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## CEO Assist

Entering the last quarter for 2015 provides an opportune time to illustrate the Association's progress and achievements. This year to date has seen new initiatives introduced, along with other ideas and programs being allowed to prosper due to awareness and knowledge from previous programming.

The DVBA Office has experienced change with Norm Arthur resigning from the Operations Administration position. Kim Phillips transitioned into this position vacating the Competitions Manager position, enabling us to welcome Jess Perkins to our staff who has fitted in seamlessly. Mark Alabakov has been very active in our local schools introducing basketball to many in clinic format. At a time when children's inactivity continues to be questioned, providing primary school students some exercise whilst having fun learning basketball skills is invaluable. Hilary Coward has joined the team more recently in an administrative supporting capacity.

Earlier in 2015, the DVBA Executive committed considerable time preparing documentation in tendering for the management rights of the Diamond Valley Sports and Fitness Centre. We were very satisfied with the proposal presented believing it to be strong and beneficial to all concerned. Mid May we were informed by Council that we were unsuccessful with our submission for the contract to manage the facility. We have since met on a number of occasions with either the new management group or Council and sometimes both, in order to make improvements to our 39 year old facility we call home.

Although unsuccessful in our application to manage the facility which has been the DVBA preferred choice for basketball activity since built in 1976, the Executive feel that we owe it to our members and the community to attempt to modernise the stadium. In meetings mid-year with Council verbally supporting us, our plan is to push ahead with executing some of the earlier

stages of the Diamond Valley Review and Development Plan. Rapidly approaching the Christmas break and knowing this will be the time to achieve some overdue aesthetic improvements, we have to go through the process of Council approval. The urgency button has been pressed; fingers crossed that when we return for 2016 we'll see some overdue enhancement.

The number of junior and senior basketball players we cater for is incredible. Competition operates every day of the week which obviously requires a strong cast of referees. With an outstanding finals series completed late June, which was extremely well officiated, we are now progressing well with an equally successful Spring season.

Our referee department has recently received a setback, with our long time standing Referee's Advisor, Josh Hughes resigning. Josh and his family are moving to run a business in Mulwala. Josh has been a fantastic asset to the DVBA and will be missed. We all wish him and his family the very best of luck in their new venture.

This year witnessed the Association being represented by 38 Junior Eagles teams and 4 Senior teams. We were in the top echelon for teams qualifying for the top 10 of Junior Championship Divisions and our Victorian Youth Championship Women qualified for finals. The DV Academy and N.E.A.T. Program have been tracking very well and Diamond Valley's Performance Enhancing Program has been returning some fantastic results. It is fair to say that our Senior Men's and Women's teams didn't perform as well as we hoped for on the court, however the work they achieved within our club with our juniors has been very pleasing. With Player Development a high priority, it was great to see Kai Woodfall, Matt McCarthy, Amy O'Neill and Bridget Mimmo take positions with USA Colleges. Equally exciting was the announcement of Matt McCarthy winning the Big V Senior Championship Youth Player of the Year and Heaven-Lee Valenti winning the Vic Youth Championship Women's Rookie of the Year award and being named in the All Star Five.

The Northern Basketball Camps have gone to the next level in 2015. Everything that I could have expected with these camps is occurring come school holidays. Our Domestic Camps have taken off! We have had to close registrations well before the cut-off date for two of these camps throughout the year. The content and most importantly the delivery by the coaches is first class and judging by the looks on faces and feedback we are receiving, the participants are enjoying themselves and becoming better basketball players at the same time.

At Community level, the DVBA were involved with the St. Vinnie's "Warming Winter" campaign donating a number of bags full of warm clothing for homeless people. We conducted two well attended Introduction to Coaching Clinics along with two Under 8 Introduction Player Days.

Good Luck with your basketball for the remainder of your season!

**Ross Wignell – DVBA CEO**

# Senior Domestic Shot

Four year old Charli was diagnosed with acute lymphoblastic leukemia early in 2015. Close friends of the family offered emotional support and helped out by providing meals and baby-sitting Charli's sister. The mounting medical bills and time away from work started to take its toll financially and so Charli's Angels was formed.

