

March 2009

## World Record Attempt

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Basketball Australia in conjunction with Basketball Victoria are organising an attempt on the World Record for people dribbling basketballs simultaneously and we need your help to make it successful. This will take place on Tuesday 7 April from 12:30pm to 2:30pm in Melbourne's Federation Square.

An attempt will be made to better the mark of 1,289 people currently recognised by the Guinness World Records book set on 17 May 2007 in Edinburgh.

It is free to participate and open to everyone. This is an opportunity for people of all abilities to participate wheelchair athletes, athletes with hearing impairment, athletes with integration difficulties, it's open to all. So encourage your school friends, family, friends and work associates to join us on the day.

All registered participants will receive a certificate after the event that will also include a group photo of the record breakers. You just need to bring a basketball.

There will be random prizes and giveaways for the participants as well as live entertainment on the day. Opals and Boomers players will also be present for an autograph signing session.

Go to [www.basketballvictoria.com.au](http://www.basketballvictoria.com.au) to register.

## Fire Relief Clinic Success

205 Young basketballer's came out in force to support the Basketball Victoria Fire Relief Clinic on Sunday, February 22<sup>nd</sup> at Melbourne Sports and Aquatic Centre.

The Clinic was led by Australian basketball legend Andrew Gaze and featured Caitlin Ryan, Nicole Hunt and Dale Waters from the Dandenong Rangers, Katrina Hibbert, Zoe Carr, Elise Penaluna and Sharin Milner from the Bulleen Boomers and Tom Greer, Ebi Ere, Sam Mackinnon, Stephen Hoare and Darryl McDonald from the Melbourne Tigers.

The day was a huge success with each participant receiving an AND1/Basketball Victoria 'Together' singlet, a day of coaching and a lot of fun. Players were able to spend time with different stars of the game working through different passing, dribbling, shooting and individual offensive drills.



Photos by Mellisa Sudero



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Over \$7,500 was raised from the clinic with many people donating generously. All proceeds will go to the Basketball Victoria Fire Relief Fund.

Basketball Victoria would like to thank all the players who supported the day as well as AND1, MSAC, McDonalds and Molten. for their generosity. Not to mention, the eagerness of the 205 budding basketballer's who came along to improve their skills and have fun with some of the greats of the game.

## BV 2008 Awards Dinner

Basketball Victoria's 2008 Awards Dinner will be held on Wednesday 8<sup>th</sup> April 2009, at Club Kilsyth in conjunction with the 2009 Basketball Managers Victoria Convention Dinner.

**TABLE BOOKINGS FOR THE AWARDS DINNER HAVE BEEN EXTENDED TO FRIDAY 27<sup>th</sup> MARCH.**

The cost for the evening is \$55 per person (3 course meal).

If you would like to attend, contact Fiona Kuilboer on 9927 6666 or [fiona.kuilboer@basketballvictoria.com.au](mailto:fiona.kuilboer@basketballvictoria.com.au) for a booking form. Then return the form with payment by Friday 20<sup>th</sup> March.



## Dragons claim first NBL title

The South Dragons have claimed the 2008/09 NBL Championship, a 102-81 victory over the defending titleholder the Melbourne Tigers at a packed Hisense Arena on Friday night completing their fairytale season.

It was a Tremmell Darden-inspired run during the middle stages of the third term that set-up the victory, with the Dragons extending their 11-point half-time advantage to a match-winning 18 at the final break.

Darden hit 21 of his career-best 31 points during that quarter to help his side take control of the contest and there were no final-term heroics from the Tigers as the Dragons sealed the three-games-to-two result in the best-of-five Grand Final series and became the first team in NBL history to go from wooden-spooner to Championship winner in the space of 12 months.

While Darden was the star of the show in the deciding match of the series, fellow American Donta Smith played just as big a role in the victory.

Smith narrowly missed a triple-double with 21 points, 10 rebounds and seven assists and also became the first import to win the Larry Sengstock Medal since the talented Chris Williams was adjudged the best player of the Grand Final series in 2003.

Dragons skipper Mark Worthington and young swingman Joe Ingles contributed nine points apiece in the victory, while Mika Vukona and Matt Burston shot eight each.

For the Tigers, Ebi Ere (16 points), David Barlow (16) and Chris Anstey (12) battled hard, but the Dragons were hungrier for the victory - they won the rebound count 47-33 - and shot the ball at a magnificent 53 percent shooting clip throughout.



