



BASKETBALL ACADEMY

NEWSLETTER – Term 2, 2021

Building A Successful Culture 'Run As One'

Term 2 was another exciting and eventful term for the Basketball Academy! Our teams enjoyed specialists training sessions, we had the start of the senior boys and girls interschool season, preparations for 2022's year 7 Basketball Academy students began and we were excited to join the inaugural Southside Premier League (SPL) – an invitational competition for select schools.

All ten teams have been training hard and demonstrating the Basketball Academy philosophy: 'Run as One'. On the court, this means being a great teammate by creating space with or without the ball, running together and being an option for your team mates. Off the court, our students always demonstrate their support for one another by encouraging each other and sharing in each individual's success. It is also great to see teams supporting one another during competitions.



Our year 7 students have been busy testing their basketball specific fitness during class. Fitness tests have include the beep test (endurance), one handed tennis ball toss (hand and eye coordination), the court sprint (speed), vertical leap (power) and the agility test.

It has been great to see the encouragement and support amongst our year 7 group. While students are pushing themselves against each other, they still share in one another's successes. There were some great results across the board, however a special mention has to go to Sam and Brianna who recorded an 11.5 and 10.5 on the beep test respectively.



BASKETBALL ACADEMY FITNESS TESTING

Our year 8 students focused on skill development throughout term 2. This involved players developing a range of offensive attacking options and working together on the defensive end.

After winning the interschool competition the year 8 boys advanced into the metro finals. They travelled to Corinda SHS and played in what was a very competitive game. There were numerous highlights throughout the game, including a great defensive effort from Matthew. Unfortunately, the team went down by 2 points in the final moments of the game.



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NEWSLETTER – Term 2, 2021



After our year 9 and 10 girls teams finished in the top 4 of the interschool competition last term, focus quickly shifted to the SPL and CSBQ competitions.

The **Year 9 girls** who are a part of the Junior SPL team have made a great start to this competition, taking out wins against Wellington Point SHS and Runcorn SHS. These results have placed the girls in the top 4 during the early stages of the competition.

The **Year 10 girls** who are competing in the Senior SPL team have made great progress in their skills and gameplay. While these girls are currently competing as the youngest team in the competition they are playing hard and their commitment will pay off in the upcoming rounds.

These girls were also fortunate enough to be involved in a specialist training session with **NBL1 RedCity Roar** Player Ash Kelman-Poto. Ash is a very experienced basketball player who has applied her trade throughout New Zealand, recently being named in the Tall Ferns squad (international New Zealand Basketball Team). More recently she has been representing the RedCity roar in their inaugural NBL1 season.



The **Year 9 Boys** continued on their impressive winning streak, beating Corinda SHS, Wavell SHS and Dakabin SHS on their way to the 'Metro. Grand Final'. In what was a very fast paced game, we eventually went down to Trinity College with only 5 points separating the teams. The boys also received praise from the officials on the day for their respect and sportsmanship.

Congratulations on your silver medal, it is a great achievement for the team and the Academy.



The **Year 10 boys** have been busy training and applying new gameplay strategies to prepare them for their metro finals. Like our year 9 boys, the year 10s took out the interschool competition and look to continue this form into the Metro Finals. This competition will take place in a few weeks' time. Good luck boys!





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NEWSLETTER – Term 2, 2021

Sponsorship News

Basketball Academy are proud to announce a new partnership with **River City Glass**.

For [Brisbane Glass Repair](#), **River City Glass** is your option for all glass and glazing needs. They are a family owned and operated business based in Capalaba. With a long running history in Basketball and Alexandra Hills State High School.

River City Glass supply a wide range of quality glass products and services. They provide professional personal service, quality tradesmanship and prompt delivery and installation of all our products.

We would like to thank River City Glass for their support for the remainder of 2021.



Training Sessions

We have had to make some slight changes to training sessions.

- Monday 3 – 4pm:** Year 10 – 12 Boys
- Monday 3 – 4pm:** All Girls (optional)
- Wednesday 8am:** All Girls (compulsory)
- Thursday 3 – 4pm:** Year 7 – 9 Boys

Please note the girls training on Wednesday is compulsory, whereas the Monday afternoon is optional.

We ask that students let coaches know if they cannot make a training session. Notifications can be made to coaching staff either face to face or via email.



Our Senior teams started their interschool seasons well, both teams recording wins against Redlands College in round 1. Some good results against Victoria Point SHS and Cleveland District SHS means both Senior teams have qualified for the finals. We would like to wish them luck!

During the term our Senior teams engaged in a training clinic run by the Brisbane Bullets. Throughout the sessions players focused on form shooting and offensive decision making.



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SAVE THE DATE

CBSQ SENIORS - 16th - 19th of September

CBSQ JUNIORS - 14th - 17th of October

The senior girls are preparing for their upcoming CSBQ wildcard tournament. Successful results will mean the girls qualify for the CBSQ competition which takes place in September. This will allow our girls to take on the best basketball schools in Queensland. Whilst our senior boys aim to improve on last year's Gold Medal in division three at the CBSQ competition, with the promotion into division two, a top 4 finish is the goal.

