

# SABRESNAPSHOT



NOVEMBER 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 look to resume 'normal' basketball activities, it's important all of our Sabres players start to get active again before they jump back into competition. (See SSP info and program page 6-7)

You should be incorporating some running, lateral movement, dynamic stretching / foam rolling into your daily workout routine.

While we can't get back inside to play (yet) you can still get to the park and shoot with team-mates and start to get out of lockdown mode. You will be rusty, so make sure you have a basketball in your hands and you're ready when the time comes, because it will come quickly as restrictions lift further.

We are really excited about the next 6 weeks before Christmas – getting back on the court and helping you all get better. See page 5.

See you all soon!

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

## JOKE OF THE MONTH

*Why are basketball players  
messy eaters?  
They're always dribbling*



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

**Australian  
Unity**

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

## ANNOUNCEMENT

### Announcing our VJBL 2021 First Team Coaches

#### Sabres VJBL Girls Coaches 2021

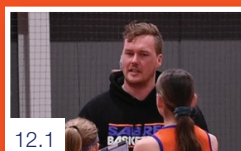
##### Girls Director of Coaching – Simon Giovannoni

12.1 Girls Cal Charge

14.1 Girls Erik Wickstrom

16.1 Girls Cassie Hill

18.1 Girls Jacqui O'Neill



12.1



14.1



16.1



18.1

#### Sabres VJBL Boys Coaches 2021

##### Boys Director of Coaching Nathan Crosswell

12.1 Boys Mike McInnes

14.1 Boys Evan Vallance

16.1 Boys Andy Lim

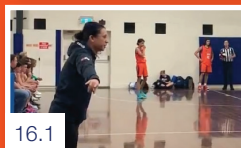
18.1 Boys Steven Lunardon



12.1



14.1



16.1



18.1

## 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)**

## MEET AN SBA BOARD MEMBER

### Anne-Maree Nunan

Secretary of the SBA Board

Hello Readers!

By way of introduction, I am currently the Secretary of the SBA Board. A little bit about me – I am a voracious reader, I love to travel, and when I can't travel I experience other places through books.

I hate cooking, enjoy gardening and photography (although I am not great at it, I have fun trying to get those elusive good shots and usually have a photobook project on the go). I am often the videographer on Friday nights at my daughter's rep games and also have fun putting together annual videos of the team's highlights.

I basically drop or trip over something every day, so needless to say I am not a basketball player, but fortunately for me I love being a spectator at games as I find I spend a great deal of my time at basketball stadiums!

Having two children involved in the sport for the past 10 years, I initially sat on a Domestic Club Committee for four years and then joined the SBA Board last December. I have worked in professional services for over 20 years in HR, change management, communication and talent management in both consulting and HR management roles. Despite the tumultuous year we have had for basketball, we as a Board have taken the opportunity to work on a lot of governance improvements and strategic actions.

We can't wait for the return to basketball and for the stadium to once again be filled with life and activity. Go Sabres!



## PLAYER INTERVIEW

### Darcy Collins (U12.4)

What have you been doing during the shutdown?

Playing with my guinea pig and teaching her new tricks. Trampolining and being outside.

How many times a week are you training at home?

Twice a week

Favourite Basketball Shoes?

KD's

Favourite NBA Team?

Boston Celtics

Favourite TV Show?

The Mandalorian

What year are you in at School?

Year 5

Any ideas what you want to do once you leave school?

Become a teacher

Give us your favourite joke!

Why was 6 afraid of 7?

Because 7 8 9

Favourite thing about playing for the Sabres?

Making lots of friends and travelling around Melbourne

Favourite food?

Pizza

Favourite NBA player?

Kyrie Irving

Favourite AFL team?

Richmond

Why did you choose basketball?

I wanted to have a go and be like my brother

What age were you when you starting playing basketball?

7



**REMINDER:** All 2020 Sabres Rep players wishing to tryout for 2021 need to register and attend ALL tryouts – starting in November: See page 5 GIRLS Saturday 28th and BOYS Sunday 29th.



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



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

## COACH INTERVIEW

**Aron Assey** (U20 Boys)  
(A Sabres Coach for Life)

How long have you been coaching in the Sabres program?

