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| A close up of a sign  Description automatically generated | **Kings Update # 6**  **21 March 2020** |

**Thank You Mark and Maddie**

By now many will realise that our General Manager **Mark Chivers** has moved on to a new position as CEO of Glenorchy Football Club. We thank Mark for the work he has done for us and wish him well in his new role. Given the current situation, I am sure he is going to face a few challenges – as will all sporting organisations, including us! However, we know Mark will do a good job of steering GFC through these. We especially thank Mark for his commitment in continuing to do tasks for us even after he had taken up his new role, but that transition is now complete. Given the uncertainty of what will happen this year we have not replaced Mark, so any communication re Kings should come through your team manager/coach in the first instance or me. The [generalmanager@khba.com.au](mailto:generalmanager@khba.com.au) email account is being monitored but will not always have a quick response.

Also, due to the ever-tightening travel restrictions, **Maddie Muraida** has made an urgent dash home to New Mexico to be with her family. Again, we thank Maddie for the work she has done for us with the Senior Women and with our Schools program in particular; and for being a fantastic role model for our whole girls and womens programs. We hope she has had a safe journey home and also wish her well for the future – whatever that might hold. We hope that some time in the future that might include time back with the Kings, even for a visit.

**Season 2020 – To Be or Not to Be!**

It is too early to predict what the 2020 season might look like, but we are still confident that a reduced season will be completed sometime in 2020. Many other sporting codes are looking at May as a time to look at what is possible with some suggesting a possible restart sometime during or at the end of May. Maybe optimistic!

At the moment for basketball, the most likely scenario is that we will look at the situation towards the end of April and reassess what is possible at that stage – so hang in there. In the meantime, we need all players to keep as fit and game ready as possible. Not an easy task in the current situation! More about this below.

**Stay Connected**

We will continue to send out regular Kings Updates, however we would encourage all players to also keep in contact with their teams. Team managers or coaches are encouraged to still set up chat groups or other means of keeping everyone in contact. For younger teams this will probably involve groups for parents rather than players so we ask parents to keep their players involved in the conversations.

Physical distancing (prefer that term to social distancing!) principles are an important factor in controlling the transmission of this virus, but social contact and interaction are equally important for peoples’ general health and well-being, especially as more people move from distancing to quarantine or isolation. Hopefully team members can be a support to each other through this process. Keep an eye out for each other and if you know someone is having a bad day make contact with them. While lots of things are closing down thankfully phones and social media are likely to keep going! (Finally, a good reason for having social media!!)

**Keep Working**

**Are you finding it difficult to be motivated to keep fit?**

One of the things we are hoping to do with the Kings Updates is to send you ideas and links to information about individual fitness and skill development.

Your coaches may also send out information about the structure or emphasis they want to implement for your team for you to work on.

Also, while you might have to train or work out on your own, you might be able to set up some challenges amongst team mates to provide an incentive to work on shooting, etc.

Keeping fit is not only important for your return to basketball. For your general health and well-being it is important to maintain as active a lifestyle as possible. Just remember to also maintain the habits important to control the virus, in particular:

* Physical Distancing – avoid large groups (the definition of a large group is constantly changing); avoid contact with the elderly or those who are not well or who may have been in contact with the virus or who are at risk; avoid contact with anybody if **you** are not well; maintain a distance of 1.5 metres from anyone else wherever possible.
* Good personal hygiene – wash or disinfect your hands frequently, cover coughs and sneezes, don’t touch your face, don’t share drink bottles.

To kick things off I provide a very simple idea to build or maintain your fitness – **the Ten-Minute Run**! I like it because it is so simple and suitable for every level of fitness. Just do it at your own pace and as often as you like, but I would suggest every second day is a good starting point.

This is an ‘out and back’ run and it is best to use the same course for each run so you can track your progress. The starting point for your run could be from home, or a particular point on a school oval or park, or the start of a walking track or wherever you like.

The Ten-Minute Run

* From your starting point run out for 4 minutes at a reasonable pace.
* Walk out for a further minute to provide some recovery time.
* Walk back for one minute.
* Run back to your starting point, trying to get back in as close to 4 minutes as possible. (Don’t cheat by making the run back downhill!)

You can set yourself many challenges in this to see if your fitness is improving:

* Getting back to the starting point in less time each time you run.
* Aim to run further out in your 4 minutes each time.
* Make the time longer – run out for 5 or 6 or 10 minutes.
* Compete in a friendly way with your team-mates (although this is primarily a personal challenge)
* Combinations of the above.

Don’t worry if initially you can’t run for the whole 4 minutes – just run/walk as far as you can in the time.

The challenge is on!

**Instalment 2 of Fees**

Despite the uncertainty of this season we are still asking players to pay the annual registrations and the first two instalments of their Kings fees. Annual registration should have been paid before players started training as it includes insurance cover plus affiliation fees. KHBA, BTas and BA depend on these affiliation fees to keep running! Most players have paid these but there are still a few outstanding.

As mentioned in the last update **Instalment 2** is in part to cover expenses we have already accrued (like team registration deposits, training court hire and admin costs). Some of these have already been paid (out of Instalment 1) but others we will need to pay shortly.

Also, as mentioned above we are expecting to have a season of some sorts this year. When this happens, we will need to be able to move quickly to pay things like the remainder of team registrations.

**Not sure what you have paid so far?** Go to the registration link below. It will list the payments you have already made and ask for any outstanding amounts up to and including Instalment 2 of Kings fees.

<https://membership.sportstg.com/regoform.cgi?aID=6018&pKey=fe3138fbcbd04db0edcbfae1fc56b21c&cID=246728&formID=54301>

Remember if you have a **Ticket to Play** voucher (or have applied for one) contact me first before you pay Instalment 2. Thank you to those who have already done that. I will send you an email soon with a different registration link that includes your Ticket to Play voucher. If you have already paid Instalment 2 and have a voucher also contact me if you haven’t already.

Note: details about Ticket to Play were included in an earlier Update (6 March 2020). Contact me if you need further information or go to the website: <https://www.communities.tas.gov.au/ticket-to-play>

**What will happen to Instalment 2 if we end up not having a season in 2020?**

The bulk of Instalment 2 will be refunded if there are no games in 2020. If team registration deposits are refunded to us then virtually all will be refunded as Instalment 1 will cover training costs so far. If not, the refund would be reduced by between $40 and $50 to cover training costs so far. Families would have the option to either:

* Take a refund, in which case it would be reduced slightly for admin costs (SportsTG charge a 3.9% fee for collecting payments)
* Take it as a credit for 2021, in which case there would be no reduction for admin costs as we wouldn’t have to collect the money again.

Hopefully most Kings Updates will not be as long as this one! But if there is anything you think people might need or want to know send them through and we will include them in future editions.

Thanks

**Ron Nash**

**President**

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