*'We decided a charity basketball team would be a good way for us to raise some much needed funds. Therefore Charli's Angels was born, and ten fat white guys have been pretending we 'still have it' ever since.'* -Clynt Bernhardt- Team Manager.



**Charli's favourite colour is pink and inspired the team's uniform.**

**Charli's Angels:** Anthony Biggs, David Gosling, Travis Lee, Jarrod McMillan, Clynt Bernhardt, Chris Fostineo, Ben Tully, Chris Marchingo, Simon Peat. Absent: Leigh Fostineo.

Charli's Angels currently play in DV's Senior Domestic Men's Competition on Wednesday nights. They have been raising money in a number of ways including donating \$1 for every point scored by the team during the season. They enjoy \$3 beers after each game with all profits straight in the kitty and all excess money from weekly team sheets also included.

**If you would like to make a donation towards Charli's Angels, donation boxes will be in the DVBA office and the DV Shop for the remainder of the Spring 2015 season. All donations will help the family pay for Charli's ongoing medical expenses.**

Best wishes to Charli and her team of angels, from everyone at Diamond Valley Basketball Association.

**Registration for Autumn 2016 Senior Domestic opens on Monday 9<sup>th</sup> November 2015 for existing teams and Monday 23<sup>rd</sup> November 2015 for new teams.**

**Get your teams organised soon and register early so you don't miss out on a spot!**

**For more information contact Jess on 9432 4720 or [jess@dvbasketball.com.au](mailto:jess@dvbasketball.com.au)**

# Junior Domestic Rebound

The second half of the Spring 2015 Junior Domestic competition is well underway with finals approaching quickly. This season we have a total of 446 teams coming from the 20 domestic clubs associated with Diamond Valley Basketball. This season has also seen the first 20 and Under Girls Competition at DV, following the success of the boy's competition currently in its third season. 2016 will hopefully see more teams entered into both of these competitions.

Spring 2015 will see Grand Finals held on Saturday 12<sup>th</sup> and Sunday 13<sup>th</sup> of December, with a big weekend of games to look forward to. The U10 boys and girls season will wrap up with season play-offs, promising some competitive matches to finish off the year.

Meet some of DVBA's Junior Domestic Players, Coaches and Referees.



## **Alistair Routley- U14 Eltham North Jets**

**How long have you been playing basketball for?** 6 years

**Why did you start playing basketball?**

Watching my brother play and wanted to join in

**Who is your basketball role model?** Chris Paul

**What's your favourite position to play and why?**

Point Guard. I'm not the tallest player

but I am a good dribbler and shooter. **What career would you like to have when you finish school?** Architect

**Who is your biggest fan?** My dad, doesn't miss a game.

**What do you do to prepare for a game?** Shoot hoops in the morning and have a light lunch before an afternoon game

**What is your favourite food?** Italian food

**If you could attend any sporting event in the world, what would it be?** I like most sports so the Olympic Games would be the best

## **Kyla Parry- U16 Yarramabat Phantoms**

**How long have you been playing basketball for?** Since I was 6. I played my first game with a broken arm

**Why did you start playing basketball?** I really enjoyed a beginners program I went to.

**Who is your basketball role model?** Aurnyn Macmillan

**What's your favourite position to play & why?**

Point Guard as this position is what I have always played

**What is your favourite memory from basketball?** Winning my first Grand Final in Under 12s by a point

**What career would you like to have when you finish school?** Music Producer

**Who is your biggest fan?** My family

**What do you do to prepare for a game?** Listen to music

**What is your favourite food?** Carrots

**What is your favourite movie?** Edward Scissorhands

**If you could attend any sporting event in the world, what would it be?** The Superbowl



## **Sam Tyrrell- U12 Eltham North Jets**

**How long have you been playing basketball for?** 4 years.

**Why did you start playing basketball?**

My Dad thought it was a good idea.

