

dates to remember

15 December 2012

District Basketball Xmas break commences

14 - 19 January 2013

Lions SA Country Players Competing in Albury

18-22 January

Lions U14 Players competing Southern Cross Challenge in Ballarat

20 January

Lions Junior Training Re-commences at Starplex (Sunday)

25-28 January

Starplex Australia Day Tournament

29 January

District Basketball Summer Season Resumes

17 February

Winter Season Intent to play Forms Distributed

25 February

Summer Season Finals

18 March

District Basketball Winter Season Commences

6th April

First game ABL(TENTATIVE)

4-6th May

State Champs Tournament (TENTATIVE)

8-10th June

Melbourne Classics and Nunawading Tournaments in Victoria

president's report

The 2013 basketball season has commenced, this is a challenging time as players move up into different age categories, with new teammates both existing and new to the club.

At our recent AGM a new committee was elected, thanks to those who nominated and to those who attended the meeting. Thanks to outgoing committee members Andrea Dooley, Sean Carlin and congratulations to new members Terry Nathan, Tony Hall & and Kylie Brown although this just makes official the level of responsibility that they have already taken on within the club. I continue on in the role of President as well as John Ide in the role of Treasurer. It is opportune at this time to thank Jacqui Langstreth for her work as the club secretary in the last year, a job transfer interstate has taken Jacqui from us however I have every confidence in Libby Tiller who will be replacing her as a secretary at the end of this year. We wish Jacqui all the best and look forward to seeing her back here in South Australia.

The winter season in 2012 was unparalleled for our club both with teams and scope of participation in finals. This is credit to the work of the committee and to our coaching directors Andrew Jantke and Glenn Hosking. Of the 29 teams from our club we had 14 teams participate in finals with several making the grand final. Congratulations to those teams that participated in finals those who won finals, and to the grand final winners, the U14 Boys Division 1, U14 Boys Division 5 and the U10 Boys Division 4.

A year of firsts for our club, with both of our boys and girls under 14 teams qualifying for the nationals, the girls playing here in Adelaide at Morphettvale and the boys travelling to Perth to compete. This competition is made up of the best 24 club teams around Australia in that age group. The club is immensely proud of the teams in the way that they performed representing our club.

At ABL Level the club opened up the ABL Men's Coaching position and utilised Jan Stirling as a consultant in our selection process, and it is with great pleasure to announce the re-appointment of Scott Whitmore as the Mens Coach. The ABL Womens coaching position was vacated by Ben Tod who we would like to thank for the success he was part of with the Womens ABL team taking them to a 2nd successive finals series and a home final win. The Club is pleased to announce the recent appointment of new Womens ABL Coach Tim Berry, see inside this newsletter for more info on Tim's appointment.

Have a safe, festive season and enjoy the summer basketball season.

President Kevin Fischer

WIN! WIN!

[club raffle](#)

The club will be holding a raffle for a portable basketball ring!



It will be drawn at the Australia Day tournament, tickets will be coming to team managers prior to the Christmas break.



VIP CLUB NIGHT

SPORTSPOWER GAWLER INVITES CENTRAL DISTRICTS BASKETBALL CLUB

WHERE: Sportspower Gawler Shop 156, Murray St Gawler, 5118

WHEN: Tuesday 11th Dec 6pm-8pm

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1 MAJOR PRIZE TO BE WON ON THE NIGHT

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Lion in High Performance Programs

The Lions continue to be over represented in Higher Performance programs.

Congratulations to:

Deklan Crook and Biar Garang who are 2 of 4 bottom aged South Australian U16 athletes that have been offered a position in the U16 NITP program.

Malachai Ahmatt, Lachlan Arnold, Jackson Hatley, Ethan Hood who have made the U14 NITP sides to compete in Ballarat in January. 20 metro kids across the whole district competition were selected. Thomas Winter has been selected as a Reserve, along with Jane Langstreth who is a Reserve in the girl's side.

Liam Ide has been selected in the U18 SA Country side to compete in the Australian Country Championships in January, this tournament is a good chance to come under the eyes of state selectors for National Championships in July.