It was a sixth NBL Championship for Dragons coach Brian Goorjian and he said it was the sweetest.

"The older you get you understand how important they are," he said.

"And in this one we picked ourselves up off the canvas after Game Four when everybody thought we were down and out."

"We didn't win a road game all series, but we won the Championship."

Tigers coach Al Westover was bitterly disappointed after the game and said his team wasn't as sharp as they needed to be to win a series decider.

"We didn't get anything going inside with our offence, we had a lot of turnovers in the first half and we got out-rebounded," Westover said.

"They killed us on the break and got to the line twice as often, so pretty much in every area we got beat."

Nathan Crosswell (11 points, four assists) and Ere found their range early on as the Tigers edged out to a seven-point lead midway through the first term, but it didn't take long for the Dragons to come to terms with the zone defence their opponents were playing.

Smith threw down a big dunk on the fast break and then nailed a huge three from the top of the arc right on the quarter-time buzzer as the Dragons ended the stanza with an 18-7 run to take a four-point (28-24) lead into the first break.

Things started to hot up in the second term as Smith scored four consecutive baskets to help give the Dragons a double-digit lead and the Tigers began to struggle from the field.

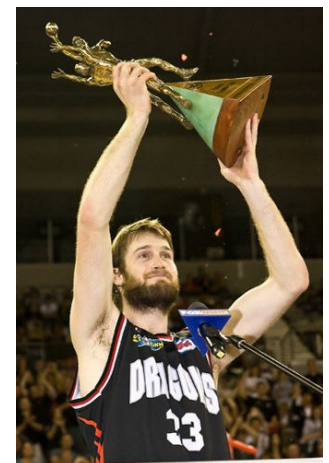
The Tigers could only manage six field goals in the second term and with the Dragons leading the rebound count 22-17, the home side enjoyed a healthy 11-point (52-41) buffer at the half.

Darden was playing the perfect support role to Smith in the opening half and he provided the Dragons' first five points of the third term as the hosts extended their advantage to 13.

Tommy Greer (six points, four rebounds) connected from beyond the arc and hit a long-two to bring the Tigers back within eight, but Darden nailed back-to-back triples as the Dragons went on a 12-2 run to break out to a 24-point lead.

A triple from Anstey and a Luke Kendall (nine points, three assists) heave from half-court on the three-quarter-time buzzer brought the Tigers back within 18 (82-64) with 12 minutes remaining.

Another three from Kendall helped reduce the Tigers' deficit to 16 early in the final term, but they could get no closer as Smith, Ingles and Worthington stepped up over the final stages to allow the Dragons' celebrations to begin.



## Caps Crowned WNBL champs

The Canberra Capitals have been crowned the 2008/09 Australian Defence Force Women's National Basketball League Champions.

The Capitals held off a determined Boomers outfit in the Grand Final to take the club's sixth title, 61-58, in front of a sell-out crowd at the AIS Arena on Friday night.

After a close tussle in the first half a third quarter run, led by Grand Final MVP Natalie Hurst, gave them the margin they needed to hold out for the win. The Boomers had time for an equalizer in the dying seconds but forward Katrina Hibbert's 3-point attempt never looked like making it.



Canberra point guard Hurst scored 12 points, six rebounds, three assists and two steals.

The capacity crowd was involved from the start, erupting as Caps guard/forward Michelle Musselwhite drained a three before grabbing a steal down the other end. The Boomers then went on a 6-0 run but Canberra's Jess Bibby and Marianna Tolo hit the floor running when they entered the game five minutes in. Tolo immediately got stuck in with a block and grabbed a rebound before Bibby put Canberra in front with a quick basket and followed it up by knocking down a long-range trey for a 8-6 lead.

Bulleen centre Elyse Penaluna got into the game with two baskets from outside the point and when 3-point specialist Lisa Pardon delivered, the Boomers were back in front. Boomers point guard Sharin Milner went coast to coast but the Caps had one play left and captain Kellie Abrams took control, feeding the ball to Tolo for a buzzer-beating lay-up.

Bulleen held a 15-13 lead at the first break and went on a 5-0 run at the start of the second term. Bulleen veteran Hibbert knocked down a three but as Hurst went on a rampage, dishing an assist to Tracey Beatty, grabbing a steal and drilling a three, Canberra went on their own run, 13-2.



