



**SOUTHERN
BASKETBALL
ASSOCIATION**

RUN WITH THE PACK



SABRES SNAPSHOT

MARCH EDITION

NBL1 HAS BEGUN

The NBL1 South season has commenced and the Sabres faithful have not been shy at packing out the stadium for our first 2 home games!

We have started the season of 0-2 for both our Men and Womens teams, but we are looking to bounce back this week as we take on a double header against Kilsyth Cobras on Friday night at Kilsyth and Casey Cavaliers at Southern Basketball Centre.

**WE CAN'T WAIT TO SEE YOU PACK
OUT THE SABRE-DOME!**



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CAPTAINS ANNOUNCED



Campbell Blogg
NBL1 Men



Funda Nakkasoglu
NBL1 Women



Kaylan Kitto
VYC Men



Abby Riggs
VYC Women

It's a humbling recognition and I'm looking forward to take on this responsibility. I hope to do my best to support and encourage my teammates, and help us achieve our goals together on the court.

- Funda Nakkasoglu NBL1 Womens Captain

It's an absolute honour to be leading this great group of guys. I can't wait to get on the floor with them and put together a great 2023 campaign.

- Campbell Blogg NBL1 Mens Captain



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SHOULDER INJURIES:

The shoulder is a very important joint in many sports such as racquet sports, swimming and ball sports. It is an extremely mobile joint and relies on good muscle control to maintain stability.

Repetitive movements such as throwing a ball, swimming or serving in tennis place considerable stress on the shoulder, and can lead to injuries through incorrect technique or biomechanics.

The shoulder is also easily injured in contact sports such as football where it can be dislocated. As with all injuries, it is imperative that shoulder problems be treated early, as the longer they are left the more difficult rehabilitation becomes.



THE MOST COMMON INJURIES THAT OCCUR AT THE SHOULDER ARE:

TENDINITIS

One of the most frequent causes of shoulder pain, **Tendinitis** can occur due to overuse or repeated use of shoulder muscles with the arm at or above shoulder level. **Tendinitis** occurs as a result of overuse or poor biomechanics.

Treatment will involve avoiding the aggravating activity, ice, and massage. If biomechanics are to blame, this must be corrected.

IMPINGEMENT

Occurs commonly in tennis players, swimmers (*Swimmers Shoulder*), weight lifters, or any athlete who does repetitive, stressful movement of the shoulder joint.

Impingement occurs when there is a trapping of the tendons of the rotator cuff between the humerus and the end of the collar bone. The problem can be further complicated by irregular bony outgrowths which are often present in older people.

When the arm is moved upwards and rotated inwards (e.g. *freestyle swimming*) the soft tissues are compressed. Repeated movement and compression leads to inflammation and swelling, which further increases the **impingement**.

This condition can be prevented by a proper warm-up and stretches, appropriate strength training, and decreasing repetitive shoulder movements. Treatment of impingement is similar to that of tendonitis, with a greater emphasis on correction of biomechanical problems.

The causes of **Shoulder Pain** are numerous, and injuries need to be accurately diagnosed before the appropriate treatment can be implemented. *In addition to this*, any technical or biomechanical problems should be fully assessed by your physiotherapist in consultation with your coach.

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SUPERCAMPS!

April school holiday camps
are **BIGGER & BETTER** than
EVER!

Who is ready for the April school
holiday camps?

Registrations now include a Sabres
school holiday singlet for all
participants!

Please remember to make sure your
children bring snacks, lunch and their
water bottle.

Canteen available at Tulip Street only.
Balls are supplied by the SBA.

- Mentone Girls Secondary College
9.00am – 3.00pm
- Southern Basketball Centre 9.00-
3.00pm

PRICE: \$75/DAY

REGISTER NOW!

LIMITED SPOTS AVAILABLE





SCHOOL HOLIDAY OPEN COURT BASKETBALL

WEEK 1: WEDNESDAY 12th, THURSDAY 13th & FRIDAY 14th APRIL
WEEK 2: TUESDAY 18th, WEDNESDAY 19th, THURSDAY 20th & FRIDAY 21st APRIL

| 3:30PM - 6:30PM | \$5PP | PAY AT DOOR |

ALL AGES WELCOMED

NO REFS, NO RULES, OPEN TO EVERYONE! PLEASE RESPECT & SHARE THE COURT



NO CASUAL SHOOTING, ONLY OPEN COURT DURING SCHOOL HOLIDAYS!



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PLAY HARD PLAY SAFE

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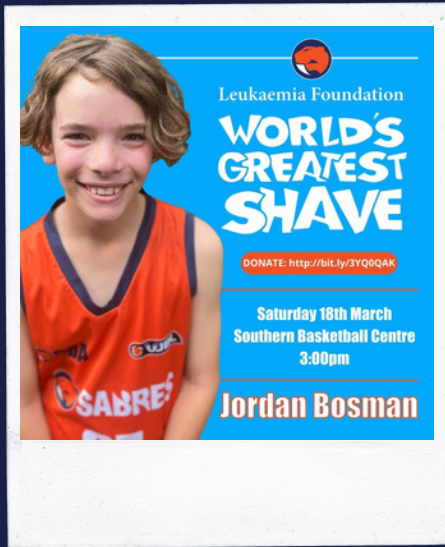
Location

7 Nth Concourse, Beaumaris VIC 3193

phone: 03 9589 2675

email: reception@bcdental.com.au

WORLDS GREATEST SHAVE



Well done Sabres young gun, Jordan Bosman in raising a whopping \$1,133 for the World's Greatest Shave. Jordan shaved his hair off on Saturday 18th March at the SBA! His friends, family and team mates all rallied behind him and helped chopped his hair off before the final shave!

