

SABRESNAPSHOT



DECEMBER 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've just completed our tryouts for the 2021 VJBL season. It's always a challenging time of year for our players and families, with the added obstacle this year of conducting tryouts after a long period of inactivity due to the pandemic. This has made our selections even more challenging than normal.

We want to thank all of the coaches who were on court with us and the helpers who took attendance at the front desk.

When we return in January, we are back into it straight away with grading commencing on the 22nd of January – so make sure there is time in your holiday to get some shots up at a local park or in your backyard.

In the meantime, have a safe and happy Christmas Break and we will see everyone in 2021!

Nathan and Simon

www.southernbasketball.com.au



BEEBALL & SABRE CUBS

We have been overwhelmed with the response to the re-launch of our Sabre Cubs and Beeball programs. These programs help to underpin our domestic competitions and our Sabres program.

It's been great to see our SBA players and young coaches going through their paces as we continue to build the base of our association.



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

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australianunity.com.au

MEET AN SBA BOARD MEMBER

Natalie Hughes

SBA Board Member & Treasurer

Natalie is a Bayside local with two teenage sons (Brayden and Kai) who've played in the SBA domestic competition over the past 7 years. Natalie has executive and board experience in the corporate and not-for-profit sectors, and adds great value as a marketing, strategy and finance specialist.

Living beachside, Natalie loves to get outside early to enjoy the water views and beautiful bayside coastal walks and lifestyle with her dog Samson.

Community sport has been a significant part of Natalie's life, as a participant, spectator and committee member. She's an MCC member and loves the wide range of sports, entertainment, and events that Melbourne has to offer. Natalie is a graduate of the Australian Institute of Company Directors and a qualified Chartered Accountant. Following her recent election to the SBA board at the November AGM, Natalie also took up an office bearer role as Treasurer.



PLAYER INTERVIEW

William Meehan (2020 U12.4)

What have you been doing during the shutdown?
Practicing my shooting & layups on my new basketball court

How many times a week are you training at home?
Every night I shoot hoops.

Favorite Basketball Shoes?
LeBrons

Favorite NBA Team?
LA Lakers

Favorite TV Show?
Simpsons

What year are you in at School?
Grade 5

Any ideas what you want to do once you leave school?
Be a professional basketball player

Give us your favorite joke!

What did the basketball do for a second job?
It worked as a bouncer

Favorite thing about playing for the Sabres?
I love playing and making new friends who love Basketball too

Favorite food?
Steak and Chips

Favorite NBA player?
LeBron James

Favorite AFL team?
Geelong Cats

Why did you choose basketball?
I love to play sport

What age were you when you starting playing basketball?
5 years old



JOKE OF THE MONTH

Why did the basketball players sit on the sideline and sketch pictures of chickens?

They were learning how to draw fouls.



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



aproteins.com.au



icon-sports.com.au

COACH INTERVIEW

Tim Barber (2020 U12.5 Girls)

Why did you start coaching?

Love of basketball from my time as a player. Enjoy the strategy and tactics of the game so coaching was a logical progression. I get a kick out of developing the next generation of young players and teaching them to compete.

What's your greatest coaching moment?

There have been many ... Winning the Southern Cross Challenge in 2020 while going undefeated was good. I also enjoy the daily grind of training and getting better.

Who is your biggest Coaching Influence?

Brendan Joyce.

Favorite basketball Podcast?

I don't listen to podcasts that much, I prefer to watch games.

Favorite movie?

Groundhog Day

Favorite food?

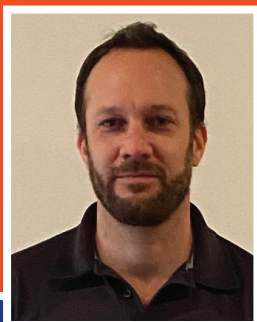
Indian

Favorite NBA coach/team?

Chuck Daly / Detroit Pistons

Favorite AFL team?

Collingwood



sportsphysio.com.au

MEET AN SBA BOARD MEMBER

Kathrine Fordham-Kings

SBA Board Member

Kathrine has recently moved to Melbourne from sunny Queensland and is really keen to get involved in the Bayside Community. Kathrine is a finance and corporate lawyer by day and has completed the Australian Institute of Company Directors course.



In her spare time, Katherine enjoys renovating their house and chilling at the beach with her husband (Gavin) and dog (Gary). Kathrine grew up playing basketball and played for the Southern District Basketball Association (Spartans) in Brisbane for many years and is a big believer in the social and mental benefits of playing team sports. Kathrine is enjoying her time on the SBA Board and being able to contribute to the great culture and community spirit of the SBA.

Happy Holidays!



