

PANTHER NEWS

DECEMBER 2012

Dates of Interest:

15th Dec 2012

District Basketball Xmas break commences

13th Jan 2013

South Adelaide Panthers NBL Game and Fun Day

18th-22nd Jan 2013

Panther U14 & U15 Players competing Southern Cross Challenge in Ballarat

25th-28th Jan 2012

Eltham Carnival Victoria

25th February 2013

Summer Season Finals

18th March 2013

District basketball winter season commences

6th April 2013

First game ABL (TENTATIVE)

4th-6th May 2013

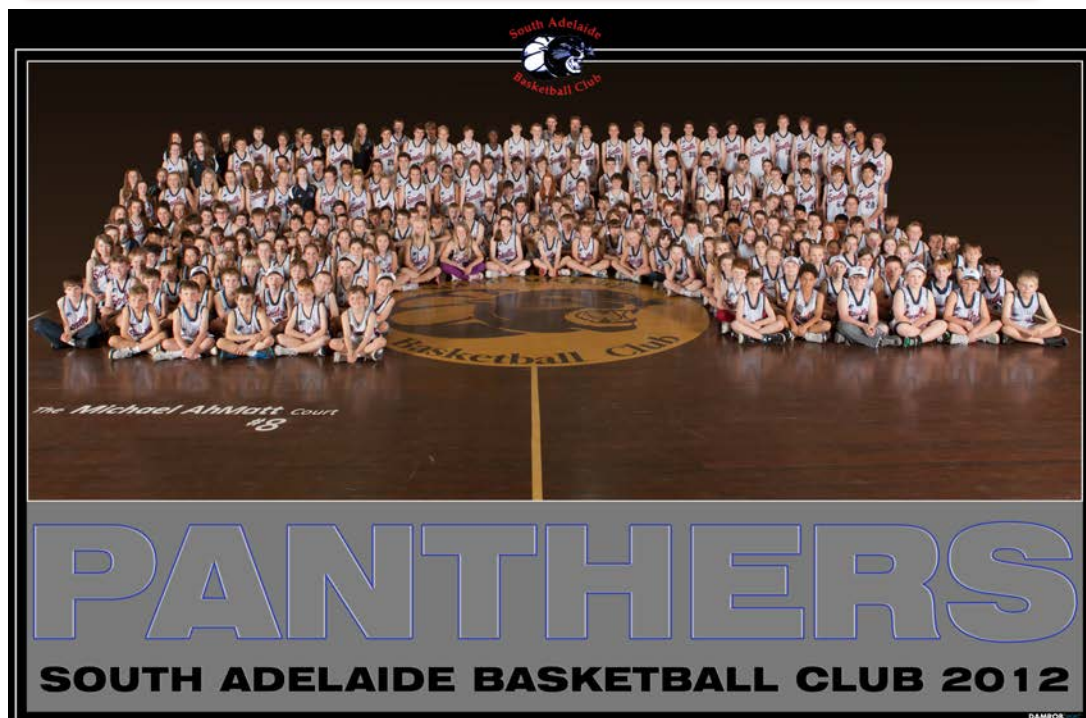
State Champs Tournament (TENTATIVE)

8th-10th June 2013

Melbourne Classics and Nunawading Tournaments in Victoria



2011-2012 CLUB PHOTO



At the 2012 Presentation Day, all junior club players were photographed. Club photographs can be ordered through Damrob (Cost: \$20). Contact Damien at damien@damrob.com.au

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To all our Panther players, coaches and families we wish you a Merry Christmas and a Happy New Year!



Second Hand Uniforms

Contact:
Denise Cotteril

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8294 9803
0413 892 945

Email:
dk.cott@yahoo.com.au

FROM THE PRESIDENT

After the AGM held in November, we have had quite a few changes to the committee. Firstly, I would like to thank the outgoing committee members for their time and efforts in helping the club strengthen our position on and off the court. These outgoing members are Wayne Andre (treasurer), Robyn Jaquillard, Helen Minear, Robert Kent and Stephanie Falcinella. Thanks must also go to Patrick Falckh who ended his short tenure as Treasurer in May.

I welcome the new arrivals to the committee and thank the returning committee members.

