

SABRESNAPSHOT



APRIL 2021

Welcome to the April Edition of the Sabres Snapshot. Basketball has been in full swing over the first school term. VJBL grading has been finalised and teams are underway for their season. Senior basketball was welcomed back as our VYC teams played their first few rounds. And the NBL1 teams got underway last Saturday night against the Melbourne Tigers.

TERM 2

Its full steam ahead for Term 2, all our programs are up and going and we look forward to seeing you all throughout the next month.

And of course, The Cage has been announced, a full training court dedicated to helping all the athletes that SBA represents.

Its an exciting time at Sabreland.

Kind Regards
SBA Management

Term 2 PROGRAMS



TUESDAY, WEDNESDAY, FRIDAY @ Southern Basketball Centre
SATURDAY @ Mentone Girls Secondary College

HEAD COACHES NOTE

With all of our programs and competitions back in full swing after the COVID lay off, the SBA now feels like everything is 'back to normal' as we move into Autumn and Winter.

VJBL grading is now for the most part complete and we can turn our attention to the 2021 VJBL regular season.

The onset of Autumn also sees the commencement of our VYC and NBL1 seasons. Our VYC teams are tracking well and our NBL1 teams have had some positive results in their pre-season practice matches. Our first NBL1 home games are coming up on Saturday April 24th against Mount Gambier. Make sure you get along to watch some of our talented senior men and women in action.

This month we say farewell to Isabelle Shea who is moving interstate. Isabelle is a long-time Sabres junior player who continued her career with the VYC Sabres women (playing an integral part of back to back VYC championships) before coaching and assistant coaching in the junior Girls program. We wish her all the very best with her move to Sydney.

Simon and Nathan



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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

COACH INTERVIEW

Jacqui O'Neill (NBL1W)

How long have you been coaching in the Sabres program?

I started at the end of 2018, so 3 years.

Why did you start coaching?

I started coaching at 15 years of age as an under 12 team needed an assistant coach. I had only had one female coach at this stage and I wanted to be a role model for the young girls.

What's your greatest coaching moment?

Tough question! Coaching in my first Classic grand final, coaching at the under 14 Club Championships and the under 16 Nationals all come to mind. But my greatest coaching moments have been when players achieve something that they never thought they could.

Who is your biggest coaching influence?

My parents, especially my Dad. My dad assisted me for many years as I was too young to coach a team by myself and he would drive me to games. Dad helped me to learn from the beginning.

Favourite basketball podcast?

Talking Split

Favourite movie?

Harry Potter and the chamber of secrets

Favourite food?

Thai green chicken curry

Favourite NBA coach/team?

Sandy Brondello at Phoenix Mercury

Favourite AFL team?

Whoever is winning at the time.



ATHLETE INTERVIEW

Kuany Kuany (NBL1M)

Before a game I always ...

Relax and listen to music

What domestic team did you play for?

Longhorns Basketball

Favourite food:

Lamb chops

Favourite NBA/WNBA team:

Orlando Magic

Favourite movie:

The Blind Side

Favourite TV show:

Money Heist

Favourite AFL/AFLW team:

St Kilda Saints

Teammate most likely to get yelled at by coach:

The whole team

Coaches favourite player:

The whole team



SSP VIDEO LINKS

Sandringham Sports Physio has some awesome videos that will help all Sabres members with their injury prevention, cool down and foam roller activation.

Sabres – Stretch Cool Down Drills

<https://youtu.be/hD3A6jkmhzl>

Sabres – Injury Prevention and Recovery

https://youtu.be/Yc_qRaEpo2U

Sabres – Muscle Activation Foam

Rollers Bands and Spiky Balls

<https://youtu.be/hIJEnZMSAnc>



aproteins.com.au



melbourneorthodonticgroup.com.au

COACH INTERVIEW

Nathan Cooper Brown (NBL1M)

How long have you been coaching in the Sabres program?

This is my second stint coaching with the Sabres, I started my coaching career in 2002 coaching the U14 First Team, which was wonderful (especially coaching a young passionate James McKinnon). Now I return for my second season with the NBL1 men.



Why did you start coaching?

