

November 2009

Sengstock Welcomes Crawford Report

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Basketball Australia CEO Larry Sengstock has welcomed the Crawford Report into sports funding and reform that was released today by the Federal Government, ending speculation about the content of the report and allowing for open debate on the proposed recommendations.

Basketball was included alongside swimming, tennis, cricket, cycling, the football codes, netball, golf, hockey, surfing and surf lifesaving as one of the most popular sports in Australia that contributes to the "national ethos".

With the cornerstone of the review based on the premise that the success of Australian sport should not only take into consideration our sporting achievements on the international stage but also measure the participation rates in community sport, basketball is meeting these criteria.

Ranked number 3 in the world of 213 basketball-playing nations and with the Opals current women's world champions, basketball boasts participation numbers that are the envy of other sports with more than 600,000 registered participants nationwide.

It is that combination of Australian basketball's international success as well as its strength at community level that Sengstock believes puts the sport he administers in good stead.

"We were certainly relieved to see that there will be no reduction in funding to elite sport or the sport sector as a whole," Sengstock said.

"Winning three medals from the four teams we sent to Beijing, we are obviously a strong sport at the elite level and have achieved great things in the international arena, but we are also very strong at the grassroots level in Australia.

"Some of the recommendations will no doubt inspire some earnest debate allowing the Minister to then frame her response appropriately."

Hot Weather Policy

With the current very hot weather, associations are reminded of the heat policy circulated early this year.

In addition to the procedure laid down in the advisory, it is recommended that where stadiums do not have cooling systems, fans be made available in stadiums where players can cool down, perhaps on the benches. If the outside temperature is cooler than the inside court temperature, particularly if there is a cool breeze outside, if it is at all possible, stadium doors should be opened to allow the breeze through.

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Additionally, associations are encouraged to follow the advice below:



- Be sure to encourage on-court participants - **players and referees** - as well as those on the side lines - **scoretable officials etc** - to remain hydrated as much as possible to avoid heat related illnesses which, if left untreated, can be quite harmful to an individual's health. This may mean shortening the length of each game, providing teams with extra time-outs, opening entry/exit doors to increase air-flow or increasing the breaks in-between halves. While not all these strategies will be possible at some venues, we **strongly encourage** you to implement what you can, to make our sport as enjoyable as possible for participants and spectators during such conditions.
- It is also important to remember that some **referees officiate multiple matches each night** - and normally do so in dress pants and sleeved polo tops. To assist them, it may be good to spread out their games (when and where possible) or allow them to wear shorts when officiating.
- The same principals apply during a **training session**. Players will require longer or more frequent breaks for drinks to remain adequately hydrated. It may also be a good idea to ensure the level of intensity is a little lower during periods of high heat. This will assist the prevention of dehydration and also more serious problems such as heat stress and heat stroke.
- It is imperative that we keep in mind the health and safety of those taking part in our sport - both on and off the court, and it is with this in mind that we are alerting you to this information.
- As a general guide, players and referees are advised to drink about 500ml (2 cups) of water in the 2 hours before exercising. During exercise lasting 60 minutes or longer, 500-750ml (2-3 cups) of fluids per hour should be sufficient to prevent dehydration. Constant sipping is also advised.

For more information and to view the policies, please visit the Basketball Victoria website at www.basketballvictoria.com.au

Ballarat 42nd Senior Tournament



MARCH 6th, 7th & 8th, 2010

ENTRIES CLOSE ON FRIDAY 5TH FEBRUARY 2010

ENTRY FEE: \$285 Per Team (Cheques Payable to BBA Inc.)

Address Entries or Enquiries to: **Mark Valentine** - Tournament Manager

PO Box 3 Wendouree 3355

Ph: 5338 1220 Fax: 5338 1992

E-mail : mark.valentine@ballaratbasketball.com

Website : www.ballaratbasketball.com

Aussie Hoops Thunders in to Overton Primary School

Keilor Basketball Association and **Aussie Hoops** (Basketball Australia and Victoria's national introductory program) took basketball fun and skills to Overnewton Primary School last term.

