



The Lightning Zone

Dorset Storm Basketball Club



Coaches Notes...

Wow! Time really does seem to be flying past right now. The summer is almost upon us and thus the end of the basketball season is near. We will as normal continue up the end of July when the schools break up. Preparations are well under-way for the summer camp and places are being snapped up quicker than ever.

We feel we need to mention the Under 12s. The new session which has only been running since February has been an resounding success. In next to no time at all there has been an increase from seven to at least 27 players! As ever, they are being taught the FUNdamentals of the game and are as keen and enthusiastic as ever.

The coaches

would like to thank all the players who gave up their time to attend the national league trails a few weeks back. We are sure some of you were disappointed not to be selected for the National League Teams, but as we said on the day the door is never shut. Remember that there is always a place in our club for you to play basketball. Changes to the squads can be made right up to January 2007!

Some of you will need to check your fee paying arrangements. Those of you who have been selected for new teams and especially those of you who have been paying by standing order. National League fees in particular will chop and change as there are no expenses other than training to cover.

One really pleas-

ing aspect over the course of the season has been the huge number of positive comments we have received from our opposition. Comments have come in about the behavior and attitude of our players, who irrespective of the score have played with enthusiasm and fairly. All our teams have undoubtedly improved, to an extent that some are almost unrecognizable as the same team from the start of the season. Huge congratulations must go to all the players for all the hard work that they have put in over the season. Lets make sure that we finish the season strongly in the closing couple of months.

Was anybody eagle eyed enough to notice the take over by strange names on this years camp brochure?

Under 12s Wrap Up Seasons Work

This season, the Under 12s have played in six, four way tournaments at Applemore Health and Fitness Centre. Although their numbers and height have been small it has not dampened their enthusiasm for the game!

It was tough play-

ing against more experienced teams but the support and encouragement from coaches, parents and other teams has meant that their heads never dropped.

The scores were not important, it was everything they learnt along the way that was important.

Every player has improved and their team basketball is now really beginning to pay dividends.

Well done, you have all been a good advertisement for Dorset Storm Basketball Club this year and I am sure you will continue to be in the future.

May 2006

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Special points of interest:

- *Buy your skittle evening tickets now, see Jill, Mandy or Carla for more information*
- *AGM and Awards Presentation Night confirmed — Saturday 24th June.*
- *Camp places going fast, you can secure your place on camp now with a £20 deposit, and if we receive your deposit before 30th May you save £5.00!*



A WNBA player about to stop using a jump stop.

Skill of the Week - *All the information you ever wanted to know about the jump stop or quick stop.*

One of the most common violations that players experience is travelling, usually because of poor stopping skills. It is really important to learn how to stop with your body under control so you can keep possession of the basketball.

The jump stop is an alternative to the stride stop in basketball. It is also known as the quick stop and is generally considered the best option when you want to stop dribbling or you catch the basketball.

When a dribbling

player initiates a jump, they will end their dribble with both feet off the floor and land simultaneously on two feet (jump stop). If you are catching a pass you need to be in the air as you catch the basketball, make sure you then land with both feet simultaneously. Alternatively you can already have both feet on the floor when you make the catch.

If you catch or gather the ball with both feet on the floor or in the air and then land on both feet, you can effectively choose your

pivot foot giving you many more options meaning your next move is much easier. You just need to remember that once you lift one foot the other becomes the pivot foot.

It is also a key skill at the more advanced level too. When catching the basketball and wanting to get your shot away quickly, you can do a jump stop adjusting your body in the air so that when you land you are already facing the basket. This means you are ready to go straight into your shot saving valuable time.

*"I searched for stardom, stardom I could not see.
I searched for victory, victory eluded me.
I searched for teamwork and found all three."*

Skittles Evening

**Hamworthy Social Club
Magna Road**



Pre-ordered food is available
Drinks available at club prices
Excellent raffle draw

See Jill for order form,
Tickets from £5.00

Food Available...

Cheese
Ploughman's
~ ~ ~
Double Burger &
Chips

Fun for all
the family

Saturday 17th June



Storms Under 12s who have know completed their season.

Assistant Coaches Appointed

We are pleased to announce the signing of two new assistant coaches that will work with our National League sides over the 2006-2007 season. They will work along side the experienced national league staff and will be able to spend time with players individually, helping them develop further. We

are sure that they will be made welcome and treated as a valuable and respected resource by all the players.

