

SABRESNAPSHOT



MAY 2022

HEAD COACHES NOTE

Welcome to our May edition of Sabres Snapshot!

As we approach the half way point of the 2022 VJBL season, the cold weather has definitely set in which means injuries and illness are starting to have a serious impact on our teams. A reminder that sleep, rest and nutrition are important parts of young athlete's ability to recover. This is especially relevant coming off two years of very little activity and being smashed with multiple games and trainings of basketball, football and other sports on a weekly basis. Please take care of your bodies!

Our 12.1, 14.1 and 18.1 Sabres boys and girls teams are all on the cusp of qualifying for the National Junior Classic to be held across the Queen's Birthday Long Weekend. This prestigious tournament sees the best 8 Victorian teams in VC compete against teams invited from interstate. At the time of going to print, all 6 of those teams were in contention to qualify, pending Friday night's results.

We will also have multiple teams enter the Nunawading tournament across the Queen's Birthday Weekend also. Another great opportunity for our players to get better against good competition.

Our Sabres Rep Academy is up and running for Term 2 for our U12s and U14s. The response has been excellent – hopefully it continues throughout the rest of Term 2.

Our Sabres NBL1 teams are currently both sitting at 4 wins and 4 losses and have been playing some good basketball. Our crowds have been excellent and full of Sabres families – please make sure you continue to support our Sabres senior teams as they push towards finals later in the year!

Until next month, GO SABRES!
Simon and Nathan

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VJBL PLAYER INTERVIEW

Georgie Miller (U16.5G)

How many times a week are you training at home?

5 times a week shooting and dribbling practice

Which domestic club do you play for?

I started at Parkdale Pacers in primary school, but I have moved to Sandy Saints this year

What year are you in at school?

Year 9

What school do you attend?

Mentone Girls Secondary College

Favourite basketball shoes?

Kobe's

Favourite NBA team?

76ers

Favourite WNBL team?

Melbourne Boomers

Favorite NBA player?

Kawhi Leonard

Favorite AFL team?

Collingwood

Favourite TV show?

The Walking Dead

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

Medical - Anaesthetist

Give us your favorite joke!

What do you call a fish without eyes – a Fsh!

Favorite thing about playing for the Sabres?

Building friendships and the sense of community

Favorite food?

Sushi



NBL1 PLAYER INTERVIEW

Abbey Noblett (NBL1W)

How did you get into basketball?

My Dad used to play. My brother and I started at Aussie Hoops.

Which domestic club did you play for as a child?

Morwell Magic

Do you have a favourite basketball memory?

Going to Hawai'i to play for College and all the memories over there!

What do you love about being a Sabre?

The team! Everyone is super nice.

Favourite song?

Can't say I have one, I listen to pretty much everything.

Mum or dad's best dish?

Crumbed steak and roast potatoes

Favourite binge watch?

Gossip Girl or Breaking Bad

Who is the G.O.A.T?

Not basketball related, but I love Rafa Nadal.

Facetime or text?

FaceTime 100%

Last person you texted?

My mum

Best haircut on the team?

Dave



HALF COURT WINNERS!

At half time of the Round 1 NBL1 Men's game – **Josh Blaikie** hit a half court shot to win a Burgerlab voucher. Then in Round 4 **Melinna Kapetanas** did the same!

Well done Josh and Melinna, and thanks to Burgerlab for sponsoring this fun competition – on at half time at every NBL1 Women's and Men's home game.



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VJBL COACH INTERVIEW

Sean Blanche (U16.4G)

How long have you been coaching in the Sabres program?

3 years

Why did you start coaching?

I love watching my girls play basketball, and found myself always at the courts in attendance, and was asked if I wanted to coach, so decided to make myself more useful and sign up... then realised, I really like coaching basketball!

What's your greatest coaching moment?

There are a few: Seeing the first Rep team I coached set a team goal to grade higher than they started, and helping them reach their goal, then they went on to win the Southern Pen tournament.

Seeing the team I domestically coach win a couple of good domestic grand finals.

There was also one evening when we devised an elaborate sideline inbound play and the team pulled it off beautifully ... which had me dancing along the sidelines much to my daughter's dismay!

