



TIME OUT

Newsletter of the Junior Representative Program
Issue Number 9 of 2010



Time Out Returns!!!

After a brief hiatus, Time Out is back after what has proven to be a hectic few weeks for many of you! This huge edition of time out contains match reports dating back several weeks for a number of teams and if we have missed your teams report be sure to email me your reports and photo so I can include it in next weeks edition!

Over the long weekend NSBA had three teams represent us at the National Junior Classic in Melbourne as well as five teams competing at the Nunawading Spectres tournament.

On top of that the end of the regular season is looming large and many of you are currently fighting for playoff positions. This is sure to make for an exciting final few weeks of the regular season so I wish you all the very best of luck for the remainder of the season!

With the school holidays approaching we are running two camps that would suit current representative players. The Elite Athlete Camp and Intensive Skills Camp will both feature the “Noah Select Shooting System” which provides detail shot analysis and through analysis of this information is able to provide instant feedback to the player on how to improve their shot! More information about our camps is available in this edition of Time Out and on the NSBA website.

Go the mighty Bears!

Peter Conneely

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North Sydney Bears - U12s3 vs. Glebe - Match Report - 23/05/2010

At a cold Glebe PCYC, Coach Kevin Kosovich stressed teamwork and manning up in his pre-game speech, while the boys had an extended warm-up as we waited for the second ref to arrive.

Zane Kosovich, Jack Sullivan, Seb Hughes, Taylor Hodgkinson and Angus Carre were a strong starting line-up and it was immediately clear NSB's "tall timber" were going to have the advantage on the day. After several missed attempts, Seb opened up the scoring before a quick run of scores pushed NSB to an 8-0 start. Pre-game insights about the assertiveness of the Glebe refs was confirmed as Taylor's dice with foul trouble prompted a Time Out and Sam Merrick came off the bench. "Calm Down" urges from Coach Kevin did not sink in as hasty hands brought on more NSB fouls as Connor Yetman and Cameron Vick were brought into the attack.

At 5-0 fouls, you could sense the way this was going with Glebe at the free throw line every time. Good job Glebe needed the free throw practice! NSB was winning the game but not winning over the refs! Cameron's calm shooting extended the lead to 20-2 and Harry Potter was thrown into the mix.

Height under the basket started to dominate. Sam was the best in "missed shots", but after a dozen rushes to the head, finally got one in the basket and was then back on track. 1st Quarter 24-2 and NSB defence was rock solid.

At the 1st break, Coach Kevin stressed quick passing. Out of the blocks quickly, NSB extended their lead with the lay-up of the match from Taylor. 31-2 and cruising. Again the refs tried to get into the game as NSB were at 5 fouls again quickly; even a timeout for refs to order themselves hot drinks was not going to improve their mood!

At 35-5, both sides temporarily forgot how to score, until the "flying shrill" Angus broke the deadlock. The only thing that could beat us at this point was individuals fouling out with a number sitting on 3 or 4 personals. Excited shots and endless misses calmed when Glebe hit 5 fouls and Zane stepped up to the free throw line to restore calm. 41-7 at the half and the game was effectively over.

With table-topping Parramatta looming next week, Coach Kevin message at the half was to keep up the intensity. Glebe PCYC were taking extraordinary steps to keep things interesting as the scoreboard "failed" and we were left with the hope that the bench was keeping an accurate score!

During the third quarter, a vague belief that we were way ahead was confirmed from the bench as our big man Seb took a no-look pass from Harry to push us to a 69-8 lead at 3 quarter time. A big quarter of steals from everyone ensured a huge day of NSB defence.

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Quarter 4 became a bit of a shooting gallery, even the urging from the bench was not able to stop the team smiles and relaxation as the boys lost a little focus. With Glebe heads down, frustration was setting in, Jack and Zane taking injuries and the first tears of the match. Clearly the boys were already on their “victory lap” way before the last horn. As the 1 hour 45 minute game time finally ended Glebe’s misery and the boys ended 88-14 up. Zane Kosovich was top scorer with 22 points followed by Cameron Vick and Sebastian Hughes with 15 points each.

Post match, Coach Kevin applauded the “Best Defence of season” which will be needed for the big Parramatta match coming up!

Under 12W Norths Black v Macarthur 23 May

With the starting 5 missing its 2 runners, some might have expected that the team would be showing signs of apprehension, but Coach Fish, the players and supporters were all looking confident. Hana and Grace stepped up to the runners’ task with Holly and Claudia (ball handlers) and Maddie (passer), and proved that that confidence was not misplaced. A number of great steals, fast breaks and some set plays established a very comfortable lead early on. Claudia’s speedy legs took her down the court in a flash, ready to receive some long passes from Holly, or pass and cut and pop the ball in the basket. Some great intercepts by Holly were followed by precise hot spot shots by Hana, who also managed to trick the opposition with some fancy footwork and baulks. And what confidence Grace showed in her drives and fast breaks! If all that wasn’t enough, just when everyone thought the girls couldn’t give any more, Maddie was there with steal after steal or, at the very least, a jump ball as she was not to be deterred in her constant battle for the ball.