Joining the coaching staff next season are graduating Under 18s players Michael Brake and Adam Cran. Both have had good season this year and will be looking to pass on their

knowledge.

Andrew McKenzie, Luke Kemish and Jill Kemish will all stay in their respective lead coaches posts for another season and will look to improve on last season as both have a large number of returning players.

Under 14s Local League Learn Quickly

In the recent matches, the Under 14s have shown us what a huge amount of potential they have. Many of the players have never played in a competitive match before, but attention to detail in their recent matches has been great.

We have been able to see their improvement, not only game by game, but quite literally quarter by quarter. We now have players that look like basketball players and play like basketball players! It has been

great to see the players listen to their coaches and make real improvements to their game as they make the adjustments suggested.

The Under 14s II side has proved just what hard work can do. A team that is very young (and short) has come together with every player working really hard whenever they are on court and they have had some good matches.

The Under 14s I have also worked tirelessly. The major concerns at the

defensive end of the court have been looked at and are improving, while the confidence at the offensive end is growing with each game.

There have been outstanding performance from Jonathon Baker and Guy Taylor, both of whom have hit double figures in every game. It's not all about scoring points though, as Ulas Temel has been a rebounding machine and Billy Merrick and Yung Kwok have both shown us their developing ball handling skills. Well done.

"If you learn from a defeat, you haven't really lost."

England do the Bronze Medal Double at Commonwealth Games

Hopefully many of you will have seen the basketball tournaments at the Commonwealth Games, on the TV. If you did, you will have seen England's women claim the bronze medal in their tournament with a 78-75 win over Nigeria. The men had the same opposition as their tournament reached

the final stages, and they too won a bronze medal in the men's basketball after beating Nigeria 80-57.

These successes have put the country back on the basketball map. Now the challenge is to keep it there. With the Olympic Games to be staged in London in 2012,

it is now the time for Britain to show everybody they can field competitive teams. If the success of the Commonwealth Games is not built on, FIBA will not allow them to take up their places in the men's and women's tournaments in 2012. Lets hope they meet their targets and continue to make progress.



Under 16s Local League Review

With a mixture of players playing in each game, our Under 16s teams will have found little continuity. Despite this we have seen some of the best basketball being displayed in this age group. In the four games that have been played we have seen some outstanding individual play, with five

different players scoring over twenty points on at least one occasion.

The Under 16s have been working hard at the defensive end of the court both at training and during their matches. All the hard work is beginning to show with some good performances in the past few weeks,

with on the ball defence and denial defence becoming much better.

The players have all shown heart, hustle, and sportsmanship. All of the things that make a great team. But, all in all, everybody has shown great potential and a definite attitude towards wanting to improve.

"Ideas are funny little things. They won't work unless you do."



**Providing Basketball
Opportunities for All**

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WE'RE ON THE WEB

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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."

*"The strength of the
team is each individual
member...the strength of
each member is the
team."*

~ Phil Jackson

National League Teams Conclude a Good Seasons Work

After more than 50 games, 4500 miles, 200 hours training and over 10000 minutes of basketball action Storms three National League teams have now all finished their seasons. Huge credit must go to all the players, coaches and parents involved in the teams at the end of a long, hard but ultimately enjoyable season.

The Under 15s advanced into the play-offs, but unfortunately came up against a strong team in Spelthorne Acers. The team has put in a huge effort all season with a relatively small squad. They have had to cope with injuries and holidays but have got on with the task in had without any trouble at all.

Storms Cadets also finished the season strongly. Unfortunately they could not

muster a win in their last game against Torbay where they found themselves short of players and ran out of legs in the final quarter. Some members of the team have really improved and shown their worth in the closing matches.

The Junior Men finished on a high as they beat Gloster in overtime at Rossmore. A great team effort and some outstanding execution eventually wore down the visitors and the three players for whom it was their last game can say that it was a winning one! Despite struggling through the first part of the season, they have improved and demonstrated to everybody towards the end of the season that on their day they could beat any team. Importantly the players have gained an understanding of how to play

team basketball..

There have been many promising performances that have pleased all the members of the coaching team! We have to remember that the large majority of our players are inexperienced, many playing in their very first season having joined us only a short while ago, all the players can be proud of what they have achieved especially when they have had to compete against vastly experienced teams. Energy and hard work have been in plentiful supply throughout the season and we try and remind players that attention to detail is everything and that the way that you practice will affect the way you play. Once again congratulations on completing a extensive and challenging season of National League basketball.