Coaches Carrie Graf and Cheryl Chambers were quick to call a timeout as both teams went on short scoring runs and after Chambers called Bulleen to the bench Milner came out and iced a three.

Tolo continued to work hard under the basket to grab four rebounds and four points in the quarter but Milner would not be denied and she levelled the scores 32-32 at halftime.

Momentum see-sawed in the third quarter as first Bulleen then Canberra went on scoring runs; Penaluna drove past Bishop and hit a jump shot before Hurst knocked in two threes.

Chambers called a time out for the Boomers but when the players came off the bench Penaluna was awarded her third and fourth fouls within two minutes and was sent back to the bench.

Musselwhite exploded late in the third term for seven points in the last two minutes of the quarter and the Caps led 48-42 at the last break.



Hibbert tried to ignite Bulleen in the final term with a quick basket but Canberra worked the ball around as Abby Bishop, Tolo and Hurst made some tough baskets.

It was pocket rocket Milner that put a stop to the Canberra run to keep the margin from stretching out but as Musselwhite drained another three the Caps were up by seven, 57-46 with five minutes remaining.

Bulleen battled hard in the in the remaining five as captain Desi Glaubitz netted a three and two-time league MVP Hibbert and 20 -year-old Penaluna kept fighting to pull the score back to one point, 59-58 with 1:23 on the clock.

Neither team was going to give up and the league's best rebounder, Bishop, grabbed her 14<sup>th</sup> board to give Tolo a chance to put the Caps out by three points with eleven seconds remaining.

Bulleen took their final timeout to plan their last play and they put the ball in the trusty hands of Hibbert but her attempt at a three to level the scores rimmed out as, fittingly, Canberra captain Kellie Abrams grabbed the rebound in the dying seconds and the arena erupted once more.

Celebrating her sixth championship with the Capitals, MVP Hurst said the team did what they needed to on the night. "It was a collective effort," Hurst said.

"Our big girls made some tough shots, they got Penaluna in foul trouble and that was a big thing for us. You couldn't ask for anything more from this bunch of girls."

In only her second game back from a calf injury Hurst showed no signs of strain as she made some big plays. "I had to take those shots and I was glad that a couple went down in clutch time," Hurst said. "Anything I can do to help my team out and get (the championship) it's amazing."

Canberra coach Graf said the depth the Capitals had off the bench helped them seal the win tonight. "It would have been hard to pick the MVP," Graf said.

"That's the strength of this team, it was a really deep team with different combinations... Musselwhite's been in four losing grand finals and I said to her at the end 'that's why you came here mate'. She played big when we needed to play big and that's why it's hard to separate an MVP from a team performance."

As 5000 basketball fans celebrated with the Caps after the game Graf said the enthusiasm of the crowd was testament to the profile of the sport in the capital.

"Basketball's alive and well here in Canberra," Graf said.

The Caps brought it back.



## Monumental Day for Big V

Wednesday the 11<sup>th</sup> of March marked the launch of the 2009 Big V season and with it comes some positive moves forward for the league.

From here-on-in, the elite division of the Big V will be known as the State Championship, with the re-establishment of the state title poised to instill prestige, honour and pride into the competition, revisiting the days of the Albert Park Basketball Stadium and the VBA State Championship.



Big V General Manager Brad Noonan said it was an historic day for the league.

"As well as the rebranding of our top division, we have commissioned two perpetual shields to be struck in the honour of basketball legends Andrew Gaze and Michelle Timms," Noonan said.

"From 2009 onwards, the players in the State Championship will be battling it out for the Andrew Gaze and Michelle Timms perpetual shields."

Noonan said as the officially endorsed basketball competition in Victoria, renewing the battle for the State Championship was crucial for the league and the sport.

"And adding the names of Andrew and Michelle to the trophies will give the players more incentive to take out the titles and add prestige to the title well into the future," he added.

The basketball greats were on hand at the season launch, held at the Melbourne Sports and Aquatic Centre, for the announcement.

Gaze and Timms said they were both honoured to be recognised in such an esteemed way.

"To give my name to the state title is an absolute honour," Former NBL Melbourne Tiger and Boomers' player Gaze said at the launch. "And to be linked back to the days of the Albert Park Stadium is a big tribute."

This Big V season will see 93 teams playing in 11 divisions of competition in Australia's largest senior competition with approximately 2000 athletes will take to the floor throughout the state.

This includes seven men's and seven women's teams competing for the State Championship in our highest level of competition.

