



Time Out

Welcome to the July edition of Time Out. This month's issue features information on QBL, the BQJBC representative season, coaches corner and much more.....

Monthly Competition

Congratulations to April Row who has won two seats in the GCCRBA corporate box at the QBL Men's and Women's game (12.00pm Women, 2.00pm Men) on the 29th July, against Gladstone. The correct Answer was Dave Gurney.

This month's prize is for a Meriton Gold Coast Blaze mystery Merchandise pack to the value of \$100.00.

This month all you have to do is add us on Facebook or be a current friend of Gold Coast Basketball on Facebook to go in the draw to win the prize pack. The winner will be announced on Facebook on the 20th August 2012.

Honourable Mentions

Congratulations to Luke Richardson and Sophie Johnston whose Queensland South Teams finished as silver medalists at the U16 Australian Junior Championships, narrowly missing out on Gold to Victoria Metro.

Congratulations (back left to right) Campbell Green, Levi Frankland, Jaylen Patton-Crocker (front left to right) Phoebe Johnstone, Ella Parker, Tobias Cameron (absent Callum Dalton) who were selected in the Under 14 All State Camp. The program is focused on accelerating individual skill development, increasing awareness about what it is to be an elite athlete, and introducing and monitoring positive training habits.



Presented to Gold Coast Regional
Basketball Assoc.
Under 14 All-State Camp - July 2012

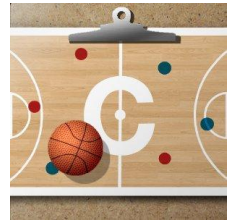


BQJBC 2012/2013 Representative Season

Trials are well underway for the 2012/2013 representative season with a record number of trialists this season, making selections a very tough process for our coaches. The final trial and team selections will be made on Saturday 28th July at TSS. A reminder to all parents that if your child is selected into a team, all paperwork **MUST** be completed and submitted on Saturday, no exceptions! All parents/guardians must be available on Saturday for a meeting once teams are announced.

On completion of the trials, Team lists will be available on the GCCRBA website.

Coaches Corner with Joel McInnes



Coaches Corner...SWISH!!!

Shout out to all player's trialing for representative basketball at the moment. Trials are difficult to showcase your full talent and ability. Just listen to the coaches and work as hard as you can.

Today's coaches corner is in regards to Defense.

"Offense sells tickets; Defense wins championships".

Coach Paul "Bear" Bryant Jr.

This quote is usually delivered as offense wins games, defense wins championships, but this is the original. Bear Bryant was a football coach in the states, a legend, until he punched a player from the other team. Yes, he was considered quite fiery...

I could write a lot about defense, but here are some basic principles and thoughts that I think are true.

When you play great team defense, you are forcing turnovers from the other team or forcing a poor shot selection. From this your team is given great opportunity for fast break/transition hoops. These shots are always a high percentage and can take momentum away from the other team very quickly.

What's great about defense? ANYONE can be a great defender. All it takes is concentration, effort and sacrifice. Here's some insight...

WHAT AM I THINKING????

Other team has the ball after a make or miss

Where am I on the court? If I'm behind the three point line, my first priority is safety. Making sure there is no quick long passes over my head stopping the other team's fast break.

If I'm in the key, my first instinct is to sprint straight home to our defensive basket, to help with numbers stopping the fast break.

Are we matched up? If scanning the floor I see no loose players, I need to know if we are playing full court man or pressing or looking to trap... If so, I'm looking to be in denial or help off the ball. If I'm near the ball handler and they look away for me, can I run a trap?

If we are in a press, are we setup properly? Do we need to adjust our position because players off the ball are moving? Do I gamble and go for the steal or

play conservatively and slow the ball down.

Are we in trouble? If they are a threat, first priority is stopping the ball. Forcing it out of the middle of the floor and keeping my hands in passing lanes.

Communicating on the fly to my other team mates, making sure we don't have two players running to the same player.

Ball in the Half Court, setting up play

What defense are we playing? If it's man, are we matched up properly, do we need to switch players to their preferred matchup?

How is the offense setup? Have they called a play? Do I know what the play is?

Am I in position to help if off the ball? Are my hands up in the passing lanes making team defense look strong?

Am I talking and helping my team mates?

On the ball defense

What do I know about the player I'm guarding?? Do they have a strong hand? Do they like to penetrate or prefer to shoot pull up jumpshots? What have they done previously that I can learn from?

I am always trying to dictate to my offensive player. I force them one way, taking away their options. If they try to blow by me, can I get in position to take a charge??

Are they trying to run their offense, not looking to be aggressive? Should I be more aggressive and be up and in??

I'm in stance, knees bent, ready to react. Have they called a play, am I going to be screened? Should I fight over the top of the screen, or go under or switch?

