



MARCH / APRIL 2011

newsletter

dates to remember

25 February

Last game for Summer season

28 Feb to Mar

Summer Season Finals

21 March

Winter Season for Seniors commences

31 March

Winter Season for Juniors commences

2 April 'Centrals vs Panthers'

First ABL home game for the season. Tip off at 6.30pm.

16 April 'Centrals vs Sturt'

ABL home game, 6.30pm tip off

17 April 'Centrals vs Norwood'

ABL home game. 1:15pm tip off

22 to 25 April

Easter weekend, Norwood carnival. Optional for Lions' teams to participate. Ideal preparation for Melbourne tournaments. Large number of top Victorian teams participating. No regular Basketball SA season games played.

30 April 'Centrals vs Mavericks'

ABL home game, 6.30pm tip off

7 May 'Centrals vs Tigers'

ABL home game, 6.30pm tip off

12 to 15 May

State Championships. All Centrals Div 1 & 2 are to participate

11 to 13 June

Queens Birthday long weekend. Nunawading Carnival, Classics & Mildura.

Coaches to advise participation

president's report

I hope you have all enjoyed the School & Xmas Holiday Break, and for those who participated in the Starplex Australia Day Tournament this was an ideal start to blow those cobwebs away in preparation for the 2011 Basketball year. We look like having more junior teams than ever before and with this increase in playing numbers, having a positive impact on our competitiveness on the court. Particular thanks must go to the tireless efforts of the coaching directors Andrew Jantke & Trudy Ireland and to John Ide who has taken on the role of Head of Junior Panel with particular zeal.

The senior program has been impacted by the introduction of the U23 Youth League but I believe in the long term this can only have benefits for elite senior basketball in South Australia, our ABL programs have a particular edge of expectation with Tony Moore working hard with the women, in particular emphasising a team and competitive ethos amongst this group. Scott Whitmore has put the disappointment of last year behind him and is gearing up for a successful season in the Men's ABL. I urge all parents and juniors to attend these home games at Starplex and support our teams, first game is Saturday the 2nd April at 6.30pm.

A reminder to all that we rely on the input of volunteers to make this club a success and the club has several roles available (refer positions vacant) so make contact with either myself or Natasha Bertram if you would like to help out.

'GO THE LIONS'

President Kevin Fischer

seniors abl news

This week saw the arrival of American Import **Josh Kollasch** to the men's program. Josh is a 23 year old 6"3 combo guard from Tucson Arizona. Josh joins Scott Whitmore's team after graduating from Lewis & Clark University in Portland Oregon.

Whitmore stated : "We are very pleased to get Josh here this early, 3 solid months of pre season will have Josh right up to speed when the season starts in April"

"We decided to go with a guard as our import this year after recruiting 2 centres over the last 2 seasons, we have only had Josh on the court for one session so far and although it's early days we are very happy with what we have seen so far. He definitely has the goods to play and do well in our league, more importantly make our team and players better in the process"

The Lions have also added **Luke Frost** from South Adelaide and will see **Matt Atkins** and **Dave Humphries** return from injury.

Not returning for the Lions in 2011 Wade Pidock, Gary Birmingham, Zane Reeves, Ben Todd and Jacob Templeton.

Come along and support the men's and women's **ABL home games**, played at STARplex. Lions bar available on the night.
See dates in the calendar!

Adult Cost: \$5 Children: FREE (with a paying adult & wearing Lions polo)

STARplex Alexander Ave, Evanston Park | PO BOX 605 Salisbury 5108



Record SA Country representation by Lions' players

Congratulations to all players and coaching staff that will take part in SA Country Development teams. These teams will compete in the Pacific Coast Slam in Sydney OR the National SA Country Championships in Albury.

These young athletes are demonstrating a commitment to their own development by trying out for these teams and committing to SA Country High Performance pathways. The Lions can be proud of them all.

Chris Clausen, former Centrals Junior and current NCAA Div 1 College player and **Dan Carlin**, who recently represented Australia at the World Championships both gained significant development and international exposure through their involvement in National Championships.

Coaches selected

Ben Wiggell (U14 boys), **Trudy Ireland** (U14 Girls), **Stephen Patterson** (U18 Girls), **Jo Connelly** (U14 Girls Assistant Coach)

Players selected

From Lions' U14 Girls - **Ellie Turner**

From Lions' U14 Boys - **Riley Hatcher & Toby Dunstan**

From Lions' U16 Boys - **Joel Foster**

From Lions' U18 Girls - **Brianna Wedding**

From Lions' U16 Girls - **Lauren Maxwell, Opal Mader, Demi Skinner**

Aimee at East Coast

Well done to U16 Div 1 Girl **Aimee Herriman** on been selected to represent the South Australian Sports Institute (SASI) team in the East Coast Challenge on January 10-16 in Sydney. This tournament consists of sides representing various National Intensive Training Centres (ITC). Each state has an ITC program which is designed around developing our next crop of State and Australian representative basketballers.