The 2020-21 season will be my fifth year. Time flies when you're having fun.

Why did you start coaching?

I actually started coaching as a friend was coaching his cousin's domestic basketball team, and they ended up graded well and he called and asked for some help. My first coaching session at the time involved the boys doing as many of the basic drills as I could remember completing in my U16 and U18s seasons as a junior. We ended up winning the Final that year so you could say it was a great way to kick off a coaching career.

After that I found a passion to help kids improve their basketball skillset and understanding of the game. Funnily enough I met Bill Runchey whilst attending the Level 1 Basketball Coaching Clinic and asked whether there were any positions available to start coaching at (Sandringham) Sabres.

What's your greatest coaching moment?

No specific moment to date has been the greatest, however watching the kids grow and develop each year is an incredible moment to be a part of, witnessing how far they come and seeing the effort and dedication they put in to try and improve on their craft of basketball is definitely a highlight and would be my proudest moments as a coach. If I had to pick one moment, I would say it would be watching our U21 Boys lock in a spot in the Victorian Championship this year before the lockdown and restrictions were in place.

Who is your biggest Coaching Influence?

Biggest coaching influence would be my favorite Coach, Gregg Popovich; as a Spurs Fan I love the way he goes about it.

Favourite basketball Podcast?

Not a big podcast fan, but If I had to say it would be the JJ Reddick Podcast

Favourite movie?

Shawshank Redemption, followed closely by The Dark Knight or Superbad.

Favourite food?

This one is tough, but if I had to pick it would be out of two cuisines, being either Italian or Japanese.

Favourite NBA coach/team?

Favorite current NBA coach = Erik Spoelstra

Favourite all time = Gregg Popovich

My team – San Antonio Spurs

Favourite AFL team?

COLLINGWOOD



## SABRES COACH FOR LIFE

It gives us great pleasure to announce a new initiative Sabres Coach For Life. It is in recognition of the service and contribution coaches have given to the SBA junior program with five or more years of coaching. We will be inducting qualifying coaches as an honorary 'Sabres Coach For Life'. We acknowledge this dedication to Sabres has helped us build a strong club and their contribution will be acknowledged with their photo on a new Sabres Coach For Life wall on court 1.

Amber Lawrence	Mark Williamson
Andrew Shepherd	Matt Nunn
Andrew Stavropoulos	Michael Burke
Angus Cotton	Michael Nowlan
Aron Assey	Mike McInnes
Arran Batish	Nathan Crosswell
Ashley Smirniotis	Nigel Carpay
Ben Fraser	Parveen Batish
Bianca Lawrence	Paul Graham
Brett Leskie	Paul Young
David Mitchell	Peter Ligetti
Donna Kernick	Phil Thomas
Evan Vallance	Ryan Heggart
Grant Waddell	Steven Brown
Ian Leckie	Tim Barber
Isabel Shea	Tim McCormick
Jo Wood	



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



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



## PLAYER INTERVIEW

### Isaac Dowling (U12.1)

What have you been doing during the shutdown?

*Playing on my basketball court at home and going for bike rides*

How many times a week are you training at home?

*6-7 days a week, doing the Zoom trainings, lots of shooting drills and 1v1's against my brother and dad*

Favourite Basketball Shoes?

*Jordan 11s at the moment, but I have lots of favourites*

Favourite NBA Team?

*LA Lakers*

Favourite TV Show?

*Fresh Prince of Bel Air (I like Will Smith)*

What year are you in at School?

*Grade 5*

Any ideas what you want to do once you leave school?

*I want to become a NBA player*

Give us your favourite joke!

*Why didn't the toilet paper cross the road?  
Because it got stuck in the crack*

Favourite thing about playing for the Sabres?

*I like playing Sabres because basketball is my favourite sport. I love the level of competition and playing in a team with friends*

Favourite food?

*Tacos*

Favourite NBA player?

*Anthony Davis*

Favourite AFL team?

*Richmond Tigers*

Why did you choose basketball?

*When I was little I used to watch my brother play, so I wanted to try it. Now it is my favourite sport*

What age were you when you starting playing basketball?

