

TIME-OUT

The official magazine of Brisbane Basketball



GIRLS WITH GAME

**CAPS SET PACE IN RELAY FOR LIFE
BRONZED BAIRSTOW**

SEPTEMBER 2012



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This year is quickly coming to an end and as it does things at Brisbane Basketball don't slow down but rather they speed up as we prepare for a bigger and better 2013!

Message from the GM

The Junior Representative season has started and it looks to be that our teams are headed in the right direction with all qualifying for their respective divisions and many on the cusp of being able to compete for a spot in a higher division, good luck to all our junior players and coaches over the next few months and we hope that all your efforts and hard work pays off.

Brisbane's vision of developing the best junior talent in Queensland continues to see high involvement at many different levels as programs such as Aussie Hoops, FBI High Performance, Holiday Camps, Future Caps and Girls with Game continue to have high participation rates. Brisbane will also be looking to send teams to the upcoming Pacific Coast Slam as part of their development of their representative players during the Christmas break.

The GBL and Senior competitions continue to have more and more teams wanting to play so as the competition's are growing the quality and level of competition will also improve this reflects the trend that despite their being no NBL team in South East Queensland Basketball as a sport is growing in interest.

The junior competitions wind down at this time of the year but there have still been some very strong showings from the clubs to put teams on the floor and we hope that we will have an even bigger turnout for the pre-season competition in 2013.

Brisbane Basketball will once again be hosting its annual Year 6—9 Schools in November and December and is hoping to have over 45 teams entered in this year's tournament which will be more than any other year!

Yours In Basketball

Tracey Wroe

General Manager



WHATS HAPPENING

October

Sat 1st—6th - Australian U14 Boys Club Championships

Tues 9th - GRANT WRITING WORKSHOP

Sat 13th - Round 1 BQJBC

Sat 13th - WNBL LOGAN THUNDER v CANBERRA CAPITALS

Fri 19th - WNBL LOGAN THUNDER v ADELAIDE LIGHTNING

Sat 20th - Round 2 BQJBC

Sat 27th - Round 3 BQJBC

November

Sat 4th - Round 4 BQJBC

Fri 9th - WNBL LOGAN THUNDER v WEST COAST WAVES

Sat 10th - Round 5 BQJBC

Tues 13th - Volunteer Management Workshop 6pm

Fri 16th - WNBL LOGAN THUNDER v BULLEEN BOOMERS

Sat 17th - Round 6 BQJBC

Sun 25th - WNBL LOGAN THUNDER v SYDNEY UNI FLAMES

Sat 24th - Round 7 BQJBC

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2012 QBL AWARD WINNERS

WOMEN

BEST TEAM PLAYER — KARTYA CREET

MOST IMPROVED PLAYER — RACHEL WARREN

MOST VALUABLE PLAYER — EMMA MCDONALD (nee RANDALL)

MEN

BEST CLUB PLAYER — JOEL RYMAN

MOST VALUABLE PLAYER — JARRED BAIRSTOW

2012 D LEAGUE AWARD WINNERS

WOMEN

MOST IMPROVED PLAYER — OLIVIA GRIFFITH

MOST VALUABLE PLAYER — CALIA HANKS

MEN

MOST IMPROVED PLAYER—JEREMY KELLY

MOST VALUABLE PLAYER — NICK DICKINSON

CONGRATULATIONS TO ALL THE PLAYERS AND WE LOOK FORWARD TO YOUR INVOLVMENT IN MAKING 2013 BIGGER AND BETTER.

THANK YOU TO ALL THE COACHES, ASSISTANT COACHES & MANAGERS FOR ANOTHER GREAT YEAR OF QBL & D LEAGUE FOR THE COUNTLESS HOURS OF WORK AND THEIR CONTINUAL DESIRE TO SEE THE BRISBANE CAPITALS SUCCEED.

