



# BASKETBALL ACADEMY

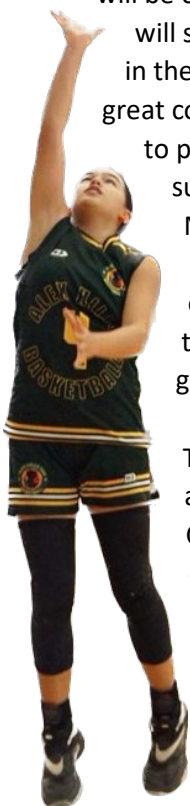
## NEWSLETTER – Term 1, 2023

### 2023 - A Big Year For Basketball!

Every year we are excited to welcome new players, families and members of the community to our Basketball Academy. This year is no different with our new year 7 basketballers, a record number of student athletes in the Basketball program from years 7-12, and new sponsors signing on for an action packed 2023!

Basketball Academy members were put through their paces in term 1, focusing on fundamentals and fitness during training sessions. Our junior teams were also competing in the interschool basketball competition during sport sessions (see the junior and middle school report for results).

Throughout the year our Basketball Academy teams will be competing with the best in QLD. Term 2 will see our junior and senior teams playing in the Southside Premier League (SPL). A great competition which allows our students to play other Basketball specialist schools such as Citipointe Christian College, Marsden SHS and Brisbane Adventist College to name a few. Last year both our junior males and females made it to the final four, with our girls team going on to claim the silver medal.



Term 3 and 4 our Junior, Sophomore and Open teams will compete at the Champion Basketball Schools of QLD (CBSQ) tournament. The highest level of school basketball offered in QLD. Alexandra Hills SHS has a great history in this competition winning a gold, three silvers and a bronze. We will be looking to add more medals this year!



The year 7 & 8 teams have started the year well with our year 7 boys and year 8 girls claiming a spot in the interschool grand final, to be played on April 18<sup>th</sup>.

The year 7 girls finished the interschool competition in 3<sup>rd</sup> position just missing out on a spot in the grand final. While our year 8 boys finished in a tie for 2<sup>nd</sup> place. However missed out on making the grand final due to a count back on scores.

Off the court our year 7 students learnt about our Basketball Academy culture and motto 'Run As One'. They also learnt about the physical, social and emotional changes people go through during adolescence.

While our year 8 students focused on nutrition and the dietary requirements of an athlete. With this knowledge we look forward to seeing our year 8 students fuel their bodies to allow them to reach their optimum performance.



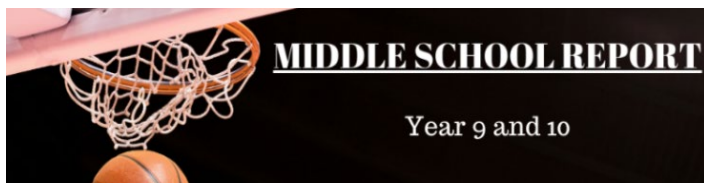
Thank You Sponsors





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### MIDDLE SCHOOL REPORT

Year 9 and 10

The year 9 & 10 teams also had a great start to the year with both the year 9 boys and girls teams booking a spot in the interschool grand final, played on April 20<sup>th</sup>. Our girls will be looking at making it back to back champions in this competition.

While our year 10 boys and girls finished in 3<sup>rd</sup> position in what was very close competitions. The boys missed out on making the final by 2 points losing to Capalaba 52-50 in the final round game.

Off the court our year 9s learnt first aid principals and CPR techniques. Students also now know the importance of recovery after injury, and injury prevention strategies.



### Sponsorship News

Welcome, our newest sponsor **Betta Auto Hire Cleveland**. Cameron and the team at Betta Auto Hire originally operated out of a local service station in Cleveland with only a few cars and utes for hire. Before long Betta Car & Ute Hire became a Trusted Family Owned and Operated Local Business. Then, in 2004, they moved into 215-217 Bloomfield Street Cleveland. This was a great opportunity allowing their business to expand its fleet of vehicles from cars and

utes to incorporate vans, minibuses, trailers, trucks and more!