SA Country state team selection: : U13s: Hannah Hank, Hudson Walsh, Isaac Feltus U14: Erin Schrapel, Laura Ide, Sophie Wehr (reserve), Boyd Woodcock U15: Lawson Munzberg U16: Josh Gericke, Dejene Otto, Daniel Barker (reserve)

& Maddy Zielonka U18: Brent Hank, Opal Mader, Demi Skinner,

Lions coaching lineup 2012/13

The Lions coaching lineup for 2012/13 is widely acknowledged as the best our club has ever assembled and collectively the best in SA period. In making these appointments we do very careful research over our coaches' background and experience. Each coach this past season underwent performance reviews and evaluations. We look for the following in our coaches:

- ▶ Attraction and retention - ability to motivate and instil confidence in athletes.
- ▶ Involvement in high performance pathways as a player or coach.
- ▶ Proven history of self-learning through courses, qualifications and self-development
- ▶ Measurable improvement of team's coached.
- ▶ Feedback to players - ability to motivate players by highlighting realistic pathways for them to achieve.
- ▶ Proven community leadership - dealing with umpires, responsible member of local community.
- ▶ Communication with other coaching staff.
- ▶ Attendance at Lions coaches meetings .
- ▶ Interstate trip - organisation and running, success.
- ▶ Demonstrated understanding of the Lions way.

Detailed BIOs on our Div 1 coaches are available on our website

www.lionsbasketball.com.au see juniors > coaches > summer 2012/13.

At the Lions you have access to the best group of junior coaches in South Australia.

Girls success by Girls coaching Director- Glen Hosking

I am really excited with the quality of coaches I have put in place this year, starting with Jess Puvogel and Demi Skinner taking on the U10 girls who are playing Div. 2 at the moment. They haven't lost a game yet and are winning games very easily, so come winter season we will challenge the girls and the coaches by placing them in Div. 1. This is a great reward as we have worked really hard to grow numbers in this age group. The club hasn't fielded a Div. 1 girls' team in U10 since 2000.

I can also say the same for U12 Div. 2 girls. We are continuing to look for more players so we can field two teams in winter season. They are also undefeated at the moment and Tanya Fielding is doing a great job as coach with them.

A special welcome to our new girls U14 coach Tim Berry. He has come across from Norwood with his two daughters. He continues to develop this group of girls who challenge themselves week by week in Div. 1 Tim is a great coach and with his skills and knowledge of the game along with his commitment these girls will blossom in their basketball.

With the U16 girls I have brought on board Kimberley Olsen, one of our ABA women's players, to be my assistant, which is fantastic as she really relates well to the girls and the girls look up to her. It's been a great start to the season with new players coming in, with 1 win to date and a very close loss last week. These girls have worked extremely hard and the results are starting to show. James Pennington is also doing a great job with the Div. 2 girls as they have also won 1 game so far and are more competitive this season.

Kyla Whiting is our U18 coach with Demi Vermeer as her assistant. We have managed to pick up new players from other clubs and are getting more enquiries each week. Hopefully by the start of winter we will be able to field two teams. These girls are slowly starting to gel together and enjoying each other's company. With the return of injured players in the next few weeks they are going to be more competitive.

Overall the girls' program is continuing to grow and we are still actively looking for more girls across the board, so if anyone knows of someone interested in playing basketball, invite them to come out and have fun with one of the fastest growing clubs in the state. Also if anyone is interested in coaching or being an assistant coach please contact me anytime.

Congratulations to Demi Skinner who will be going over to train with the U17 group at the Australian Institute of Sport in Canberra in January; this is a fantastic opportunity for her.

2011/12 Winter Season Junior Awards

U/14 Girls Div 1

- MVP: Georgia Thomson
- Most Improved: Abi Mader
- Coach's: Madeleine Zielonka

U/14 Boys Div 1

- MVP - Biar Garang
- Most Consistent - Brodie Nathan
- Coaches Award - Brad Skuse

U/14 Boys Div 5

- MVP- Tjerayh Ware
- Most Improved- Ewan Scanlan
- Coaches Award- Aiden Tilley

U/16 Girls Div 1

- MVP - Demi Skinner
- Most Improved - Joint trophy winners. Bethany Dittmar and Ashton Langford
- Coaches Award - Opal Mader

U/16 Boys Div 1

- Best and Fairest: Brent Hank
- Most Improved: Mitch Schiworksi
- Coach's Trophy: Liam Ide

U/16 Boys Div 4

- MVP - Jordan Gibbens
- Most Improved - Tyler Emes
- Coaches Award - Jarrod Hall

U/18 Boys Div 1

- M.V.P : Angus Fischer
- Most Improved Player : Hayden Martin

Defensive Player of the Year :

Myles Thiele

U/18 Boys Div 4

- MVP: Josh Grantham
- Most Improved: Matthew Fiskén
- Coaches Award: Scott Burke

All U/10 & U12 teams receive participation trophies

Pictured: Caitlin Arnold & Jess Puvogel , presentation day

U/14 Girls Div 2

- MVP - Georgia Madigan
- MVP Runner Up - Laura Ide
- Coaches Award - Emily Venning

U/14 Boys Div 2

- Most Improved - Flynn Holt
- Coaches Award - James Zuiani

U/14 Boys Div 6

- MVP - Zackery Douglas
- Best Team Player - Corey Richardson
- Coach Award – Riley Brown

