

BASKETBALL ACT NEWSLETTER

AUGUST 2021

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WELCOME TO BACT NEWS

It's already been a big 2021 for Basketball ACT (BACT) and our clubs, players and supporters. And as we head into the second half of the year, it looks like it will get even bigger...!!!

The 2021 Premier League and junior season is heading towards finals, recent school holiday camps were a huge success, our development programs continue to be very popular, our school and college competitions have been drawing a lot of teams and our Waratah League teams were near the top in all competitions, prior to their season being suspended due to COVID in NSW.

Off-court, BACT continues to find opportunities and solutions, to our increased participation numbers and access to suitable venues.

With so many exciting events and competitions being planned for Summer, including a refreshed Summer Slam season and a host of 3x3 events, we can't wait to see you on-court.

CEO MESSAGE

Even though there has been many successes, as well as some disappointment, 2021 has been a massive year for Basketball ACT (BACT) on many levels.

Our junior numbers have reached record numbers this year, and has placed a lot of strain on our facilities in regards to access, suitability and delivery of competitions. In some ways this is a positive, however, with more growth on the way, BACT has continued to lobby the ACT Government for their support so we can shore up our future.

BACT has also been a party to a petition launched in July, supporting the investment in a multi-purpose facility in the Woden area (see below), and I encourage all our basketball family to make their voice heard by signing the petition.

After a hot start to the season, our Waratah League teams unfortunately remain in limbo, with the suspension of the season due to COVID. While this is disappointing, the health of our players, coaches and supporters is always at the front of our minds.

I'd also like to welcome Michelle Hocking and Kathryn Rendell to the BACT Board on behalf of everyone. Both Michelle and Kathryn have an extensive background in our sport, and their appointments will help bring new perspectives.

With Premier League and Junior finals just around the corner, and a suite of exciting events on the horizon, including Summer Slam, 3x3 Summer Series, coaching and referee courses, BACT is looking forward to what the remainder of 2021 brings.



David Simpson - CEO
Basketball ACT

FACILITIES PETITION



It has been well documented that as Basketball ACT (BACT) and its member clubs continue to grow, access to suitable facilities for competitions and training remains one of the biggest challenges to maintain that growth.

So it was without hesitation that BACT CEO, David Simpson was the first to sign a petition calling for investment in a multi-purpose indoor sports stadium in Woden, that was launched at the Woden Valley Community Council meeting by Emma Davidson MLA in early July

Upon signing the petition, Mr Simpson said "This petition represents the beginning of a great opportunity to return to the Woden area, after the closure of previous basketball facilities. I encourage all of our BACT members to get behind this petition."

You can scan the QR Code (left) to link to the Legislative Assembly e-petition site and make your voice heard.

SCHOOL HOLIDAY CAMPS

School holidays is always a busy time for Basketball ACT (BACT), as hundreds of eager hoopsters join us at Belconnen and Tuggeranong for our School Holiday Camps.

The recent June/July break was no exception with five camps delivered by BACT and Phil Brown, catering for new players right through to experienced players looking to improve their game at specialised camps.

One camp in particular was a huge success with our female juniors - **She's Got Game** - which saw Australian Opal and Tokyo Olympian, Marianna Tolo lead the "girls only" camp. As the photos (right) can attest, all the participants were hanging off her every word...!!! Thanks Marianna...

You can keep up-to-date on upcoming holiday camps at www.basketballact.com.au



2021 INDIGENOUS ROUND

Basketball ACT (BACT) celebrated NAIDOC Week with the Premier League Indigenous Round for 2021 on Wednesday 7 July at Belconnen Basketball Stadium.

To start proceedings, BACT Board and staff welcomed representatives of our referee, club and player communities to join them for a Welcome to Country and Smoking Ceremony, conducted by Nggunawal Elder, Warren Daley.

Then it was time for the on-court action with all Premier 1 Men's and Women's games played at Belconnen.

Thank you to all those who attended and to Mr Daley for joining us.