The committee currently consists of:

Zoran Pajkovski – President
Anne Sibly – Secretary
Lyn Knowles – Treasurer
Peter McKenzie – Seniors Vice President
Daniel Hughes – Juniors Vice President
Terry Jones – Sponsorship and Fundraising (new member)
Jo Fisher – Training Venue Co-ordinator
Thomas McKenzie
Rebecca Hughes
Matthew Davies (new member)
Chantal Wight (new member)
James Smith (new member)

During the winter season we had 4 teams play-off in grand finals with 1 team winning the grand final. We had many teams make the finals and I believe we will continue to see further improvement on court and more of these teams to progress further.

Vikki Kelson's ABL Women's team went into the season with a very young squad and a large turnover of players. The women did the club proud by showing determination and fight throughout the season. The Men's ABL team also went into the season with a young squad that got off to a great start with Daniel Kosmider as coach for the 2012 season. The club has recently appointed Phillip Smyth to the role as coach for the coming season. Phil has returned to the club and we look forward to next season, read more about Phil on page 5.

This summer season has brought with it approximately 90 new players throughout our junior program that has added strength and depth. With these large numbers has come the need for even more Coaches, Assistant Coaches and Team Managers. Daniel Hughes has put in many hours organizing these positions to be filled and has brought in new faces and previous club members to add strength to our coaching positions. I believe that our coaches, with their experience and enthusiasm, are the best of any of the South Australian clubs and will no doubt bring success and raise the standard of basketball being played and taught at our club.

The City of Marion are still progressing with the master plans for the redevelopment of the Marion Sports Precinct. A new multi use indoor stadium is to be the "showpiece" of the redevelopment. The City of Marion have set a planning time frame that ends in July 2013. We have attended meetings and information nights with the City of Marion and State and Federal members of parliament. I will keep you informed with progress updates as they arise.

The last 12 months has seen the South Adelaide Basketball Club improve its position of strength on and off the court. During the next 12 months the club will continue to build on our solid foundation and have the chance to grow in some key areas that need to be addressed.

Most importantly, I would like to wish you all a very merry Christmas and may this festive season bring joy and happiness.



What a few months it's been for the club on court.

The success of our promotional campaign saw over 90 new junior basketballers join our club since the end of the 2012 Winter Season and that number could reach 100 before the end of the year!

This has led to an increase of 10 junior teams from this time last year.

In total team numbers South Adelaide Basketball club now has the second highest amount of teams of all clubs in the Basketball SA District Competition.

This increase hasn't been without its own challenges. Finding additional volunteers to coach and support the clubs members is always a tough challenge and I personally would like to thank all of you who have committed to the basketball program as a Coach, Assistant Coach, Team Manager for the 2012/13 Basketball Year.

(Those who may be interested, either as a coach or assistant we certainly would welcome you to get involved with either a Junior, Youth League or Senior team. If interested contact me on 0406 763 999 or email juniors@southadelaidebasketball.com.au)

In particular I'd like to welcome back Chas McCormick, Kelly Manning and Daniel Jaunutis to the South Adelaide family as well as Panther parent David Frick back to the club's coaching community. All have extensive experience coaching not just at junior club level but also in State, SASI or ABL programs.

I'd also like to thank a number of people going above and beyond a coaching commitment. Jeremy Cotterill, Nathan Betts, Trent Jones, Darryl Crouch and Darryl Totaro are all coaching multiple teams or assisting with the behind the scenes work required to keep the program running smoothly.

Lastly to the coaches in the Under 16 Boys program whom have seen an increase of 5 to 9 teams thank you all of you for managing such large numbers as best as could possibly be expected.

A number of South players have recently received individual recognition by selection to the Basketball SA teams competing in the Southern Cross Challenge. The club would like to congratulate Lincoln Ellicott (U/15 Boys), Jack Cousins (Reserve), Neha Athreya (U/15 Girls), Taylor Surynt (Reserve), Jesse Wall, Josh Warren and Henry Baker (U/14 Boys).

Looking ahead the club has a Junior Camp planned for the end of January. More details will be distributed very shortly. This will be open to all players in the club as well as friends and other young basketballers in the local area.

A number of teams will be attending the Eltham-Dandenong Australia Day Tournament. This event is thought to be the largest junior sporting tournament in the world with over 1000 teams involved playing across 26 venues and 104 courts. This will tournament will become South Adelaide's primary junior tournament over the coming years.

All Junior teams will break as of their final game on either Thursday, Friday or Saturday 13 – 15 December and come back mid-January (depending on coach and tournament commitments).