Ed Holman who teaches at the school said "**Overnewton & the Keilor Basketball Association** were both extremely happy with the program which has lead to **two under twelve** teams being entered into the KBA junior domestic competition this upcoming season. We have agreed to run the program in both terms one and three next year on the same basis as the last program where 40 participants enjoyed receiving expert coaching, a backpack, basketball, drink bottle and a sweatband as part of the program and we expect further teams to be entered into the KBA competition following these programs in 2010."



Aussie Hoops is all about kids learning to play basketball in a non competitive environment before making the transition into team basketball.

For more enquiries about Aussie Hoops please contact Mandy Ratcliffe @ Basketball Victoria: - mandy.ratcliffe@basketballvictoria.com.au

Healthy Hoops

Associations - Up-skill your players, coaches, managers, first-aid staff and parents now!!

Basketball Victoria is offering associations the opportunity to host their own information sessions and up-skill their members in the areas of Nutrition & Injury Management. Sessions can take place at your venue during the evenings and are run by accredited and practicing professionals. A minimum of 15 people are required for the sessions to take place, and assistance can be provided to ensure this minimum is obtained. **Nutrition sessions cost \$10 per person. Injury Management sessions cost \$20 per person.**

Representative teams can also benefit from the Healthy Hoops program by having a team based session added during or at the conclusion of their regular training time. Nutrition or Injury Management sessions can be held in order to provide players with the tools to ensure they play at their best. Basketball Victoria, in conjunction with Sports Medicine Australia, can also assist your association or club to arrange training in a variety of different areas such as Sports First Aid, Asthma Management and Sports Trainers.



As we begin to look towards the 2010 season, Basketball Victoria strongly encourages its associations to undertake some of these courses in an effort to provide a safe environment for those who take part in our sport. For further information on any of the sessions and courses mentioned above, please contact Fiona Kuilboer, Health Promotion Officer, on 9927 6666 or via fiona.kuilboer@basketballvictoria.com.au.

Boomers and Tigers visit Ronald McDonald House

Basketball Victoria, in conjunction with McDonald's, Bulleen Boomers (WNBL) and Melbourne Tigers (NBL) recently held a basketball clinic at Ronald McDonald House and put a smile on some young and old faces.



The clinic was lead by Michelle Timms (current Boomers Assistant Coach) and involved players Desi Glaubitz & Liz Cambage from Bulleen, as well as Melbourne Tigers players Sam McKinnon and Luke Kendall. On a hot afternoon the team played games with the children and family members before finishing with a bbq.

"It was a real eye opener, a reality check if you like" said Boomers Captain Glaubitz 'It was great to think we could go to the house and at the very minimum give the kids and the family a chance to not think about the tough times they are going thru right now"

6 Children and teens ranging from the age of 3-15 took part in the basketball clinic. The patients ranged from one young boy who the very next day was going in for open heart surgery to another young girl who had just recently been diagnosed with cancer in her leg.

Find out what the Bulleen Boomers thought about their time at Ronald McDonald House by visiting their website.

Tomorrows Stars Basketball Tour



The Tomorrows Stars NBL Basketball Tour is back again! Places are limited so be QUICK to make your booking.....

Don't miss out on this great opportunity to see basketball played at the highest level all over Australia! Children from 11 years upwards are invited to join in the fun!

The January tour will take us to Adelaide, the Gold Coast and back to Melbourne for the final game of the tour. Price includes: airfares, accommodation, basketball games & theme parks

For more information please visit www.tomorrowsstarsbasketball.com

Altona Community Coaching Clinic



Basketball Victoria in conjunction with the Altona Bay Basketball Association will be holding a Community Coaching Clinic at Altona Basketball Stadium on Sunday 29th November 2009.

The Clinic will run from 1.00pm – 3.30pm and is perfect for coaches of junior basketball.

The cost of the clinic is \$5 and is payable on the day.

To register or for more information contact Paul Lankford at paul.lankford@basketballvictoria.com.au or (03) 9927 6666.

Thursday Night Wheelchair Basketball

Basketball Victoria's Thursday night Wheelchair Basketball Program recommences on the 19th of November.