SOUTHSIDE PREMIER LEAGUE

Results & Update

We have reached the halfway point of the SPL competition and our teams are competing well. This has been a quality competition so far and has seen our teams improve round by round. Currently our two junior teams (boys and girls) are sitting in the top 4. A great achievement considering this is the first time competing in this invitational competition. While these teams have started well, we are only at the halfway mark. We look forward to seeing the development across each team.

The senior teams are also making great improvements, with a tough draw to start the competition. Our boys fought hard in what was an epic double overtime loss to Marsden SHS, a team which is currently sitting in the top 4. Our Girls are the youngest team in the competition, but are showing they are competitive. It will be exciting to see these girls over the next few years when they are 'top age'. Keep training hard girls!



Brisbane Bullets Junior Training Sessions

The Brisbane Bullets ran a four week 'Big Shots, All-Stars' training program at Alexandra Hills last term. The program focused on improving individual player skills and having fun!

Students who participated in the program showed great improvement over the four weeks. They also received a 'Bullets Pack' which included a basketball, shirt, bottle and wrist band. Not to mention expert coaching from a number of Bullets representatives.

Due to popular demand and that the last program was at capacity, the bullets have agreed to run another program this term. This time it runs for 6 weeks, and continues to improve on student's ability.



WHAT DO YOU GET?

- » Big Shots All Stars Pack including your own Basketball!
- » Opportunity to develop advanced skills & play competitive games
- » Expert coaching from Bullets players & coaches

ALEXANDRA HILL SHS

- » Commences Wednesday 28th July
- » 6 Week Program
- » 3:15pm - 4:15pm each week

visit brisbanebullets.com.au/bigshots



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July 22nd – SPL Round 7 V Capalaba (juniors only)

July 23rd – SPL GALA DAY

July 29th – SPL Round 7 V Capalaba (seniors only)

August 3rd – 6th – Basketball Festival (postponed)

August 24th – SPL Round 8 V Brisbane Christian College

August 31th – SPL Round 9 V Mabel Park SHS

September 16 – 19th – CBSQ Seniors

October 14 – 17th – CBSQ Juniors

*Specialist Coaching Clinics will also be conducted throughout the year. Dates for each year level will be confirmed and students will be notified.

Individual Accolades

While all of our teams have had some great success so far this year, a few individual members have accomplished even more achievements.

Over the holidays the representative basketball associations competed in the state titles.

Unfortunately, the U14 boy's competition had to be postponed due to the snap COVID lockdown. However, the U14 girls went ahead in Mackay.

Two of our junior Basketball Academy girls participated in this event. Brianna (year 7) and Kaitlyn (year 8). Both girls competed extremely well over the 4 days. Brianna who played for the Southern District Spartans finished her pool games in first place. This meant her team reached the semi-finals. In what was a great game, unfortunately they went down to the home team, finishing in the top 4 at the state titles is a wonderful achievement!

Kaitlyn also represented Southern Districts playing for the Titans. Each day Kaitlyn played in some very physical games. The girls consistently played at a very high level earning them a spot in the Southern Cup Grand Final and what a final game it was! Kaitlyn's team played to the final whistle giving it their all, losing by only 3 points and therefore claiming the silver medal.

Everyone from our Basketball Academy would like to congratulate Brianna and Kaitlyn for their representative achievements. We would also like to pass on our best wishes for the U14 boys who will compete at a later date.



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Our Culture Within The School

The Basketball Academy is often out and about within the school community. Last term students sold raffle tickets to staff and students. Congratulations to Mrs Fabri for winning a Ben Simmons NBA Jersey.

We also had a stall at the DASH, student had to show their skills in a basketball shooting arcade style game. Ella and Fernando took out the top prizes!

Term 2 also saw the first game in the best of three series 'Staff V Students'. Students voted for their player representative, a male and female from each year level. However game one went to the Teacher Team! Bring on game 2.



REDCITYROAR NEWS

3x3 is coming to Redlands, with first event scheduled for Sunday September 12 at Capalaba Central on top of the eastern carpark! Nominations will be opening in the next week with a limited number of team accepted in U13 (B & G), U15 (B & G), U17 (B & G) and Open Men & Women divisions. RedCity Roar event will have its own FIBA 3x3 court with DJ Roar locked in and all the carnival atmosphere that a 3x3 event brings.

Keep an eye on the RedCity Roar Facebook page to nominate or just come along a chill in the players' lounge and watch some great action!

<https://youtu.be/cqBXQBoOdzs>

The Capalaba Central 3x3 Clash will be a warm up event for the much bigger event the "RC3x3" that will have 9 courts played at Cleveland District State High School over the Queen's Birthday weekend in October!

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 for a 'Sponsorship Info Pack'.



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