If you need a vehicle be sure to see Cameron and the team at Betta Auto Hire. We look forward to and would like to thank Betta Auto Hire for their support in 2023.



Training Schedule for **Term 2 only**.

Monday 3 – 4pm	Open Boys (yr 10-12)
	Jnr Boys SPL Squad*
Wednesday 3 – 4pm	Open Girls (yr 10-12)
	Junior Girls SPL Squads*

\*Junior SPL squads will be announced on April 26<sup>th</sup>  
Friday 8:30 – 8:45am Yr7/8 Shoot around

All year 7, 8 and 9 students will train during their Basketball Academy lessons and sport session.

Please note training schedule will change for term 3 and 4.

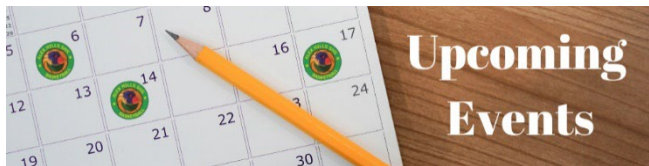






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- April 18<sup>th</sup> – Yr 7 & 8 Interschool Grand Final
- April 20<sup>th</sup> – Yr 9 Interschool Grand Final
- April 20<sup>th</sup> – SPL Round 1 Vs B.A.C (**boys only**)
- April 27<sup>th</sup> – SPL Round 2 Vs Runcorn SHS
- May 4<sup>th</sup> – SPL Round 3 Vs Citipointe College
- May 11<sup>th</sup> – SPL Round 4 Vs Marsden SHS
- May 18<sup>th</sup> – SPL Round 5 Vs Mabel Park SHS
- May 25<sup>th</sup> – SPL Round 6 Vs Wellington Point SHS
- June 1<sup>st</sup> – SPL Round 7 Vs Rochedale SHS
- June 8<sup>th</sup> – SPL Semi Finals
- June 15<sup>th</sup> – SPL Grand Finals
- September 14 - 17<sup>th</sup> - Open CBSQ
- October 12 - 15<sup>th</sup> - Junior Secondary CBSQ
- October 26 – 29<sup>th</sup> - Sophomore CBSQ

\*Basketball festival and coaching clinic dates still to be confirmed.

Please note SPL is a combined year 7, 8 and 9 team for juniors and combined year 10, 11 and 12 team for seniors. The CBSQ competition is the highest level of competition offered in QLD.

Students have to gain selection to play in the SPL and CBSQ tournaments.



**Mr Powell** - Academy Coordinator

Favourite Teams - Miami Heat, New Zealand Breakers



**Miss Farrell**

Favourite Team – Brooklyn Nets



**Mr Fitzpatrick**

Favourite Team - Chicago Bulls



**Mr Lyle** – Basketball Academy T.Aid

Favourite Team – Washington Wizards, Brisbane Bullets



Thank You Sponsors





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### Individual Accolades

Although it is only April, we have had a number of individual successes from students within our program.

We would like to congratulate **Luke** and **Jackson** who both represented Bayside (10-12 years old) at the Metropolitan East Trials. Both boys were successful in making the Met East team. These boys will now travel to Townsville to play in the State Titles. We wish them both the best of luck!



We also had **Brianna**, **Kaitlyn**, **Joel** and **Orlando** represent Bayside at the 13-16 years Met. East Basketball trials. They represented Alexandra Hills SHS extremely well on the day!



At the club representative level, we have had a number of players compete at the U16 State Titles. The boys played on the Gold Coast with **Orlando** winning silver with the RedCity Roar, while **Ayden** and **Josiah** also won a silver playing with RedCity Pride. **Louis** competed well with the Southern District Trojans also. Congratulations to these boys on their success.

Meanwhile the U16 girls compete at Rockhampton later this week. We have **Brianna** playing for the

Southern District Spartans, **Kaitlyn** representing RedCity Roar and **Eva** representing RedCity Pride. We wish all of you the best of luck!

