

PORT MACQUARIE BASKETBALL ASSOCIATION

THE TALKING DOLPHIN

Welcome to our Spring Newsletter!

Our e-newsletter will provide you with important dates and information for our club about camps, trials and other events in our community.

We want you to get involved! You are welcome to share any exciting news, game reports, photos or achievements about your team, coach or one of your players by sending your contribution to our editor at Julie Minihan – email julieminihan@gmail.com



If anyone is keen on being the editor, particularly any Year 10, 11 or 12 student, please contact Julie on above email.

The web site is constantly being updated with latest news, draw changes, NJL information & upcoming camps. Please check often to keep up with what's on.

Go Dolphins!!!

Dates to remember:

Country Tour Trial September: please refer to website for more details
Under 14: 7th & 8th - Under 15/16: 14th & 15th - Under 17/18: 21st & 22nd
 Good luck to all our juniors that try out on the above dates.



Seaside Classic Tournament: Please refer to website for more details

Coach Nomination: Close 15th September 2013

Players Trials, 23rd September 2013 at the Stadium:

U11 & U13 – 1.30 to 3.00 pm; U15 & U17 – 3.00 to 4.30 pm

Team Numbers Finalised: 30th September 2013

Competition weekend: 2nd & 3rd November 2013

Representative Presentation Night: please refer to website for more details
 21st September 2013 Theme: Nineties 90's

Local competition continues Season 2:

Reminder last week and we break for school holidays and competition begins:

Wednesday 9th October & Friday 11th October 2013. Note that the 5/6 Boys comp on Fridays will be splitting into Division 1 and 2 during the last term. Keep an eye on the website for a revised draw soon.

Stadium Closed:

Friday 25th October

Semi Finals Begin:

Wednesday 27th November 2013 & Friday 29th November 2013

"Toughness" – Jay Bilas (Extract)

Toughness has nothing to do with size, physical strength or athleticism. Some players may be born tough, but I believe that toughness is a skill, and it is a skill that can be developed and improved. Michigan State coach Tom Izzo always says, "Players play, but tough players win." He is right. Here are some of the ways true toughness is exhibited in basketball:

Set a good screen: The toughest players to guard are the players who set good screens. When you set a good screen, you are improving the chances for a teammate to get open, and you are greatly improving your chances of getting open. A good screen can force the defense to make a mistake. A lazy or bad screen is a waste of everyone's time and energy. To be a tough player, you need to be a "screener/scorer," a player who screens hard and immediately looks for an opportunity on offense. On the 1984 U.S. Olympic Team, Bob Knight made Michael Jordan set a screen before he could get a shot. If it is good enough for Jordan, arguably the toughest player ever, it is good enough for you.



Set up your cut: The toughest players make hard cuts, and set up their cuts. Basketball is about deception. Take your defender one way, and then plant the foot opposite of the direction you want to go and cut hard. A hard cut may get you a basket, but it may also get a teammate a basket. If you do not make a hard cut, you will not get anyone open. Setting up your cut, making the proper read of the defense, and making a hard cut require alertness, good conditioning and good concentration. Davidson's Stephen Curry is hardly a physical muscle-man, but he is a tough player because he is in constant motion, he changes speeds, he sets up his cuts, and he cuts hard. Curry is hard to guard, and he is a tough player.

Talk on defense: The toughest players talk on defense, and communicate with their teammates. It is almost impossible to talk on defense and not be in a stance, down and ready, with a vision of man and ball. If you talk, you let your teammates know you are there, and make them and yourself better defenders. It also lets your opponent know that you are fully engaged.

Jump to the ball: When on defense, the tough defenders move as the ball moves. The toughest players move on the flight of the ball, not when it gets to its destination. And the toughest players jump to the ball and take away the ball side of the cut. Tough players don't let cutters cut across their face -- they make the cutter change his path.

Don't get screened: No coach can give a player the proper footwork to get through every screen. Tough players have a sense of urgency not to get screened and to get through screens so that the cutter cannot catch the ball where he wants to. A tough player makes the catch difficult.

Get your hands up: A pass discouraged is just as good as a pass denied. Tough players play with their hands up to take away vision, get deflections and to discourage a pass in order to allow a teammate to cover up. Cutters and post players will get open, if only for a count. If your hands are up, you can keep the passer from seeing a momentary opening

Play the ball, see your man: Most defenders see the ball and hug their man, because they are afraid to get beat. A tough defender plays the ball and sees his man. There is a difference.

To read more of this article go to <http://www.mdbball.com/Documents/ToughnessbyJayBilas.pdf>

State League News

Thank you to our State Men & Women's team for some great entertainment and action during the season. We had good crowds, but would like to see more supporting them at our local games, particularly for the ladies games.

The Senior program this season was a mixed bag with the men starting very strongly only to stumble in the last two rounds and the women starting slowly and gaining momentum, culminating in their first win against Goulburn.

