




The Lightning Zone

Dorset Storm Basketball Club



Coaches Notes...

Time really has flown by as this is now the last edition of the lightning zone for the 2005/2006 season. What an improvement we have seen in our players over the past 10 months – almost unrecognisable development in some cases. Three players – Michael Brake, Adam Cran and Steven Livesey - have passed through our programme, and can now look forward to the challenges that await them in senior basketball. It has been a privilege to work (and play) with you over your time at the club. All at the club, of course, wish them all the best with the new challenges that await them and we hope to see you again soon.

As in previous years we will take a time out throughout August. This means that the last

‘open’ session of the season will be Saturday 29th July. The start back date for the open sessions will be during the week beginning Saturday 2nd September. If you are a player who needs to change training sessions, we will give you a note confirming the exact sessions you need to attend in September. As always, if you have any friends or family that would like to come along, please invite them. Remember that we now have the Under 12s session that runs on a Thursday evening too.

Details of summer training for the National League squads will be given out separately. It would also be helpful if you could let us know a.s.a.p. the weeks that you are going to be away so that we can rearrange or combine any sessions if necessary.

We still require you to let us *know in advance* if you cannot make a training session.

We must acknowledge all the award winners at the recent AGM and Award Presentations Evening. Everybody must be congratulated though, as you cannot win an award without any team mates. A full list of Award Winners can be found inside this newsletter.

Finally I would like to draw your attention to the last article in this edition. Seven very good points are made by Bob Kloppenburg, it is worth you having a read of these, and evaluating how much you are gaining from the training sessions you are attending... perhaps you will be able to identify areas where you can improve.

2006/2007 National League Divisions Announced

We are pleased to announce the divisional breakdowns of the RAF England Basketball Under 18 and Under 16 National Basketball Leagues for the 2006-07 season.

Storms Under 16 Cadet Boys face Bridport, Solent and Trailblazers who

will be familiar to them while also facing new teams from Bath and Guildford. Abingdon, Bristol, Plymouth, Reading and Tamar make up the rest of their Western Division.

The Under 18 Junior Men also face familiar opposition in the form of

Gwent BBC, Abingdon, UWIC, Plymouth, Trailblazers, Swindon, Reading, Torbay. They also face new boys Baglin for the first time.

Watch out for the first draft of the fixtures which should be released shortly for both teams.

July 2006

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Special points of interest:

- *Final Saturday training session is on 29th July.*
- *All summer camp money needs to be paid by 30th July.*
- *A meeting for National League players and parents will take place during the first weekend in September, details TBC.*
- *Saturday training starts back on 2nd September from 10.00am and 11.30pm for the two sessions respectively.*



“Success is about having, excellence is about being.

Success is about having money and fame, but excellence is being the best you can be.”

~ Mike Ditka

Money Matters

Just to remind you that membership forms are due in by the end of the month. We are able to keep the price the same as in previous years (£17.50), and spare forms are available, so please ask.

Likewise, session fees will not change and will remain the same. So if you train on a Saturday the cost will remain at £12.00 if you are a member, and those that train on a Thursday will also continue to be £8.00 per

month. The cost for non-members will still be normal rates plus 50%. Session fees will be review at Christmas, and provided our numbers are still healthy and or cost similar the fees will remain the same after Christmas.

The only change that was confirmed at the AGM is that as soon as a player is one month behind paying their fees, then they will not be able to participate in training or matches until such time as their fees are up

to date. This will come into affect immediately and it is hoped that it will cut down on administration. It will also cut down on fee reminders being handed out by providing a more forceful reminder to pay fees on the first week of the month. Obviously it is only the small minority that this will affect, many thanks to those who pay either by lump sum, standing order or are prompt paying monthly.

Sponsor Developments



Several weeks ago now, many of you joined us at Hamworthy social club for an evening of skittles. We would like to thank Mandy and Carla for organising a successful evening.

We are also very grateful to Karen Green and Nova Contract Cleaners who donated £250 towards a new kit. The kit will be ordered

shortly, and will arrive in plenty of time to be used in the opening match of the season for the Under 15s.

This will be immensely helpful as it is not only replacing a worn out kit, but it will also mean that they have a kit with 12 piece in it! This will save them having to borrow kit from the clubs other teams to make it

up to twelve pieces which has been a problem since the new rule changes meaning you can have 12 players instead of 10 on a team.

The money that was made at the above mentioned skittles evening and the raffle at the AGM will be added to the Nova Contract Cleaners donation and will cover the majority of the cost.

Summer Camp Update

“The Six W’s: Work will win when wishing won’t.”

~ Todd Blackledge

It is now not long until we shall be holding our fifth summer basketball camp. For those of you that have signed up, you can expect a letter to be coming your way shortly.

Included in it will be letter informing you of recent updates and most importantly a medical form. It

is essential that you complete this form and return it as soon as possible – turning up on the first day of camp with it is no good. This is really important as without this you will not be allowed to participate in the camp, no exceptions. Please note that this form is separate from the reverse of the club member-

ship form i.e. you need to complete the camp form additionally. There are still a couple of spaces left for those of you who are in Year 8 or below at school – if you would like some leaflets to give to friends at school then please ask a coach.

