

# SABRESNAPSHOT



JULY 2021

*We are back in action this month with all our teams back on court gearing up for the second half of their seasons. We recently revealed THE CAGE – a one stop shop to get better as a player or even as a coach. We have had some great initial success and looking forward to continuing this throughout the rest of the year. The next big project at Sandringham is the start of our new courts which we are hopeful will happen in the next 6-8 weeks. This has been another huge project by all and we are excited to see the courts get built very shortly.*

## HEAD COACHES NOTE

We are about to get onto the final stretch of VJBL games for the 2021 season. Fingers crossed we don't have to endure any more interruptions for the rest of the season. Our VYC teams are both in playoff contention and our NBL1 teams are in the middle for the season. All four teams have home games coming up and would love to see you come along to support them. Stay tuned to our social media channels for game times and dates. Finally, July saw us launch The Cage, our new training court. The court is available to all Sabres players and is really affordable – make sure you get onto the SBA website to book your time!



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## ATHLETE INTERVIEW

**Lucy Burke** (NBL1/VYCW)

Before a game I always ... *Listen to music and make sure I'm ready to go early*

What domestic team do you play for?

*I don't play for a domestic team but I do play VFLW for St Kilda*

Favourite food: *Lasagna*

Favourite NBA team: *Golden State Warriors*

Favourite WNBL team: *I don't have a favourite team I just love watching the league and watching a number of different players play.*

Favourite movie: *Coach Carter*

Favourite TV show: *All American*

Favourite AFL/AFLW team:

*AFL Carlton and AFLW St Kilda*

Teammate most likely to get yelled at by coach:

*Mainly we get yelled at as a team so everyone can learn, especially when we don't box out.*



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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

### Bruce Allen (U18.3 Girls)

How long have you been coaching in the Sabres program?

*This is my third year in the Sabres program after coaching domestic for over ten years.*

Why did you start coaching?

*I've always loved basketball and I've played as long as I can remember. After having four kids who all love playing the game I really had no choice.*

What's your greatest coaching moment?

*There have been plenty, with the most rewarding around seeing players develop. It would probably have to be the feeling I had when watching an U14 A-grade domestic grand final a few years back – and seeing seven of the players across both teams had come from a bottom age U12 D-grade side I'd developed over a few seasons.*

Who is your biggest coaching influence?

*My high school basketball coach aptly nicknamed 'Angry Dave'. He taught me the hard way that there are much better ways to inspire and get the best out of someone.*

Favourite basketball podcast?

*DUNC'D ON with Nate Duncan*

Favourite movie? *I can't split ...*

*'Without Limits', 'Rudy' and 'Chasing Mavericks'.*

Favourite food? *Rack of Lamb*

Favourite NBA coach/team? *Celtics and clearly Red Auerbach coaching 9 of the championships!*

Favourite AFL team?

*Brisbane Lions (I'm an old Fitzroy tragic)*



## ATHLETE INTERVIEW

### Josh Blaikie (U14.1 Boys)

Before a game I always ...

*Eat a meal, shoot hoops then stretch and roll*

What domestic team do you play for?

*Bullits Galaxy U14.A*

Favourite food: *Pad Satay Chicken from One Thai in Sandringham*

Favourite NBA Team: *LA Lakers*

Favourite NBL team: *Melbourne United*

Favourite movie: *Space Jam*

Favourite TV show:

*The Last Dance, any shows about basketball and Anh Do's Brush with Fame*

Favourite AFL team:

*Essendon*

Teammate most likely

to get yelled at by coach:  
*Whoever doesn't box out!*



## JOKE OF THE MONTH

*Why do basketball players love cookies?*

*Because they love to dunk them!*



Send your joke to:

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



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## COACH INTERVIEW

### Russell Robertson (U12.2 Boys)

How long have you been coaching in the Sabres program?