Off the ball defense

Where is the ball? I must have vision of the ball and my player at all times. Every time the ball moves or my player moves...I MOVE

Is my player setting a screen? I must communicate with my team mate. Are we switching? Am I showing and recovering on the screen?

Ball is loose

Why am I even thinking about this, hit the floor with everything I've got. The ball is mine.

Do not expect team mates who are closer to go for the ball ever.

Shots up

I find my player and get a body on them early. The earlier I do this, the better chance I can turn and track the rebound.

In a zone or shifting defense, I locate the biggest rebounding threat who is not boxed out and get a body on them.

Hoops 101 – HELP DEFENSE

Basketball is a game that has been dominated by height since they put a peach basket in a gym and played the game. Having extra bodies between the ball and the basket has been the most effective way to stop other teams scoring. Most zone defenses are setup to stop penetration into the lane and to have superior rebounding position.

Helping the player who is defending the ball is paramount to effective team defense. Not many players are competent at scoring the ball when 2 or 3 defenders are in their immediate vicinity.

As the game has progressed with the addition of the three point line, help defense has changed as well. The concept of rotation has been developed so that people who leave their player to help will have another team mate rotating from their player to the open player. Players must scramble to get back to open players and not give away uncontested shots.

DID YOU KNOW?

The life expectancy of a basketball is 40,000-50,000 bounces.

That's approximately how many dribbles Adam Darragh has had for the Rollers Mens team this year.

Joel McInnes

Director of Coaching



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This Sunday 29th July at The Southport School (TSS) will be a Gold Coast Blaze dedication day held in conjunction with the QBL games between the Allstar Group Gold Coast Rollers and Gladstone Power.

The QBL games tip-off at 12pm for the women and 2pm for the men.

Our Gold Coast D-League women play against Maroochydore at 10am and our Gold Coast D-League men play against Brisbane Capitals at 4pm.

Exciting day of basketball on the Gold Coast that you won't want to miss!

As part of the Gold Coast Blaze dedication day there will be:

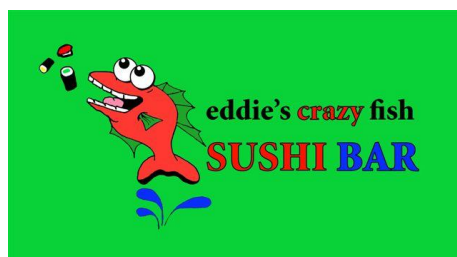
- Massive sale of all Gold Coast Blaze apparel and merchandise at drastically reduced prices. This includes; jerseys, polos, shirts, shorts, caps, singlets, muscle tops, warm-up tops, and a whole lot more.
- There will be lucky door prizes in which all patrons will have a chance to win some fantastic Blaze memorabilia just by simply coming along.
- Silent auction for Blaze memorabilia.
- Raffle of Blaze memorabilia and apparel.
- All patrons will receive a free Blaze gift when entering at the door.

By coming along Sunday you will help show your support and thanks for both the Gold Coast Blaze and our own Gold Coast Rollers QBL teams and at the same time show everyone how much we love our basketball on the Gold Coast.

We would love to see the TSS Stadium full and by coming along you will also be a part of creating a great atmosphere for our QBL players (of which 4 have previously suited up for the Gold Coast Blaze).

Entry is just \$5 for adults and kids are free with a paying adult or with a voucher (available at junior fixtures). The Roller-Bar will be open as always with \$5 drinks and the canteen will be serving up plenty of great food all afternoon.

Gold Coast Basketball QBL is proudly sponsored by



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GCCRBA Ex-Stock Merchandise Sale



\$10.00



\$10.00



\$30.00

GCCRBA ex-stock merchandise is still on sale. These items can only be purchased at these prices at QBL Home games OR GCCRBA Representative trials and only while stocks last!!!

Eft/cash sales will be available at the remaining QBL home games on the 29th of July/12th August and at the 2012-2013 Representative trials on the 28th of July at TSS.

Tweed Coast Chery Spot on Deals

Tweed Coast Chery are proud sponsors of Gold Coast City Regional Basketball Association.

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For the best sushi on the Gold Coast visit Eddies Crazy Fish Sushi Bar

- Shop 8, 201 Ferry Rd, Southport.
- Shop 2, Pinnacle Pines, Pitcairn Way, Pacific Pines.



Back in Motion have partnered with GC Basketball to offer all members 10% off the total of all costs in addition to their injury assessment free of charge. Just simply mention you are linked to Gold Coast Basketball to receive this discount.

Back in Motion are one of the leading health groups on the Coast and provide services in Physiotherapy, Massage, Pilates and Personal Training.



