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Basketball Victoria

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We don't see things as they are. We see them as we are.



We're on the web!  
www.basketballvictoria.com.au

★ **DID YOU KNOW???** ★  
The opposite sides of a dice cube always adds up to seven  
★



**School Clinics**  
*Does your school have a deaf facility? Children who are deaf or hard of hearing?*

Deaf Basketball Victoria with support from Basketball Victoria and VicHealth can offer your school the opportunity to host a basketball clinic. Many Schools across Victoria have already taken the opportunity to host a clinic and all participants have enjoyed themselves at different levels.

For more information please contact Renee Kahle, Deaf Basketball Inclusion Officer at [renee.kahle@basketballvictoria.com.au](mailto:renee.kahle@basketballvictoria.com.au)



**We Need your input!!!**

Please submit any news, success stories or anything you might find relevant to [alice.hammond@basketballvictoria.com.au](mailto:alice.hammond@basketballvictoria.com.au)  
Disability Inclusion Officer

1st December 2009

# Basketball Plus Newsletter



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Issue 5

## WORLD CHAMPIONSHIP DRAW RELEASED

In October 2009 the Australian Rollers competed in the Asia Oceania Tournament at Dandenong Basketball Stadium. Playing against Japan, Korea, China, Kuwait and Malaysia, the Rollers went through the tournament undefeated, which led them to qualify for the IWBF (International Wheelchair Basketball Federation) World Championships in Birmingham, England in 2010. Following the Tournament the Executive Council of the IWBF has announced the draws for the men's and women's world championships that will take place in July next year.

Australia's Paralympic Gold Medallist men's wheelchair basketball team has been drawn in Pool B alongside Mexico, France, Turkey, Algeria and Beijing Silver Medallist Canada. Great Britain and the United States, who ranked third and fourth in Beijing, are on the other side of the draw in Pool A along with Japan, Poland, Italy and Korea.

In the women's competition, Beijing Paralympics Bronze Medallist Australia has been drawn in Pool A along with The Netherlands, Great Britain, Mexico and Canada. The United States and Germany, who won Gold and Silver in Beijing, have been drawn in Pool B along with Brazil, Japan and China.



Rollers head coach Ben Ettridge was happy with Australia's positioning in men's Pool B. "The two pools are fairly even but I'd have to say that our pool may be slightly less experienced," Ettridge said. "Our pool contains a few unknowns for us in Mexico, France, Turkey and Algeria but each team has obviously done well to get to the worlds so no game will be easy and we need to win the early games to set us up for the crossover matches. "Mexico beat Brazil at the IWBF Americans, for example, and Brazil was nearly a bogey team for us in Beijing, so that should be a challenging match up. "Six teams (Poland, Italy, Mexico, France, Turkey, Algeria and Korea) did not qualify for Beijing but have qualified for the world cup so there has been some changing of the guard in world wheelchair basketball and we'll have to be ready for that."

Gliders head coach John Triscari was pleased with the women's draw but stressed the importance of a good start for the Gliders. "With the US and Germany on the opposite side of the draw to us, we need to win our preliminary games and win them well to secure a good seed for the crossover rounds," Triscari said. "If we do that, we'll be in good shape to push on and achieve great things."

Source- Basketball Australia



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## VICHEALTH CUP TOURNAMENT 2010

Basketball Victoria is currently planning for the 2010 VicHealth Cup Basketball Tournament. Due to the encouraging amount of positive feedback and enthusiasm from this years tournament Basketball Victoria would like to expand the tournament to make it a State wide event. In 2010 there will be four regions, two metropolitan and two country. Within each region teams will play each other and battle off to finish in a top position. The top teams from each region will be invited to compete in the State Championships at the end of the year. The two country regions are yet to be decided, and will depend on the areas in the country with the highest participation levels and where the most expression of interest comes from. So speak up and let us know if you're interested in being part of the fun! Within the Metropolitan area there will be both a Northern and Southern region. There will also be a separate day set aside for Special Development Schools. Basketball Victoria are open to any suggestions or ideas to make next years tournament bigger and better! Contact Alice Hammond in the Basketball Victoria office 9927 6622. Keep your eyes open for more VicHealth Cup News!



