

SABRES

SNAPSHOT





SO PROUD OF OUR SABRES REPPING ON THE NATIONAL STAGE

MADI RYAN, MAKAYLA CRAVEN AND THE VIC METRO U18 WOMEN,
ALONG WITH MAX PAVEY, MICHAEL FITTON AND COACH ANDY LIM
FROM THE VIC METRO MEN BRINGING HOME THE CHAMPIONSHIPS

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What Is It?

The Achilles tendon is the strongest tendon in the body. It joins the calf muscle to the heel bone and helps to point your foot down. This is the same movement which occurs when you walk, run or jump. Tendinopathy or tendinitis are general terms which describe pain that comes from the tendon or the area around the tendon – which is known as the tendon sheath.

Common Symptoms

- Pain in the heel or along the length of the tendon when walking, running or jumping
- Pain after exercise which is worse the next morning
- Pain and stiffness along the tendon in the morning which improves as the day goes on
- Pain when exercising which can “warm up” as the exercise continues
- Swelling and warmth in the heel or along the tendon

What causes it?

Tendinopathy can occur in response to a recent change in load, such as a spike in the amount of exercise done in a short period of time, or can occur over time when too much exercise is done without enough rest in between sessions.

Risk factors for the development of Achilles tendinopathy may include:

- Reduced strength and/or endurance of the calf, hamstrings and glute muscles
- Reduced ankle or knee range of motion
- Poor footwear
- Nerve irritation

How can I manage it?

Physiotherapy treatment is usually recommended for the treatment of Achilles tendinopathy. Your physio will be able to:

- Provide information about activity modification to reduce the irritation of the tendon including advice about footwear, running surfaces or training load
- Identify muscle imbalances or weaknesses
- Prescribe appropriate exercises





FROM SABRES JUNIOR TO THE NCAA

CAMPBELL BLOGG'S JOURNEY THROUGH THE SBA PLAYER PATHWAY IS WHAT IT'S ALL ABOUT. STARTING AT SBA DOMESTIC LEVEL, PROGRESSING INTO THE SABRES PROGRAM AT UNDER 12S, THROUGH TO VYC MEN, AND THEN BECOMING A KEY PART OF OUR NBL1 MEN'S PROGRAM — HIS IMPACT ON THE SABRES HAS BEEN HUGE.

AFTER THREE SEASONS AS A MELBOURNE UNITED DEVELOPMENT PLAYER, CAMPBELL IS NOW TAKING THE NEXT STEP, HEADING OVERSEAS TO THE UNIVERSITY OF NORTHERN COLORADO.

THIS OPPORTUNITY IS A REFLECTION OF THE STRENGTH OF THE SBA PATHWAY AND WHAT CAN BE ACHIEVED THROUGH COMMITMENT AND DEVELOPMENT WITHIN OUR PROGRAM.

CAM IS A TRUE SABRE THROUGH AND THROUGH AND HIS HARD WORK, RESILIENCE, AND COMMITMENT HAVE SET A STANDARD FOR THOSE COMING THROUGH BEHIND YOU.

WE COULDN'T BE PROUDER OF YOU, CAMPBELL. ONCE A SABRE, ALWAYS A SABRE



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The NBL1 South season is here, and there's no better way to be part of it than with a 2026 Sabres Membership.

For just \$95, fans can secure access to all 11 Sandringham Sabres home games, along with an exclusive membership pack to rep the club all season long. Each pack includes a Sabres drawstring bag, wristband, lanyard, and keyring — everything you need to show your colours court side.

With the season well underway, it's set to be a huge year for the Sabres. The squad is looking strong, the energy is building, and the Sabre Dome is ready to be louder than ever.

Memberships are available now at the canteen or by calling the office during business hours. Don't miss your chance to be there for every moment.



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Our VYC teams are off to a flying start this season, delivering strong performances across the board.

The BC Dental Women have been dominant, remaining undefeated with a perfect 5-0 record. Their consistency, intensity, and team-first approach have set the tone early and made them a team to watch.

On the men's side, the group secured a great win over Pakenham on Saturday, bringing their record to 4-3 for the season so far. With momentum building, they're continuing to improve each week and are shaping up as a serious contender.

There's no better time to get around our VYC teams and be part of the action. Join us this Sunday, April 26, as we take on McKinnon and Hume City at home. Tip-off times are 12:30pm and 2:30pm — we'd love to see you there supporting the Sabres.





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*Upon successful completion and subject to eligibility. Please go to seda.edu.au/pathways to learn more. Melbourne United work in collaboration with SEDA Group RTO: 22503 on marketing and promotional services relating to the recruitment of prospective students for this program. SEDA Group is responsible for the training and assessment and the issuance of AQF certification documents. This training is delivered with Victorian and Commonwealth Government funding. Information accurate as at April 2024.

SBA PICKLEBALL



Pickleball at SBA continues to grow as one of Bayside's go-to social sports, played right here in Melbourne's indoor pickleball stadium. With sessions running rain, hail or shine, you can enjoy consistent, high-quality play all year round.

With dedicated session times catering to all skill levels, it's the perfect environment whether you're just starting out or already a regular on the court.

NEW TO PICKLEBALL?

If you're getting started, we recommend joining one of our Introductory Sessions. These cover everything you need to know, including:

- Rules of the game
- How to play
- Scoring
- Basic strategy

HOW TO REGISTER

Bookings are managed through the OpenSports app. Once downloaded, simply join the SBA Pickleball group to view and register for upcoming sessions:

<https://opensports.net/sba-pickleball/app>

SBA Pickleball has built a welcoming and inclusive community, with players of all ages and skill levels encouraged to get involved.

For any enquiries, please contact Greg:
Greg@southernbasketball.com.au



STEP IT UP

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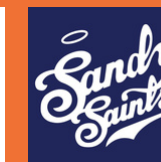
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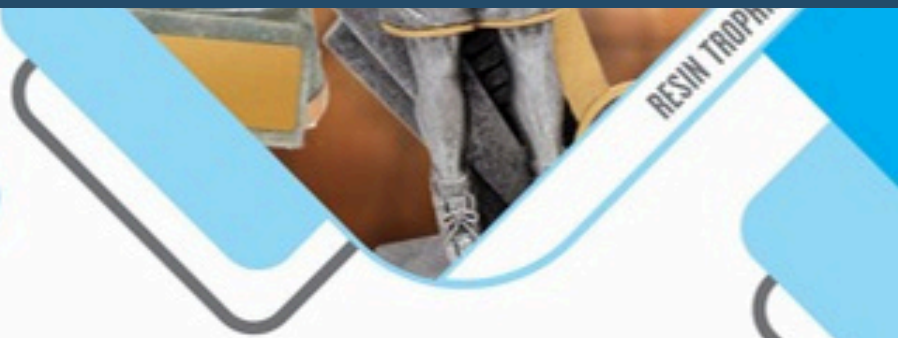




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