I loved helping young people. It was something I enjoyed as a school teacher, and it had a natural evolution into basketball coaching where I value helping athletes achieve their dreams above all else.

What's your greatest coaching moment?

Transformationally, its being invited to one of my former staff members wedding, helping Kingsley Box secure a D1 scholarship, and helping Sam Short sign as a development player in the NBL.

Transactionally, some brief time spent with Kuany and the Cairns Taipans, plus, the two tournaments I was on staff as an Assistant Coach with the Australian U17 Men, where we won the U16 Asia Cup, and came 6th at the U17 World Cup in Argentina.

Who is your biggest coaching influence?

Lori Chizik and Justin Schueller.

Lori has been a wonderful mentor and close friend for over 10 years, we first met with the Victoria Titans, then reconnected years later, she has been such an incredible influence on my coaching through her care and experience, and has been a wonderful friend to my whole family.

Justin and I met when I was coaching camps for Vic Metro many moons ago, we sparked up a friendship, then that blossomed into a joyful and fruitful working partnership through Country Victoria (where he was the HPC), then through hard work and trust, he rewarded me with a spot on his Australian staff. It's been such a privilege learning from and working with him for all these years.



Favourite basketball podcast?

At the moment it's 'Slappin Glass', but I'd be remised if I didn't mention the outstanding work Rob Coulter does with 'Talking Split'. 'The basketball podcast with Chris Oliver' has also churned out some fantastic content for coaches at any level.

Favourite movie?

Way too hard to limit it to just one haha 'Lock stock and two smoking barrels', 'Moneyball', 'White men can't jump' and 'Dazed and confused' are always in the rotation. And my guilty pleasure movie is 'Notting Hill' haha.

Favourite food?

This is for when I'm treating myself away from a good balanced diet ... prawns, parma and chips.

Favourite NBA coach/team?

Steve Kerr and the Golden State Warriors. I played college ball in the Bay Area, so I experienced the hard times with the Dubs before the good.

Favourite AFL team?

Mighty St Kilda Saints

ATHLETE INTERVIEW

Amy O'Neill (NBL1W)

Before a game I always ...

Have a coffee

What domestic team did you play for?

Apollo Rockets – Diamond Valley Basketball Club

Favourite food:

Sourdough toast with lots of butter

Favourite NBA/WNBA team:

Brooklyn Nets

Favourite movie:

Crazy Stupid Love

Favourite TV show:

Gossip Girl

Favourite AFL/AFLW team:

Collingwood Magpies

Teammate most likely to get yelled at by coach:

Me :)



PRINCIPAL PARTNER

SBA are pleased to announce FAMASO as the team sponsor for our Youth League Women's program.

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FAMASO (Facility Maintenance Solutions) is a proudly 100% Australian owned and operated Facility Solutions company. FAMASO is a multi faceted company providing maintenance, painting and specialised cleaning services for clients across Victoria, New South Wales and Queensland. Starting in 2013 in a residential garage, they are now a thriving enterprise with continual growth over the last 8 years.

"FAMASO are delighted to partner with the Sabres and be announced as the team sponsor for the Youth League Women. Our company is locally owned, and we are so impressed with the community spirit at the Sabres. We look forward to watching the girls and club continue to grow, as well as working with all stake holders in striving for success for all involved in the club. We are big supporters of women's sports, and are excited to be a part of the team's journey."

– Mikhil Kotak, FAMASO CEO

"We are really excited to have FAMASO as a part of the SBA Family. SBA and FAMASO have similar values and saw it as a great opportunity. Working and helping out not only in community sport, but importantly womens/girls pathways provides a great opportunity for both parties. We thank them for their support of our Youth Women and also look forward to working with them to help them grow."

– Craig Weir, SBA CEO

For more information on FAMASO, please head to www.FAMASO.com.au

Contact james@sabres.com.au for any sponsorship inquiries.

CPR COURSE

COACHES/TEAM MANAGERS

In March, all Sabres coaches and team managers undertook their CPR and First Aid course to help ensure our Sabres junior athletes have the best help if anything happens during practice and games.