The program is welcome to all teenagers and adults who are interested in playing wheelchair basketball and has a focus on skill development and also works on the more tactical side of the sport. The group has a mixture of experienced and new players.

Program Details:

Date: Thursday evenings from the November 19th until Dec 17th 2009.
Recommences Jan 14th 2010.

Time: 7.15pm – 8:30pm (Please Note the new time)

Location: Aqualink Box Hill
Surrey Drive, Box Hill

For new players who don't have a sports wheelchair, these can be provided.

For more information, please contact Matthew Dunstan on (03) 9927 6666 or email matthew.dunstan@basketballvictoria.com.au



VJBL 2010 Changes for Season

Following a recent Delegates Meeting, a number of changes have been made to the competition for the 2010 season.

These changes are to be made effective immediately and are summaries are as follows:

Competition Structure – Victorian Championship League (U12, U14 & U16)

20 teams will grade into the Victorian Championship League (VC) teams will be split into two separate conferences (Ashe and Watson) as per the grading map. At the completion of Round #9 the top five placed teams from both conferences will be placed into one pool (Championship) with the bottom five teams from each conference will be placed into another pool (VC Reserve.)

Each team will carry over their win/loss record but not their percentage.

Teams will play the final nine rounds within their pool (Championship and Championship Reserve) and the top eight teams from each pool will compete in a separate top 8 finals series.

2. Competition Structure – Under 12 VJL1 and VJL2

The structure of the U12VJL1 and VJL2 grades will be as follows:

20 teams (21-40) will grade into VJL1 and the following 20 teams (41-60) will grade into VJL2. Teams in both grades will be split into two geographically located pools of ten teams who will play an 18 round season, playing each team in their pool twice.

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Each pool will play a top five finals series.

Neutral games may be scheduled at the administrator's discretion.

3. Rule Change – Under 20 Competition (all grades)

24 second shot clock will be introduced to all Under 20 Games (equipment pending) for the 2010 season, commencing on 29th January)

Should there be any questions or queries on any of the above changes, please do not hesitate to contact the office on 9927-6666.

Australian School Championships 2010 at Bendigo

Basketball Australia can announce that Bendigo Basketball Association has won the right to host the 2010 and 2011 Australian Schools Championships.

The two year hosting rights deal will see up to 150 teams from across Australia descending on country Victoria for each annual event, providing a boost to the local economy as well as showcasing the sport of basketball at school level.

It is estimated that the event will stimulate the local Bendigo economy to the tune of more than half a million dollars in each year of operation.

Previous hosts of the event have included Ballarat (2001, 2002, 2003), Albury (2004, 2005), Geelong (2006, 2007) and Newcastle (2008, 2009).

The 2009 incarnation of the event will take place from December 7-11 while in 2010 the tournament will run between December 6 and 10.

The Australian Schools Championships have proven to be a breeding ground for talent over the years with many of the current Olympic stars all commencing their basketball careers representing their states at these Championships.

WNBA and Olympic star Lauren Jackson is definitely one of those athletes who looks favourably back on her participation in these Championships.

The National Schools Basketball Tournament for Men and Women dates back to 1983. Teams such as Lake Ginninderra, John Paul College and Templestowe have been represented on numerous occasions and more than once taken home the trophy.

The Australian School Championships program also assists in the development of referees within the National Referees Development Program by providing opportunities for them to officiate daily at high standard games within an intense atmosphere.

Over the five days of the Championships, it is expected that thousands of spectators will sit and watch the Championships unfold with the grand final games generally left to standing room only.



Upcoming Events

Southern Peninsula Tournament	November 28 & 29
Altona Community Coaching Clinic	November 29
Basketball Victoria office closes for Christmas	December 20
Basketball Victoria office re-opens	January 4
Thursday Night Wheelchair Basketball	January 14
Domestic Player Development Camp	January 21 - 24
Eltham-Dandenong Tournament	January 21
Bendigo Junior Tournament	January 25

NOVEMBER						
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8	9	10	11	12	13	14
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29	30					

DECEMBER						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

For Further Information:

Editors:

Ashley Stewart – Administration Officer –
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.

JANUARY						
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31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
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24	25	26	27	28	29	30