The Basketball Operations Sub-committee and myself would like to thank you all for your hard work, positivity and support in 2012 and wish you and your families a very Merry Christmas and a safe and happy New Year.



2011/12 SEASON JUNIOR AWARDS

Contribution to Running Aussie Hoops Program
and Assistant Coaching as a Junior Player

Nicholas Hardy

South Adelaide Basketball Club Recognition
Junior Club Person Award

Elizabeth Salter

Club Person 2012

Mike Hardy

Age Group/ Division	MVP	Award	Player
BOYS			
U 14 Div 1	Jack Cousins	Best Offensive Player	Lincoln Ellicott
U14 Div 2	Joseph Sexton	Best Team Player	Riley Bass
U14 Div 3		Most Improved Most Improved	Jesse Wall Mitchell Turra
U14 Div 4	Tristan McCloud	Most Improved	Daniel Langguth
U14 Div 5	Jem Reid	Best Team Player	Ben Karnon
U14 Div 6		Coaches Award Most Improved	Damien Fuhlbohm Connor McInnes
U16 Div 1	John Garin Keegan Jones		
U16 Div 2	Dylan Coe	Best Team Player	Cooper Jaquillard
U16 Div 4.1	Nicolas Bridges	MVP Runners Up	Harrison Smart Robert Hamond
U16 Div 4.2	Jackson Fidge	Best Team Player	Elliott Viles
U16 Div 6	Adam Penery	Most Improved	Hamish Barry
U18 Div 1	Joel Kittel	MVP Runner Up	Braden Howard
U18 Div 2	Joshua Debrisscart- Brown	Best Team Player	Benjamin Anderson
U18 Div 3	Joshua Cryer	MVP Runner Up	Mitch Shaw
U18 Div 4.1	Adrian Veljkovic	MVP Runner Up	Joshua Asamson
U18 Div 4.3	Connor Wilson	Best Team Player	Lachlan McDonald
GIRLS			
U 14 Div 1	Taylor Surynt	Most Improved	Neha Athreya
U14 Div 3	Sam Pratt	MVP Runner Up	Bridget Burghardt
U16 Div 2	Phoebe Wittwer- Smith	Best Team Player	Chelsea Bielby
U16 Div 3.1		Best Team Player Most Improved	Zoe Nolan Paris Harding
U16 Div 3.2	Kelly Macdonald	MVP Runner Up	Chelsea Learhinan
U18 Div 2	Phoebe Pado	Best Team Player	Erin Robinson

All the U10 and U12 teams receive participation trophies.

SENIOR PRESENTATION DINNER

A successful Senior Presentation Dinner was held at Morphettville Junction on Saturday 15 September. This success was again due to the organising of volunteers, especially Peter McKenzie and Zoran Pajkovski. Award winners were as listed below:

Team	MVP	Award	Player
ABL Men	Damian Scanlan	Runner Up	Jordan Robertson
ABL Women	Hajnal Nagy	Equal Runner Up Equal Runner Up Best Defensive	Karen Rokicinski Jess Hansberry Lauren Gibbons
Div 2 Men	Tom Wall	Coaches Award	Brad Pfitzner
Div 3(1) Women	Bridie Stouppos	Coaches Award	Emma Barnett
Div 3(2) Women	Jess Drewer	Most Determined	Vickie Hockley
Div 4 Men	Andrew Ruddock	MVP	Henry Tieman
Div 5(1) Men	Matt Hirlam	Coaches Award	Jesse Kok
Div 5(2) Men	Tom Harrison	Coaches Award	Mark Pointon



NEW COACH APPOINTED

The South Adelaide Panthers are proud to announce that Phil Smyth has been appointed to the head coach position of the Panthers' ABL Men's program. Phil's basketball experience in the league speaks for itself where he is recognized as a life-playing member of the Basketball Association of South Australia (BASA) and the Southern Tigers. Phil played nearly 400 games and averaged nearly 14 points per game. He has coached both senior men and women at ABA level and both junior (girls and boys) and senior women's South Australian state teams. His successes include:

- ❖ Winning championships with senior women teams in the head coach role and a championship with senior men in the role of assistant coach.
- ❖ Winning numerous City of Adelaide Championships (but don't count them)
- ❖ Winning the 1986 SEABL women's championship with the South Adelaide Basketball Club.
- ❖ Winning the U23 Youth League with Woodville in 2012.