WALKING BASKETBALL



BASKETBALL ACT

Walking Basketball

Every Thursday

Open to anyone aged 50+ of any ability/fitness level

Thursday Mornings* - 10am-11.30am
From 22 July 2021 to 16 September 2021
Belconnen Basketball Stadium
(*5 Aug and 2 Sept sessions will be conducted on 4 Aug and 1 Sept)

Post session Morning Tea provided

FREE

SPORT AUS
MOVING AUS WITH THE COMMONWEALTH GOVERNMENT

Check In CBR

The poster features several images: a group of people playing basketball, a close-up of a person holding a basketball, and a group of people smiling. It also includes logos for Basketball ACT, Sport Aus, and Check In CBR.

If you are sick of walking around the lake, or it's too cold to climb up a mountain, why not change it up, grab your friends and hit the court for a fun start to your Thursday morning with WALKING BASKETBALL.

Walking Basketball is open to anyone aged 50 years and over, of any ability and fitness level, and is a low impact, social and fun way to improve and increase physical activity levels, social interactions and to get moving.

Basketball ACT (BACT) is offering FREE Walking Basketball sessions until 16 September each Thursday morning at Belconnen Basketball Stadium.

We even provide a post-session Morning Tea.

So add some bounce to your Thursday, and join us on-court.

For further details about Walking Basketball - head to www.basketballact.com.au or contact BACT at development@basketballact.com.au

SOUTHERN CROSS CLUB COMMUNITY REWARDS



Basketball ACT (BACT) is now one of the many sporting clubs and associations working with Canberra Southern Cross Club, as part of their Community Rewards program.

By heading to the below link, and completing the form, you can nominate BACT to receive 7.5% of your spend on food and beverages at the Canberra Southern Cross Club at Woden, Tuggeranong, Jamison and Yacht Club. (7.5% is calculated on purchases when a member uses their membership card at the point of purchase). Funds received will go towards the continued support of our development programs.

<https://cscmarketing.wufoo.com/forms/mzoc9q907whqz3/>

If you haven't got a membership, just head into one of the Canberra Southern Cross Club's across the region, to complete your membership.

NEW BOARD MEMBERS APPOINTED

After a recent Expression of Interest (EOI) and exhausting selection process, Basketball ACT (BACT) would like to announce the appointment of two new members to the Board of Directors – Michelle Hocking and Kathryn Rendell.

Michelle is a familiar face to many in our basketball community after her time with the ACT Academy of Sport (ACTAS) and Canberra Capitals, as well as being a long-serving member of the BACT High Performance Committee and junior representative coach and manager.

Kathryn, a former ACTAS graduate, also has WNBL experience with several seasons at the Sydney Flames, as well as being a member of the Great Britain National team at senior level, and captaining Australia at junior level in 2010. Kathryn is currently serving as an apprentice Coach for the Canberra Nationals Academy in the 2021 Spalding Waratah 1 Youth Women competition.

BACT would like to congratulate both Michelle and Kathryn on their appointments, and welcome them to the Board of Directors on behalf of our basketball community.



Michelle Hocking



Kathryn Rendell

REFEREE MILESTONES

Basketball ACT would like to congratulate Alex Robinson and Ted Pettigrove for achieving a significant milestone in their refereeing careers.

Both Alex and Ted reached their 300th Premier game in July and August respectively.

Alex achieved his 300th in the Round 16 P1M match between ANU and Wests, while Ted achieved his milestone in the Round 19 P1M match between Belconnen Ramblers and WCW Dodgers.

Well done to both Alex and Ted.

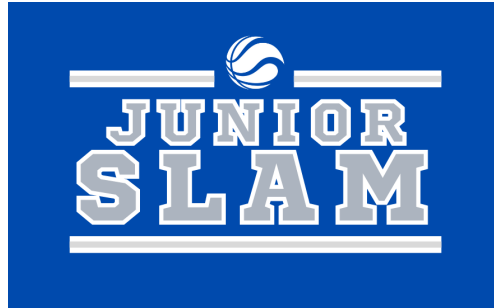


If you are interested in starting on your referee journey, you can find out details about upcoming courses at www.basketballact.com.au/officials

JUNIOR SUMMER SEASON SET TO SIZZLE

Things will look a little different on-court this summer for our junior players with Basketball ACT changing things up and offering competition opportunities for everyone. In 2021, BACT will introduce the inaugural Junior Slam, Junior Open and a new Junior Social season.