Timms agreed with Gaze's sentiments as they recalled sitting courtside at Albert Park Basketball Stadium Court One. "To give our names to the State Championship is just such an honour," Timms said.

Basketball Australia Executive Officer Scott Derwin said a strong state-based competition was important for the longevity of basketball in Australia.

"It's a great day for basketball – we have two Melbourne-based teams playing off in game four of the NBL series tonight and what better day to have the launch of the State Championship than today," Derwin said at the launch.

"And to have names such as Andrew and Michelle linked with the Big V adds strength and prestige to the league."



## Upcoming SMA dates

Sports Medicine Australia are hosting the following courses in the coming months. Basketball Victoria strongly encourages associations to ensure some of their members are properly trained in First Aid & CPR.

### Sports First Aid

Course Number - 30902F	Mordialloc Life Saving Club Mordialloc Life Saving Club, Beach Road, Mordialloc	Sunday 22 March 9am - 5.30pm
Course Number - 30903F	Sports House 375 Albert Road, South Melbourne	Monday 20 April and Wednesday 22 April 6.30pm - 10.30pm each night
Course Number - 30904F	State Netball and Hockey Centre 10 Brens Drive, Royal Park, Parkville	Saturday 9 May 9am - 5.30pm
Course Number - 30905F	Mordialloc Life Saving Club Mordialloc Life Saving Club, Beach Road, Mordialloc	Sunday 14 June 9am - 5.30pm

### Level 1 Sports Trainer

Course Number - 30903	Sports House 375 Albert Road, South Melbourne	Saturday 21 March and Sunday 22 March 9am - 5pm
Course Number - 30904	Narre Warren Physio Clinic 420 Princess Highway, Narre Warren	Sunday 29 March and Sunday 5 April 9am - 5pm
Course Number - 30905	State Netball and Hockey Centre 10 Brens Drive, Royal Park, Parkville	Saturday 11 April and Sunday 12 April 9am - 5pm
Course Number - 30906	Sports House 375 Albert Road, South Melbourne	Sunday 26 April and Sunday 3 May 9am - 5pm

### Reaccreditation and CPR Update

Course Number - 30902R	Sports House 375 Albert Road, South Melbourne	Monday 6 April 6.30pm - 9.30pm
Course Number - 30903R	Sports House 375 Albert Road, South Melbourne	Monday 4 May 6.30pm - 9.30pm

### SMA also offer recognised training in:

Advanced Sports Taping  
Sports Massage  
Emergency Asthma Management  
Spinal Injury Management  
Dental Injury Management  
Nutrition for Sport and Exercise

If you would like further information, or would like to register for any of the courses listed above, please contact SMA on 03 9674 8777 or [tate@vic.sma.org.au](mailto:tate@vic.sma.org.au)





## Associations wanted for Healthy Hoops

Basketball Victoria is looking for associations to host Nutrition and/or Basic Injury Management sessions throughout 2009 as part of the Healthy Hoops Program.

These sessions are a great opportunity to ensure that players, coaches, referees and parents are provided with up-to-date information in regards to personal health and injury management.

Each session lasts approximately 2 hours and are lead by practicing dietitians and sports medicine practitioners'. Days and times can be arranged to suit the needs of interested associations.

The facilities required include a large meeting room, white board or screen to project onto, adequate seating for up to 30 or 40 people and power outlets.

If your association would like to be involved or you require more information, please contact Fiona Kuilboer on 9927 6666 or [fiona.kuilboer@basketballvictoria.com.au](mailto:fiona.kuilboer@basketballvictoria.com.au).

## Smartplay Sport Champion Award 2009

Victorian community sporting clubs and individuals can win a share of over \$2,000 in cash and prizes in the Victorian Smartplay Sport Safety Champion Award 2009.

The competition, now in its sixth year, aims to highlight the great work of sporting clubs and their members to make sport safer and help lower the sporting injury rate in Victoria.

### Categories

Smartplay, Sports Medicine Australia's sports injury prevention program funded by VicHealth and the Department of Planning and Community Development (Sport and Recreation Victoria), will award a 'Champion Club', 'Champion Individual' and for the first time a 'Champion Individual – Youth' (under 21 years of age) who have been active in addressing sports injury prevention in community sport.

The individual could be a coach, administrator, official, first aider, sports trainer, parent or player.

