




The Lightning Zone

Dorset Storm Basketball Club



Coaches Notes...

The last eight months seem to have flown by, in which time the clubs three National League teams have competed in over 50 matches and travelled over 4,300 miles. The Under 15s did particularly well, as they made the last 16 of the national play-offs.

Unfortunately, the Solent Area Youth leagues seem to have failed to materialise for the second consecutive season. This is something that we are considerably concerned about and the club will be making their feelings known to the relative committee members.

However, the players can look forward to some competitive action in June and July. Sunday 3rd June is the next date that we

will be holding a tournament in the absence of the Solent League.

Over the next few weeks, there will be lots of players that are asked to change training sessions as we get ready for the new season following the NBL trials. Please keep listening out for information, and check the notice boards at training for information on what session you need to attend. Hopefully, as we juggle some of you about we will be able to invite some new players along who have been waiting for our numbers to lower before coming along.

Once the training sessions have settled again, we will go back to our monthly theme for the open training sessions. We will

start with the themes in June, which will see the month focus on transition offence. We will let you know what July's theme will be shortly.

Lastly, congratulations to the following players who have attended 100% of their training sessions in March and April.

- Christopher Baker
- Rhys Barton
- Chris Carey
- Luka Cavor
- Lewis Clarke
- Tom Eads
- Matthew Holden
- Matthew Lawson
- Jamie Lines
- Alex Nicoll
- Oliver Robinson
- Ted Tremain
- Ashton Wischhusen
- Harmony Wong

Deng, Gordon and Bulls Sweep Miami

Luol Deng and the Chicago Bulls are through to the second round of the NBA Playoffs after beating reigning Champions, Miami Heat in four straight games.

Chicago became the first team to defeat a defending NBA champion team in the opening round of the playoffs since 2000 (Phoenix Suns defeated San Antonio Spurs), and the first to clean sweep one since 1957.

Deng and London-born Ben Gordon both had outstanding first rounds averaging 26.3 and 25.5 points per game respectively, while leading their teams in minutes playing over 40 per night.

Deng was also the team leader in steals (1.75/game), and trailed only 'Big Ben' Wallace in the rebounding department at 9 boards a game – Wallace finished with a 9.8

average.

The young Bulls side now find themselves further along in the Playoffs than they have been since the Jordan era, but their path only gets tougher.

Chicago's second round opponents are 06-07 Eastern Conference Champions Detroit Pistons, who also disposed of their first round opponents, Orlando Magic, in just four matches.

May 2007

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Special points of interest:

- *Next Local League date is Sunday 3rd June*
- *£20 summer camp deposits being taken now... dates are 13th to 17th August*
- *End of season presentations etc. will be on Saturday 30th June... more info shortly*
- *Open training sessions will only stop for the month of August. Note that National League Players will continue with their training during the summer*



Junior Men
Western Conference

Played
Pts

1	Cardiff Celts	18	46
2	Torbay Tigers	18	42
3	Abingdon Eagles	18	40
4	Reading Rockets II	18	38
5	Dorset Storm	18	30
6	Plymouth Raiders	18	30
7	Soton Trailblazers	18	24
8	Swindon Sonics	18	20
9	Baglan Ballers	18	12
10	ABC Gwent	18	0

*“The measure of who we
are is what we do with what
we’ve got.”*

~ Vince Lombardi



Action from a recent match

Junior Men Sign Off With Two Wins

Storms Under 18s National League side went out with a bang on the last weekend of the season. It was a fitting end to a season for a team that has surpassed all expectations.

The team faced Plymouth twice in two days, with both Plymouth and Dorset knowing that they had narrowly missed the play-offs having lost out to Reading Rockets. The task for Storm was a little more complicated though, as the only way they could finish above Plymouth in the league was

by winning both games.

The first game was at Rossmore, and Storm opened up the stronger side and held a commanding lead going into the half time interval. A small blip at the start of the second half was quickly rectified and Storm were able to record a relatively comfortable 75 - 62 victory. Pratik Tamang, Jamie Lines, Oliver Robinson and Michael Lievey all scored in double figures, with Robinson and Livesey adding 15 and 10 rebounds respectively.

For game two Storm travelled with only a small squad (six players fit to play) as holidays and injuries took their toll. A shocking start resulted in Plymouth opening up a 17 point lead. Despite being physically and mentally tired the team clawed their way back into the match with Dominic Stuart and Chris Baker playing key parts despite carrying knocks. A solid defensive effort that limited Plymouth to just 20 second half points saw Storm take the win.

The Final Thoughts of Kemish, Kemish and Cran...

It doesn't seem long ago that we were debating over which players we wanted to work with for the 2006/07 season. We are pleased to say that each player that we have worked with this year has been fantastic.

We spent much of the pre-season setting goals and targets with the players now, with the season over it

astonishing to think that we achieved every single one, with ease!

There have been some great individual performances, several 30 plus point matches, numerous double-doubles and several near triple-doubles.