The Panthers are looking forward to the 2013 season.

FUNDRAISING

Hello fellow Panthers,
It's Terry Jones here - most of you know me from around the club and I have had the pleasure of coaching many of you / your sons as Juniors and awarded many stats to our ABL players over the last 15 years or so. I have recently joined the SABC Committee as Sponsorship & Fundraising Coordinator and in this role I will be looking to organise some great, fun events as well as working with potential sponsors to build mutually beneficial partnerships with **SABC**, which has recently become the **second largest basketball club in SA** (District Teams) in terms of team/player numbers.

JUNIOR CLUB NIGHT

We recently ran a Junior Club Night for U10-U14 SABC players which went really well with about 100 kids and 75 parents attending. After some fun games and prizes for the kids and a great feast of pizza (from Pedro's Pizza) while watching Michael Jordan highlight films, the kids all settled down to watch Space Jam on the big plasma TV, while the parents enjoyed each other's company. This is the second time we have run this event and it is aimed primarily at new and existing players and families coming together in a relaxed social environment. Particular thanks goes to Mike Hardy and Drew Griffin for providing and setting up all the audio/visual gear and thanks also to all the parents who helped make this night a great success.

NBL GAME & PIZZA FUN DAY- SUN 13TH JAN 2013

This is another event which has previously been organised for smaller groups of South players, but grew to an event which saw 250 people attend last year. This year (well actually in Jan 2013), we want to make this an even bigger event, so we have opened it up to all Junior, U23 and Senior players, families and friends.

You should hopefully have received the flyer from your coach or team manager. As you will see, this is a very good value way to see the 36ers in action, while also being fed, mingling with other families within our amazing club and promoting South Adelaide at a National Level. So, please get on board with this event, as you and your family will have a ball.

See the flyer on Page 11



SPONSORSHIP

Our current sponsors include **Sports Centre, MyPod Podiatry** and **Fisher Crash Repair** – see the **Sponsors Page** in this newsletter and our club website for links to these sponsors.

We are in the process of updating our Sponsorship & Partnering Package which will include a range of options for sponsoring South Adelaide from general club sponsorships through to naming rights sponsorships and many other options in between.

We are keen to offer these opportunities to club members who have their own business or direct contacts / links to businesses, so if you are such a member and/or know somebody or a business who might be interested in sponsoring our club, please let me know and I will personally follow up on details with them.

As we build our list of sponsors, we will be making a concerted effort to build mutually beneficial on-going relationships with them through acknowledgement on our website and in our newsletters and through encouraging all South Adelaide members to use their services wherever possible (stating that they are from the SABC).

SPONSORSHIP & FUNRAISING APPROVAL

All sponsorship or fundraising which involves the South Adelaide Basketball Club or its members in any way must be approved by the SABC Committee. This is not designed to discourage members from seeking sponsorship or making an effort to raise funds for players, teams, etc., but rather to ensure that the interests of the club as a whole and its members are protected.

A copy of the SABC Sponsorship & Fundraising Approval form will be available for downloading from our website and is included in this newsletter below for your information. If you wish to discuss this further, please contact me at terryajones@bigpond.com.

Sponsorship & Fundraising Sub-Committee

We will be looking to form a Sponsorship & Fundraising Sub-Committee to help organise events, maintain sponsorship relationships, etc. If you are interested and willing to join this sub-committee or even just to help out if required please let me know. Sports clubs like ours live on the work of volunteers, so any help will be most appreciated and will support the club you are a part of.



The U16 Div 1 Boys recently held a BBQ at Aberfoyle Hub Woolworths.



Fundraising & Events Ideas

We are building up a list of possible events / ideas which we can organise to build club spirit and to raise funds to put back into the club, so if you have any such ideas please let me know. We obviously won't be able to organise every idea / event suggested, but I can at least guarantee that the idea will go on to the list for consideration. Some of the ideas on the list (from various sources) include:

- Quiz Night
- NBL Game & Pizza Fun Days
- Easter Raffle
- Regular BBQs at Marion – Junior and ABL games
- Market Stalls at the Marion Club
- NBA2K tournament at Marion
- Fantasy football night
- Theme nights for ABL games
- Junior Disco (Drew Griffin will be in his element ☺)
- ABL away game "Invasion Games"
- Panther Mum's Night

We are also looking into other promotional gear / merchandise for the club and would be like to know what players might be interested in having. Some ideas which are on the list include:

- Official team caps
- Warm-up tops
- Draw string backpacks for basketball shoes, etc.
- Stickers
- Panther Army gear
- Junior Panther Army gear
- Club beanies

WANT TO BECOME A REFEREE?