## CARERS TO COACHES PROGRAM

Basketball Victoria, is proud to launch the **Carers 2 Coaches Program**. The program has been established with the assistance of Tim Widdison from the JCAAA (Joint Access for All Abilities). The Carers 2 Coaches Program aims at providing disability support workers, parents, friends and teachers an introduction to coaching basketball. The sessions have a focus on basic skills and fundamentals that are associated with the sport and is specifically aimed for participants who may not have a basketball background. This program will lead to sustainable programs as current competitions expand and the opportunity to participate in basketball for members of the community with a disability become more available. In addition to the Carers 2 Coaches Program, Basketball Victoria also coordinates **Inclusion and Adaptive Coaching Workshops**, for existing coaches, Board Members and volunteers. The Carers 2 Coaches sessions run for 2 hours and cost \$20 (to cover the cost of resources). Basketball Victoria is currently looking to plan a number of sessions throughout 2010 and if you are interested in participating, please contact Matthew Dunstan on (03) 9927 6666 or email [matthew.dunstan@basketballvictoria.com.au](mailto:matthew.dunstan@basketballvictoria.com.au)

## BASKETBALL VICTORIA GRANTS PROGRAM

Eltham Wildcats is the latest association to receive a Basketball Victoria Inclusive Grant and are one of the many associations to jump on board the All Abilities program. They are currently developing a basketball competition for special schools in their area and running adaptive coaching sessions for teachers and potential coaches. If you know of an association or organisation that wants to get a program for All Abilities up and running and needs some funds to help kick it off, contact Basketball Victoria for an Inclusive Grant application form!



"Basketball..  
A game for  
everyone!"

## BASKETBALL TIP OF THE MONTH!

### REBOUNDING

Effective rebounding requires good balance, wide stance, head up and awareness of the ball and opponents. Effective anticipation increases the chance of rebounding the shot. Movement into a good rebounding position by placing yourself between the basket and your opponent will maximise your chance of success. Good rebounding habits require practice. Protection of the ball and safe release of the ball are paramount. It is important when rebounding that we land with a wide stance, knees bent and protect the ball by bringing it up to the chest before either passing, shooting or dribbling. Defensive rebounds should be outletted away from the basket, not facing in towards the basket.



## New Wheelchair Basketball Program Coming in 2010!

All people should have the opportunity to participate in the sport of basketball, regardless of their age, gender or ability. Wheelchair basketball is a fast growing sport that is in high demand and is continuing to expand across the state. Just recently Basketball Victoria was granted a generous funding opportunity from Moreland Council. In conjunction with Sports Stadiums Victoria and Moreland City Council we are excited to announce the upcoming wheelchair basketball program "A Wheel Lot of Fun."

A Wheel Lot of Fun aims to identify people with a mobility restriction within the Moreland community to participate in wheelchair basketball. Not only will the project be aimed at wheelchair basketball participants, it will also develop coaches and referees and educate the wider community in understanding the social, economic and physical barriers faced by people with a disability. The program will commence in 2010 and will be run at Coburg Basketball Stadium. *Keep your eyes peeled for more to come!!!*

## PLAYER PROFILE

**Name:** Cobi Crispin

**Age:** 20

**Teams:** Perth Western Stars, Under 23 Australian Team, The Australian Gliders

**Position Classification:** 4.0

**Favourite Food:** Satay Chicken

**Favourite Movie:** Double Jeopardy

**Favourite Music:** Everything but heavy metal

**Favourite Basketball teams:** Gliders

**Most Admired person in your day to day life:** My Nana

**Most Admired Sports Person:** Liesl Tesch

**Biggest Achievement:** Bronze Medal- Beijing Olympics

**Your Dream:** Gold Medal in 2012

**If you could have dinner with anyone, alive or dead, who would it be?** Oprah



*You don't have to permanently be in a wheelchair to play wheelchair basketball!*

## Thursday Night Wheelchair Basketball Begins

Basketball Victoria's Thursday night Wheelchair Basketball Program recommenced on the 19<sup>th</sup> 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 19<sup>th</sup> until Dec 17<sup>th</sup> 2009.

Recommences Jan 14<sup>th</sup> 2010.

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

**Location:** Aqualink, 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](mailto:matthew.dunstan@basketballvictoria.com.au)