Most memorable moments of the season include a thrilling victory in a very intimidating venue in

Swindon and of course the record 93 point victory against Baglan. However, the double winning weekend (see above) at the very end of the season is something that I am sure will live with the players for a very long time.

Its been a pleasure to work with you all this season. Signing off together for the last time, its Kemish, Kemish and Cran!

Summer Camp 2007

Approximately 14 weeks to go! Things are starting to fall into place behind the scenes and hopefully the actual camp leaflet will be available at about the same time as this newsletter.

A huge thanks you to all of you have paid your deposit already - the response rate really has been

unprecedented.

Once again we have listened to player feedback and have made a few changes to the format of the camp. Hopefully the morning sessions will be much more intensive and will see every player work with every coach at camp. We are happy to welcome back Jon

Churchill in a new role that will see him be the lead coach for the NBA section of the camp.

If you would like anymore information about camp, please contact Jill ASAP as places are now very limited. Remember those dates, Monday 13th August to Friday 17th August!

Cavillers Keep Winning!

The mens third string – the Cavillers – have been on a tremendous run of late. The run has seen the team remain unbeaten in 2007; in fact their unbeaten league run stretches back to November last year when they suffered a narrow six point defeat to the Warriors.

It has been a really good effort by a team that is largely based around a group of junior player that have been selected to play up. Of course, the team has been helped by the appearances of several more experienced

players who have helped steady the ship in times of crisis.

The team success has been built around a solid defensive effort which has seen the team lead the league in points conceded per game (52). Things haven't been slow at the offensive end where the team has averaged 69 points per contest – a record good enough to place them in second place in the division behind league leaders Scorpions.

Highlights of the

season for the team include two last minute wins against Salisbury, one of which was an interesting affair with no less than six unsportsmanlike fouls in the final 60 seconds! There have been several blow out victories too, excellent team play led to big victories over the Navy, the Police and a very experienced Hythe Stags team – admittedly some of the players did look rather lost without their “Zimmerzones”!!!

All in all a great seasons work for the Cavs.

BBL Play-off Final Report—29/04/07

Springfield Honda Newcastle Eagles defeated Scottish Phoenix Honda Rocks 95-82 to claim the BBL Championship Play-off Final.

In a repeat of last year's final, it was the Eagles again who this time got the better of their rivals.

The first quarter saw the Rocks fly out of the blocks with a 12-4 start to the game. The Eagles trimmed the deficit back to seven points at 13-20, and then closed out the opening period with a 17-3 run to take the lead at 30-23 at the end of the quarter.

The second quarter again saw the Rocks start the stronger, and they took the lead at 37-38 off the back of a 9-1 burst midway through the period, but the Eagles again finished the quarter the better team, and a 10-6 tear to close out the first half

gave them a slender three-point advantage at 47-44 going into the locker rooms at the half-time interval.

The second half started with a Maurice Hampton three-pointer for the Rocks, which tied the game at 47-47, before an 8-2 tear by the Eagles took the score out to 55-49. The Rocks continued to trim the deficit, and got within five points at 62-57, but back-to-back three pointers from Shawan Robinson and Andrew Bridge helped the Eagles to a 70-61 advantage going into the final stanza.

The final period saw the Rocks again get to within eight points at 75-67, but the Eagles broke the game open with an 11-4 tear to take the score out to 86-71. The Rocks valiantly attempted to close the deficit, and the closest that they got in the closing stages was at nine points at 86-75. The

Eagles remained strong in the final minutes however, and sealed the victory from the foul-line, bagging 9/14 in the final two minutes of the game.

"I'm immensely proud of my players," Flournoy said.

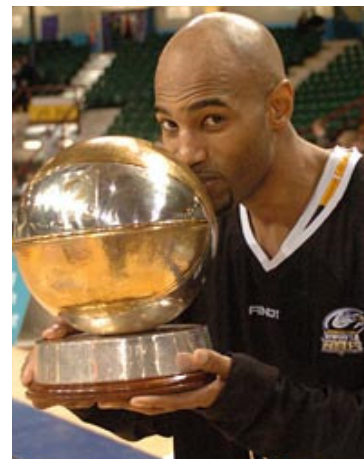
"It's been a long, hard season, but this is reward for all their hard work. Play-off basketball is different to the rest of the season and you have to show real intensity to win it, that's what we did."

Eagles' Olu Babalola was named Most Valuable Player (MVP) with an impressive display of a team-high 23 points and 7 rebounds

This success was Eagles third consecutive Play-off triumph, although it is the only piece of silverware the club has won this season..

"The difference between an extraordinary player and an ordinary player is that little extra."

~ Michael Burks



Fab Flournoy with the Play-off Trophy

"The only difference between good and great is a little extra effort."

~ Jason Kallenberg



Cran Appointed as Under 16s Lead Coach

"I don't necessarily buy into talent and defence being synonymous,"

~ Adam Cran



Action from a recent match

"If guys don't play defence, then I'm in a position to where they don't have to play."

