

# SABRESNAPSHOT



MAY 2021

*Welcome to the May Edition of the Sabres Snapshot. Everything is in full swing at the Sabredome, VJBL is nearly through to week 6, VYC teams are half-way through their season and NBL1 are up to Round 6! It's been a busy first few weeks back to start Term 2 and we have some very exciting news to announce in the coming weeks! Stay tuned!*

## HEAD COACHES NOTE

We've been seeing some really great results from all of our teams over the first month of the new VJBL season. As we head towards the middle of the season and local football leagues resume, we have changed our training times to make sure that we are getting in some good fundamental work on a Sunday morning. It is great to see everyone working hard together. We have also seen the first round of our player evaluations released in recent weeks. These are an important part of the feedback loop between Sabres coaches, players and parents. This will continue to be an important part of the Sabres program moving forward. The NBL1 and VYC seasons are also in full swing. Our VYCM are doing a great job of sitting at the top of their grade, whilst the VYCW are doing a great job of developing and playing some great basketball in their season.

The NBL1 teams have had some mixed results. However, the development of former junior Sabres players has been a spotlight for the entirety of the season so far.

We are both excited with how well all of our athletes and coaches are performing and we are looking to help continue their development as the season progresses. Simon and Nathan.

## ATHLETE INTERVIEW

### Mia Von Gleichenstein

(U12.4 girls)

Before a game I always ...  
*Stretch*

What domestic team did you play for?  
*Mentone Mustangs Spirit*

Favourite food:  
*Sushi*

Favourite NBA/WNBA team:  
*San Antonio Spur and Seattle Storm*

Favourite WNBL Team:  
*Canberra Capitals and Melbourne Boomers*

Favourite movie:  
*Soul Surfer*

Favourite TV show:  
*Amazing Race*

Favourite AFL/AFLW team:  
*St Kilda*

Teammate most likely to get yelled at by coach:  
*Probably me!*



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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](mailto:admin@southernbasketball.com.au)*

## COACH INTERVIEW

**Erik Wickstrom** (U14.1 Girls)

How long have you been coaching in the Sabres program?

4 Years

Why did you start coaching?

*Have played basketball for a very long time and felt I could help out by coaching my daughters team when she started playing.*

What's your greatest coaching moment?

*Winning the Semi Finals of the u/14 National Club Championships and beating a Melbourne Tigers team which we had lost to 7 straight times.*

Who is your biggest Coaching Influence?

*It's a mixture between my junior coaches, some senior coaches and friends. My junior's coach Kevin Bartholomuesz would have been the biggest influence.*

Favourite basketball Podcast?

*Don't have one*

Favourite movie?

*The Natural*

Favourite food?

*Lasagna*

Favourite NBA coach/team?

*Philadelphia 76 was Brett Brown now Doc Rivers.*

Favourite AFL team?

*Kangaroos*



## ATHLETE INTERVIEW

**Henry Gibbs** (U12.1 Boys)

Before a game I always ...

*Shoot some warm up shots, stretch, and drink lots of water.*

What domestic team do you play for?

*Beaumaris Sharks*

Favourite food:

*Steak or Pizza*

Favourite NBA/WNBA team:

*Milwaukee Bucks*

Favourite movie:

*Uncle Drew*

Favourite TV show:

*Last Dance*

Favourite AFL/AFLW team:

*Carlton*

Teammate most likely to

get yelled at by coach:

*Anyone really. Depends who doesn't make good decisions or plays good defence*



## JOKE OF THE MONTH

*Why can't you play a fair game of basketball in the jungle?*

*Because there's too many cheetahs!*



Send your joke to:

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## PRINCIPAL PARTNER






The goal of performance nutrition is to start your activity well fuelled and hydrated. Carbohydrates, protein and fat are what we call our macro-nutrients and should be consumed every day. Combine this with being well hydrated in the lead up to an event and you're on the right track.

We need carbohydrates in the largest amounts to provide us with energy. Have these around your activity to provide fuel and replenish fuel stores.

Protein is what helps our muscles repair and recover between sessions. Include after exercising and distribute evenly across the day to continue to promote recovery.