*I was 6*



## COACH INTERVIEW

### Di Naffine (U18.3 Girls)

How long have you been coaching in the Sabres program?  
*One season, however I have been coaching rep at other associations for more than 10 years.*

Why did you start coaching?

*I have been playing basketball since I was 6 years old and wanted to give back to the sport I love.*

What's your greatest coaching moment?

*Co-Coaching in the National Junior Classic*

Who is your biggest Coaching Influence?

*Marty Handson*

Favourite basketball Podcast?

*I prefer watching YouTube clips*

Favourite movie?

*Avatar*

Favourite food?

*Japanese*

Favourite NBA coach/team?

*Chicago Bulls - circa 90's*

Favourite AFL team?

*West Coast Eagles*



## Check out what's happening!

- Casual Shooting
- 3 on 3 Competitions
- Supercamps

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

**Goodlife.**  
HEALTH CLUBS

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

# November 2020 TIMETABLE\*

## REOPENING

### SOUTHERN BASKETBALL CENTRE

#### MONDAY – 23rd November - Friday 27th November

9.00am - 11.00am	Casual shooting
11.15am - 1.15pm	Casual shooting
1.30pm - 3.30pm	Casual shooting
3.45pm - 5.45pm	Casual shooting

#### MONDAY – 30th November

9.00am - 11.00am	Casual shooting
11.15am - 1.15pm	Casual shooting
1.30pm - 3.30pm	Casual shooting
4.15pm - 6.30pm	U12 Girls 3 on 3 ( <i>continues in Dec</i> )
6.45pm - 7.45pm	U18 Girls 3 on 3 ( <i>continues in Dec</i> )

#### SATURDAY – 28th November

8.00am - 9.30am	U12 BOYS REP TRYOUTS
10.00am - 11.30am	U14 BOYS REP TRYOUTS
12.00pm - 1.30pm	U16 BOYS REP TRYOUTS
2.00pm - 3.30pm	U18 BOYS REP TRYOUTS

#### SUNDAY – 29th November

8.00am - 9.30am	U12 GIRLS REP TRYOUTS
10.00am - 11.30am	U14 GIRLS REP TRYOUTS
12.00pm - 1.30pm	U16 GIRLS REP TRYOUTS
2.00pm - 3.30pm	U18 GIRLS REP TRYOUTS

#### Casual shooting

- \$3 per session
- Players will be allocated to a court
- 2 hour timeslots
- Numbers will be limited

#### REP TRYOUTS (*continues in Dec*)

- Boys on Saturdays
- Girls on Sundays

#### 3 on 3 competition – Boys & Girls U12 / U14 / U16 / U18

##### Format:

- 1 hour timeslots
- Each team will play 4 x 10 minute games per week over a 3 week period
- Each team must commit to the three week schedule (teams cannot play only one or two weeks of the three week schedule)
- Each team must have 4 players
- Spectator attendance will be limited based on Vic State Government Guidelines
- All games will be COVID safe with COVID Safe Officers present

##### Cost and Registration:

- Cost is \$120 covering all games played over a 3 week period [Register here](#)
- Registrations open Monday 23rd November
- Registrations close Sunday 29th November
- Once the team registration is completed you will be sent a link where all 4 players must register their details (no charge).

##### Age groups years of birth:

- U12 – 2010 & 2011
- U14 – 2008 & 2009
- U16 – 2006 & 2007
- U18 – 2003, 2004 & 2005

##### Grades:

- Sabres REP Grade
- Domestic Grade – Girls
- Domestic Grade 1 and 2 – Boys (Enter either grade)
- Each Grade will be capped at 16 teams maximum
- 3 on 3 teams that have **at least** one Sabres Rep player **MUST** enter the **Sabres REP Grade**.
- Domestic players can also play in Sabres REP Grade if they choose

#### 3 on 3 competition

Registration will **OPEN** on Monday 23rd November. [Register here](#)

Registration will **CLOSE** on Sunday 29th November

\*Proposed Timetable pending further Government announcements regarding the return of indoor contact sports  
[www.southernbasketball.com.au](http://www.southernbasketball.com.au)



Sandringham Sports Physio (SSP) remains open at this time inclusive of Physio, Myotherapy, Massage, Clinical Pilates and Podiatry.