Great work Jordan!

U16 WOMENS STATE TEAM

Basketball Victoria has selected the 2023 Under-16 State teams representing Victoria Country and Victoria Metropolitan.

These four teams will head to Warwick (Perth), WA on July 2-9, for the National Championships co-hosted by Basketball Australia and Warwick Basketball Association.



Congratulations to Sabres dynamic duo, Madison Ryan and Madeline Angus on being selected for the **UNDER-16 METROPOLITAN WOMEN TEAM.**



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NBL1 **PLAYER SIGNINGS**

THE ROSTER SO FAR . . .

WOMEN: HEAD COACH: JACQUI O'NEILL



Brittany Smart



Funda Nakkasolgu



Georgia Pineau



Klara Wischer



Morgan Ili



Eilidh Simpson



Katie Ritchie



Maya Dear



Charlotte Lord



Clara Ford

MEN: HEAD COACH: DAVID BARLOW



David Barlow



CJ Asucion-Bryd



David Okwera



Dane Pineau



Cooper Goonewardene



Campbell Blogg



Tom Koppens



Nic Gabsch



Zak Pantelis



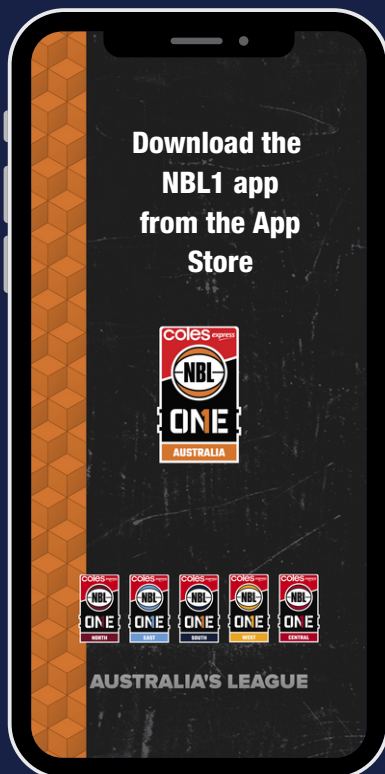
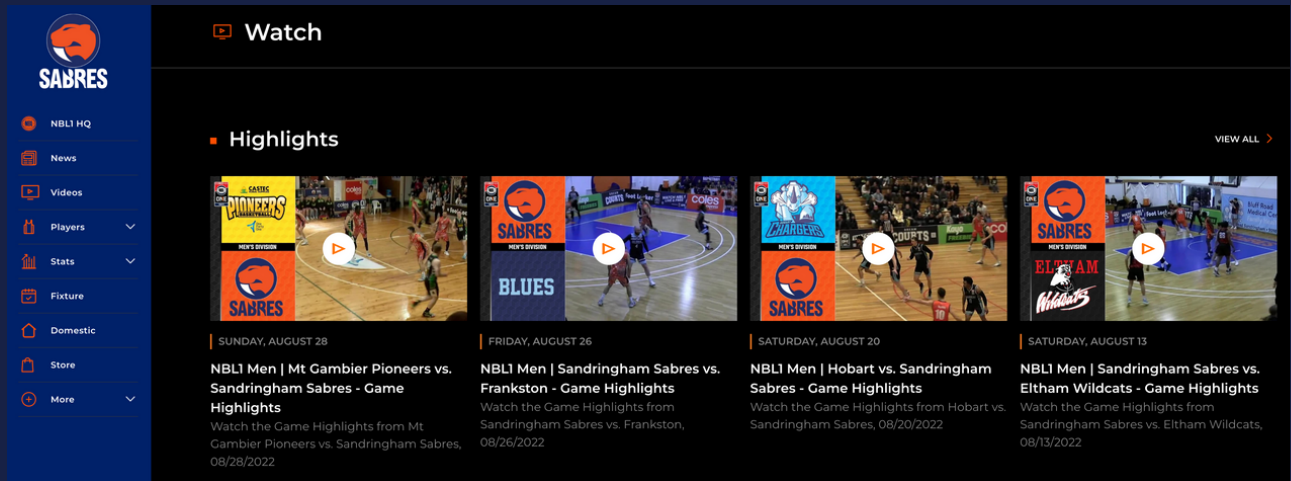
Ben Ayre

SHOUTOUT DOMESTIC

Thank you to all our Domestic Clubs who support the SBA!



WATCH THE ACTION LIVE!



All Sabres NBL1 games are LIVE on the NBL1 Sabres website or the NBL1 App

2023 SPONSORS

BECOME A SPONSOR TODAY!

CONTACT: ADMIN@SOUTHERNBASKETBALL.COM.AU



Southern Basketball Centre
150 Tulip Street, Cheltenham, VIC, 3192
southernbasketball.com.au



BUSINESS DIRECTORY

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.

Together we can help each other achieve our goals.

Submit your business details [here](#).

Please 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