Georgie, Phoebe, Ella and Charlotte consolidated the lead, with some more great dribbling, accurate shooting and team work. Charlotte survived being sandwiched by the opposition and went to the free throw line, performing two perfect swishes. Ella took a huge defensive rebound and dribbled the length of the court, finishing off with a textbook layup. And as for Georgie, what determined defence and selfless team play! She and Phoebe had SOS running smoothly time after time. Phoebe also had a near perfect record on her layups and those long swishes were really happening too. Then it was time for Lucy, in her first game of basketball, to show what she was made of. She overcame her nervousness and took some great rebounds. There were smiles all round when she scored her first points in “real” basketball.

By half time Macarthur’s coach cried for mercy. Fish and the girls went on to play with great sportsmanship. Not even practising set plays and switching of positions could stop these girls! Holly (16) and Phoebe (10) led the scorers but, as is becoming common with this team, every player contributed to the score line. Another victory (56-14) continues the Black Bears’ unblemished record, with 572.6 for/against percentage. Strapper the tough Black Bear award was presented by Phoebe (last week’s winner) to “strapping” Claudia. Fish particularly noted her renewed confidence, determination and excellent free throw shooting. Congratulations to the Black Bears and fab Fish on all the hard work and sportsmanship that goes in to such a victory.

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National Junior Classic

U/14 Men Division 2

The U14 Men Division 2 team travelled to Melbourne for the long weekend with the expectation of a couple of days of development mixed with fun, but uncertain about how we would sit against the competition. It turns out that the weekend was very challenging on the competition side, but even more rewarding than anticipated as a development and bonding adventure! The raw stats (of our seven games, we won three, and came sixth overall) do not capture the closeness of the competition for the remaining four games. In all but one of those, the boys were easily a match for the opposition, and the result could have gone either way with a few shots dropping or a change of momentum. More importantly, the stats certainly do not capture the fact that the boys learnt a great deal over the seven games about teamwork, skill development and general camaraderie.

The team bus used for the weekend was a huge hit and all were grateful for the efforts of Arnie (Coach) and Chris (Assistant Coach) in taking on the task of transporting nine very sweaty young men around. The parents were all very supportive, and also had the opportunity to enjoy each others' company – but the real winners for the weekend were the boys: they had fun, they learned a lot (including some hard lessons in responsibility and dealing with others), and their overall behaviour was exemplary, and a great credit to Norths. The maturity of these young men, particularly under pressure, was great to see. Congratulations to Paddy, Liam, Matt, Lachlan, Alex, Emmanuel, Bryan, Dan and Ethan – you did us proud (but could you all please keep working on your shooting!).

Game 1: Norths 51 def West Adelaide 35
Game 2: Norths 48 def Diamond Valley Eagles 45
Game 3: Norths 34 def by Melbourne Tigers 59
Quarter Final: Norths 29 def by Altona Gators 61
Semi Finals: Norths 31 def by Sandringham Sabres 37
Playoff 7 v 8: Norths 41 def Eltham Wildcats 31

U14 Women's Red team

Over the long weekend, the women's U14 Division 1 Red team was invited to compete in the Melbourne Classic tournament at Albert Park, Melbourne. While the team won some games and lost some games, the weekend was a tremendous success on many levels. The team performed strongly against some of the best U14 women's teams in Australia and all the girls developed and improved. It was great for the girls to spend time together and further build their team spirit, which will be so important for the remainder of the season. The parents and coaches also had an enjoyable time, watching some great basketball, doing a bit of shopping and thoroughly enjoying the Melbourne experience.

The tournament started well with a good 51-42 win over the Sturt Sabres. The next game was one that slipped away. After being down 13 points in the 2nd quarter against Hawthorne Magic, the team got back to being 1 point down at half time. They went ahead early in the 4th quarter before finally losing 55-65. The 3rd pool game was against one of the leading teams in the Melbourne competition, Nunawading Spectres, and the girls lost 32 to 56 to a much larger team.

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The girls won their first cross-over game against the West Adelaide 58 to 27 and narrowly lost the 2nd game against Ballarat Miners 51 to 45, again a game that could very easily have gone the other way. The final game was against the Sydney Comets, no trip to Melbourne is complete without a game against the Comets, and the girls won a hard fought game 43 to 39.

The girls all played well and improved - whether it was the strong rebounding by Alysha, Katerina and Jess against bigger opponents, the amazing speed of Carla on some of her drives, the shooting of Hannah, the left hand lay-ups of Geena, the stepping past defenders of Maddie or the steals and fast breaks by Ali, Caitlin and Portia.

None of this would happen without the cooperation and support of the parents. Over the weekend the camaraderie was great and everyone pitched into make it an enjoyable weekend for all.

Finally, what can we say about the coaches. This team is incredibly fortunate to have three extremely talented and dedicated coaches - Ed Summers, Stephen Burke and Matt Gosper. The efforts and enthusiasm that these coaches put into the team is amazing and the way the team was able to hold there head high against quality teams from across the country, is a credit to their efforts.

