



**SOUTHERN  
BASKETBALL  
ASSOCIATION**

# RUN WITH THE PACK



## SABRES SNAPSHOT

JUNE EDITION

### QUALIFIED FOR VC CHAMPIONSHIP

Your Sandringham Sabres are breaking records this year, as it is officially the first time all the Sabres first teams have finished in the top 5 of their VC pool which qualifies them for VC Championship.

Congratulations to all of our players, coaches and managers for all of their hard work and dedication throughout the season.

The season re-commences with Round #1 this Friday 2nd of June.

Well done Sabres family, what an incredible achievement!

**GO SABRES!**



**FOLLOW US ON SOCIALS**

# **NATIONAL JUNIOR** **CLASSIC**

**It was history in the making!**

**Well done to our 7 Sandringham Sabres teams who were invited to the National Junior Classic tournament that was held on the long weekend. This was the first time in history that your Sandringham Sabres have qualified this many teams for the Classic!**

**It was a great weekend of basketball and overall your Sandringham Sabres teams had a great outcome.**

**Congratulations to our U18 Girls for making it through to the big dance which was held at State Basketball Centre on Monday 12th June. It was a great battle to the end but unfortunately they were defeated by 13 points to North Bears.**

**Well done to all teams!**

## **Sabres Placings**

**Under 12 Girls: 11th**

**Under 12 Boys: 2nd B Finals**

**Under 14 Girls: 5th**

**Under 16 Girls: 11th**

**Under 16 Boys: 16th**

**Under 18 Girls: 2nd**

**Under 18 Boys: 9th**



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\*CONDITIONS APPLY



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# NBL1 HOME GAMES



## HOME *sweet* HOME

FRIDAY 30TH JUNE



VS



NBL1  
WOMENS  
6:00PM

NBL1  
MENS  
8:00PM

SUNDAY 2ND JULY



VS



NBL1  
WOMENS  
12:30PM

NBL1  
MENS  
2:30PM



### ARE YOU READY SABRES ARMY?

Your Sandringham Sabres NBL1 teams are back at the Sabre-Dome this weekend for a BIG weekend of basketball! Make sure to come down and check out the NBL1 action!

## NEW COURTS UPDATE

The SBA are pleased to announce the newly appointed builders to complete the outstanding works on the new courts. 2MORO Group have been selected as the successful tenderer. 2MORO Group is a "well respect residential and commercial construction company with experience overseeing a range of unique building and construction projects within Victoria." Whilst we are still waiting on a confirmed completion date, great progress is being made and we will continue to keep the public informed and updated as we know more.



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# **PLAY HARD PLAY SAFE**

**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](mailto:reception@bcdental.com.au)



The SBA would like to congratulate and thank, SBA Director of Men and Boys, Nathan Crosswell for his incredible service and dedication to the Southern Basketball Association for the last 10 years. Nathan will be embarking on a new career opportunity with our good friends at Melbourne United.

Nathan has a passion and eagerness to develop and coach the next generation of superstars, which in his new job role as Melbourne United Academy Head Coach, he will be able to tick those boxes perfectly.

You will continue to see Nathan around the Sabre-Dome as his kids will continue to play domestic basketball here and he “doesn’t want to miss seeing the NBL1 teams win a championship”.

Following on from this, we are excited to announce that Simon Giovannoni will take up the position of Director of Coaching, Men and Boys. This is a great career opportunity for Simon to continue to be challenged and develop in his career, building on his success with the women’s and girl’s program.

“My goal has been to leave the Sabres Girls program in a better place from when I started. During that time we have had some great successes in the program at a VJBL, state and national level, with many players flowing through the pathway from juniors to VYC and NBL1. I am excited for the new challenge to further develop my skills as Director of Coaching, Men and Boys and continue to push our position as one of the stronger associations in Victorian Basketball. I wish Nathan nothing but the best for his coaching future”.

Simon will continue in his role as Director of Coaching, Women and Girls until a replacement is found and a comprehensive handover has been conducted.



# U14.1 GIRLS NATIONALS

Your Sandringham Sabres U14.1 Girls teams have qualified for the 2023 U14 Australian Club Championships, to be held in Casey later this year.

The U14.1 Girls finished 2nd in their VC pool with 8-1 record.