**Who is your basketball role model?**

Steph Curry

**What is your favourite memory from basketball?** When I filled in for the under

14s and shot 2 three pointers.

**What career would you like to have when you finish school?** AFL footballer!!!

**What do you do to prepare for a game?** Watch my brother in the under 8s.

**What NBA team do you follow?** Clippers.

**What is your favourite movie?** Dumb and Dumber 2

**If you could attend any sporting event in the world, what would it be?** NBA Finals.

## **Callum Fry- U16 Northern Saints**

**How long have you been playing basketball for?** 7 years.

**Why did you start playing basketball?** Because my friends were starting a team and asked me to join.

**Who is your basketball role model?** Stephen Curry.

**What's your favourite position to play and why?** Small

Forward – because it's a fast moving position, and requires both solid rebounding and shooting skills.

**What is your favourite memory from basketball?** Winning the 2012 VC Reserve Grand Final and being awarded the MVP for the game.

**What career would you like to have when you finish school?** I'm considering a career in either Engineering or Sports Science.

**Who are your biggest fans?** My Mum & Dad.

**What do you do to prepare for a game?** Stretch/warm up and take some shots.

**What is your favourite movie?** American Sniper.

**If you could attend any sporting event in the world, what would it be?** Olympics





**Georgia Atkinson- U16 Rosanna East**

**How long have you been playing basketball for?** 9 years

**Why did you start playing basketball?** Well my brother played and my dad played when he was younger so I just grew up with a basketball in my hands. **Who is your basketball role model?** Elyse



Penaluna and Patrick Mills. **What's your favourite position to play and why?** Shooting guard because your almost always in the offensive play. **What is your favourite memory from basketball?** When I played in the Classic. **Who is your biggest fan?** Probably my dad. **What do you do to prepare for a game?** Before Friday night games I come home from school and have an hour or so of down time and when dad gets home we go outside and shoot. **What is your favourite food?** Watermelon. **What is your favourite movie?** Bridge to Terrabithia.

**Aiden Arceri- U12 St Thomas**

**How long have you been playing basketball for?** 4 years

**Why did you start playing basketball?** For fun and because I liked basketball.

**Who is your basketball role model?** My coach. **What's your favourite position to play and why?** Guard, because I like defending. **What is your favourite**



**memory from basketball?** When I won my first game. **What career would you like to have when you finish school?** AFL Football player. **Who is your biggest fan?** My Mum and Dad. **What do you do to prepare for a game?** Lots of stretching and practice. **What NBA team do you follow?** Golden State Warriors. **What is your favourite food?** Chocolate **What is your favourite movie?** Rocky series **If you could attend any sporting event in the world, what would it be?** AFL Grand Final

**Peter Antoniou- U16 Girls- St Thomas**

**How long have you been coaching basketball for?** 3 Years

**What was it that made you want to be a coach?** Spending time with my daughters. **What's the best thing about being a coach?** Being able to watch your players get better and play as a team. **What's the hardest thing about being a coach?** Translating into



words what I want my team to do, it would be easier to show them. **What other hobbies do you have?** Tennis, Golf. **Name one thing that your team has taught you this season.** Patience.

**What is your occupation?** Owner of a painting company

**What is your favourite book?** Charlie and the Chocolate Factory. **What is your signature dish?** Chicken Schnitzel

**If you could meet one person who would it be?** Anthony Robbins



**Andrew Krukowitch- U12 Girls -Apollo**

**How long have you been coaching basketball for?** 8 years

**What was it that made you want to be a coach?** My 2 girls started playing, and I had a basketball background so it was the perfect opportunity for me to spend time with my girls teaching them something I love. **What's the best thing about being a coach?** Teaching the kids

new skills, and watching them improve and develop. **What's the hardest thing about being a coach?** Finding the time in a busy work week for training and game day. **What other hobbies do you have?** Holidays in Eildon, walking the dog, and family time. **Name one thing that your team has taught you this season?** They have taught me to have fun when you least expect it. And to be patient when things might not be going our way. **What is your occupation?** Builder **What is your signature dish?** BBQ - especially lamb cutlets. **If you could meet one person who would it be?** Michael Jordon.