~ Adam Cran

Dorset Storm officials have praised new Under 16s (Cadet Boys) Lead Coach Adam Cran as a no-nonsense guy who will command respect from players and tell them exactly what he expects. And, above all, get them to play some defence.



Cran, a seven-year Storm veteran who won multiple MVP awards for the club, is introduced as Dorset's new Lead Coach. Cran was a player with a great understanding of the game to go with a gritty and hustling attitude - and said he will expect the same from his players on defence.

"That's going to be conveyed to our team," Cran said. "And quite frankly, if guys don't play defence, then I'm in a position to where they don't have to play."

Cran was promoted after spending this season as an assistant under the clubs Head Coach Luke Kemish. He came into coaching after a highly successful stint as a player for Dorset, where he picked up back to back MVP awards averaging over 20 points and eight rebounds over his last two seasons.

Given Cran's relative inexperience at the time of his hiring, Cran knows there will be scepticism about the appointment.

"It's all going to work," Cran said. "I believe that."

"I know, maybe, in some people's minds, this has happened really fast and undeservedly, and I'm only here to stand up and tell you that it's going to work," Cran said.

Cran said the days of offensive practice after offensive practice are over, asserting that playing defence is more about effort than talent.

"We need to practice defence a lot more. I don't necessarily buy into talent and defence being synonymous," Cran said.

Cran isn't making any outlandish claims about sudden success.

"It isn't going to happen overnight," Cran said. "There's no grand promises, other than we're going to work hard and play all round good basketball so we can move in the right direction."



Passerelle Team Finish Season in Style

Dorset Storms Under 15s Passerelle team have had a great season. Along with Tamar Valley, the side dominated the Western Conference, losing only three matches all season.

The teams hard work was rewarded with a berth in the post season play-offs. However, things could not have been harder for the side as they were placed against last years National Champions East London Royals. Some good news

was available in the fact that having finished as runners up in their conference, Storm would be playing at home.

After a slightly scared and slow start, Storm began to find their feet as the end of the first quarter approached. Some improved ball movement and composure at the offensive end of the court saw Storm carve some decent looks at the basket.

East London were relentless and Storm could

simply not match their opponents who played with both tremendous athleticism and discipline throughout the whole forty minutes.

Regardless of the result, it has been a really good season for the team. Jonathon Baker was outstanding for the home team with 12 points, 7 rebounds, six steals and 5 assists. Martyn Williams, Alex Lander and Guy Taylor also made large contributions.

Some of the Seasons Lighter Moments

•A visiting Under 16s coach came out with this gem:

"He can't have five fouls... last time he fouled it was only his fourth!"

•Enquiring about why the referees were allowing the home team to continually set illegal screens, one official replied (to a bemused coach and co-official):

"Hey coach, I know, they happen in every game. I'm

not going to call them."

I am glad to report that two possessions later his co-official duly obliged and called an illegal screen, and another one a little later!

•You need to know that the National League teams play in set positions numbered one to five both offensively and defensively. As a coach you know you're in for a long season when a player just about to come on the

court asks the player being substituted what number spot he is playing at and, looking down at his jersey say *"Egh, I got number seven on!"*

•A referee having called a foul on a player hustling back on defence, seems to have taken the old idea that basketball is a non-contact sport to a new level:

"I know there wasn't any contact, but I called the foul for intent."

Cadet Boys Finish Season

Storms Cadet Boys have undoubtedly found the going hard in the Western Conference. Despite retaining much of last years successful Passerelle squad, the team has struggled to find any sort of consistency during the season.

Early on the signs were good, with wins against

Reading, and Bristol.

In the closing stages of the season there have been some really pleasing individual performances from some players that have worked really hard all season. Declan Carter and Matt Webb have particularly impressed in the closing stages of the season and have both

made large contributions in some important games.

Congratulations to all the players who have on the whole got their heads down and worked hard despite it being a long, tough season.

NBL Passerelle Boys S/West Conference		Played	Pts
1	Tamar Valley	11	33
2	Dorset Storm	11	27
3	Team Gloster	12	22
4	Bridport Evolution	12	22
5	Cardiff Celts	12	10

"Champions never complain - they are too busy getting better."

NBL Cadet Boys South West Conference		Played	Pts
1	Taunton Tigers	18	52
2	Abingdon Eagles	18	50
3	Tamar Valley	18	46
4	Guildford Heat	18	38
5	Soton Trailblazers	18	36
6	Team Bath Romans	18	32
7	Plymouth Raiders	18	30
8	Bristol Academy I	18	26
9	Dorset Storm	18	24
10	Reading Rockets II	18	23



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."

WE'RE ON THE WEB

WWW.DORSETSTORM.CO.UK



Player Practice Guidelines - from retired NBA coach Bob Kloppenburg



Bob Kloppenburg

*Source of article:
cybersportsusa.com*

As a basketball player you must realize that their natural ability can only take them to a certain level; whether or not they can exceed that level will depend upon the effort that they 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 swearing.

"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, alibiing 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 had bad!