**Head Coach:** Abby Riggs

**Assistant Coach:** Liv Rielly

**Team Manager:** Dani Kearney

**Team:** Jasmine Chilco Burns / Serena Lee / Milly Surkitt / Kate O'Brien / Holly Kearney / Lexi Johnston / Ruby Rose Marsh / Imani Duggan / Frankie Mitchell / Bela Bajic

**Congratulations Girls!**

## 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.





# SCHOOL HOLIDAY OPEN COURT BASKETBALL

**WEEK 1: Monday 26th, Tuesday 27th, Wednesday 28th & Thursday 29th June**  
**WEEK 2: Monday 3rd, Tuesday 4th, Wednesday 5th, Thursday 6th & Friday 7th July**

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

**ALL AGES WELCOMED**

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



A lot like pick-up basketball, everyone is welcome to come to the stadium and shoot around or join in on a friendly game of ball.

No rules, no refs, just play!! Open to all ages, genders and basketball lovers. Pay your door entry on the way in and pick your squad and let's play ball!

**Please note: We will not have open court Friday 30th June, due to our NBL1 Game!**

SEE YOU ON THE COURTS!



# DOMESTIC GRAND FINALS

What a fantastic weekend we had at the Southern Basketball Association.

Domestic Grand Final weekend is always full of emotions, and we witnessed it all this last weekend as all our Domestic clubs came together and battled each other for the title of Southern Basketball Association 2023 Autumn Premiers.

The weekend was jam-packed from club decoration set up on Friday night in preparation, to volunteers helping with the delicious BBQ, to visits from our Sandringham Sabres NBL1 men and womens teams. It was a weekend to remember!

The SBA would like to thank all those that contributed their time and energy to the season that led up to the grand final weekend and all the volunteers and helpers that assisted the SBA in making the weekend happen. A big congratulations to all the teams that made finals, what a great achievement, your hard work and dedication to the sport is recognised and has paid off. A huge shoutout to the teams that got the win and were announced premiers for the 2023 Autumn season, you should be so proud!





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**HEALTH CLUBS**

\*T&Cs apply.



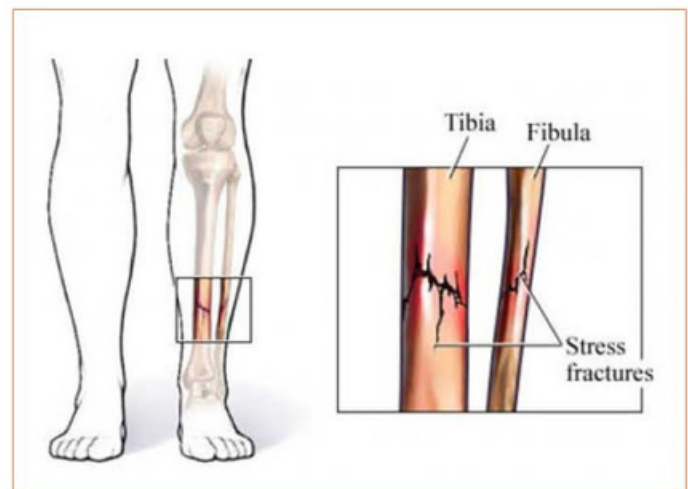
### WHAT IS A STRESS FRACTURE?

A **Stress fracture** is a common overuse injury among sports people. It affects a wide variety of sports including running, football, soccer, gymnastics, ballet and cricket. They are also known as fatigue fractures. They typically start with 'shin splints' and can progress from this if not properly assessed, treated and managed.

A stress fracture is a microfracture in bone that results from repetitive physical over loading of the bone structure.

***This overload stress can occur by two mechanisms:***

1. **Poor mechanics/alignment:** Resulting in the redistribution of impact forces to inappropriate areas. This results in stress at focal points within the bone.
2. **Muscular tightness/imbbalances:** Muscular action can place stress on bones.



The resulting overload is often due to the athlete increasing their training demands suddenly. This causes an increased demand on the bone which the bone responds to by remodelling (*laying down more bony cells to reinforce the bone*). However if the bone can not strengthen and remodel at the same rate as the stress is applied then it becomes overloaded and fails resulting in a stress fracture.

Other contributing factors may include: footwear, training surfaces, physical conditioning, foot posture, lower limb biomechanics, dietary abnormality or menstrual irregularities can all increase your risk of a stress fracture. These factors contribute to good bone health, and changes in either can lead to bone weakness. This is why teenage females are at higher risk.