AGM Award Winners 2006

Clubmen of the Year

Michael Livesey Adam Cran

National Basketball League Under 18 Men

Most Valuable Player - Adam Cran

Most Improved Player - Steven Livesey

National Basketball League Under 16 Boys

Most Valuable Player - Michael Livesey

Most Improved Player - Oliver Robinson

Coach Award - Sam Redfearn

National Basketball League Under 15 Boys

Most Valuable Player - Jamie Lines

Best Defensive Player - Peter Thomson

Coach Award - Jonathon Baker

Solent Area League Under 16s

Most Improved Player - Harmony Wong

Coach Award - Matthew Holden

Solent Area League Under 14s

Most Valuable Player - Jonathon Baker

Most Improved Player

Team I - Rhys Barton

Team II - Yung Kwok

Coach Award

Team I - Christopher Amhoff

Team II - Adam Stockley

Solent Area League Under 12s

Player of the Year - Henry Baker

Most Improved Player - Georgina Worsfold

Coach Award - Lewis Coles

Under 12s tournaments: Steven Ireson and George Williams

Special Thanks

For organizing the buffet:

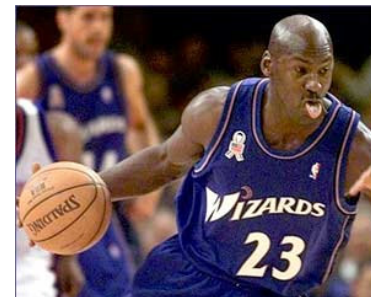
Jane Livesey

Cheryl Williams

Lise Coles

Photography: Adrian Coles

Raffle: Sarah Worsfold



Above: For those of you concerned with coach Livesey's tongue fixation, the above shows Michael Jordan.

"One man can be a crucial ingredient on a team, but one man cannot make a team."

~ Kareem Abdul-Jabbar

Development Squads News

All three development squads have been working hard over the past 6 weeks. The Under 15s have quickly settled after deciding it was better to listen and concentrate than end up with arms like Lenox Lewis! The Under 16s have continued to work hard and have started to look more comfortable over

the last couple of sessions, especially in the execution of the new skills that they have been asked to work at. The Under 18s have performed above expectations on the court but need to work on their communication off the court.

It is only the start though, and so long as the

hard work continues we will have a solid platform from which to build throughout next season.

We are always looking for help, especially in the form of team managers to organise the kit, transport to away games etc. If you are interested then please see Jill or the relevant coach.



Three players who have now played their final game of junior basketball. We wish them well for the future.



Providing Basketball Opportunities for All

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"Since 1999 Dorset Storm Basketball Club has provided opportunities for both boys and girls aged between 8 and 18 to play basketball at whatever level they want. From beginners through to those with dreams of representing England, Dorset Storm can cater for you. The club also has a strong link with the biggest men's team in the Southern region, providing opportunities for players of all standards to play competitively. Coaching and officiating courses are also run in conjunction with the club. For further details on anything concerning basketball please do not hesitate to contact us using the details opposite."

"Great teams are a result of the best players being the hardest workers."

"A second-rate person cannot make a first-class player."

"Don't expect to soar with the eagles, if you hoot with the owls."

"You may have some bad moments but never a bad game."

How to get the most out of practice - some practical advice for all players from retired NBA coach Bob Kloppenburg.

As a basketball player you must realize that your natural ability can only take you to a certain level; whether or not you can exceed that level will depend upon the effort that you put forth practicing and improving. Player practice guidelines:

1) Be on time to practice. Never miss a practice unless excused prior to the practice. If late, report before dressing. Never leave the floor without permission.

2) Take proper care of self and equipment. Keep a neat practice appearance and use proper conduct. No profanity. *"A second-rate person cannot make a first-class player."*

3) Be in top physical condition. You are only as good as your legs. Stress proper diet

and rest. *"Don't expect to soar with the eagles, if you hoot with the owls."*

4) Concentrate -- Listen and learn. When a coach blows his whistle, immediately hold all balls and give full attention. Move quickly to get in position for each drill. When activity is stopped to correct an individual, or a team, pay close attention in order that you will not require the same correction.

5) Give your best effort at all times. No one steps on the floor without full hustle attitude. Come to Play! Prepare for the best. Improve every day. Build correct techniques from the start. Physical habits do not change during a game. *"Great teams are a result of the best players being the hardest workers."*

6) Make your team mates better. Team success is in direct relationship to individual sacrifice. Praise and encourage your team mates. Acknowledge every assist, good rebound, and good defensive play. Make your opponents targets, not your team mates. Avoid any criticism or complaining.

7) Play through adversity. Possess the ability to bounce back and don't let a bad call or mistake ruin your game. *"You may have some bad moments but never a bad game."* Defensive stops erase or cancel all turnovers and bad calls no matter how bad!

But most importantly it is the practice you put in outside of an organised training session that will determine the level of basketball player you are.