



# COAST WATCH

December 2015

Edition 1

## GM TIME

Welcome to Coast Watch. The GCCRBA's periodic newsletter to keep you informed on all things to do with Basketball on the Coast.

If you love the game, get involved. There's so much to receive out of being a part of a team. Get out there and play, coach, manage, ref and support.

If you are interested in writing articles for Coast Watch, our Facebook page/website. Reach out.

Yours in basketball,  
Joel McInnes,

## Standout Junior Performances

**Katie Deeble** - 11 ppg 14 GPL  
**Jalen Patton -Croker** -27.3 ppg 18 BPL  
**Levi Frankland** - 27.3 ppg 18 BPL  
**Sophie Johnston** - 34 ppg 21 GPL  
**Jackson Lahina-Brown** - 16.8 ppg 18BSC  
**Kyla Peacock** - 15.8 ppg 18 GSC  
**Alex Wright** - 19 ppg 16 BDC

Congratulations to Tobias Cameron, Sophie Johnston and Katie Deeble for their selection into the Queensland Schools team s for the Pacific Games in Adelaide. Katie (12 Girls) and Tobias (18 Boys) finished second whilst Sophie (18 Girls) finished 5th over all

## Breaking News!!!!

### GCJBL

We have 2 weeks of the Summer League Season to go – Round 9 and then we play the last round which is Play Offs – these games will be held on Friday 11<sup>th</sup> and Saturday 12<sup>th</sup> December. It has been a very successful season despite the hiccups we have faced the loss of our main venue due to electrical issues at Carrara. Round 10 (Yet to be drawn) is our playoff round with 1v2 games vying for the Summer League title. All other teams will play off for placing; 3 v4 5v6 etc. It should be an exciting end to 2015. Lastly Gold Coast Basketball would like to thank everyone for their consideration, their patience and understanding this season with the late venue changes often meaning games moving around the Coast.

### BQJBC

Waves Basketball is back... 23 teams representing the Gold Coast in the 2015/16 BQJBC season, From U12s up to the U21s the Gold Coast teams are playing at 110% and giving their all every game. Some Standout teams this season include (placing are based on percentages with some teams being placed lower behind teams dropping or rising in the Swapover)

14G Waves	1st	18G Waves	2nd
18B Waves	2nd	16B Tides	1st
21 G Waves	2nd		
18B Breakers	3rd		

Don't Forget the Rep Breakup is on this Saturday 5/12 from 9.30 am at Main Beach.

## Senior News

Welcome teams from the former Celtics run competition based at Carrara. It hasn't been an easy start to your time under the Gold Coast banner with the Carrara fire, with the lack of court space and pushing the start of the competition back as well as turning the first 2 rounds into a 4 week affair. Thank you for your patience and hopefully the new year will bring us some consistency (and back at Carrara!) TSS competition closure is a bit different to what is currently advertised online. we will now be finished after the 15/12 (Tuesday Comp) and resume back on the 18th of Jan 2016.

Players who are unregistered need to be registered before they play. If you are unsure about your registration please contact the office on 5594 4108

## Refs Room

Summer comp is in full swing and you may have noticed that there has been an increased number of Green Shirts on the courts. This is the earliest stage of their development and is vital to the growth of our association especially with moving into a new stadium. Please be patient with these guys especially the senior referees working with them as it is hard enough teaching a Green Shirt.

### Understanding Rules: 3 Seconds in the Key

26.1.1. A player shall not remain in the opponents' restricted area for more than 3 consecutive seconds while his team is in control of a live ball in the frontcourt and the game clock is running.

26.1.2. Allowances must be made for a player who: • Makes an attempt to leave the restricted area. • Is in the restricted area when he or his team-mate is in the act of shooting and the ball is leaving or has just left the player's hand(s) on the shot for a field goal. • Dribbles in the restricted area to shoot for a field goal after having been there for less than 3 consecutive seconds.

26.1.3. To establish himself outside the restricted area, the player must place both feet on the floor outside the restricted area.

Referees are looking for players in the key for more than 3 seconds and active in the play.



## Other Happenings

Don't Forget to check out the Fortitude Training Academy 3x3 competition at Nerang PCYC this Weekend (5th and 6th of December) should be some good basketball and go out and support the event as proceeds raised from the BBQ will head to our QBL program for 2016!

Best of Luck to Hillcrest Christian College who have sent down 2 teams (17 Boys Div 1 and U20 Girls) to the Australian Schools Championships both sides feature a lot of current Gold Coast Waves. Both are doing well at the moment and leading their pools and looking at making an impact when Playoffs start.

## Junior Development

Aussie Hoops is wrapped for 2015. It has been a successful year not just with the Saturday Morning groups at Carrara.

Also with the GC Basketballs Presence in the schools as well as the popular Holiday camps. GC Basketball would like to thank all of the dedicated coaches and volunteers for taking the time to help run these programs, without whom we would not be able to run nearly as many programs.

Keep an eye out in the next edition for locations, dates and times of when Aussie Hoops will be recommencing as well as information for the first holiday camp of 2016.



## Coaches Corner

The rep season is well and truly up and running with all teams performing well. It is always good to sit back and closely watch how the players and coaches react to different situations on the court, whether your team is up by 20 points or down by 20 points or whether it is a nail biter of a game with only a few point separating both teams all game. There are certain aspects of the game that we should all remember (Players, Coaches and parents) one of those aspects are:

**Body Language:** This is a sign of whether you are still in the game or maybe given up the ghost. Things don't always go the way that you want or would like them to go as an individual or team, Maybe you did not get the call that you wanted, maybe you are not shooting well, maybe you are not getting the court time you think you deserve. Maybe the team is not playing well as a team No matter the situation we need to show a positive vibe on and off the court. Acknowledge a pass that you received to get you the easy layup, pick your team mate up that takes a charge, support from the bench players in the way of cheering, clapping etc. Talk to your players in a positive manner which may give the player/team the lift that they need. Don't criticise individuals, referees support and encourage is what we all should be doing. We must all play our part to be a good team.

**Remember we will always be better as a TEAM than a team of individuals.**

The management and staff at GCCRBA would like to wish you all a happy and safe Christmas and we look forward to seeing you all back on court and supporting from the sidelines in 2016.