This is the 2nd year in a row Aimee has been selected for this side having made the side last year as 1 of 2 bottom aged players. Good luck Aimee!!

Physiological testing day

In March last year we conducted physiological testing for our juniors. We apologise for the delay caused initially by a hard drive failure, however the results are now available for any interested players. We are planning another testing day during March. This time STARplex will conduct the testing with their brand new state of the art testing equipment. This will ensure athletes results are available ON THE DAY.

Thanks Toby

One of our home grown coaches, **Toby Lockwood**, has agreed to stand aside in his role as U16 Div 1 Boys Coach effective from the commencement of the Winter season.

Toby has the respect of the playing and parent group in U16s and some strong friendships. Toby will be supporting James Murphy the new Under 16 boys Coach during the 2011 winter season.

Welcome Murph

James Murphy, the current U16 SA Country Head Coach, has been appointed to take over as U16 Div 1 Boys Coach. James has had significant success at the District level including:

- 2006 Eastern Mavericks U12 Div 1 Boys: National Junior Classics
- 2007 Eastern Mavericks U14 Div 1 Boys: Winter Season Premiers, National Junior Classics, U14 National Championships
- 2009 Eastern Mavericks U16 Div 1 Girls: Winter Season Premiers, State Championship Premiers, National Junior Classics Silver Medal

In recent years he coached Senior Basketball at Norwood with their U20 Boys Div 1 side, coaching under Rupert Sapwell's basketball program at the Flames. James is one of the youngest Head State Coaches in Australia in recent decades, not only that, he has had proven success at Div 1 District level. With this wealth of experience, we are pleased to welcome 'Murph' to the club and know the players will benefit from his coaching experience.

If anyone has any coaching ambitions or any questions in regards to any aspects of the Lion's Junior program they can contact either John Ide, Head of the Junior Panel, on 0408 227 048 or Andrew Jantke, Boys Coaching Director, on 0410 759 280. Either can also be contacted via lionsbasketball@live.com.au. We'd love to hear from you

Domestic/Social Hoops

We strongly encourage our district kids and their siblings to augment their love for the game and their development by playing in their local social/domestic competitions be it in STARplex, Parafield Gardens, Kadina, Barossa Valley, Port Pirie, Adelaide Plains etc.

Obviously your district level commitment comes above these competitions but in most cases we will endeavour to work our training slots in so our kids can take part in their social/domestic comps. Playing social/domestic basketball is a low cost, fun environment without the pressure and intensity of district games. It allows kids to try new things and experiment, log more game minutes and in some cases step up and dominate games where they may not dominate in the district competition.

If you are living within the 35 km radius of STARplex and are keen to play in a social team at STARplex please email lionsbasketball@live.com.au to register your interest, if you haven't done so already, or aren't sure if you have. If you are already in a social team we encourage you to continue with your existing team and there's no need to register with us.

positions vacant ● ● ● ● ●

The club currently has some roles that require filling, they can be done by any person or persons who want to assist the club. It is not a requirement to be a member of any of the Club committees to take on these roles. This is an ideal opportunity for you to involve yourself in the club and help us grow into a more successful sporting club. The following positions do not require a major time commitment but it would greatly assist the club committee members to focus more of their time to basketball operations.

These positions are also listed on our website (www.lionsbasketball.com.au) in the "positions vacant" section along with positions available as Assistant Coaches and also we're seeking a coach for the U12 Div 2 Girls.

Fees Management

Responsible for managing the Fees Spread sheet. This will not require you to directly approach any parents or players about outstanding fees but to input fee payments into a spreadsheet. These payments predominantly come in via Starplex and Bank statements (online read only access). The invoices are emailed out (some are posted). Ideal for somebody who lives close to Starplex (or have children at Trinity) as it is handy to pick up receipts regularly from Starplex, barring that if you take your children to Sunday Trainings once a week is sufficient. Time required is probably 2-3 hours per week and again this is busier at season commencement and then trails off as season progresses. Requirements: Internet access at home Basic Computer knowledge including Email Capabilities & understanding of Excel.

Registrations Officer

Responsible for managing our database on the BSA website, adding players as they become registered and allocating player numbers. This can all be done at home and providing you can be contacted by email OR phone. This role is able to be managed, 1-2 hours per week would be sufficient time with perhaps twice a year (season rollover) more time input. Internet access at home Basic Computer knowledge including Email Capabilities & basic understanding of Excel.