TRACEY WROE

GENERAL MANAGER—BRISBANE BASKETBALL



D League Women Coach Steph Alekna, Assistant Coach Kelly West, MVP Calia Hanks & Most Improved Olivia Griffith



Jordan Mullan presenting D League Men Manager Barry Wiggins with his present for his efforts this year



The Man of the Night — QBL Brisbane Capital Alex Barker



QBL Women Assistant Coach Kate McMeekan-Ruscoe, Manager Jane Mucha, Assistant Coach Paul O'Brien & Most Improved Rachel Warren



MVP Jarred Bairstow with Coach Dale Ryan, Assistant Dave Mitchell & Manager Simon Pearson

THE GREATER BRISBANE LEAGUE

THE BEST LEAGUE IN SOUTH QUEENSLAND SINCE 1989

The GBL is into week 6 and already it's shaping up as a strong off-season with a number of teams making personnel changes it has meant that we have seen some teams move from cellar-dwellers to the top of the table!

In the GBL Men's Gold the Mount Crosby Mustangs have remained undefeated after last season finishing at the bottom of the ladder they seem to have a more potent roster and a lot deeper bench. The injection of the Queensland South U18 Boys has seen a number of Brisbane juniors get exposure playing against seasoned QBL players that will no doubt stand them in good stead come Nationals next year which will be at NAB Stadium in Easter 2013.

The Jay Peas Keys and North Brisbane Dragons are both undefeated in the GBL Men's Silver and will this week go head-to-head to see who keeps their record in tact it will be a tough match up this Tuesday night.

Northern Galaxy Gold seem to have a stranglehold over the GBL Men's Bronze with most their wins being a comfortable double digit lead except for the Unireds 2 who made them earn it in an 8 point win.

The GBL Men's U23 seems to be a four horse race with reigning champs Unireds 1 only suffering the one defeat at the hands of the emerging QUT Dragons who have brought back a similar group the last couple of years and the consistency in their efforts seems to be paying off.

Western Magic continue to dominate the GBL Women's Gold competition despite the fact that they have lost WNBL star Kristen Veal and former New Zealand Tall fern Captain Kate McMeekan-Ruscoe, the likes of Davis, Norgrove and Freeburn lead the way for their young chargers. John Paul College are building some momentum however as they prepare for their return to the Australian Schools Tournament in December.

The GBL Women's Silver looks to be up in the air with Post-Tel Falcons holding a slight lead but all teams are still in the hunt for a top 4 finish.

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Aussie Hoops continues to grow with BBI recognising the importance of catering for the future of basketball in Brisbane. With the program gaining more traction over the last couple of terms, Basketball Queensland and Basketball Australia have changed their approach and so to BBI has. This year alone over 1000 children will participate in Aussie Hoops programs all over Brisbane, the largest by any association in the state and its expected to be even bigger in 2013.

Last month Basketball Queensland ran a radio promotion as well as an advertisement in the paper and BBI will also join in continuing to promote the program through a number of different modes targeting children who want to get started in basketball.

Aussie Hoops first came into inception in 2002 and in its 10 years it has mixed success, but it seems with the continuing acknowledgement of our basketball program internationally and with such superstars like Andrew Bogut, Lauren Jackson and Patty Mills paving the way for future Australian Basketball players the notoriety of the sport is increasing!

Brisbane Basketball has rolled out the Aussie Hoops Program now in almost 20 schools and is already helping their local clubs run it, through the development of the Caps in the Community Program a number of our QBL and D League players not only act as coaches but role models for the younger generations of Brisbane Capitals.

General Manager Tracey Wroe "Aussie Hoops is vital to the development of not only our future QBL and D League programs but also basketball in general, all successful sports have a community engagement program at the grassroots level of the sport and if we are to support basketball we need to offer it to everyone."

"The work of our Aussie Hoops coaches is critical to the programs success and we have had nothing but positive comments from parents and children that have been involved, their continued work means that the future of Brisbane Basketball is in safe hands." Wroe when asked about the coaches and how having some of the best matters.

Aussie Hoops in term 4 will be bigger and better again the growth is happening very rapidly and it means that people are getting excited about the best sport in the country.



