked up basketball and loved it from the beginning. I am told that I wanted to start playing organised competitive basketball at the age of 4 but my mum wouldn't allow me to till I was able to shoot the distance on a 10 foot ring consistently, so apparently I was outside practicing everyday until I could finally make the distance at the age of 5, allowing me to play competitive domestic basketball at Sandringham.*

**When did you first play for the Sabres?**

*I wanted to start playing rep basketball for Sabres at the age of 7 (triple bottom age U12s) and showed up to tryouts which led to Michael Burke allowing me to train with his team occasionally, but didn't actually start playing rep. The following year, when I was double bottom age U12s, at the age of 8, I was desperate to play rep for Sabres, which my mum was hesitant about. It took my uncle convincing her to let me start playing rep basketball, enabling me to try out and make my first rep basketball team for Sabres in 2010.*

**Favourite Sabres team mate??**

*I have loved every single one of my team mates at Sabres. My favourite part about playing basketball is the people that you meet along the way, both players and coaches, and I don't take for granted the amazing team mates I have played with and the coaches I have played for.*

**Best memory of your Sabres career?**

*My favourite moment as a Sabre was when we won the Grand Final in U14s. I remember we played against Ringwood in the semi-finals and almost lost but just made it through and played against Bulleen in the Grand Final who we hadn't beaten all year. It came down to the final seconds and we were able to win which made us all really excited. Then when went to McDonalds after the game and enjoyed the win as a team which I will never forget.*

**What college are you going to play for?**

*I am going to Houston Baptist University (NCAA D1) to play as a Husky. I am super excited and appreciative for this opportunity. It has always been a dream of mine to play Division 1 college basketball and it still feels so surreal knowing that this dream of mine came true and that I will be going to the States next year. The coaching staff, headed by Coach Donna Finnie, are all extremely nice and the team is really welcoming so I can't wait to get there next year!*

**Biggest influence in your basketball career?**

*I have been influenced by all my amazing coaches and even a few players. I have been so fortunate to be surrounded by some amazing people and basketball minds who have inspired me and who I've been able to learn from and continue to learn from. I have grown as a player and a person from the people that I have been surrounded by and I attribute my knowledge and who I am as a player today to all these people who have generously shown me the ways to reach my goals. Although, my biggest inspiration has come from my grandfather and mum. My mum has always been by the sidelines and supported me along my entire journey. She taught me the basics and fundamentals of basketball and her willingness to rebound for me, whether it be early in the morning (which often ends in her urging me to leave otherwise I will be late for school) or outside in the backyard when it's freezing cold, she's always there for me which has been a huge influence for me. My grandfather was who got me into basketball and taught me that the most important thing in basketball is to have fun otherwise there's no point in playing. I remember when I used to get upset from playing a bad game or if things weren't going my way and then I would talk to him and he reminded me to just have fun and that it's only a game. Out of all the lessons I have learnt, this is the most important to me and it grounds me every time I set foot on a basketball court to have a smile on my face and enjoy playing the game of basketball.*



*cont next page ...*

## PLAYER INTERVIEW

Felicity Hilford cont ...

What advice would you give to our junior Sabres if they have ambitions to play college basketball in the US?

My advice to any junior Sabres who want to play college basketball in the US is to work hard and develop their skills and understanding of the game. I think it's important to continue to be a student of the game and never get comfortable with what standard of skill set or knowledge you have. Never be afraid of asking questions or help with an area in your game because it pays off in the long run. Even though I have learnt so much, I still feel as though I am at the bottom of the mountain and still have much more to improve and work on. I also think it's important to have an unwavering confidence in your game when you play, not in an arrogant way but just the understanding that you are capable of succeeding on the basketball court. Being a small player I have heard numerous times from coaches and other basketball people that my height will be an issue for me. I didn't allow these comments to affect me because I knew the work

that I put in and I would look at the professional female basketball leagues and see that some point guards are the same height as me, so I thought if they could do it why not me?