I have lots of great memories from coaching and it has given me great, meaningful experiences with my daughters who love the game too.

Who is your biggest coaching influence?

I try and learn from everyone everywhere. I have subscribed to a coaching email that has some occasional great tips, and I watch a bit of College basketball to understand structured systems.

Favourite basketball Podcast?

I prefer the youtube analysis than the audio options, and find myself watching post NBA analysis EVERY NIGHT! Just love it!

Favorite movie?

Lord of the rings – Fellowship

Favorite food?

Thai

Favorite NBA coach/team?

Gregg Pop and Steve Kerr have inspired me with their passionately tactical influence over a team's positionless, selfless approach to winning!

Favorite AFL team?

Hawks

Give us your favorite joke!

The Lakers in 2022!

or my old favourite ... The Pig with the wooden leg!



VJBL PLAYER INTERVIEW

Josh Blaikie (U16.2B)

How many times a week are you training at home?

7 days a week

Which domestic club do you play for?

Bullits Galaxy U16. I've played with Bullits ever since I started playing.

What year are you in at school?

Grade 8

What school do you attend?

Sandringham Secondary College

Favourite basketball shoes?

I love the KD14

Favourite NBA team?

Los Angeles Lakers

Favourite NBL team?

Melbourne United. I love going to their home games.

Favourite NBA players?

Kobe Bryant, LeBron James and Kevin Durant

Favourite AFL team?

Essendon ... Go Bombers!

Favourite TV show?

Anything NBA

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

Play basketball professionally

Give us your favourite joke!

Why do basketball teams hate away games?

Because they are always travelling.

Favourite thing about playing for the Sabres?

Friday night games, the competitiveness and the close Sabres community

Favourite food?

Thai (especially Pad Satay Chicken)



sportsphysio.com.au

VJBL COACH INTERVIEW

Kosta Tsaousis (U16.4B)

How long have you been coaching in the Sabres program?

This is my first season coaching rep

Why did you start coaching?

I've always loved the coaching side of basketball and once i stopped playing for Sabres I began coaching – I wanted to stay involved with basketball.

What's your greatest coaching moment?

Coaching Sabres

Who is your biggest coaching influence?

Phil Jackson

Favourite basketball podcast?

JJ Redick Podcast

Favourite movie?

Pulp Fiction

Favourite food?

Pizza

Favourite NBA coach/team?

LA Lakers

Favourite

AFL team?

Richmond

Give us your favourite joke!
Lakers making the playoffs!



NBL1 PLAYER INTERVIEW

Shea Ili (NBL1M)

How did you get into basketball?

My whole family loved the game, my family also had a social league team that I always wanted to play for called 'Teamworks'.

Which domestic club did you play for as a child?

I'm from NZ, but I played for Counties Manukau in Auckland from 16-23

Do you have a favourite basketball memory?

Winning the NBL championship last year was pretty special!

What do you love about being a Sabre?

The tight knit group within the organisation. Also, it feels like it's my home town team being so close to where I live.

Favourite song?

Samoan mashup by kaioz music.

Mum or dad's best dish?

Mum's Chicken Pie

Favourite binge watch?

Game of Thrones was a binge watch for me

Who is the G.O.A.T?

Lebron.

Facetime or text?

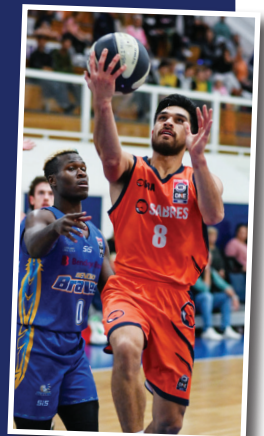
Text

Last person you texted?

Crossie, about doing this questionnaire

Best haircut on the team?