The stadium will re-open on Monday 11th January 2021 for the SBA School Holiday camps



melbourneorthodonticgroup.com.au

COACH INTERVIEW

Andy Lim (2020 U16.1 boys)

How long have you been coaching in the Sabres program?

This year will be my second season involved in juniors and seniors basketball and am loving it!

Why did you start coaching?

I transitioned fairly quickly from playing to coaching – I wasn't overly athletic and always loved the tactical side of hoops / helping others get to the best versions of themselves.

What are your greatest coaching moments?

Winning VC was pretty special – especially as the group had never previously made VC/VC Res. Making my first Vic Metro staff. Coaching at a Youth League Level. Hopefully more moments to come!

Who is your biggest Coaching Influence?

Simon Giovannoni, Anthony Dimis and Brad Stevens

Favorite basketball Podcast?

Old Man and the 3 – Easy to listen to, entertaining and very insightful stuff.

Favorite food?

Lasagna ... and it's not even close.

Favorite NBA coach/team?

NBA - Boston Celtics. NCAA - Richmond Spiders. EURO - Zalgiris, Sarunas Jasikevicius years

Favorite AFL team?

The Bombers



PLAYER INTERVIEW

Melinna Kapetanas (2020 U14.1 Girls)

What have you been doing during the shutdown?

Basketball zoom sessions and watching Netflix

How many times a week are you training at home?

Up to six times a week, during lockdown

Favorite Basketball Shoes?

Air Jordan 1

Favorite NBA Team?

Milwaukee Bucks

Favorite TV Show?

The Vampire Diaries

What year are you in at School?

Year 7



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

I would like to have a career in basketball. When my body can't play anymore, I would like to be a forensic scientist

Give us your favorite joke!

I told my wife she was drawing her eyebrows too high, she looked surprised!!

Favorite thing about playing for the Sabres?

Being able to make great friendships and just playing basketball

Favorite food?

Fruit

Favorite NBA player?

Giannis Antetokounmpo

Favorite AFL team?

North Melbourne

Why did you choose basketball?

I played at school and really enjoyed it, so I decided to join a team

What age were you when you starting playing basketball?

8-year-old



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January 2021 TIMETABLE*

SOUTHERN BASKETBALL CENTRE

11th - 15th January

	9.00am - 3.00pm	3.15pm - 6.15pm
Monday 11th	Supercamp	Casual shooting
Tuesday 12th	Girls Only Day	Casual shooting
Wednesday 13th	Supercamp	Casual shooting
Thursday 14th	Supercamp	Casual shooting
Friday 15th	Supercamp	Casual shooting

Friday 15th January – PRACTICE MATCHES v Casey (Boys at Casey, Girls at Home)

6.40pm - 7.40pm	7.40pm - 8.40pm	8.40pm - 9.40pm	9.40pm - 10.40pm
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Sunday 17th January – PRACTICE MATCHES v Nunawading (Girls at Nunawading, Boys at Home)

8.00am - 9.00am	9.00am - 10.00am	10.00am - 11.00am	11.00am - 12.00pm
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18th - 22nd January

	9.00am - 3.00pm	3.15pm - 6.15pm
Monday 18th	Supercamp	Casual shooting
Tuesday 19th	Supercamp	Casual shooting
Wednesday 20th	Girl's Only Day	Casual shooting
Thursday 21st	Supercamp	Casual shooting
Friday 22nd	Supercamp	Casual shooting

Stadium CLOSED Saturday 23rd - Tuesday 26th January for Australia Day long weekend

Wednesday 27th	Domestic season starts – Autumn 2021 (See Change Of Season Flyer)
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Casual shooting

- \$5 per session
- Players will be allocated to a court
- 3 hour timeslots
- Numbers will be limited

Girls Only Day

- \$70 per day
- 9.00am - 3.00pm
- Girls only
- 5-13 years
- Bring lunch and snacks and a water bottle
- [Register here](#)

Supercamp

- \$70 1 day
- \$135 2 days
- \$195 3 days
- \$250 4 days
- \$295 5 days
- \$335 6 days
- \$370 7 days
- \$400 8 days
- 9.00am - 3.00pm
- Boys and girls
- 5-13 years
- Bring lunch, snacks and a water bottle
- [Register here](#)

*Proposed Timetable pending further Government announcements regarding the return of indoor contact sports

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
Semi Finals	Queen's Birthday	15/06/2021 SF	16/06/2021 SF	17/06/2021 SF
Grand Finals	21/6/2021 GF	22/6/2021 GF	23/6/2021 GF	24/6/2021 GF
No. of Rounds	17	19	20	20

Want to be featured in our online business directory?

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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

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