- Looking for a new or extra challenge in your basketball?
- Interested at increasing your ability to read your game as a player or make some pocket money being involved in the game you love?
- Have you ever considered refereeing?

Marion basketball stadium is looking for members from the South Adelaide playing community to enjoy the exciting new phase of referee training and development being put in place.

Miniball is run Monday-Thursday and provides a great pathway into district refereeing and beyond. We also need referees to help with our ever-expanding domestic competition, run on a Saturday afternoon.

South Adelaide has a number of ties with current high level officiating ex-juniors Daniel White and Damian Rault currently on the ABA panel of referees along with SABC's very own Mr. Basketball, Daniel Hughes.

We are always looking for new officials, but especially for term 1, 2013. So if you or your child is interested, **please contact Jeremy Cotterill**, Marion Miniball Referee Coordinator on 0402642996 or jmac19899@hotmail.com.





10 myPod Podiatry

Healthy Feet Tips

1: Keep your feet clean and dry

Wash your feet daily with soap and water, even between your toes. Dry your feet well after showering, especially between your toes! Your toe interspaces are a perfect warm/moist environment for bacteria and virus' to live if not kept clean and dry.

2: Examine your feet regularly

Examine your feet every few days for anything unusual. Look for cuts or bruises, lumps or discolorations. Check for changes in skin and nails. Check your feet in good light. Use a mirror to see the entire foot. If you are concerned about anything suspicious contact your friendly myPod Podiatrist to have this investigated further.

3: Correct toenail trimming

Use good quality sharp, clean clippers with a straight cutting edge. Cut straight across your nail. Leave a millimeter or two free in front of your nail bed (the pink bit). Gently smooth and round each corner with a file. Don't file hard or down the sides... just smooth the sharpness off each corner. If you would like further advice and demonstrations on how to trim tricky or curly toenails, the staff at myPod Podiatry are more than happy to show you how to avoid ingrown toenails and other nail issues.

4: Change your shoes regularly

It is important to avoid wearing the same shoes every day. Your feet have a lot of sweat glands, and wearing shoes will only absorb the moisture released from these glands. Make it a point to dry your shoes after each and every use. Many shoe products are also available that help clean and deodorise your footwear.

5: Don't share shoes or socks

You can get fungal infections by wearing other people's shoes, as well as socks worn by another person.

6: Wear thongs in public showers and swimming pools

Be sure to wear thongs in public showers and at public pools. These places tend to be breeding grounds for fungi, bacteria and virus that can lead to foot infections.

7: Wear correctly fitting footwear

The right footwear should make your life easier, but shoes that are too short, narrow or shallow can create problems including ingrown toenails, corns and blisters. The Podiatrist at myPod Podiatry can help to advise you on how to choose the right shoe for your foot type and activities you participate in. This is best done at the start of the calendar year, before purchasing new school or sports shoes, so that your shoe purchases achieve maximum value.

8: Hydrate your skin with regular emollient

Australian weather and open shoes can cause rapid loss of moisture from the skin and may result in cracking or the formation of fissures. It is helpful to replace the moisture content by using lotions or creams on a regular basis.

9: Apply sunscreen to your feet when out in the sun

Many people don't realise that skin cancer can occur on the feet from unprotected sun exposure, and overlook applying sunscreen here. But skin cancers (especially melanomas) on the feet, are very prevalent, and can be life threatening if not caught early.

10: Don't ignore foot pain!

Symptoms that increase or do not resolve within a reasonable period of time need to be investigated further. For foot pain or any other foot problems you may be experiencing, please contact the staff at myPod Podiatry on (08) 8211 8002, or go to our website at www.myPodPodiatry.com.au and use the "Got a Question?" function.