**Harry Chandler- Referee Level: 1B**

**How long have you been refereeing basketball for?** 2.5 yrs

**What was it that made you want to be a referee?** My bank account balance

**What's the best thing about being a referee?** The banter

**What NBA team do you follow?** Denver Nuggets

**What other hobbies do you have?** NBA 2K

**What is your favourite song?** Land Down Under **Stranded On An Island, what Are Your 3 Essential Items?** Power Source, Playstation4, NBA 2K16

**If you could meet one person who would it be?** The guy that says 'EA SPORTS'

**Who is the funniest referee at DV?** Brent Williams



**Shannon McGougan-Referee Level: 1A**

**How long have you been refereeing basketball for?** 3.5 years

**What was it that made you want to be a referee?** The money

**What's the best thing about being a referee?** Ref room banter

**What's the hardest thing about being a referee?** Summer finals

**What other hobbies do you have?** Playing Basketball

**What is your favourite song?** What do you mean- Justin Beiber **Stranded On An Island, what Are Your 3 Essential Items?** Phone, WIFI, Mac

**If you could meet one person who would it be?** Justin Bieber

**Who is the funniest referee at DV?** Matt Staniforth



# Senior Championship Zone

MEET DV'S NEW BIG V COACHES FOR THE 2016 SEASON

**Name:** Brendan Jackson

**Age:** 24

**Team:** Diamond Valley Youth League Women

**Previous coaching experience:**

Bulleen U18/1's 2013 & 2014

Bulleen Youth league Women's Assistant Coach  
2011-2015

**When you are not at a basketball stadium, you like to?** Drink coffee & watch the footy

**Most important to you as a coach?**

That my players get better as individuals and enjoy playing the game

**Biggest impact on your basketball career is?**

Having some very experienced coaching mentors as a young coach

**What would your players get sick of hearing you say?** Box out

**If I could coach any team in the world, I'd coach?**

The LA Lakers

**What drew you to coach at Diamond Valley?**

The quality of junior athletes they have, and their vision for the future.

**What you are looking forward to most at Diamond Valley?**

Working with the excellent young talent the Eagles have.

**Share your thoughts on the season ahead:**

The Youth League Women's side for 2016 should be a fairly competitive side, and will compete with some of the better teams in the competition. In saying that however, the main focus will be ensuring that the players involved in the program are developing towards being able to play at a Senior Championship level over the next few years.



**Name:** Damian Clarke

**Age:** 54

**Team:** Diamond Valley Youth League Men

**Previous coaching experience:** Assistant coach in WNBL, SEABL & Victorian State teams. Head coach in Big V.

**When you are not at a basketball stadium, you like to?** Spend time with my family either supporting their sporting endeavours, or just hanging out together eating out or going to the movies

**Most important to you as a coach?** Improvement in the teams I coach and individual player development.



**Biggest impact on your basketball career is?** The biggest impact on my basketball career was getting an opportunity to be the assistant coach of the Diamond Valley Youth league men in 2011, working with the Head Coach at the time, Trevor Lee. It also set me up in 2012 to be selected by basketball Victoria as the U20 State team Development Coach.

**What would your players get sick of hearing you say?** There is two common phrases I use most often, the first being “PUSH” to push the ball up the floor to get an early transition basket. The other is “GO TO THE RACK WITH PURPOSE” to explode to the ring and make the basket, pick up the foul and shoot the bonus.

**If I could coach any team in the world, I’d coach?** I enjoy coaching in Australia so I would say coaching any team in the NBL or WNBL would be my coaching aspirations, however, I have a realistic view of my coaching ability and I have a lot of work to do before I could coach at that level.

**What drew you to coach at Diamond Valley?** Diamond Valley has some of the best coaches in Australia; continuously trying to improve our junior and senior programs. From a personal perspective when you get an opportunity to work with the likes of Ross Wignell and Al McAughtry who have coached at international levels why wouldn’t you coach at DV and try to improve your own coaching.