*This is my first year of rep coaching but I've coached my boy Tex for 4 years straight in the domestic program.*

Why did you start coaching? *I don't really like coaching open age, I genuinely adore coaching juniors. I had such amazing junior coaches growing up that influenced me so positively in both my pro sporting career and my life in general – that I wanted to give that back.*

What's your greatest coaching moment? *Coaching my son's back-to-back under 10s domestic premierships.*

Who is your biggest coaching Influence? *Four people: First and foremost, my father. He was always there in the early days to guide and teach me great work ethic and different training techniques. Secondly, my junior footy coach Chris Fielding was the first guy outside my dad that made me believe I had ability. He was unique, he could deliver all his messages in such a positive manner and never raised his voice. Thirdly, Chris Fagan, my State coach. He is like my second father and probably the biggest reason I got drafted. He is and will always be my mentor. Lastly, Neale Daniher, my coach at Melbourne (AFL) for 10 years, I don't really need to tell you why he was so great.*

Favourite NBA coach/team? *I can't go past the greatest coach of all time Phil Jackson and my fav team was the Seattle SuperSonics. Now I'm a big Mavs fan. Also ... GO UNITE!. My favourite Aussie is Joe Ingles followed by Chris Goulding.*

Favourite movie? *Antoine Fisher*

Favourite food? *Schnitzel*

Favourite AFL team? *Obviously Melbourne*



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Foam rollers, spikey balls and massage sticks can all be used effectively to prepare your bodies for sport and help reduce the risk of injury.

Click the link below to view a routine devised for basketballers. These exercises can be performed before training or games.

Muscle Activation Foam Rollers Bands and Spiky Balls <https://youtu.be/hIJEnZMSAnc>

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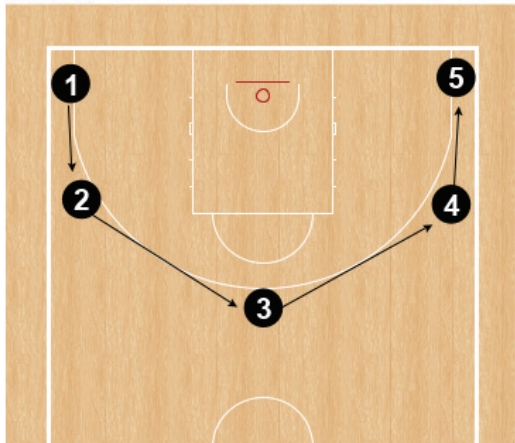
## DRILL OF THE MONTH

### BOOMER DRILL

If you are at home working out, or at the park, this is a good drill to test your shooting. Do it at the end of the workout when you are fatigued. You can also do this at The Cage – It is a great test for you if you fancy yourself as a great shooter. Record your score and try to beat it next time. This is hard!

- 2 minutes on the clock (use an iPhone if you are outside).
- 5 spots around the key – shoot at your range.
- You need to make two in a row to move to the next spot.
- Work your way from one corner to the other.
- Once you hit the other corner (5th spot) you need to make two lots of two in a row (four total) to come back to spot #1.
- If you can do that inside 2 minutes, pick your favourite spot on the floor and shoot for however long you have until 2 minutes is up.
- Australian Boomer and SEM Phoenix player Ryan Broekhoff can make 8 at the top of the key.
- Maddie Garrick can make 7 at the top of the key.

Boomer Drill



## COLLEGE REFLECTION

### Kingsley Box (ex-Sabre)

**Where do you go to College?**

*I attend Southern Utah University (SUU)*

**What are you studying?**

*I am majoring in accounting with a minor in business management.*

**What is a typical day look like for a student athlete?**

*A typical pre-season day for myself involves classes from 8am-12pm, practice from 12pm-3pm and weights from 3pm-4pm. Throughout pre-season we usually have two team meetings a week which are held after weights. Also, we sometimes have community service throughout the week or on the weekend. This is usually something that connects us to the schools or younger kids in town.*

**What is SUU like?**

*SUU is pretty low key. It is in a relatively small town called Cedar City. I think the environment suits me because it allows me to focus on basketball and study without external distractions.*

**Favorite part of the SUU experience?**

*My favourite part of SUU is having access to elite facilities and personnel which help with my development.*

**What made you decide to want to go to college?**

*I decided to go to college because I want to play pro basketball and felt as though this is the next step in my basketball journey to get me there.*

**Words of wisdom for aspiring college players?**

*For aspiring college players, I would say have lots of film (both highlights and full games) and get in contact with coaches early. The recruiting process is brutal but if you can give coaches everything, they ask for on the spot then they are more inclined to remain interested in you. Also, it is cliché ... but just work hard! I am a big believer that hard work always prevails and that an opportunity will eventually present itself.*



## THE CAGE



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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](#).

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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:

Sophie [admin@southernbasketball.com.au](mailto:admin@southernbasketball.com.au)

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