MARK DAVIS - A CLUB LEGEND

Mark came to South Australia from the US via New Zealand in 1985 to play for the South Adelaide Panthers. He was an instant sensation in the Senior Men's District competition where he dominated the game for the next decade winning the South Adelaide Senior Men's Best and Fairest award a record 10 years in succession. He is a 5 time recipient of the Woollacott medal (awarded to the Most Valuable Player in the Senior Men's State league competition). He joined the Adelaide 36ers near the end of 1985 and over the next 16 years established himself as arguably the greatest player to have ever played for the 36'ers. In 1987 he was recognised as being the best player in the NBL and was awarded that years M.V.P.

Mark currently runs his 'Mark Davis Basketball Camp' every year in January. Mark is a legend of the Club, part of the South Adelaide Basketball Club family and helped establish the Club as a basketball force during the late 80's and 90's. The Club highly recommends his basketball camp to its junior players where they will make new friends and learn from the very best. Mention you are from South Adelaide when registering to receive a discount!

Link to the 'Mark Davis Basketball Camp' web page. www.markdavicscamps.com.au

iiNET

Play iiNET Hoop Shootout to help South Adelaide Basketball win and upgrade our sports gear.

1. Register to play iiNet HOOP SHOOTOUT and choose South Adelaide Basketball.
2. Practice playing till you get an awesome score then hit the 'submit' button to add your points to our club (you can only add points once a day, so don't waste them)
3. Keep coming back every day to play and add points for our club remember the highest score wins the monthly top prize).



Click here to get started <http://www.hoopshootout.iinet.net.au>

BASKETBALL SUMMER FEES

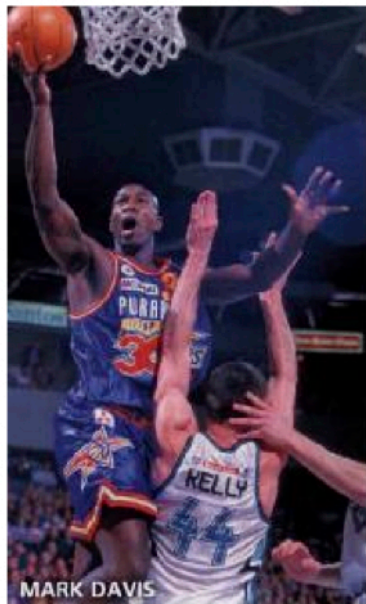
Basketball Summer Player Fees have been sent out to all teams, and are being distributed by Team Managers and Coaches.

Please pay your fees within 30 days to be eligible to receive a \$40 "early bird discount". If you do not receive your invoice please contact the Treasurer via treasurer@southadelaidebasketball.com.au

NEWS AROUND THE CLUB

Congratulations! To Cameron Myles and Jaime-Lee Bow on their engagement Great to see Jaime-Lee back playing for South





MARK DAVIS

MARK DAVIS BASKETBALL CAMP



WILLIE SIMMONS



RAHEIM BROWN



PRESENTED BY



Immanuel College
32 Morphet Rd, Novar Gardens

7-11 JAN. 2013

For further info phone 0431 675 251
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PHOTOGRAPHY





SOUTH ADELAIDE PANTHERS



NBL GAME & FUN DAY

Come and join with all your Panther family and friends to watch:

Adelaide 36ers vs. Sydney Kings

Sunday 13 January, 2013

@ Adelaide Arena (tip-off 1:30pm)

We organised a similar day last year and had 250+ Panthers making a noise at the Adelaide Arena, so let's make it more this year. All Junior and Senior SABC players, coaches, members, families and friends are invited, so get your team, family or friends together and come and build some Panther Pride.

Agenda for the event:

- Arrive early (in South gear) to collect your **ticket** (included in price)
- Kids collect a **lolly / goodies bag** for the game (included in price)
- Watch the 36ers beat the Kings
- Line up for 20 minute **36ers player signing session** after the game
- Head out to the lawns for some **games and prizes** (BYO chair)
- Have a **Pizza Feast** (included in price) and BYO drinks and nibbles

COST:

- **\$15 per person** (\$10 with no game ticket*; <5 years old free but no seat)

* For those who have season tickets or tickets to the game already

RSVP & PAYMENT:

- **By Sun 16 Dec, 2012** (via team managers) – include No. adults, kids & <5s

LET'S MAKE A ROAR!!!!

Full details of event, ticket collection, etc. will be provided closer to the date of the event.

Contact Terry Jones for further details, if required, at terryajones@bigpond.com

PANTHERS SPONSORS

The South Adelaide Panthers would like to thank our sponsors for 2013. We encourage all our members to use the services provided by these companies.



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