### Prizes

The 'Champion Club', 'Champion Individual' and 'Champion Individual – Youth' will receive \$500 cash each for their club; and over \$1,500 in encouragement awards are to be awarded to those clubs/individuals showing great promise in sports safety.

The competition is open to not-for-profit community sporting clubs affiliated with a Victorian State Sporting Association or individuals involved with these clubs.

All nominees and winners will also be invited to attend a Smartplay workshop followed by an award ceremony on Wednesday May 20.

### For more information

For application forms visit [www.smartplay.com.au](http://www.smartplay.com.au), phone 03 9674 8777 or email [smartplay@vic.sma.org.au](mailto:smartplay@vic.sma.org.au).





## Guy Molloy Coaching Clinic

Basketball Victoria kicked off its first Coaching clinic for 2009 at Box Hill on Monday, March 16 with 150 coaches in attendance for the Guy Molloy Clinic titled; 'An open training session with the Under 18 Vic Metro State Team'.

The recently crowned NBL Championship Assistant Coach delivered yet another informative session, covering individual and team offensive breakdowns as well as offensive and defensive transition break downs.

Guy is expected to feature heavily again in the Basketball Victoria Clinic calendar in 2009.

The next coaching clinic will be the Basketball Victoria Coaching Conference which will take place at Box Hill on Sunday, April 5. Details of the coaching conference will be released within days.

No doubt all of Vic Metro will be behind the team when they compete in the Under 18 National Championship in Gawler, South Australia from April 18 - 25.

Special thanks to Guy again for putting on an informative clinic as well as the Under 18 Boy's Vic Metro team, and Box Hill Senior Secondary College for the use of their court for yet another successful clinic.

The DVD of the clinic and the DVD from Guy's 'Zone Attack' clinic from October will be available in early May.



## Specialist Shooting Camps

Basketball Victoria is proud to announce two Specialist Shooting Camps for the April school holiday break.

The first camp will be held on April 6th at Dandenong, and following the success of last year a second camp will be held at Diamond Valley Stadium on April 7th.

The first of the Specialist Shooting Camps will be held at Dandenong Stadium on Monday, April 6th. The camp will be lead by Charles Ryan and Matt Shanahan. Charles is an NITCP Network Coach who has developed a cult following over the past few years, while Matt is 400 game NBL players winning 3 championships over a 15 season NBL career including leading the NBL in 3 point percentage in 1999.

The second Specialist Shooting Camps will be held at Diamond Valley Stadium on Tuesday, April 7th. The camp will again be lead by Matt Shanahan and this time Dale Waters will impart his knowledge on to young players. Dale is the current Head Coach of the Dandenong Rangers WNBL team, Head Coach of the 2011 Australian Under 19 Women's team and a coach in the National Intensive Training Centre Program.

Both camps are open to all representative players from Under 12 - 18. Registrations for both camps close on Monday, March 30th. So please get your registration in quick. As always, both these camps are expected to sell out! Both camps run for 10.00am - 3.00pm. The cost of each camp is \$49.50.

For a registration form please log on to [www.basketballvictoria.com.au](http://www.basketballvictoria.com.au) or for any further information please contact Paul Lankford on (03) 9927 - 6666 or [paul.lankford@basketballvictoria.com.au](mailto:paul.lankford@basketballvictoria.com.au).



## Upcoming Events

<b>Guy Molloy coaching clinic</b>	April 5
<b>Specialist Shooting Camps</b>	April 6 - 7
<b>BV Awards Dinner</b>	April 8
<b>Norwood Easter Tournament</b>	April 10
<b>Whittlesea City Autumn Classic Basketball Tournament</b>	April 17 - 19

## For Further Information:

### Editors:

Nicole Leppitsch – Manger Commercial Business –  
[nicole.leppitsch@basketballvictoria.com.au](mailto:nicole.leppitsch@basketballvictoria.com.au)

Ashley Stewart – Administration Officer –  
[ashley.stewart@basketballvictoria.com.au](mailto:ashley.stewart@basketballvictoria.com.au)

Please send your contributions to Ashley Stewart by the 20th of each month for consideration. We would like Insight to be an integral part of communication between Basketball Victoria and its partners. We would appreciate and value your feedback.

Please note: If your Association contact information or VBRA – Branch Contact Information is out of date, please contact Ashley Stewart on (03) 9927 6666 or email [ashley.stewart@basketballvictoria.com.au](mailto:ashley.stewart@basketballvictoria.com.au).

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