*Stress fractures can occur in almost any bone in the body. The most commonly affected bones and the commonly associated sports are:*

**Tibia (shin):** Running sports and Ballet

**Metatarsals (foot):** Running sports, Ballet, Tennis

**Navicular (foot):** Sprinting, High jump, Long Jump, Hurdling, Football

**Fibula (outside shin):** Running, Aerobics, Race Walking, Ballet

**Femur (thigh):** Distance running, Jumping, Ballet

**Pelvis:** Running, Ballet



### SYMPTOMS:

- Pain increasing with activity and decreasing with rest
- Pain that occurs earlier in each successive work out
- Pain that increases over time
- Swelling
- Tenderness over the bone involved

### SUMMARY OF PREDISPOSING FACTORS:

- |                                 |                          |
|---------------------------------|--------------------------|
| • Over training                 | • Poor technique         |
| • Cambered Surfaces             | • Poor footwear          |
| • Poor biomechanical alignment  | • Leg length differences |
| • Muscle imbalances or weakness | • Lack of flexibility    |

### DIAGNOSIS:

Initially x-ray is used but the stress fracture may not show up for the first three or four weeks. Further investigation with an MRI or bone scan is often required.

### TREATMENT:

This varies depending on the site and severity of the stress fracture. Avoiding the aggravating activity is paramount. Sometimes casting or immobilisation is required.

However most importantly the cause must be identified and treated to prevent reoccurrence.

Your physiotherapist has the ability to refer for the appropriate tests if a stress fracture is suspected but more importantly they can identify and reduce the predisposing factors.

You may be provided with some soft tissue work, technique correction, training advice, stretching and strengthening exercises and biomechanical assessment to prevent your stress fracture returning.

Video analysis may often be used to assist with identifying the problem and this may include analysing your event technique.







**\$100  
PER DAY**

# BSMART BALLIDAY CAMP

**LOCATION: SANDRINGHAM BASKETBALL CENTRE, COURT 4**

**UNDER 12/14 REP ATHLETES**

Monday 3rd July: 9am - 3pm

**UNDER U16/U18/U20 & YOUTH LEAGUE (REP ATHLETES)**

Tuesday 4th July: 9am - 3pm

**A Fast Track Day of what it takes to be an Elite Athlete.**

**Includes: Skill, Strength, Flexibility, Education**

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**Sabres Rep Athletes Only**

Inclusive genders: limited spots available per day

**\$100/day**

**Location:** Sandringham Basketball Centre, Court 4

**U12-U14: Register HERE**

**U16-U20/VYC and NBL1: Register HERE**



# PLAYER ROSTER

## WOMEN: HEAD COACH: KERRYIN MITCHELL



Clara Ford



Funda Nakkasoglu



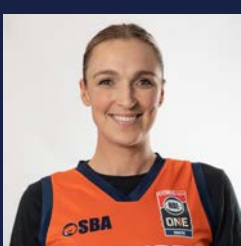
Ellidh Simpson



Brittany Smart



Morgan Ili



Klara Wischer



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



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



Cal Charge - Head Coach



Di Naffine - Assistant Coach

**MEN: HEAD COACH: ANDY LIM**



Jarryd Remy



Jasper Cheney



Elliott Brown



Joel Foxwell



Rory Williamson



Dan Mazur



Sammy Cartwright



Hugh Romancz



Sebastian Kozlowski



Jarvis Gleeson



Andy Lim - Head Coach



Matt Touhey - Assistant Coach

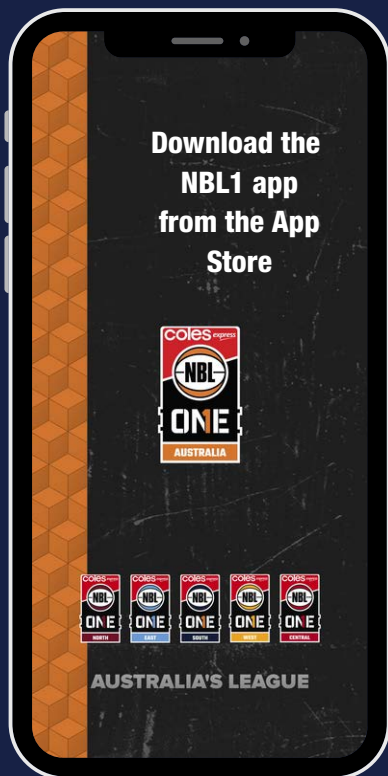


Josh Cheney - Assistant Coach



Dean Cartwright - Team Manager

# WATCH THE ACTION LIVE!



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



# SHOUTOUT DOMESTIC

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





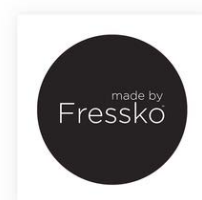


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## SBA SPONSORS



# BUSINESS DIRECTORY

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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