Now that we are getting active again consider a recovery massage with SSP. All Sabres players enjoy a discounted rate as well. call for an appt on: 9583 5248 – don't forget to mention you are a Sabre!

## SSP RETURN TO PLAY

### RETURN TO YOUR BEST

**Our brain and bodies love routine!** A steady routine can help us to prepare both physically and mentally.

**PREPARE PHYSICALLY:** Gradually exposing our bodies to increased load and physical stress will allow us to increase our strength and endurance to allow us to return to our best.

**Rest and sleep** are vital to our physical preparation.

**Diet forms a major component** of our wellbeing, performance, and recovery. Fuel your body with nutrient rich foods that will allow you to perform to your best and to recover quickly also.

**PREPARE MENTALLY:** Sport is mentally demanding and must form part of our return to sport planning. We must have adequate concentration, quick thinking, discipline as well as self-motivation to prepare and succeed for the challenges ahead. Things we can do to prepare mentally include **sleep, rest, meditation, visualisation, planning** our training in advance and **tracking progress**.

**Stick to the plan!** This promotes self-discipline and is a major step in establishing self-confidence to get the job done!

**Our training elements include:**



Remember to GRADUALLY RE-LOAD your body:

This is when we re-introduce our body to training, whether it is cardiovascular exercise, lifting weights or working on our ball skills. Our body will take time to adjust and build to tolerate the new demands we place upon it.

### GYM/STRENGTH WORK:

**We should work to an estimated 70% of our previous load to start.** This can then be loaded by an increase of no more than 10% after one week, then by another 10% a week later again and so on (assuming we have no unexpected pain or injury because of our training). You should start with lighter weights and plan for 2-3 sets of 10-12 reps. You should maintain this set and rep range for 3-4 weeks before easing back to heavier lifts based on less reps (8 reps and less). This will allow your muscles, vascular system and supporting structures to adapt slowly to the increase in activity and allow you to safely work to building strength. You should perform your strengthening exercises 3 times per week, with a day in between. SEE PROGRAMME ATTACHED.

### RUNNING:

Remember: **To sprint at top speed you will have to have your muscles firing and conditioned for this strenuous activity!** Therefore, you must build up to this again. If you have not hit top speed for several weeks (or months) then you need to ensure you gradually ease back to top gear. This can be based on our 70% principle with 10% increases per week. This will mean approximately 3-4 weeks before you should sprint full speed. You should be running at least 3 times per week.

### STRETCHING:

**Stretching is important for mobility and recovery.** Hold your stretch for a minimum of 30seconds, gentle steady stretching only and do not 'bounce' into it. Do these DAILY. They form part of your warm-down after your strengthening exercises and they aid recovery on rest days. SEE PROGRAMME OVER PAGE.

## SSP PROGRAM

### STRENGTH WORK x 3 times per week

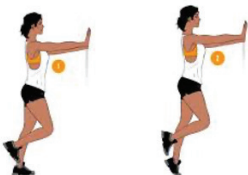
**Glute Bridge:**  
3 sets x 8-12 reps



**Single Leg RDL:** 3 sets  
x 8-12 reps each leg



**Calf Raises:** 3 sets x  
8-12 reps each leg



**Chair Squat:** 3 sets x  
8-12 reps



**Front Plank:** Hold to  
fatigue x 3



**Lunge:** 3 sets x 8-12  
reps each leg



### STRETCHING x 3 times per week Hold each stretch for 30 seconds x twice each

**Calf**



**Hamstring**



**Quads**



**Adductors**



**Hip Flexors**



**Shoulders**



## SBA SPONSOR FEATURE

### AUSTRALIAN PLANT PROTEINS

Australian Plant Proteins (APP) is Australia's first manufacturer of high protein powders made exclusively from Australian pulses and legumes, including faba beans, lentils, yellow peas, chickpeas and mung beans.

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Our products are sold locally and internationally, and we are proud to be creating a path for Australia to become a key supplier of plant-proteins globally.