U/16 Girls Div 2

- MVP – Erica Greet
- Most Improved – Alex Wehr
- Coaches Award – Caiden Thomas

U/16 Boys Div 2

- MVP - Keegan Hall
- Most Improved - Tyler Dewhurst
- Coaches Award - Daniel Barker

U/18 Girls Div 1

- MVP - Caitlin Arnold
- Most Improved - Elle Fischer
- Coaches Award - Sam Saunders

U/18 Boys Div 2

- MVP: Kiir Deng
- Best Team Player: Kyle Parry
- Coaches award: Lee Thomas



New coach appointed ABL Women

Over the past 2 years the Lions' ABL Women have had outstanding success, having competed in back to back ABL finals. In 2011 the group made history as the first Lions' ABL Women's side to play in the finals, and in 2012 the team went one better making it to the Semis. To top it off last season the amazing Jess Mahony won the league MVP (called the Halls Medal), the first Lion ever to win this prestigious award whilst playing for the Lions.

In the off season the group's coach, Ben Todd, stood down and the hunt commenced for a new, high calibre coach. The Central Districts Lions are proud to announce that our extensive search for a high calibre coach for our ABL Women's team has ended, culminating in the appointment of Tim Berry to the role.

Tim has close to 30 years involvement in high level district basketball as a player and coach. As a coach he has proven success at the Div 1 junior level and the club is fortunate to secure Tim's services in his first ABL Head Coaching role. Tim will aim to continue the successful benchmark that has been established, whilst also developing a strong underpinning younger group, striving to play in a successful Lions' ABL side in future years. For any queries please contact the lions at lionsbasketball@live.com.au.

Whitmore appointed ABL Men's coach for next 2 years

The Central Districts Lions are proud to announce that Scott Whitmore has been appointed to the Head Coach position of the Lions ABL Men's program for a further 2 years. This comes on the back of Scott's 5 years at the helm and will see Scott become one of the Lions longest serving ABL coaches in the history of the club. Whilst in the ABL men's role, traditionally one of the most challenging roles in the league, Scott has developed a very competitive program. With the exception of the 2010 year, win/loss records have been very good over his time at the helm, when benchmarking against previous years.

Despite the club's improvement whilst Scott has been at the helm, it is his development of strong values that permeate through his program that saw him leading the race for the role. Values of; hard work, respect for team mates, love for the game, positive citizenship permeate through his program and the player's he recruits.

Whitmore's basketball experience in the league speaks for itself where he is recognised as one of the most prolific players to have played in the competition, as a life playing member of Basketball SA, he's had significant experience and success as a player, winning an ABL title, captaining his side over a 15 year period. He also had a year playing internationally in the Dutch National League.

Whilst the club believes it has a fantastic leader in place it wants more. The recent review of the role by the club's Committee, which included input and advice from one of the best coaches in Australia, winner of World Championships and Olympic Medals, in Jan Stirling, was all about doing a scan of the coaching talent available, but also realigning the program's KPIs. Whitmore, excited and focussed in achieving his new KPIs stated;

"I am excited to be leading this program again for the next two years, we have a strong crop off youth league guys coming through over the next 24 months, it is vital that we bring those players through the system and get them ready to lead the Lions over the next 10 years. Our ability to send athletes to college is still strong with Dave Humphries and John Hafoka joining three other Lions juniors in either American College or interstate elite programs.

"We are all working towards seeing the Lions men back in the top 5, this is no easy task and all involved are up for the challenge" The Lions believe we are in a unique position that will see the club become one of the strongest in South Australia and we need to see more Lions juniors succeeding at Youth League, ABL levels and beyond.

Pictured: Scott Witmore



2012 CABL Season Trophies

Mens Winners:

Mvp- Kyle Miller Players Award-Matthew Clarke
Coaches Award- Paul Joyce

Participation Awards

Div 2 Men- 11, Div 5 Men- 9

Under 23 Div 1 Men- 10

Under 23 Div 5 Men-9

Womens Winners:

Mvp: Jess Mahony Best Defensive Player: Desinta Cummins
Best Team Player: Taya Crockford

Div 3 Women-11 Participation Awards

Div 4 Women: Mvp-Nisa Sexton Coaches Award-Catherine
Cunningham

Under 23 Div 1 Women: Mvp-Brianna Wedding
Coaches Award-Jess Puvogel

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



newsletter
september 2010

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From the Fundraising Committee

Dear Central District Parents

Fundraising is a major part of a successful club so as part of our plan to raise some much needed funds we will be running a variety of small fundraisers over the summer and winter season and your assistance would be greatly appreciated.