Special mention to the coaches of both squads: Anne Marie Healy for the women and Jason Berry for the men who both did an excellent job in difficult circumstances. Anne essentially started the women's team from scratch after a long absence in the State League. Jason was of course pulling double duty by taking control of both the under 18 men and the state league men for 2013.

The teams would also like to thank all those who came out to support them and especially the volunteers who helped with court controlling, and bench officiating. The program couldn't survive without your ongoing support for the game we all love.

We are hoping for bigger and better next season with the stadium expansion hopefully being finished for the second half of the senior season. Look out for some exciting initiatives for Game Night (party night!) whenever our State League Dolphins are playing at home.



Andrew Herring drives in for a basket against Lismore. Photo sequence by Josh Minihan.



Competition: (1) Who got fouled? (2) Did the 2 points count? First with the 2 correct answers to julieminihan@gmail.com wins a pair of Port Macquarie Dolphin socks & a family block of chocolate.

NJL News

Our 2013 NJL Season has come to an end. Congratulations to all our players for their commitment and enthusiasm.

Players are reminded to bring in their participation plaque ASAP for engraving, to be handed out at the Presentation Night.



Under 12 Men, Div 1

Congratulations to the U12 Boys who brought home another trophy for the Dolphins cabinet, winning the NJL Div 1 Final. Once again it was a Port v Tamworth grand final, with the boys coming home strong in the 4th quarter. The boys went on to compete well in the State Cup. Well done boys & Coach Brad Lockwood, with assistant, Stephen Pares.

Under 18 Women, Div 1

The girls had a great year, also winning the NJL Div 1 final with a good win against Tamworth. They then went on to defend their State Junior Cup title, winning with a thrilling over-time win in the Grand Final to clinch their 2nd title in 2 years. 70 points to 68 was the final score against Bathurst. Well done ladies & congratulations to their coach, Nick Pryor, with assistance from manager, Nicole McMahon.



Under 18 Men, Div 1

The boys also had a great year, undefeated throughout the season, beating Tamworth 85-45 in the NJL semi, only to lose to them in tough circumstances in the final 64-63. With their winning record, they received a wildcard into the State Junior Cup, comfortably winning against Tamworth 61-47 and then coming up against tougher competition. Well done men & congratulations to their coach, Jason Berry, with assistance from manager, Alison Jones.



2013 Representative Presentation Night

Date: 21 September at The Westport Club.

Time: 6.15pm for 6.30pm Dinner

Theme: The 1990's

Player's tickets already paid for & tickets for parents/partners/family are available at the Stadium Office on Wednesday and Friday nights until 13th September, 2013

Local Competition News

We hope everyone has settled into our local competitions and have been enjoying their games every week. We have had quite a few changes during the season, one being Wednesday night games having to be brought forward 15 minutes due to the 10pm Stadium curfew. Thank you to all the teams for helping with this transition.

Association News

For our new families and players, you may not know how we work. Every Wednesday and Friday Night we have three co-ordinators on site to assist and help with the competition.

Wednesday / Friday Night

Office attendant – Kerrie / Julie –collects game fees and registration fees.

Court Controller – Robin / Julie – Ensure games start on time and chase up registrations and handle any enquiry or injury on the night

Umpire Co-ordinator – Nathan / Josh / Anthony - roster our umpires for the games and manages them on the night with training and advice, as well as handling game enquiries or issues.

You will also find one or more of our Board members in attendance during Wednesday and Friday night competitions. If you're keen to discuss any items regarding the Association, make sure you catch up with Heath Morgan (President), Ben Davidson, Dee Hudson, Andrew Lister, Nick Prior, John Minihan, Rogan Hunter or Anthony Jones.

Wanted – Competition Coordinators
(email portmacquariebasketball@hotmail.com)

Referee News

Congratulations to all of our representative officials on a fantastic Season which culminated in a number of selections for the State Cup and State Championships with Josh Burghardt, Nick Sibraa, Rhys Boreham and Justin Barnett all attending the State Cup held in Newcastle and Maitland.



Our local competitions have been running very smoothly and swiftly, with a number of new junior referees gaining valuable experience and improving their skills with the whistle each week. The Regular Wednesday night comp has provided our stronger referees with some fantastic games in recent weeks which have been fantastic for their growth and development. So well done to all on a great start to the new competition.



I would like to also congratulate 3 of our newest officials on their successful applications to attend the upcoming Junior Basketball Jamboree held here in port Macquarie in the September school holidays. Jack Lister, Shelby Grainger and Tom Lister will all attend the week long carnival in which they will learn new skills and improve their refereeing and of course, make new friends.

A Reminder to all about the Referees courses which are being provided to us by Basketball NSW. See above for further details or refer to our website. It would be fantastic to have a good number of keen people to show them that refereeing is growing in Port Macquarie. Anyone wishing to attend these courses should see myself or Josh.

Happy Whistling,
Nathan Lyon

Development program / camp details

Basketball NSW Country Tour Trials in September – see start/website for more details.

Seaside Classic trials 23/9/13, see start/website for more details.

Contact

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