Dav Okwera aka Dsav



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JUNE/JULY SCHOOL HOLIDAYS

The June/July school holidays are fast approaching:
School Holiday camps **9.00am-3.00pm**



WEEK 1: 27 June – 1 July 2022

Southern Basketball Centre (Tulip Street)

Monday 27 June	Girls Only Day
Tuesday 28 June	Supercamp
Wednesday 29 June	Supercamp
Thursday 30 June	Supercamp
Friday 1 July	Supercamp

WEEK 2: 4 July - 8 July 2022

Southern Basketball Centre (Tulip Street)

Monday 4 July	Supercamp
Tuesday 5 July	Supercamp
Wednesday 6 July	Girls Only Day
Thursday 7 July	Supercamp
Friday 8 July	Supercamp

WEEK 1: 27 June – 1 July 2022

Mentone Girls Secondary College (Corner Balcombe Rd & Charman Rd)

Monday 27 June	Supercamp
Tuesday 28 June	Girls Only Day
Wednesday 29 June	Supercamp
Thursday 30 June	Supercamp
Friday 1 July	Supercamp

WEEK 2: 4 July - 8 July 2022

Mentone Girls Secondary College (Corner Balcombe Rd & Charman Rd)

Thursday 7 July	Supercamp
Friday 8 July	Supercamp

WEEK 1: 27 June – 1 July 2022

Mentone Grammar (Como West Parade)

Monday 27 June	Supercamp
Tuesday 28 June	Supercamp
Wednesday 29 June	Supercamp
Thursday 30 June	Girls Only Day
Friday 1 July	Supercamp

CAMPS COST

1 day	\$70
2 days	\$135
3 days	\$195
4 days	\$250
5 days	\$300
6 days	\$345
7 days	\$385
8 days	\$420
9 days	\$450
10 days	\$475

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**Casual shooting
Weekdays
3pm-4.45pm
Cost: \$3**



HOME GAME SCHEDULE



NBL1 SOUTH HOME SCHEDULE 2022

RD	DATE	TIME	WOMEN/MEN	OPPOSITION
1	23 Apr	5.00pm/7.00pm		v Frankston
2	1 May	12.30pm/2.30pm		v Ballarat
3	7 May	5.00pm/7.00pm		v Melbourne
4	14 May	5pm/7.00pm		v Bendigo
5	21 May	5pm/7.00pm		v Nunawading
9	25 June	5pm/7.00pm		v Waverley
10	2 July	5pm/7.00pm		v Geelong
11	10 July	12.30pm/2.30pm		v Mt Gambier
13	23 July	5pm/7.00pm		v Casey
14	30 July	5pm/7.00pm		v Keilor
16	13 Aug	5pm/7.00pm		v Eltham



BIG V YOUTH CHAMPIONSHIP HOME SCHEDULE 2022

VYC WOMEN

RD	DATE	TIME	OPPOSITION
3	3 Apr	12.30pm	v Ballarat
4	9 Apr	5.00pm	v Casey
4	10 Apr	12.30pm	v Nunawading
7	7 May	3.00pm	v Altona
7	8 May	12.30pm	v Waverley
8	15 May	12.30pm	v Hume
9	22 May	12.30pm	v Diamond Valley
10	28 May	5.00pm	v Dandenong
13	25 June	3.00pm	v Melbourne
14	3 July	2.30pm	v Sunbury
15	10 July	4.30pm	v Kilsyth

VYC MEN

RD	DATE	TIME	OPPOSITION
3	3 Apr	2.30pm	v Bulleen
4	9 Apr	7.00pm	v Casey
4	10 Apr	2.30pm	v Nunawading
5	23 Apr	3.00pm	v Knox
6	1 May	4.30pm	v Ringwood
7	8 May	2.30pm	v Eltham
8	15 May	2.30pm	v Waverley
9	21 May	3.00pm	v Melbourne
10	28 May	7.00pm	v Diamond Valley
11	4 June	5.00pm	v Blackburn
14	3 July	12.30pm	v Kilsyth

VYC UPCOMING HOME GAMES



Check out this weekend's home action!