Term 4 Program

Who: BEGINNER BASKETBALLERS IN PRIMARY SCHOOL

When: Tuesdays or Thursdays Afternoons

ROOKIES (3 - 7yrs) 4:00pm - 4.50pm

PROS (8 - 12yrs) 4:50 - 5.40pm

Starts October 9th - December 13th

Where: NAB Stadium (formerly Vince Hickey Stadium)

16 Dixon Street, Auchenflower

Cost: \$5 per week pay on the day OR

\$40 (GST incl.) for once a week for 10 weeks OR

**\$60 (GST incl.) for once a week for 10 weeks
+ Aussie Hoops Pack (see below)**

Register online at www.brisbane.basketball.net.au

And click on "Aussie Hoops" under "Player Programs" at the top.

Aussie Hoops is for all boys & girls up to 12 years of age and ALL abilities!!!! It's FUN games and learning basketball all at once.





Brisbane Basketball Aussie Hoops



When: Tuesday's & Thursday's 8am – 9am Starts Tues 9th Oct

Where: NAB Stadium, Dixon Street, Auchenflower

Please [click here](#) for more information

Northern Galaxy Aussie Hoops



When: Saturday's 8am – 9am Starts Saturday 21st July

Where: YMCA Bowen Hills, 95 Abbotsford Rd, Bowen Hills 4006

Please [click here](#) for more information



Northern Galaxy Aussie Hoops

When: Wednesday's 4pm – 5pm Starts Wednesday 24th Oct

Where: YMCA Bowen Hills, 95 Abbotsford Rd, Bowen Hills 4006

Please [click here](#) for more information

Affiliated Schools



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in the Community



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in the community



*Who will you
Relay for?*

Over the weekend Brisbane Capitals U14 Girls Silver Player Zoe Drynan didn't play for the first time for the 2012/2013 representative season instead she was devoting her time to something much more important. Zoe made her debut at the Relay for Life with her team made up of school friends Cupcake Warriors.

Zoe and her friends spent 18 hours at the relay walking, running and jogging to support the Cancer Council's search for a cure to Cancer.

Zoe herself is fully aware of what this terrible disease can do to somebody and her team of friends were the youngest in the relay and they managed to raise over \$1200, a feat not many 11 & 12 year olds would be capable of.

A couple of Brisbane Capitals Girls managed to come down and show their support the young Capital's player and for an hour Sarah Davis, Heidi Freeburn & Brooke Steindl joined Zoe and her friends running, walking, crawling and having wheel barrow races around the track.

"The Relay for Life is such a great cause and was so much fun, we are just glad we can come down and show our support" said Brisbane Capitals Sarah Davis.

Congratulations & Thank You to Zoe and her family on a great effort and we will be back next year!!!



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GATES OF HOPE



SINK 3'S FOR SCHOOL FEES

Thanks to everyone who has pledged to each 3-pointer Joel makes this season, we have raised more than a quarter of our goal and have covered one entire semester of school fees for all thirty-five of our children in Kenya so far.



SPONSOR A CHILD

We have thirty children who are in need of a committed monthly sponsor. The children needing a sponsor are between the ages of 9 and 23. Each child attends school. Half of our children are orphans and the other half are street children. For more information or if you are interested in sponsoring a child for \$30 a month, please send an email to

deborah@gatesofhope.com.

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QBL Men



BAIRSTOW



BARKER



BARUKSOPULO



DICKINSON



FOGARTY



GILLAN



KELLY



LAM



MASUNDA



MCCARRON



PAJNIC



ROBERTS



RYMAN



SENGSTOCK



TAYLOR



**COACH
RYAN**



**ASSISTANT
COACH
MITCHELL**



**MANAGER
PEARSON**

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TRACKER

Each month Time-Out magazine will feature a piece on a former Brisbane Capital's Player whose abroad or off pursuing their dream of being a professional, collegiate, national or international basketball player. This month we hear from Peri Ewin who was a member of the 2012 QBL Brisbane Capitals Team.

Arriving into Austin, Texas, knowing that this was going to be my home for the next four years was quite exciting. Of course it was hard leaving my family and friends in Brisbane, but knowing that I was coming to a great city and an even greater college made the moving process immensely easier.



Austin is great. There is a huge sense of community and acceptance that travels around and this makes it a really comfortable place to live. It is known for being 'The Live Music Capital of the World', which is quite evident, as I have already bought tickets to about 4 shows now and plan on continuing those purchases. Sorry, Mum and Dad.