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



# Change of seasons

# AUTUMN 2021

## SOUTHERN BASKETBALL CENTRE

SBA is excited to announce that from 2021 we will have new domestic seasons! We will have an **Autumn Season** which will start after the Australia Day public holiday, and run through until June. Then we will have a **Spring Season** which will commence after the July school holidays, and run through until December.

**AUTUMN 2021 REGISTRATIONS OPEN 1 DECEMBER 2020**

### AGE GROUPS YEARS OF BIRTH:

- **U12** – 2010 & 2011
- **U14** – 2008 & 2009
- **U16** – 2006 & 2007
- **U18** – 2004 & 2005

### JUNIOR DOMESTIC COMPETITION CALENDAR – AUTUMN 2021

COMP /	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week	U12 Girls	U14 Girls	U16 Girls	U10 Girls	U9 Girls	U12 Boys - U16 Boys	U20 & U23 Girls
	U18 Girls			U10 Boys	U9 Boys		U18, 20B & Mixed
1		Australia Day	27/1/21	28/1/21	29/1/21	30/1/21	31/1/21
2	1/2/21	2/2/21	3/2/21	4/2/21	5/2/21	6/2/21	7/2/21
3	8/2/21	9/2/21	10/2/21	11/2/21	12/2/21	13/2/21	14/2/21
4	15/2/21	16/2/21	17/2/21	18/2/21	19/2/21	20/2/21	21/2/21
5	22/2/21	23/2/21	24/2/21	25/2/21	26/2/21	27/2/21	28/2/21
6	1/3/21	2/3/21	3/3/21	4/3/21	5/3/21	Labour Day	
7	Labour Day	9/3/21	10/3/21	11/3/21	12/3/21	13/3/21	14/3/21
8	15/3/21	16/3/21	17/3/21	18/3/21	19/3/21	20/3/21	21/3/21
9	23/3/21	23/3/21	24/3/21	25/3/21	26/3/21	27/3/21	28/3/21
10	29/3/21	30/3/21	31/3/21	1/4/21	2/4/21	3/4/21	4/4/21
SCHOOL HOLIDAYS							
11	19/4/21	20/4/21	21/4/21	22/4/21	23/4/21	24/4/21	ANZAC DAY
12	26/4/21	27/4/21	28/4/21	29/4/21	30/4/21	1/5/21	2/5/21
13	3/5/21	4/5/21	5/5/21	6/5/21	7/5/21	8/5/21	9/5/21
14	10/5/21	11/5/21	12/5/21	13/5/21	14/5/21	15/5/21	16/5/21
15	17/5/21	18/5/21	19/5/21	20/5/21	21/5/21	22/5/21	23/5/21
16	24/5/21	25/5/21	26/5/21	27/5/21	28/5/21	29/5/21	30/5/21
17	31/5/21	1/6/21	2/6/21	3/6/21	4/6/21	5/06/2021 SF	6/06/2021 SF
18	7/6/2021 SF	8/6/21	9/6/21	10/6/21	11/6/21	Queen's Birthday Weekend	
19	Queen's Birthday	15/06/2021 SF	16/06/2021 SF	17/06/2021 SF	18/06/2021 SF	19/06/2021 GF	20/06/2021 GF
No. of Rounds	15	17	18	18	18	15	14