The Annual Australia Day Carnival is fast approaching and again this year we will be running a BBQ (bacon & egg rolls, Sausage in Bread or Steak sandwich), Salad rolls, water, soft drinks and sports drinks along with a Trading table and a raffle. An order form will be emailed to all team managers if you would like to pre-order your food for a certain time and help support YOUR club.

This year we have decided to also run a Trading table as they are an easy and fantastic way of making extra money and you also get to take home some lovely baked goods, so we will be asking parents to help by supplying some baked goods to sell on Saturday only. All goods need to have the ingredients marked on the bottom of the packaging and need to be there early on Saturday morning for sale or please pre-arrange a drop off with Trudy or myself.

Example of Goods: home made cakes, Biscuits, Slices, Chocolates, Gingerbread men, toffees, popcorn, anything to do with Christmas or be creative and make small pasta bakes or lasagna get your thinking caps on.

Later in the season we will be a be selling the Cadbury Chocolates, Billy G's Gourmet Cookie Dough and also putting together a family fun day based around Basketball. More information to come on all 3 events as they get closer.

Fundraising activities such as these make a vital contribution towards helping our children and keeping our cost to you down in regarding to hiring courts for training and general Basketball SA costs. Once the fundraising budget is met then we are able to support Children going to Nationals and playing in extra carnivals and this is a benefit to all players that play for Central Districts Basketball club. In anticipation of a successful Fundraising drive, I thank you for your support and if you have any queries please catch up with us for a chat.

Trudy Hood (0401 620 287) & Cheryl Appleby (0438 011 973)

lion's in profile

U/14 Boys Nationals Team 2012

The Lions, over the past few years, have produced some great individual talent. We continue to do this, but team success must come if we are to achieve our goal of becoming one of the most successful Representative clubs in Australian Basketball. Our U14s boys and girls teams have led the way with both teams competing in the prestigious U14 National Championships this year. No Lions team has ever competed in these championships and to have 2 teams competing in the one year is a rare feat that only the elite Australian clubs can aspire to.

One of our great, young U14 boys, Ethan Hood, wrote the article below. Ethan epitomises what being a Lion is all about. Overcoming adversity with strength, class, character and resolve to succeed. Ethan was a late addition to the group last year and didn't play a great deal of minutes not hitting the court in the team's Grand Final. He was always a very positive team member and very supportive of his team mates and coaching staff and worked extremely hard to harness his love for the game to achieve his goals. This year, as a top ager, Ethan is dominating the U14 competition and has recently being identified as an elite talent by making the National Intensive Training Program touring squad to compete in Ballarat, Victoria in a couple of months time.

Here is what Ethan had to say about his, and his teams, experience at u14 National Championships:

This year I had the opportunity to go to the Under 14 Boys National Tournament in Kalamunda in WA from October 1st - 6th. We went as a team and had to be at Adelaide Airport in our team uniform by 10:30am for our flight at 11:30am Saturday 29th September to Perth, I was excited. We boarded the plane and had a 3 hour flight to Perth, on the plane we had lunch and watched a movie. When we arrived at Perth we had to wait for Terry and Nick to pick up the cars, so they can take all the luggage first and then us to Guilford Grammar School which was a Boarding school where we were staying, we staying in dorm like rooms and downstairs we had a kitchen, lounge and games room were we could play table tennis, pool and chess. We had the use of the school gym and swimming pool to do our training.

On the Sunday we went to the Ray Owen Sports Centre to have our first training and have our team and individual photos taken and returned later that day for the opening ceremonies. Before each game it is tradition to exchange gifts with the opposition, we gave our club shoe bags. Monday were we had 2 games, game 1 against Maroochydore Clippers, we won by 1 point 60 -59, 2nd game against Illawarra Hawks we lost by 21 points 38-59 . Tuesday we played Willetton Tigers 76-64 we won. Wednesday 1st game against Melbourne Tigers 51-50 another close game, 2nd game against Eltham Wildcats 49-56.



2012 U14 Boys Nationals Team

Thursday we had no games but we went to watch the game between Eltham Wildcats & Melbourne Tigers needed Eltham Wildcats to win for us to make the top 8, score 38-49 unfortunately they lost so we were in the pool 9-12.

The team was so devastated. We went to Sizzler for dinner that night as Mr Hatley and Jackson had to leave on Friday. Friday we played North West Tasmania 69-42 good win to us. Saturday we played Gold Coast Waves which we won. We finished 9th out of 24 teams, which was a good result being our first Nationals. I am so grateful for the experience and I would like to thank all my team mates Brodie, Brad, Deklan, Biar, Lawson, Jackson, Lachlan and Malachi for the great time, memories, your friendship and making me feel part of the team. Also Terry for feeding us and organising the team, Nick and Damien for also helping and especially my coach Toby for inviting me.