



BLEEDING ORANGE

since 1974

SBA SUPERCAMPS!

Registrations are now OPEN for our SBA April Supercamps!

You don't want to miss out on learning new skills and basketball fundamentals from our experienced camp coaches all whilst having a whole lot of FUN!

- 9am - 3pm
- Southern Basketball Centre
- \$75/day

Registrations will include an SBA size 5 basketball for all participants to take home.

[Register now!](#)





PARTNERSHIP

NAMING RIGHT SPONSOR FOR THE NBL1 TEAMS

ANNOUNCEMENT

Bespoke joinery solutions for high end builders, architects & interior designers.

Based in Melbourne we are sophisticated cabinet makers and joiners working with residential clients. We combine traditional craftsmanship, modern materials and contemporary design with expert technology to achieve high-end results.

We are highly regarded for the design, manufacture and installation of custom made designer kitchens, contemporary bathrooms, laundry design, living and home office space design and bedroom cabinetry.

We work with a range of private clients, construction companies, builders, architects and interior designers.

COS | INTERIORS



Wednesday 3rd April
Tip Off Women: 6:00pm | Mens: 8:00pm
Southern Basketball Centre

BEGIN THE HUNT

madebyfressko.com

CO-BRAND
WITH US

PROUD TO SUPPORT LOCAL

20% off with code: SABRES20

Ends: 31st August 2023

*CONDITIONS APPLY



made by
Fressko®

2024

SANDRINGHAM SABRES

NBL1 SEASON MEMBERSHIPS

#BLEEDINGORANGESINCE1974

[PURCHASE HERE](#)



BRIGHTON AUTO



Brighton



RECOVERY TECHNIQUES

Recovery post trainings and games is a crucial aspect of getting the most out of your sport, and performing at your best. Poor recovery strategies can lead to fatigue, tight muscles, dehydration, risk of injury and ultimately poor performance on the court.

All Sabres basketball players should be aiming for at least 2-3 recovery points per week.

Recovery points can be acquired via:

1. *Flush massage post game*
2. *Deeper massage mid-week*
3. *A foam roller session*
4. *Core/ gluteal activation session*
5. *An extra stretch session*
6. *An ice bath for 10-15 minutes*
7. *An ocean walk and stretch for 15 minutes*
8. *A physio consultation*
9. *An off-legs session such as a bike or swim to rest your weary legs*
10. *Extra sleep gives you a half point*



SOUTHERN
BASKETBALL
ASSOCIATION

THE CAGE

SHOOTING MACHINE

**\$30
P/HR**



BOOK NOW



SAVE THE DATE
CELEBRATION FAMILY DAY

Sunday 14th April
11am - 4pm



GOODLIFE SANDRINGHAM.

15% OFF
MEMBERSHIPS.*

START WITH A FREE TRIAL NOW OR VISIT US IN CLUB.

Goodlife.

HEALTH CLUBS

*T&Cs apply.



CUPS

AWARDS

MEDALS

RESIN TROPHIES

WE OFFER SHORT LEAD TIMES AND ACCEPT ORDERS OF ANY SIZE, ENSURING FLEXIBILITY AND RESPONSIVENESS TO ALL NEEDS

Recognition ID

Proud Sponsor of Southern Basketball Association

FOR ALL TROPHIES, MEDALS, CUSTOM LAPEL PINS AWARDS & MERCHANDISING REQUIREMENTS!



CUSTOM LAPEL PINS

MERCHANDISE

(03) 9898 8809 sales@recid.com.au www.recognitionid.com.au 2/60-62 Abbott Road, Hallam, VIC, 3803, Australia

SBA OPEN COURT



\$5 PER PERSON

150 TULIP STREET, CHELTENHAM

NO REFS! NO RULES! OPEN TO EVERYONE!

Monday 1st April – Closed Public Holiday

Tuesday 2nd April – Court 5 – 8 (3:30pm – 6:30pm)

Wednesday 3rd April – Court 5 – 8 (3:30pm – 6:00pm)

Thursday 4th April – Court 1 – 3 (3:30pm – 6:00pm)

Friday 5th April – Court 1 – 3 (3:30pm – 8:00pm)

Monday 8th April – Court 5 – 8 (3:30pm – 6:00pm)

Tuesday 9th April – Court 5 – 8 (3:30pm – 6:00pm)

Wednesday 10th April – Court 5 – 8 (3:30pm – 6:00pm)

Thursday 11th April – Court 1 – 4 (3:30pm – 6:00pm)

Friday 12th April – Court 1 – 4 (3:30pm – 8:00pm)



ONLY \$2 EACH
WHILE STOCKS LAST

Sandwich from Sabres



GRUGS JIBBITZ

happy
EASTER





**bc dental
mouthguard
special - \$130**

PLAY HARD PLAY SAFE

By appointment only, allow 3 weeks for pick up



Location

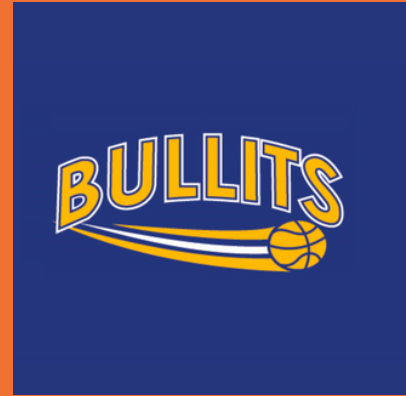
7 Nth Concourse, Beaumaris VIC 3193

phone: 03 9589 2675

email: reception@bcdental.com.au

SHOUTOUT DOMESTIC

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



Sandringham Sabres

THEME SONG

Oh we're from Sabreland

A fighting fury

We're from Sabreland

In any weather you will see us with a grin

Risking head and shin

If we're behind then never mind

We'll fight and fight and win

For we're from Sabreland

We never weaken til the final siren's gone

Like the Sabre of old

We're strong and we're bold

For we're from Sabre

(Orange and Blue)

We're from Sabreland.

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.

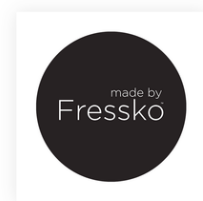
Submit your business details [here](#).

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



SBA SPONSORS



**BRIGHTON
MITSUBISHI**