**What you are looking forward to most at Diamond Valley?** I am looking forward to having a solid year with the youth league group. To improve on last year, and to continue to develop players to move on to the next stage of their basketball careers.

**Share your thoughts on the season ahead:**

I am looking forward to the challenges we’ll face next season. There are a number of great teams in the league with some very talented players. We will need to work hard over the pre-season and stay true to our team goals and objectives. If we put in the hard work there is no reason why we couldn’t be more than competitive and hopefully push to play in finals next season.



# Junior Championship Time-Out

On Saturday 10<sup>th</sup> October, Diamond Valley recognised its graduating U18 class for season 2014/15 in a fantastic celebration of their season just completed and their careers as junior Eagles players.

The night's MC was Glenn Turner, who was as entertaining as always, featuring speeches from graduates Jess Hardy and Jack Dean - as well as the U18 Coaches and club officials.



Presentations were made to our graduates, and to season award winners, to tie a bow in the junior phase of their careers with the Eagles. Many will go on to remain involved with the program as a player in Senior Championship or through the Junior coaching ranks – but all graduates will be Eagles at heart, and will look back fondly on their time in Junior Championship.

Their names are etched into our history and they will forever be part of the great memories many have of this period of time at the club.



Thank you to the Junior Championship Committee and all that contributed to the organization of the night, families that came to be part of it and most importantly - congratulations to our graduates and we wish you all the very best of luck with whatever direction the sport takes you in moving forward.



## DV SHOP PROMOTION!

### Get a DV T-Shirt and Socks for only \$20!

\*Offer applies only to white short-sleeve t-shirt with red or green logo.



# Get Involved in the DV Schools Program!

The DV Schools Program has now been in operation for 12 months and has grown to service 20+ primary schools in the local area with basketball clinics for students. We are passionate about our sport, but more broadly we wish to plant a seed in the minds of young people that regular exercise/physical activity is an important lifelong habit to create for wellbeing.

Our clinics have received rave reviews for their content, delivery and giving students a platform to be physically active for health and wellbeing. Our program has 'shared the game' with thousands of young athletes – giving them the opportunity to have a go at the sport, and encouraged many to get involved in their local club or development programs moving forward.

*'This year we had Diamond Valley Basketball Association's Schools Program offer free clinics to our students for the first time. Mark Alabakov was our allocated coach. We participate in many free and paid programs across a number of sports. The delivery of this program was of the highest quality I have seen. I have already highly recommended it to other schools in our district and fellow colleagues at other schools'.*

**- Paul Healy, PE Teacher of St Mary's Primary School, Greensborough.**



*'The Diamond Valley Schools Program run by Mark was a fantastic program that all students thoroughly enjoyed ! All lessons were catered to meet the different needs of each student, providing a proactive and challenging environment for students to excel in. This is a beneficial basketball program for students of all ages and standards'.* - **David Pitts, PE/Sport Coordinator of Diamond Creek Primary School.**

*'Thank you to the DVBA and the DV Schools Program for an engaging and entertaining 3 week program at Wattle Glen Primary School. The students thoroughly enjoyed the opportunity to build on their basketball skills in a fun and enjoyable program. Special credit to Mark for his engaging manner and positiveness towards helping our students! Great effort! Looking forward to our next opportunity!'* - **Gerard Fay, Principal of Wattle Glen Primary School**

**We are now taking bookings for the 2016 calendar year! Clinics are totally, 100% FREE to local schools, but dates do fill up quick with bookings and it is first-in, best-dressed!**

To have your school become involved or to organise return visits to schools already taking part in the DV Schools Program, contact Mark in the DV Office at [mark@dvbasketball.com.au](mailto:mark@dvbasketball.com.au).

# Courtside at Northern Basketball Camps

This past school holidays, our Northern Basketball Camps reached another level. Registrations continued to grow in response to the delivery and quality of camps held last holidays – but the bar has been raised again ! Over 370 players took part across 9 days of detailed instruction and investment into their development.