Game 1: Norths 51 def Sturt Sabres 42
Game 2: Norths 55 def by Hawthorn Magic 65
Game 3: Norths 32 def by Nunawading Spectres 56
Quarter Finals: Norths 58 def West Adelaide 27
Semi Finals: Norths 45 def by Ballarat Miners 51
Playoff 11 v 12: Norths 43 def Sydney Comets 39

Under 18 Men Division 1

The under 18 men's team started the first day of games with a 0-3 record and having played the eventual 2nd and 3rd places teams in 2 of those games proved to be a tough situation to come back from. They showed glimpses of being able to beat either teams but the home team advantage proved too much. Their intensity and reasonable shooting on their home town rings seemed to prove crucial as the Norths team couldn't find their range on the first day.

Day 2 proved to be a different story as Norths were able to find their shooting range and the defensive effort that was lacking on day 1. This meant we were able to hold teams to fewer points than the previous day's games. With the commitment on both ends of the floor Norths were able to win the next 3 games including a redeemable effort against the Eastern Mavericks who handed Norths a 17 point loss on the first day.

The team finished up 9th out of 16.

Game 1: Norths 45 def by Eastern Mavericks 62
Game 2: Norths 48 def by Keilor Thunder 72
Game 3: Norths 49 def by Diamond Valley Eagles 52
Quarter Finals: Norths 67 def Ringwood Hawks 42
Semi Finals: Norths 63 def Ballarat Miners 54
Playoff 9 v 10: Norths 63 def Eastern Mavericks 61

NUNAWADING TOURNAMENT RESULTS

Under 14 Men Division Two

Round 1

Game 1: Norths 25 def by North Adelaide 35

Game 2: Norths 25 def by Ringwood 35

Game 3: Norths 35 def McKinnon 32

Round 2

Game 1: Norths 23 def by Camberwell 27

Game 2: Norths 17 def by Diamond Valley 43

Game 3: Norths 51 def Central Districts 7

Game 4: Norths 29 def Darebin 25

Under 14 Men Division Three

Round 1

Game 1: Norths 19 def by Knox 53

Game 2: Norths 17 def by Pioneers 28

Game 3: Norths 25 def by Kilsyth 38

Round 2

Game 1: Norths 39 def South Adelaide 19

Game 2: Norths 17 def by Ringwood 44

Game 3: Norths 24 def by Melbourne Tigers 36

Game 4: Norths 19 def by Southern Chargers 44

Under 16 Men Division One

Round 1

Game 1: Norths 49 def Knox 25

Game 2: Norths 59 def North Adelaide Red 19

Game 3: Norths 64 def Forestville 18

Round 2:

Game 1: Norths 32 def Hills 28

Game 2: Norths 31 def by Kilsyth 36

Semi Final: Norths 60 def Forestville 29

Grand Final: Norths 33 def by Knox 40

Under 14 Women Division Two

Round 1

Game 1: Norths 45 def Sandringham 8

Game 2: Norths 31 def Bulleen 25

Round 2

Game 1: Norths 22 def Camberwell 17

Game 2: Norths 25 def by Southern Tigers 35

Game 3: Norths 30 def Spectres 15

Game 4: Norths 38 def Warrandyte 24

Under 16 Women Division One

Round 1

Game 1: Norths 31 def by South Adelaide 49

Game 2: Norths 37 def Norwood 27

Game 3: Norths 22 def by Spectres 24

Round 2

Game 1: Norths 20 def by Traralgon 38

Game 2: Norths 39 def North Adelaide 37

Game 3: Norths 34 def by Hawthorn 38

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Contributions

via email to:

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TIME OUT is the official newsletter for Norths Junior Representative Program

Go the Mighty Bears!!!



Norths School Holiday Camps

Norths will be running a total of 5 holiday camps over the school holiday period. Our camps cater to players of all skill levels between the ages of 5 and 15 and are a great way for children to spend the holidays.

Camp Information

Camps commence at 9:30am and finishes at 3:30pm with supervision provided from 9am – 4pm. Attendees are advised to bring their own clearly marked basketball and drink bottle.

Camps Available

Winter Hoops camp

At each hoops camp we make learning fun by placing an emphasis on having fun.

This camp is the perfect way to introduce your child to the exciting game of basketball and is a perfect opportunity to make new friends!

Camp #1: Thursday July 8th – Friday 9th July

Camp #2: Monday July 12th – Tuesday July 13th

Camp #3: Thursday July 15th – Friday July 16th

Cost: \$100

Intensive Skills Camp

Wednesday 14th July

Not for the faint of heart, this camp is guaranteed to be intense as attendees are put through their paces in a basketball boot camp guaranteed to get your game in shape.

Cost: \$50

Elite Athlete Camp

Monday 5th July – Wednesday 7th July

This camp is open to all players who have playing experience at A or B school grade competition level, division one local competition as well as junior representative players past and present.

Cost: \$150