## JOKE OF THE MONTH

*Why was the basketball court wet?*

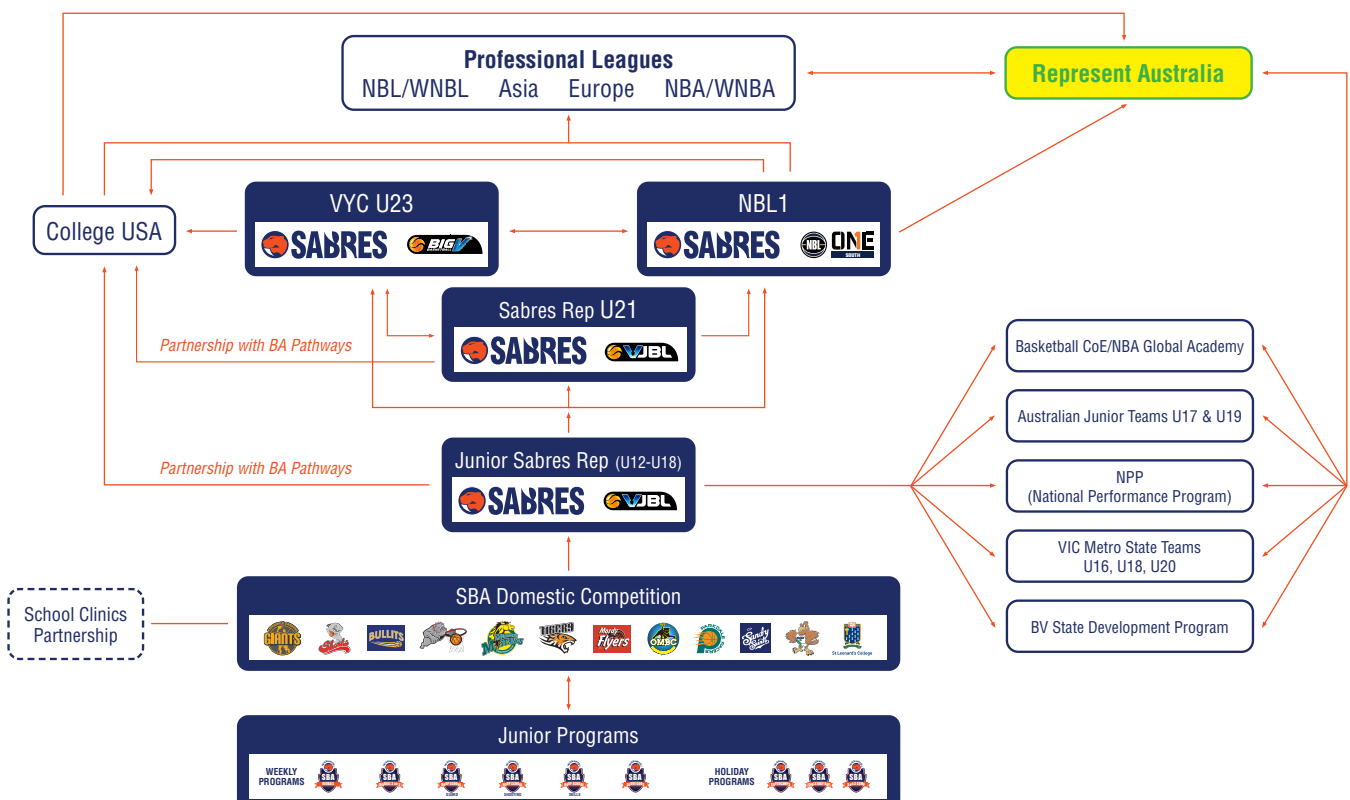
*Because all the players kept dribbling on it.*



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



## SBA Playing and Development Pathway







## Announcement

I am pleased to announce that last night the Bayside City Council represented by Mayor Clarke Martin along with the following councillors:

Rob Grinter

Alex del Porto

Michael Heffernan

James Long

Sonia Castelli

Laurence Evans

Voted unanimously to approve the final funding component required to give the construction of the four new basketball courts at Tulip Street the green light to proceed. The project is now fully funded.

I would also like to take this opportunity to thank Mick Cummins and Damien Van Trier from Bayside City Council, the SBA Board, Life Members, our member base of over 10,000 and our Operations team for all the work that has gone towards this momentous result; a job well done.

In the coming weeks we will post further updates on the up and coming project and keep you all informed of the progress we are making to have the new courts become a reality.

A great day for the Bayside Community of basketball.

Regards

**Phil McFarlane**

*SBA President*



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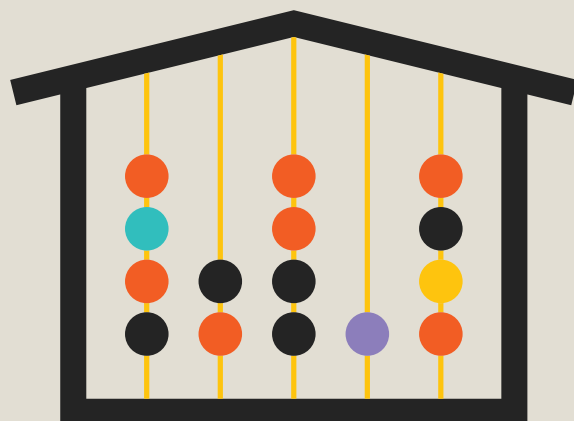
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