



RUN WITH THE PACK



SABRES SNAPSHOT

MAY EDITION

Bayside City Council will be commencing works within the next two weeks (weather permitting) to improve the condition of the Sandringham Family Leisure Centre carpark.

These works will include:

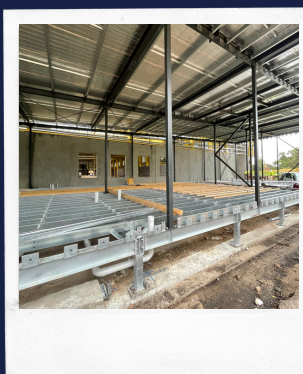
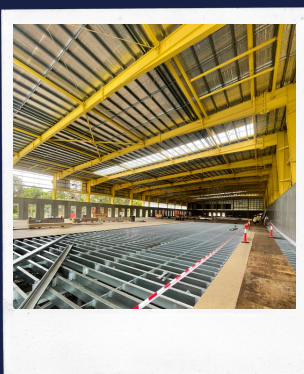
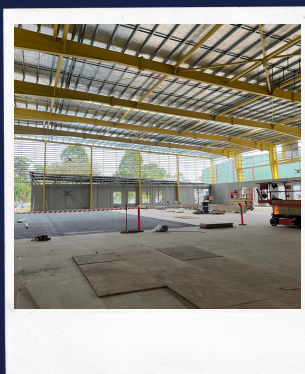
- Surface repairs to existing carpark
- Completion of new parking areas
- Carpark lighting works

Works will be planned to minimise disruption to centre tenants and visitors, including possible night works. We appreciate the continued patience and understanding of centre tenants as we work to complete these works as soon as possible.

TULIP STREET STADIUM UPDATE

We're currently finalising the contract to recommence the Tulip Street Stadium expansion project. We're delighted to be getting this important project for Bayside's basketballers back on track and looking forward to sharing more information soon.

Geoff Morgan (Senior Project Manager)



FOLLOW US ON SOCIALS

SBA 3X3 TOURNAMENT



The Southern Basketball Association 3x3 Tournament is now part of the Basketball Victoria 3XCUP!

Sunday June 4th

12:00pm – 6:00pm

Parkdale Secondary College

The tournament is open to Rep & Domestic players

4 players maximum per team, and must provide a scorer
\$100 rego fee per team

[Register your team NOW!](#)

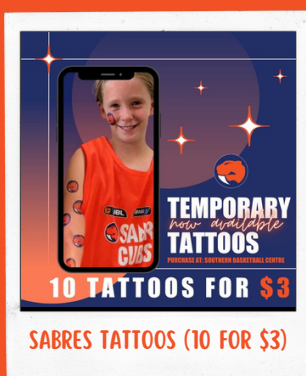
NEW MERCHANDISE

Need some new Sabres merchandise?

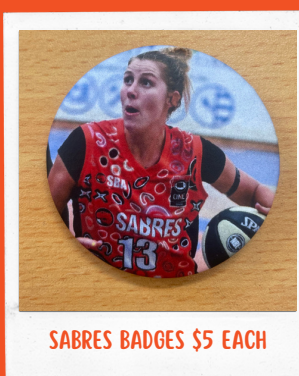
We are stocking up the Locker Room with some Sabres goods!
Make sure to check it out, next time you are at the SBA.



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*CONDITIONS APPLY



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GET TO KNOW THE

#couple goals

Funda Nakkasoglu

Favourite Movie: White Chicks

Favourite Song: People - Libianca

Celebrity Crush: CJ Asuncion-Byrd

Favourite pre-game meal: Big Brunch

What are you watching on tv right now: Beef (Netflix)

Favourite WNBL team: Milwaukee Bucks

Favourite Sabres team-mate and why: Love each and everyone of them equally - all beautiful people!

Who would win in shooting competition between you and CJ?
Me! In a clean sweep!

CJ Asuncion-Byrd

Favourite Movie: Dark Knight

Favourite Song: Wait for You - Future & Drake

Celebrity Crush: Funda Nakkasoglu

Favourite pre-game meal: Salmon brown rice and broccoli.

What are you watching right now: Beef (Netflix)

Favourite NBA team: Milwaukee Bucks

Favourite Sabres team-mate and why: Can't pick just one, I love all my guys!

Who would win in shooting competition between you and Funda?

I will give that one to Funda!

ANKLE SPRAINS

Ankle sprains, particularly ligament sprains are one of the most commonly treated injuries and are extremely common in sports that involve rapid changes in direction such as netball, football and soccer.

An ankle sprain can result in a swollen and bruised ankle after an incident during sport, work or everyday activities. It may be a first time sprain or it could be a recurrent injury.

The ankle joint consists of four bones which are connected via several ligaments and muscles – these help prevent excessive motion. When the ankle twists, the ligaments usually prevent the joint from moving too much. An ankle sprain occurs when one of the supporting ligaments is stretched too far too quickly, causing tearing.

How Can Physiotherapy Help?

Research shows that early mobilisation and functional rehabilitation of ankle sprains result in better outcome than if the injured ankle is immobilised or not rehabilitated at all. *Physiotherapy management leads to fewer residual symptoms, improved range of motion and running speed, earlier return to sport with greater comfort.*

Treatment of an ankle sprain depends upon the severity of the injury. **In the first 36 - 48 hours after an ankle sprain, follow the R.I.C.E.D. principle.**

Physiotherapy management of an acute ankle sprain involves the reduction of pain and swelling, restoration of ankle motion, muscle conditioning, and exercises to allow a successful and timely return to sport, work or everyday activities.

The early management plan involves an ice bath regime with specific exercises adapted to the exact diagnosis of your injury which is why a thorough assessment after what appears to be a simple ankle sprain is vital.

Taping or bracing may be used on the ankle joint to help prevent injury – a good solid brace, or the taping technique described should be used.

Early treatment is the key to a good outcome in this condition. Seeing a Physiotherapist as soon after the injury as possible will avoid prolonging symptoms and impairment and will reduce the chances of a drawn out rehabilitation process. Rehabilitation can begin immediately.

All patients can benefit from physiotherapy, not just those who are failing to progress through the natural recovery process.





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HEALTH CLUBS

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PLAYER ROSTER

WOMEN: HEAD COACH: KERRYIN MITCHELL



Clara Ford



Funda Nakkasoglu



Eilidh Simpson



Brittany Smart



Lucy Burke



Katie Bluzer



Morgan Ili



Klara Wischer



Katie Ritchie



Maya Dear



Hannah Wickstrom



Kerryin Mitchell - Head Coach



Samantha Groves - Assistant Coach



Zoe Fagan - Assistant Coach



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





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By appointment only, allow 3 weeks for pick up



Location

7 Nth Concourse, Beaumaris VIC 3193

phone: 03 9589 2675

email: reception@bcdental.com.au

WATCH THE ACTION LIVE!



All Sabres NBL1 games are LIVE on the
NBL1 Sabres [website](#) or the NBL1 App

SHOUTOUT DOMESTIC

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



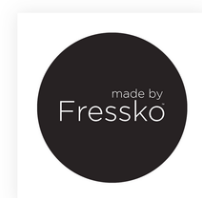


**SOUTHERN
BASKETBALL
ASSOCIATION**

RUN WITH THE PACK



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