# Change of seasons

# AUTUMN 2021

## SOUTHERN BASKETBALL CENTRE

### SENIOR DOMESTIC COMPETITION CALENDAR – AUTUMN 2021

COMP /	Monday	Tuesday	Wednesday	Thursday
Week	Mens A + B	Mens A, B, C, D	Mens A, B, C, D	Mens Open
	Womens A + B		Over 35A + B	Womens Open
1		Australia Day	27/1/21	28/1/21
2	1/2/21	2/2/21	3/2/21	4/2/21
3	8/2/21	9/2/21	10/2/21	11/2/21
4	15/2/21	16/2/21	17/2/21	18/2/21
5	22/2/21	23/2/21	24/2/21	25/2/21
6	1/3/21	2/3/21	3/3/21	4/3/21
7	Labour Day	9/3/21	10/3/21	11/3/21
8	15/3/21	16/3/21	17/3/21	18/3/21
9	23/3/21	23/3/21	24/3/21	25/3/21
10	29/3/21	30/3/21	31/3/21	1/4/21
11	5/4/21	6/4/21	7/4/21	8/4/21
12	12/4/21	13/4/21	14/4/21	15/4/21
13	19/4/21	20/4/21	21/4/21	22/4/21
14	ANZAC DAY	27/4/21	28/4/21	29/4/21
15	3/5/21	4/5/21	5/5/21	6/5/21
16	10/5/21	11/5/21	12/5/21	13/5/21
17	17/5/21	18/5/21	19/5/21	20/5/21
18	24/5/21	25/5/21	26/5/21	27/5/21
19	31/5/21	1/6/21	2/6/21	3/6/21
20	7/6/2021 SF	8/6/21	9/6/21	10/6/21
<b>Semi Finals</b>	Queen's Birthday	15/06/2021 <b>SF</b>	16/06/2021 <b>SF</b>	17/06/2021 <b>SF</b>
<b>Grand Finals</b>	21/6/2021 <b>GF</b>	22/6/2021 <b>GF</b>	23/6/2021 <b>GF</b>	24/6/2021 <b>GF</b>
No. of Rounds	17	19	20	20

# Want to be featured in our online business directory?

## IT'S FREE AND EASY

Dear SBA families,

Here at Southern Basketball Association (SBA) we're committed to building a bigger and better future for our players, and club community.

We're proud of our people and the work they do on and off the court, and we want to reward and support you.

The **SBA Online Business Directory** is designed to do just that – reward and support.

If you have a business, then we want to include you in our online business directory. No matter how big or small your business; sign up now.

We're planning for a much brighter, active and successful 2021. We hope you are too.

Together we can help each other achieve our goals.

Submit your business details [here](#).

You can include:

- Your company logo (to be supplied as a clear, high resolution JPEG)
- Business contact details (name, email, phone number, website)
- A small amount of text
- A special discount, offer or deal for SBA Members

*Businesses will be organised into categories within the SBA Online Business Directory depending on the trade/service.*

Please direct any enquiries to:  
Sophie [admin@southernbasketball.com.au](mailto:admin@southernbasketball.com.au)

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1. This offer is only available to customers who purchase a new Home, Landlord or Comprehensive Car insurance policy through Australian Unity over the phone or online before 31st December 2020 and mention or enter the promo code SBA at the time of purchasing the insurance policy. The customer will receive one **\$100 Visa Gift Card** for the eligible insurance policy purchased. Gift cards are issued by Heritage Bank Limited ABN 32 087 652 024 AFSL/ACL 240984 pursuant to a license from Visa Worldwide Pte Limited. Heritage Bank deals with any funds loaded onto the card in accordance with its arrangements with Corporate Prepaid Cards Pty Ltd ABN 25 092 828 772 AFSL 509642. All gift cards will be delivered by post. Australian Unity will not be held responsible for any damaged, undelivered, lost or stolen Gift Cards and no replacement will be provided. Allow 4 weeks after the start date of the new policy for delivery of the Gift Card. Visa Gift Cards are subject to the terms and conditions that appear on the Gift Card letter or at [www.universalgiftcard.com.au](https://www.universalgiftcard.com.au). This offer can be altered or withdrawn at any time by Australian Unity without notice.

2. Minimum premiums-If you are eligible for more than one discount, Allianz applies them in a predetermined order. This means any subsequent discount will be applied to the reduced premium amount after applying any prior discounts and the effect of the subsequent discount will be reduced. For example, the aggregate effect of applying two 10% discounts consecutively means that you will not see the full benefit of both these discounts. Discounts do not apply to taxes or government charges. Discounts do not apply to optional covers for Domestic Workers Compensation / Landlord Workers Compensation and may not apply to other optional covers (if available and selected). Any discounts/entitlements may be subject to rounding and may only apply to the extent that any minimum premium is not reached.

3. Home- When you buy a new home insurance policy online a discount of up to 10% is applied to your first year's premium including for the following optional covers (if selected); Accidental damage, Flood, Motor Burnout/Fusion and Portable Contents/ Personal Effects. This discount is not applied on renewal

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