To help you understand each level on offer, here's a break down of each competition.



Running parallel to the refreshed Summer Slam season, and using a similarly unique model, JUNIOR SLAM will see eligible junior players nominate for selection, then be drafted to a team for the season.

The JUNIOR SLAM, commencing 23 October, will be contested across boys and girls in both U15's and U17's age groups. Only players who played at JPL/Div 1 level will be eligible to nominate.



JUNIOR OPEN is the tier-2 summer competition that is open to current member club teams with one team per club in each age group allowable.

The JUNIOR OPEN, commencing 8-10 October, will be contested across boys and girls divisions across U12's, U14's, U16's and U19's age groups. The JUNIOR OPEN is aimed at JPL/Div 1 level players who missed out on being selected to a JUNIOR SLAM team.



JUNIOR SOCIAL will be aimed at players currently at a Div 1-6 level, and players who missed out on JUNIOR SLAM and JUNIOR OPEN.

The JUNIOR SOCIAL season, commencing 8-10 October, will be contested across boys and girls divisions across U10's, U12's, U14's, U16's and U19's age groups.

In a new twist, JUNIOR SOCIAL will be open to both club, and non-club based teams.

Further details about the Junior Summer Season, including costs, dates and registration, can be found at www.basketballact.com.au

UPCOMING EVENTS

As always, there is plenty going on at Basketball ACT - put these dates in your diaries and head to www.basketballact.com.au for all the details.

Coaching Courses

- Community Coach Accreditation Course - 18 Sept - Belconnen
- Club Coach Accreditation Course - 19 Sept - Belconnen

Further details at www.basketballact.com.au/coaches



Referee Courses

- Community Referee (Level 0) Course - 26 Sept - Belconnen
- Community Referee (Senior Social) Course - 11 Oct - Belconnen
- Community Referee (Senior Social) Course - 13 Oct - Tuggeranong

Further details at www.basketballact.com.au/officials

Summer Slam

Season Commencing

13 October 2021

Further details at www.basketballact.com.au



Ron Harvey Cup

Basketball ACT's annual public service/corporate tournament.

1 October 2021

Belconnen Basketball Stadium

Further details at www.basketballact.com.au

HEALTH AND NUTRITION

Basketball ACT has once again partnered with the ACT Health Directorate in 2021, to promote their **Healthier Choices: Junior Sport** program. The program assists players, parents, coaches and clubs in understanding the best way to ensure active kids get the right nutrients for growth, development and health. And with our 2021 Juniors hitting the court again, it's important to remember that healthy eating before, and after games is important, in ensuring players have plenty of energy for their big game.

Information and fact sheets for clubs, coaches and parents and players can be found at www.health.act.gov.au/grabngosports

BACT - Top Tip

A healthy breakfast gives athletes fuel for the day, boosts their concentration and improves their energy levels - all things our young basketballers need for their on-court performance. Why not try:

- Cereal with chopped fruit and milk;
- Muesli with fresh fruit and yogurt;
- Baked beans on wholegrain toast;
- Wholegrain toast with peanut butter and banana slices;
- Fruit smoothie (try adding a weetbix or a handful of quick oats).



SPONSOR SPOTLIGHT

Basketball ACT would like to welcome GOLD LEAF TREE SERVICES to the family.

With former Canberra Gunner, [James Macpherson](#) leading the crew, GOLD LEAF TREE SERVICES provides you with professional and personalised tree services at a competitive cost. GOLD LEAF TREE SERVICES aim to have a lasting relationship with you and provide regular, accurate and honest advice that is easy to understand.

From tree removal to tree management plans, soil assessments and much more, when it comes to peace of mind, GOLD LEAF TREE SERVICES provide qualified and best practice advice on tree health, safety, regulations, and development.

Head to www.goldleaftreeservices.com.au to find out how they can help you.



GOLD LEAF
TREE SERVICES

If you, or someone you know, would like to become a BACT Sponsor, please contact us at admin@basketballact.com.au to discuss available packages.