We invite all Sabres to come along to Southern Basketball Centre and support our Youth League players on

SATURDAY 28TH MAY



5.00PM

VYC Women
Sandringham
v Dandenong



7.00PM

VYC Men
Sandringham
v Diamond Valley



JOKE OF THE MONTH

*Did you hear about the
wooden basketballer?*

*They 'wooden' drive
to the basket*



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

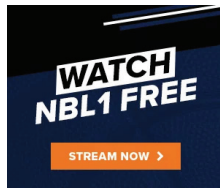


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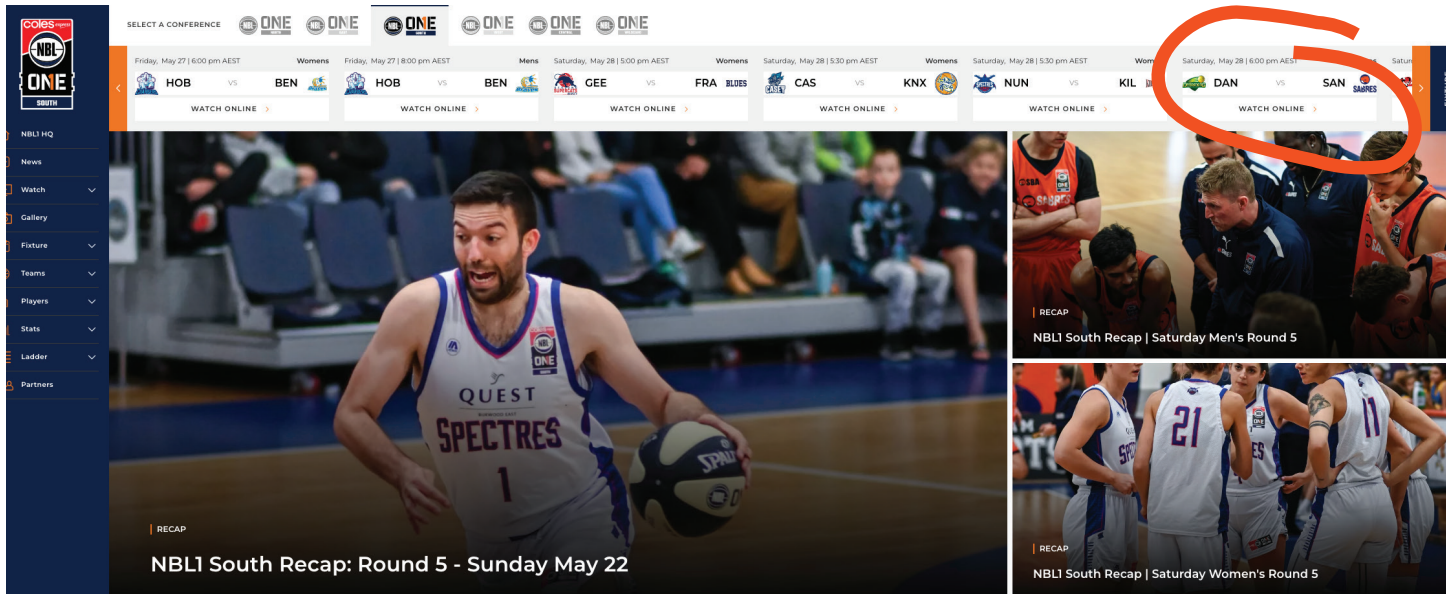


WATCH LIVE ACTION ... WHEREVER YOU ARE!

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Select the game you would like to watch

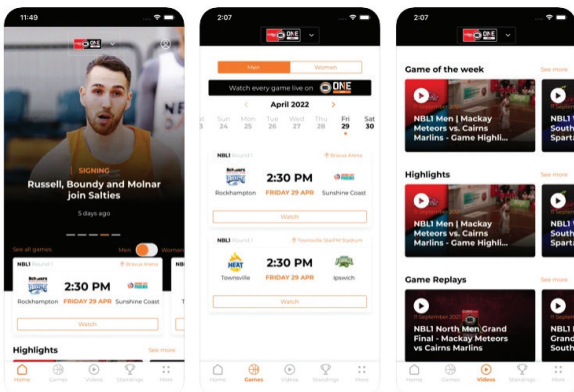


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We're proud of our people and the work they do on and off the court, and we want to reward and support you.

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)
- 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.

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