



**SOUTHERN
BASKETBALL
ASSOCIATION**

RUN WITH THE PACK



SABRES SNAPSHOT

APRIL EDITION

Victoria Brings Home Gold

Congratulations to Sabres Youth League & U18.1 Mens Coach: Andy Lim and U18.1 Sabres Rep player; Oscar Humble for picking up a Gold Medal in the 2023 Foot Locker Under-18 and Kevin Coombs Cup National Championships in Brisbane.

What a great achievement, the SBA are so pleased with your hard work and dedication to the game.



OSCAR HUMBLE CUTTING THE RING



ANDY LIM & OSCAR HUMBLE



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SABRES REP ACADEMY

Sabres Rep Academy Term 2

U12:

(2012 / 2013 / 2014 born athletes)

Wednesdays: 7.00am – 7.50am

May 3rd, 10th, 17th, 24th, 31st &
7th of June

U14 / U16:

(2010 / 2011 / 2009 & 2008 born
athletes)

Tuesday: 7:00 – 7.50am

May 2nd, 9th, 16th, 23rd, 30th &
6th of June

Location: Southern Basketball
Centre, Tulip Street

What to bring: Basketball, Drink
Bottle



Email your EOI directly to the Sabres Head Coaches so they have an idea of numbers for each age group.

Girls – simon@southernbasketball.com.au

Boys – nathan@southernbasketball.com.au

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SABRES TO UNITED



A big congratulations to Sabres young gun, Campbell Blogg! Campbell has just been signed as a Development Player to NBL club Melbourne United after a stint with them last season as a training player.

Campbell has played his whole juniors with Sandringham Sabres and has progressed his way through from Sabre Cubs as a 5 year old to now captaining the NBL1 side this 2023 season at the age of 19. Campbell has worked extremely hard and his commitment and dedication to perfecting his craft, has not gone unnoticed here at the SBA.

"Blogg, 19, was slated to play basketball in America last year before impressing United's coaching staff so much during his time with the Sandringham Sabres NBL1 program that he was brought in as a training player for NBL23.

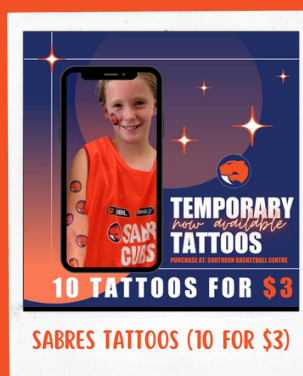
After showcasing his professionalism and dedication to growing into a star within the league, United made the decision to add Blogg as a DP for the upcoming season." – Written by Melbourne United Media

Well done Campbell, we can't wait to see what the NBL season brings, but first let's get that NBL1 Championship with the Sabres!

NEW MERCHANDISE

Need some new Sabres merchandise?

We are stocking up the Locker Room with some Sabres goods!
Make sure to check it out, next time you are at the SBA.

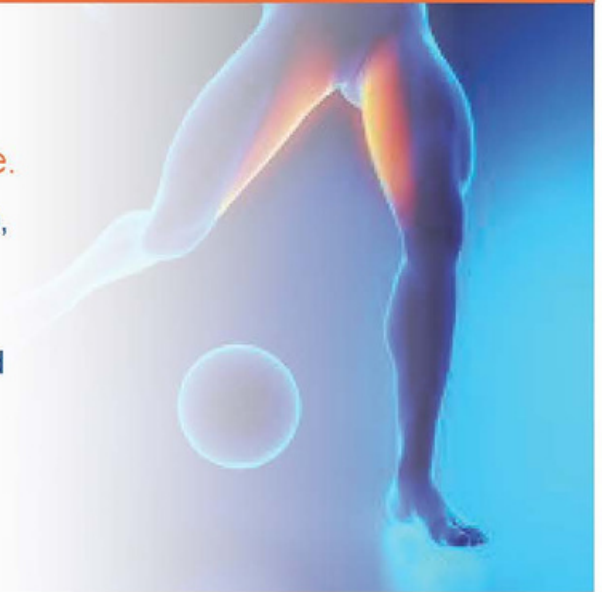


Groin pain in athletes, both recreational and professional, provides a huge diagnostic challenge.

The groin, defined as the region between the trunk and hip, is a complex region; a defect in one part having profound effects on the health of the others.

Most commonly seen groin pathology are those associated with the adductor muscles, pubic symphysis, inguinal region, and nerve supply to the groin.

It is not uncommon to see more than one pathology in an individual presenting with groin pain.



COMMON CAUSES OF GROIN PAIN INCLUDE:

Adductor Strains:

The most common musculoskeletal cause of groin pain is a muscle strain.

This occurs when a muscle is stretched beyond its normal capacity or encounters an unexpected opposing force.

Signs and symptoms include acute pain over the muscle belly, swelling, and occasional bruising.

Osteitis pubis:

An inflammation of the pubic symphysis, believed to be caused by repetitive twisting and cutting motions.

Signs and symptoms include pain over the pubic bone and adductors, and usually requires imaging (e.g. x-ray, CT) to provide a definitive diagnosis.

Hernias:

A defect of the abdominal wall, usually associated with one-sided pain in the inguinal region and possibly adductor muscles. Aggravated with sudden movements and may be increased with coughing and sneezing.

Nerve entrapments:

The nerve supply to the groin becomes entrapped.

Usually associated with a deep ache centered on the adductor region.

Pain usually increases with exercise and in some cases numbness can be found on the inside of the thigh.

Diagnosis and treatment of an active person who has groin pain can offer a much deeper challenge than meets the eye.

Seeing an experienced **SSP Physiotherapist** is essential to finding the right treatment in an endeavor to return to sport and avoiding long-term pain.