Coaches were all so highly impressed with the energy and clear intent to acquire knowledge and improve performance from the participants. We received lots of very positive feedback from parents and their children on the content of the camps and the passion and genuine interest the coaches took in making every player better.

Parents should be incredibly proud of their young athlete/s that attended any of our camps – as their behavior, attention, effort and cooperation with the coaches and other players was first class.

We are proud to work together with you to continue to deliver to the Basketball community the unparalleled, gold standard in player development camps in the State.



## Performance Enhancing Program

Like many at our club have, you too can achieve new and exciting results with Emily Zerella, Diamond Valley Eagle's Strength & Conditioning Coach; a specialist in athletic technique, strength and flexibility.

Emily will help you with:

- Running technique, speed and injury prevention by using correct technique.
- Gaining strength through body weight exercises and power through explosive plyometric drills and exercises. Improve movements such as vertical jump, reaction time, explosive movements up and down the court and strength against the opposition. This is a great method of training to improve anaerobic fitness.
- Core strength and stability; Learning to engage the core in all exercises will build a strong foundation for overall strength and stability. Your core is where all of your strength and power originates from, so the stronger your core, the stronger and more efficient all of your other muscles and muscle groups will become. This aspect of training is often overlooked but core strength is essential to being fast and jumping higher! It also improves your balance, agility, and endurance.
- Stretching, and the different types of stretching that should be used either at the start of a session/game or at the end to help cool down

**For more information on the Performance Enhancing Program contact the DVBA Office on 9432 4720**

# 3 Point B-Ball



Term 4 of 3 Point B-Ball is underway with a growing number of 5-9 year olds participating in the program. The program focuses on the fundamentals of basketball through learning, development and above all, enjoyment.

Each program runs for 8 weeks and operates across all four school terms. For more information on 3Point B-Ball visit [dvbasketball.com.au](http://dvbasketball.com.au)



## DVBA's Director of Coaching

### DRILL OF THE MONTH

#### Ball Skills – Single and Double

**Equipment:** 2x balls, 1x cone or chair

**Theme:** Pound ball, Eyes on the Ring, Finger Tip Control

#### **Drill:**

- Start on the baseline facing the centre of the court
- Dribble around the chair and back to the baseline
- Turn around and go back the way you just came

#### **Use of balls**

- Dribble two balls opposite/at the same time
- Dribble with left hand, tap the other ball with right hand. Alternate several times
- Dribble one ball at waist height and one ball at shoulder height

#### **Single Ball Dribble**

- Regular right hand/left hand
- Right hand, left hand, crossover dribble
- Single hand crossover dribble



# Highlight Reel

Throughout the year Diamond Valley hosts multiple events and awards ceremonies. Each one being a great way to celebrate the year's achievements and get to know the community involved with the association.

## *Senior Championship Presentation Night* *5<sup>th</sup> September 2015*



## *Junior Championship Trivia Night* *1<sup>st</sup> August 2015*



## *Under 18 Graduation Night* *10<sup>th</sup> October 2015*





# *Volunteer & Sponsors Evening*

## *4<sup>th</sup> July 2015*



# *Diamond Valley vs. Yale University*

## *16<sup>th</sup> August 2015*



# The 300 Club



## JOIN THE 300 CLUB AND INSTANTLY BE PART OF SOMETHING BIG!

The Diamond Valley Basketball Association aims to be the most professional, respected and opportunistic basketball association in Victoria. The DVBA is committed to Coach, Player and Referee development and provides opportunity for all ages and levels of ability to participate in basketball.

Becoming a 300 Club member will have you join a special group of valuable members that gain exclusive benefits and rewards for their commitment, and also gain the opportunity to network with other proud members to form friendships and working business relationships as a result of the shared common ground of being passionate about Diamond Valley Basketball.

Join our challenge to reach 300 members and contribute to the magic that is Diamond Valley Basketball.

For more information or to become a '300 Club' member today, contact the DVBA Office on 9432 4720

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