This is a great opportunity to help upskill our coaches and team managers and ensure we have the best practices for health and safety within our program.



JOKE OF THE MONTH

How do basketball players stay cool during a game?

They stand near the fans

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



sportsphysio.com.au

HOME GAME SCHEDULE



NBL1 SOUTH HOME SCHEDULE

Date	Opponent	Women/Men Time
24 April	Mt Gambier	5pm/7pm
2 May	Launc./NW Tassie	12.30pm/2.30pm
8 May	Diamond Valley	5pm/7pm
23 May	Hobart	12.30pm/2.30pm
29 May	Waverley	5pm/7pm
27 June	Albury/Wodonga	12.30pm/2.30pm
17 July	Dandenong	5pm/7pm
24 July	Frankston	6pm/8pm
31 July	Melbourne	5pm/7pm
7 August	Ringwood	5pm/7pm
14 August	Bendigo	5pm/7pm



BIG V YOUTH CHAMPIONSHIP HOME SCHEDULE

VYC WOMEN

Date	Opponent	Time
14 March	Dandenong	1pm
20 March	Ballarat	5pm
27 March	Bendigo	5pm
11 April	Hume	1pm
18 April	Diamond Valley	1pm
25 April	Melbourne	1pm
1 May	Waverley	5pm
16 May	Ringwood	1pm
30 May	Altona	1pm
3 July	Sunbury	5pm
10 July	Nunawading	5pm

VYC MEN

Date	Opponent	Time
14 March	Blackburn	3pm
20 March	Ballarat	7pm
27 March	Waverley	7pm
11 April	Hawthorn	3pm
18 April	Diamond Valley	3pm
25 April	Melbourne	3pm
1 May	Bulleen	7pm
16 May	Keilor	3pm
30 May	Dandenong	3pm
3 July	Eltham	7pm
10 July	Kilsyth	7pm

SCHOOL HOLIDAYS ROUND UP

The April school holidays were a huge success! It was so great to be running our popular holiday program again in full. Over the two weeks we had over 550 individuals participate across the two Girls Only Days, the NBL1 Supercamp and the six days of Supercamps.

I'd like to thank all the participants and the coaches who helped with facilitating the camps.

We're all looking forward to doing them again in the June school holidays.



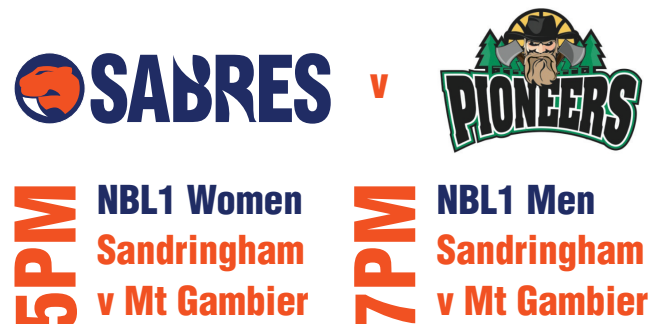
SABRES FOR LIFE



The first NBL1 Home game against Mt Gambier Pioneers will feature a presentation to all our **Sabres for Life** members.

We would like to recognise the outstanding loyalty and work by all the former juniors who have completed 7+ years of service to the Sandringham Sabres.

We invite all the recipients to come down for a jumper presentation on April 24th, 2021.



PLAYER SPONSORSHIP

COME ON BOARD WITH SABRES!



NBL1 South Players \$500 (+GST)

- Game day recognition
- 4 x tickets to all home games
- Advertising in SBA annual year book
- Framed player photo
- Logo on player page in game day booklet

Plus more!



BV VYC Players \$250 (+GST)

- Game day recognition
- 4 x tickets to all home games
- Advertising in SBA annual year book
- Framed player photo
- Logo on player page in game day booklet

Plus more!



For further information contact: James McKinnon
james@southernbasketball.com.au

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ALL LEVELS WELCOME



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Opportunity to join a team for the
2021 Spring season starting in Term 3.



Term 2 program (8 weeks) – Commencing Thursday April 22nd

For further information call 9583 4481 or
email crm@southernbasketball.com.au

www.southernbasketball.com.au

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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

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