Finally, **Brianna** has also been selected to represent Australia Samoa Basketball, for the U17 QLD team at the Samoa Games held in May. This is an incredible achievement and we wish Brianna the best of luck!



The senior interschool season has moved to a gala day format this year. Which has given our squads more time to train and prepare for our games. Both male and female teams have been focusing on mastering the fundamental skills, game fitness and team strategy in both offense and defense.

Term 2 will see the first of two gala days for our Basketballers. This will be a great opportunity to test our basketball skills against local school and prepare us for the state titles later in the year.

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### SOUTHSIDE PREMIER LEAGUE

Results & Update

The Southside Premier League (SPL) competition is an invitational competition, which provides high level basketball from schools within South East QLD. Each school must enter four teams in the competition. A senior boys and girls, which contains players from year 10 – 12. The junior boys and girls involve players from year 7 – 9.

This year the competition runs in term two, from weeks 1 – 7. With the finals being played in week 8 and 9. This competition is a great way to prepare for the state titles held later in the year.

Given the layout of combined year levels making up the teams for this competition, students have to gain selection to play. Teams may change for each round, this means teams will be announced on a weekly basis.

We look forward to competing this year and hope to see our teams feature in the finals.

### What is new in 2023?

Each year the Basketball Academy looks to improve outcomes for our players, families and basketball community. This year we have added to our Basketball Academy staff, employing Gareth Lyle. A previous students and Alexandra Hills SHS Basketball Academy player. He is also a part of the RedCity Roar NBL1 Men’s team. Gareth also has an extensive coaching background coaching numerous Alex Hills Raiders teams and coaching representative teams with RedCity Roar. He brings a wealth of knowledge and experience having also worked with the Brisbane Bullets. We look forward to having Gareth with us throughout the year.



Another addition to the Basketball Academy is the use of video analysis. We were able to purchase a Veo Ball Tracking Camera’, which will allow us to analyse game footage and make tweaks to our offence and defensive sets. Our SPL and CBSQ games will be recorded using the Veo camera and lesson time will be allocated to analyzing particular points of focus. This will allow students to be prepared mentally going into each game.



### Sponsorship Opportunities

We are looking for the support of local businesses to help build our program through financial or product-based sponsorship. If you know of someone or a company who may be interested, we would love to hear from you! Please contact Basketball Academy Coordinator, Nathan Powell, by email at [npowe50@eq.edu.au](mailto:npowe50@eq.edu.au) for a ‘Sponsorship Info Pack’.



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### HOOPS CUP 3X3

The Hoops Cup is a competition organised for primary school students to have fun, develop their skills and show off their basketball talent. It is organised and run by the Alexandra Hills SHS Basketball Academy.

All games are refereed and scored by Alexandra Hills SHS students. These students did an amazing job on the day and provided players with helpful feedback and tips.

This year we had both male and female teams from Alexandra Hills SS, Birkdale South SS, Hilliards SS, Ormiston SS, St. Anthony's Primary School and Vienna Woods SS.

There was a lot of skill and talent on display throughout the games. It was great to see a number of close battles amongst the schools.

In the girls division it was a tight battle between Birkdale South SS and Alex Hills SS in the grand final. Birkdale South taking it out 4 – 2.

The boys division was another close competition with the grand final spot being determined after the last round game.

Vienna Woods and Ormiston SS battled in out for the gold medal. Vienna Woods going on to win 16 – 4.

We would like to congratulate all the teams for their participation and commitment on the day. We would also like to thank our sponsors Betta Auto Hire, River City Glass, Simon Salm, RedCity Roar, Dominos Capalaba and Costa's Seafood Café.

All participants went home with a certificate and a free ticket to the NBL1 RedCity Roar Basketball Game, thanks to RedCity Roar!

Our winners Birkdale South Girls and Vienna Woods Boys also went home with a gold medallion, dominos voucher and an Alexandra Hills SHS Basketball Academy warm up shirt. Our silver medalists Alexandra Hills SS Girls and Ormiston SS Boys took home a silver medallion and Costa's Seafood Café voucher. Congratulations to all that were involved.



Thank You Sponsors