Since my arrival here back in late August, I have managed to partake in a few adventures here and there and have met some really awesome people along the way. A consistent factor within St. Edward's University and Austin in general, is how lovely and friendly everyone is. As an international student, I felt it would be difficult to relate to people here in certain aspects, but it was far from that. People are so approachable and open to new ways of thinking and it has made me feel and do the same.

I am currently majoring in Communications with a strong focus in Media Arts and Broadcast Journalism at St. Edward's and absolutely loving every bit of it. I am partaking in sixteen class hours this semester, which include two Communications classes, two Freshman Studies classes, one Student-Athlete class and one Math class. It is challenging trying to juggle academic commitments and sporting commitments, but the professors and coaches here will do anything they can to lessen the time conflicts.

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TRACKER

Here at St. Edward's, the basketball program for both men and women is at a high caliber and is constantly growing. This year, I believe that the Women's Basketball team will be strong contenders in the Heartland Conference and that with constant hard work and determination, we will become a great team both physically and mentally.

Also, I have nothing but great things to say about my teammates and coaching staff. It took little to no time for me to feel a part of this welcoming family. Not only does everyone respect each other, but we are also all coming into this season with the same goal; to be one of or the most successful team in our conference.

Furthermore, the athletic training staff here at St. Edward's deserves just as much praise. Just over a month before I departed Brisbane, I had undergone surgery on my hip after injuring it in a QBL season game. For six weeks, I was non-weight bearing on crutches, and on my first day here, was my first day off crutches. Since then, the athletic trainers here have helped immensely with my rehabilitation process through training 5 days a week, both on the court and in the pool. Crazily enough, I am now able to run and participate in team trainings and fitness sessions. I feel like everyone here has made my rehabilitation go quickly, constantly reminding me that everything was going to be O.K. and through hard work, I was going to be back before I knew it.

So far, my experience here has been so wonderful and I urge anyone with a strong love for basketball and desire to do well in academics, to seriously consider college in the U.S. I have no doubts in my mind that my experience will get even better than what it has been so far.

Also, I'd just like to mention that I miss the 2012 QBL Women's team like crazy! I'll see you all in May and I hope you're all healthy and loving life!

Go Caps!!!

Peri

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BOOMERS BALL \$15.00



BALL BAG \$19.80



WATER BOTTLE \$8.80



SOCKS \$10.00



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WHITE T \$20.00



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SHORTS \$40.00



GREY T \$20.00

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Bronzed Bairstow



Steph Bairstow has had a busy last couple of months, not only has she started at Utah State University in the NCAA Division 1, but she has also represented Queensland and now Australia at 3x3 National & World Championships and not done too bad for herself along the way.

How was Spain?

Spain was absolutely amazing! I loved every bit of it, except the rain. We were supposed to play all of it on the outdoors courts but it rained the first 2 days so we only got to play outside once.

Did you get to see much of it and what did you see/do when you weren't playing basketball?

No I didn't really get to sight see too much. Our teams went on a few walks and stuff like that around the local neighbourhoods. The rest of the team got to go into the city of Madrid on the last day but I didn't go to that because I had an early flight back to the US. When we weren't playing we were mostly eating, sleeping or recovering - it was pretty full on! But when we did get time we were able to hang out with some of the other athletes in the hotel.

You are 1 of 4 girls to be part of the first Australian U18 3x3 World Champs side what does it mean to you to be a little bit of history like that?

Just to be selected and represent your country in an Australian team means everything and is such a great honor, but to go away for something as new and exciting as 3x3 to a World Championships is just the greatest feeling. And to do so well makes it all the more special!

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QBL Women



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CREET



DAVIS



EWIN



FINLAY



KENSINGTON



NAYLOR



NORGROVE



PEDDIE



RANDALL



STEINDL



WARREN



WEBB



WINDSOR



**COACH
VEAL**



**ASSISTANT
COACH
MCMEEKAN -
RUSCOE**



**ASSISTANT
COACH
O'BRIEN**



**MANAGER
MUCHA**

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Your team included fellow Queenslander Kristy Wallace did you feel that your knowledge and understanding of her game helped you play better and beat some teams?