GET TO KNOW THE

Pineau siblings

Georgia Pineau #13

Favourite Movie: Lincoln Lawyer

Favourite Song: The bad touch -
Bloodhound Gang

Celebrity Crush: Zendaya

Favourite pre-game meal: Poached
eggs on toast

**What are you watching
on tv right now:** Friends (ALWAYS)

Favourite WNBL team: Seattle Storm

**Favourite Sabres
team-mate and why:** Everyone that
laughs at my jokes!

**Who would win in an arm wrestle
between you and Dane?** GP Rox
obviously, thanks to the Sixth
Principle for getting me strong.

Dane Pineau #22

Favourite Movie: Trading Paint

Favourite Song: Yes Sir I can
Boogie - Baccara

Celebrity Crush: Aaron Judge

Favourite pre-game meal: Roast
Chicken Sandwich

**What are you watching right
now:** Dave's scout videos on
repeat

Favourite NBA team: Lakers

**Favourite Sabres team-mate and
why:** David Okwera because he is
going to take the jump ball for me

**Who would win in an arm wrestle
between you and Georgia?** GP a
few months ago, but me now that I
have started working out at
Atomic Gym.



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HEALTH CLUBS

*T&Cs apply.

WALKING BASKETBALL

Walking Basketball is back for Term 2!

Walking Basketball is for participants across all ages, genders and abilities. It is a low impact, social and fun way to improve your level of physical activity within a non-competitive environment.

These 'come and try' sessions are for those in the Bayside Community looking for some basketball and physical activity at a gentler pace.

Sessions will also run from 10.00am – 11.00am on Wednesday mornings at the SBA.

Free tea and coffee provided after each session!
There is no need to register for Walking Basketball, please come along and try!!

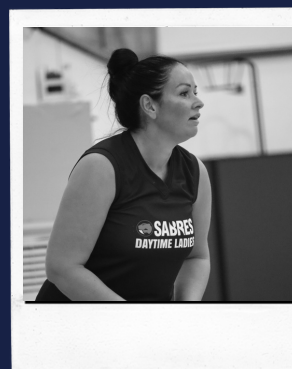


DAYTIME LADIES

These sessions are for ladies who wish to learn basketball instead of committing to a full season. The sessions will be run and organized by Sabres Women Director of Coaching, Simon Giovannoni.

[CLICK HERE TO REGISTER!](#)

- 8 week program commencing on Wednesday 3rd May 2023
- 3rd, 10th, 17th, 24th, 31st May, 7th, 14th, 21st June
- Wednesday Mornings 10.00am – 10.50am
- **\$10 per session**



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- Designed and developed in Australia

Z1 VEST

- Designed for females to reduce the risk of injury
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PLAYER ROSTER

WOMEN: HEAD COACH: TBC



Clara Ford



Funda Nakkasoglu



Eilidh Simpson



Charlotte Vincent-Lord



Lucy Burke



Katie Bluzer



Morgan Ili



Klara Wischer



Katie Ritchie



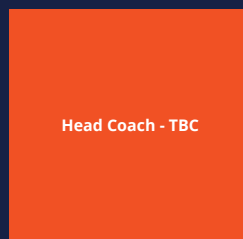
Maya Dear



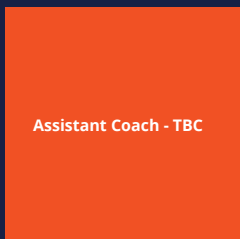
Puga Deng



Brittany Smart



Head Coach - TBC



Assistant Coach - TBC



Natasha Kalweit - Team Manager

MEN: HEAD COACH: DAVID BARLOW



David Barlow



Campbell Blogg



CJ Asuncion Byrd



David Okwera



Zak Pantelis



Dane Pineau



Cooper Goonewardene



Tom Koppens



Kaylan Kitto



Ben Ayre



Nic Gabsch



Ned Dillon



David Barlow - Head Coach



Rhys Carter - Assistant Coach



Tom O'Brien - Assistant Coach



Karren Saddleton - Team Manager





PLAYER ROSTER

WOMEN: HEAD COACH: CAL CHARGE



Abby Riggs



Katie Ritchie



Jazmine Grollo



Christina Roberts



Hayley Hermus



Natasha Rivas Lee



Laura Hamilton



Ella Razga



Jemima O'Toole



Jaida Reid



Summer Keating



Maya Dear



Cal Charge - Head Coach



Di Naffine - Assistant Coach

MEN: HEAD COACH: ANDY LIM



Kaylan Kitto



Jasper Cheney



Ned Dillon



Elliott Brown



Joel Foxwell



Rory Williamson



Dan Mazur



Sammy Cartwright



Hugh Romancz



Sebastian Kozlowski



Jarvis Gleeson



Jarryd Remy



Andy Lim - Head Coach



Matt Touhey - Assistant Coach



Josh Cheney - Assistant Coach



Dean Cartwright - Team Manager



NBL1 & BIG V FIXTURE

NBL1



6th May v Rangers
@ Dandenong 6pm | 8pm



7th May v Knox
@ Knox 12pm | 2pm



13th May v Thunder
@ Sabre-Dome 5pm | 7pm

VYC MEN



6th May v Knox
@ Sabre-Dome | 7:00pm



7th May v Rangers
@ Dandenong | 2:30pm



14th May v Ballarat
@ Selkirk Stadium | 2:00pm

VYC WOMEN



6th May v Knox
@ Sabre-Dome 5pm



7th May v Rangers
@ Dandenong 12:30pm



14th May v Ballarat
@ Selkirk Stadium | 12:00pm



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email: reception@bcdental.com.au

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

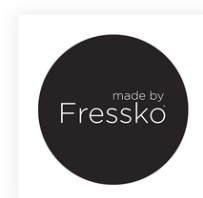


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SBA SPONSORS



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