Healthy, unsaturated fats should be included each day however are needed in smaller amounts and should be avoided close to training or competition. Similarly, fibre should be reduced closer to training or competition to avoid any unwanted gut symptoms.

The table below shows an example of foods and fluids you might consider eating before, during and after training or competition to perform and recover optimally. Always practice new fuelling strategies prior to the day of competition. For individualised advice, seek guidance from a Sports Dietitian like Georgia Walker at Sandringham Sports Physio.

When	3-4 hours prior	1-2 hours prior	During	Post game (within 30mins)	1-2 hours after
<b>What</b>	Well balanced meal	Carbohydrate snack	Carbohydrate snack – easily digested	Protein snack	Well balanced meal
<b>Why</b>	Fuel to fill up with enough time to digest the meal before a game.	Topping up energy stores before the game.	Further top up as energy stores deplete during prolonged high intensity exercise.	Repair and rebuild muscles. The start of recovery.	Refuel to help body to recovery and replenish stores.
<b>Example</b>					

Georgia Walker  
Clinical and Sports Dietitian  
Sandringham Sports Physio

## OUR SABRES SONG

*Oh, we're from Sabre land,  
A fighting fury, we're from Sabre land,  
In any weather you will see us with a grin,  
Risking head and shin,  
If we're behind then never mind,  
We'll fight and fight and win.*

*For we're from Sabre land,  
We'll never weaken 'til the final siren's gone.  
Like the Sabres of old,  
We're strong and we're bold.  
For we're from Sabre (orange and blue),  
For we're from Sabre land!*



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## COACH INTERVIEW

**Greg Cornell** (U12.5 boys)

How long have you been coaching in the Sabres program?

Two years

Why did you start coaching?

To stay involved in sport after getting injured. There was an ad for a domestic team needing a coach and I signed up!

What's your greatest coaching moment?

Coaching eight players in a domestic team and they all returned for the next season.

Who is your biggest coaching influence?

Ben Ovenden

Favourite basketball podcast?

The Coaches Club Podcast

Favourite movie?

Coach Carter

Favourite food?

Sushi

Favourite NBA coach/team?

Golden State and Nick Nurse

Favourite AFL team?

Essendon



## PLAY4BCNA ROUND

On Saturday May 8th, Sandringham and the NBL1 hosted the Play4BCNA round.

BCNA CEO, Kirsten Pilatti, said she was inspired by the dedication and spirit shown by sporting groups to show support for the thousands of families affected by breast cancer across Australia.

"The response from sporting groups and their communities across the country has been truly incredible. On behalf of the team at BCNA and all the members we support, we would like to thank the efforts and inspiration provided by NBL1."

NBL1 Chief Commercial Officer Brad Joyner said: "It's an honour to be able to partner with BCNA to celebrate NBL1's Play4BCNA Round. Breast cancer affects so many of us and every NBL1 conference looks forward to doing what we can to help raise awareness and much needed funds."

The Sabres played against a resilient Diamond Valley team in both contests. The women had a great 22-point victory, whilst the men fought hard but lost by 12 points.

It was a fantastic to see the NBL1 get behind such a worthy cause with a sea of pink at each game.



Coach Nathan Cooper Brown in action last weekend

## HOME GAME SCHEDULE



### NBL1 SOUTH REMAINING HOME GAMES

Date	Opponent	Women/Men Time
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



Katie Jewell



### BIG V YOUTH CHAMPIONSHIP REMAINING HOME GAMES

#### VYC WOMEN

Date	Opponent	Time
16 May	Ringwood	1pm
30 May	Altona	1pm
3 July	Sunbury	5pm
10 July	Nunawading	5pm

#### VYC MEN

Date	Opponent	Time
16 May	Keilor	3pm
30 May	Dandenong	3pm
3 July	Eltham	7pm
10 July	Kilsyth	7pm



Ryan Heath

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- 4 x tickets to all home games
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- Framed player photo
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*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](mailto:james@southernbasketball.com.au)

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## IT'S FREE AND EASY

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

Please direct any enquiries to:  
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