Chocolate Fundraiser Co-ordinator

Responsible for the distribution and allocation of the chocolate boxes, which is the clubs major fundraiser. This is a 'one off' and typically would expect it would only require your input over a maximum 3 month period. The major time input is the initial distribution day and then only a matter of keeping records of payments (via Starplex Receipts) against your list. The interested person may also decide to substitute chocolates with another fundraising opportunity. Internet Access not critical. Excel knowledge also is not critical as this can all be recorded on a paper based system if the interested person so desires.

SPOT TALENT FOR OUR CLUB!

If you know someone who shows potential or could be interesting in joining a team/development squad please email lionsbasketball@live.com.au for more information.

Girls & Boys born 1996 - 2003

NEED A RAINTANK? OR PUMP?

If you purchase a rainwater tank through Archer Environmental, they will donate the nett profits per tank to the CDLC. For more information contact Peter Goss on 0411 158 528

winter season fees 2010/11

JUNIOR FEES

Under 10 - 12	\$240
Under 14 - 18	\$360
Under 23	\$360 (2 trainings)
Under 23	\$270 (1 training)

SENIOR FEES

\$270 (1 training)

SAVE \$\$\$\$ ON YOUR FEES

ALL FEES PAID BY THE DUE DATE ON THE INVOICE OR THE 4TH GAME OF THE WINTER SEASON WILL RECEIVE A **\$35.00 DISCOUNT** ON THE FEES LISTED ABOVE. COUNTRY PLAYERS who are eligible receive a further fee discount, Contact Kevin Fischer for details.

our mission

The Central District Basketball Club, will be the premier basketball club in the Northern region of Adelaide, providing opportunities for males and females of all ages to develop into outstanding individuals, within a community environment facilitating personal growth and progression through to elite basketball levels.

We accomplish our mission by offering programs and services for basketball to our community, facilitating connections and promoting a culture of success for life and sporting endeavours



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We would like to thank
our Loyal Sponsors





lion's in profile

What is a Lion Junior Player

As our on court success continues to improve and new families are attracted to our club it is vital we do not lose touch with our culture. We strongly encourage all our parents and players to understand what it means to "BE A LION". A Lion is like no other athlete in our sport. They have unique qualities on the floor and off the floor that are the envy of others.

The following is an extract from "the Lions Way", our player/parent handbook.....

Our players

The Lion loves the game of basketball and is passionate about their team mates. The Lion wants to progress in the game to their next level, whatever that level may be.

On the court the Lion is hard, physical and tough but always in emotional control. The Lion's brain will be able to very rapidly process and read the game and make decisions as our core offense is a high paced motion offense with lots and lots of player movement, forcing players to think quickly and read the game.

The Lion is fiercely loyal to his pack. They are willing to learn to overcome and work through challenges; not playing minutes, not making the team they wanted to, not winning a game or season are all challenges that will make them stronger and tougher as athletes.

The Lion is a leader and positive role model to younger athletes and also peers not only within their team, but to all in the district competition, their school mates and friends. The Lion will develop the ability to openly and confidently communicate with coaches, team mates and all they work with whilst playing basketball but also beyond.

"Proud to be Lions"

Daniel back at the Australia Training Camp

After a very solid performance at the U17 World Championships in Hamburg in July, Central Districts Lions' U23 Div 1 player, Daniel Carlin has recently been invited to attend a selection camp for the U19 World Championships. Just like Junior district basketball the age groupings for world junior championships mean that you can be a 1st yr or 2nd yr player. For U17s Carlin was a 2nd year and for U19s he's a 1st yr and will be pitted against guys a yr older vying for selection. If performances at U17 Worlds and the rapid development he has shown in the past 5 yrs, and continues to show, are anything to go by Carlin is a strong possibility to make the U19s Worlds. We wish him good luck!

Matt Atkins back for the 2011 ABL season

Matthew Atkins joined the Lions at the age of 17 and was selected to be part of the ABL squad in 2001. He came to the club after a fledgling junior career with Torrens Valley but as soon as hit the court for the Lions his game began to reach new heights. Matt rapidly emerged as an integral part of the Lion's ABL team, as a gun 3 pt shooter. In 2005 Matt was selected to play in the ABL ALL Star team and during these years was considered one of the premier players in the ABL. Not bad for a kid that never played Div 1 Junior basketball!!

In addition to playing he has also coached a number of junior teams and worked for STARplex for a number of years, until recently when he went to University to study a degree in commerce and applied finance. He recently has become engaged to Lions women's player Alexis Keogh. Matt is returning to the 2011 ABL team after getting over his injury from last year and is looking forward to a very successful season. We strongly encourage our junior families to get to a game and support our ABL teams this season.