Twitter: <http://twitter.com/GoldCoastBBall>



Facebook: <http://www.facebook.com/GoldCoastBasketball>



Future Coaches Development Program



If you are interested in one of these positions please contact Joel McInnes on
joel@gccrba.com.au or call 55944108

Club Contact Information 2012

BURLEIGH BLADES BASKETBALL CLUB



Marymount College, Reedy Creek Rd,
Burleigh

Contact: Tanya Irwin, 0434 512 440

Email: bladesbasketball@hotmail.com

Web: www.bladesbasketball.com

CELTICS BASKETBALL CLUB



Carrara Indoor Stadium, Nerang Broadbeach Rd

Contact: Julie Brown: 0433 172 929

Email: celticgc@bigpond.net.au

Web: www.goldcoastceltics.com.au

HEAT BASKETBALL CLUB



Hillcrest Christian College, Bridgman Dr,
Reedy Creek

Contact: Elaine Makepeace: 0416 820 233

Email: secr@heatbasketball.com.au

Web: www.heatbasketball.com.au

Facebook: <http://www.facebook.com/HeatBasketball>

PALM BEACH CURRUMBIN MAGPIES



Tallebudgera Rec Centre, Gold Coast
Highway, Palm Beach

Contact: Debbie Brooks: 0418725293

Email address: pbcmagpiesbb@gmail.com

Web: www.palmbeachbasketball.com.au

Facebook: <http://www.facebook.com/pbcbasketball>

TWEED COAST SLAMMERS BASKETBALL CLUB



Banora Point High School, Eucalyptus Dr
Banora Point
Contact: Shaun McDonagh 0408138849
Email: tc_slammers@hotmail.com
Web: www.tweedcoastslammers.basketball.net.au

TSS SUNS BASKETBALL CLUB



The Centenary Centre, The Southport School
Winchester St, Southport
Mobile: 0414 728 173
Email: tss.suns@live.com.au
Web: www.tssuns.basketball.net.au

VARSITY VIPERS BASKETBALL CLUB



Varsity College, Assembly Dr, Varsity Lakes
Contact: Adam Darragh
Email: vipers.enquiries@hotmail.com

Web: http://www.sportingpulse.com/club_info.cgi?clubID=90872&c=1-4831-0-0-0

Programs

Term 3 dates are available for the programs below on the Gold Coast Basketball website. For further information on any of our programs please contact Jennelle Cameron on 55944108 or email jennelle@gccrba.com.au.



Gold Coast Aussie Hoops is designed for children aged 3-6 years old. It offers a cost effective and fun platform for children to learn the skills of basketball using a game sense approach.



Gold Coast "Chery Minihoops" Basketball Program has been designed so that children can learn to play basketball in an enjoyable, fun and friendly environment, whilst also learning the necessary fundamentals to progress through to playing games in our Gold Coast Junior Basketball League



The Program is for players to improve their fundamental skills, gain confidence, advance their skills on defense, shooting, dribbling and passing. The program is for club level players who want to take the next step in their game.



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Date	Port
28 Feb	Sydney
1-3 Mar	At Sea
4 Mar	Dunedin, New Zealand
5 Mar	Lyttelton, New Zealand
6 Mar	Wellington, New Zealand
7 Mar	Napier, New Zealand
8 Mar	Auckland, New Zealand
9-10 Mar	At Sea
11 Mar	Pago Pago, American Samoa
12 Mar	Apia, American Samoa
13-16 Mar	At Sea
17 Mar	Honolulu, Oahu, Hawaii
18-21 Mar	At Sea
22-23 Mar	San Francisco, USA

26 Nights

Departs 28 February 2013

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Oceanview from \$4,856pp

Balcony from \$5,992pp

Prices include 24 night cruise, 2 nights accommodation in San Francisco with breakfast, one way air San Francisco to Sydney, transfers, port charges and taxes.

Day	Port
1	Australia to Vancouver, Canada
2-3	Vancouver, Canada
4	At Sea
5	Ketchikan, Alaska
6	Juneau, Alaska
7	Skagway, Alaska
8-9	Scenic Cruising (Glacier Bay & College Fjord)
10	Whittier to Kenai, Alaska
11	Kenai, Alaska
12	Kenai to Mt McKinley, Alaska
13	Mt McKinley, Alaska
14	Mt McKinley to Denali, Alaska
15	Denali, Alaska
16	Denali to Fairbanks, Alaska
17	Fairbanks to Australia

16 Nights

Departs 23 May, 6 & 20 Jun, 4 & 18 Jul, 1, 15 & 29 Aug 2013

FLY, CRUISE & Tour from \$6,560pp

Oceanview from \$7,095pp

Balcony from \$7,320pp

Prices include return air ex Brisbane, transfer from airport to hotel, 2 nights pre-cruise accommodation in Vancouver incl breakfast, 7 night cruise, 7 night tour incl accom/most meals/transfers and tours, port charges and taxes.

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Prices are per person, twin share. Conditions apply, subject to change.



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