Yes, definitely. The fact that she and I know exactly what each other wants to do and how we both like to score made it so much easier to set each other up to make an impact. It certainly gave us the edge and put us in a position to win more games.

A 3x3 game is a lot different to a normal game of basketball what were the biggest differences you noticed?

It's such a fun and fast game. It's just more instinctive based rather than set offence based which was great because that means that you just have to create for yourself which is exactly how I like to play so I loved it.

What kind of advice would you give to someone aspiring to follow in your footsteps of playing for Australia at such a young age?

Just go for it! Don't hold anything back. Go down to the courts and put more and more shots up, work on your skills because in the end if you're not doing it someone else is. You don't have to be the most talented or athletic – it's the hardest working kids that end up achieving their goals.

You now go back to your freshman year at college does that mean you will get a break before getting back into the training?

No my break was my flight back! Once I get back I'm pretty well straight back into it because we start official training on October 4th, which is very exciting because that means we're getting closer to season!

One thing is for sure if her recent form is anything to go by the Utah State Aggies have found themselves a player who only knows how to win and will be worth her weight in gold for the next four years.

Good luck Steph!

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Australian U14 Boys Club CHAMPIONSHIPS

Kalamunda 2012

The Brisbane Capitals Gold U14 Boys side qualified for the Australian U14 Boys Club Championships in Kalamunda, WA earlier this year by winning the State Championship. So far the boys are having a great time and learning a lot about what basketball is like at the national level.

This will be the second year in a row that the U14 Boys have participated in the Championships which hasn't been done for a number of years. This year's group doesn't possess the same height and size that last year's group included with the likes of Filberth Abonga and Charles Hornery, but what they lack in size they make up for in heart, determination and skill.

Two players were part of last year's team and will provide much needed experience at the point and shooting guard spot with Ethan Scofield and Tom Hains filling those spots respectively.

The teams results are listed below and we congratulate Coach Penny Bairstow and all the boys on qualifying and flying the Brisbane flag high at the National Championships.

Lakeside Lightning (WA) 64 def. Brisbane Capitals 40

Eltham Wildcats (VIC) 47 def. Brisbane Capitals 35

Brisbane Capitals 62 def. Willetton Tigers (WA) 55

Brisbane Capitals 77 def. Bankstown Bruins (NSW) 62

Southern Tigers (SA) 56 def. Brisbane Capitals 52

Penrith Panthers (NSW) 53 def. Brisbane Capitals 43

Brisbane Capitals 51 def. Sth Tas Jr Chargers (TAS) 37

Bankstown Bruins (NSW) 52 def. Brisbane Capitals 50

Congratulations to all the boys on doing a great job all week and hope you all came back better basketball players for the experience.

Let's Go Caps!!!

CAPS SHOP



HOODIE \$40.00



BULLETS T \$15.00



CLAPPER \$3.00



BAG \$25.00

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WHERE TO PLAY



Lang Park Lions

Brisbane

Di Wood or Jenny Kohout

basketball@langparkpcyc.org.au



Northern Galaxy

Nundah/Wavell/Kedron - North Brisbane

Andrew Fiedler

generalenquiries@northerngalaxy.net



North Brisbane Dragons

Ferny Hills/Mitchelton - North Brisbane

Sean Connolly

nbba@northbrisbanebasketball.com.au



QUT Dragons

Ferny Hills/Mitchelton/Kelvin Grove - Queensland University of Technology

Martin Coogan

qutdragons@northbrisbanebasketball.com.au

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WHERE TO PLAY



Post-Tels

Jindalee/Oxley/Centenary - South West Brisbane

Mark Harris

mark.harris@ipsure.com.au



UQ Uni Reds

St Lucia/Indooroopilly - University of Queensland

Alex White

alex@unireds.com



West Brisbane Falcons

Jindalee/Oxley/Centenary - South West Brisbane

Mal McGreachan

westbrisbanebasketball@hotmail.com



Western Magic

Inala - South Brisbane

Gavin De La Cruz

delacruz-g@hotmail.com

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Glenday Photographics

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