

The Lightning Zone

Dorset Storm Basketball Club

Coaches Notes...

I hope you all enjoyed your summer break and that you are ready for the new season which now is only a few weeks away. As you will be aware from the last newsletter, we have decided that we will continue to enter the local leagues from Under 12s to Under 18s, as well as our three National League Teams. At the Solent Area AGM, a youth representative was elected (Trevor Gill of Southampton Trailblazers) who will be the chairman of the Youth Sub-committee. So there are no excuses this year for there to be no competitive games in the local area.

We are hoping that many of the players from last year will return, but new players are still wanted, especially in the Under 12s age group which at the moment is the small-

est in terms of player numbers as players move up to their new teams. The standard of the basketball at the club is continuing to increase; this is shown by our continued success in both local and national competitions. Our home will remain Rossmore Leisure Centre, who have served us well in the last 4½ years since we moved from Bournemouth University. However, over the summer we have been lucky enough to strike a deal with Bournemouth University, who will provide a venue for two of our National League teams to train at. We are glad to be back there and would like to thank Helen King for her support.

We will once again be looking to organise a club trip to a pro-league game. As some of you will remember our trip to Brigh-

ton, to see the Harlem Globetrotters was almost three years ago now, I am pleased to tell you that all things being equal you won't have to travel so far to see them in 2007. Hopefully the most famous basketball team in the world will be coming to the Bournemouth International Centre (BIC) next spring. The final details are still to be confirmed, but tickets are due to be released on 1st November 2006.

The summer camp was a huge success once again. There will be a review of it in the next newsletter.

Finally I am sure this season will be as good as the previous seven, hard work and enthusiasm will be the key to our success again.

Opening National League Fixtures

U16s	30 Sept	TBC	Reading Rockets	vs	Dorset Storm	Rivermead SC
U16s	07 Oct	1.30pm	Dorset Storm	vs	Tamar Valley	Rossmore LC
U18s	08 Oct	2.00pm	Soton Trailblazers	vs	Dorest Storm	M'batten Sch
U18s	14 Oct	1.30pm	Dorest Storm	vs	Torbay Tigers	Rossmore LC
U16s	15 Oct	2.00pm	Soton Trailblazers	vs	Dorset Storm	M'batten Sch
U15s	22 Oct	11.00am	Dorset Storm	vs	Cardiff Celts	Rossmore LC
			Cardiff Celts	vs	Team Gloster	
			Dorset Storm	vs	Team Gloster	

September 2006

Inside this issue:

Camp Summary

National League Preview

Opening National League Fixtures

Officiating Awards Info.

Tee-shirts etc.

Special points of interest:

- Please make sure that fees are paid on time to prevent us from having to enforce the no play, no pay rule.
- Please spread the word about our Under 12s session that runs on a Thursday night at Rossmore LC between 6.00 and 7.00pm.



Action from the Summer Camp 2006

"The strength of the wolf is in the pack. The strength of the pack is in the wolf."



Action from the Summer Camp 2006

National League Captains Announced

The coaching staff of Storms three National League teams are pleased to announce the appointment of the team captains for the forthcoming season. The players that have been chosen have been because of the qualities that the coaches believe they bring to the club both on and off the court. The captains will have the responsibility to:-

- Lead by example
- Represent all players

in the team on and off court

- Support and encourage other players

Their ability, general attitude, dedication, fitness and flexibility, willingness to compete and attendance have also been taken into consideration. We certainly consider this to be one of the most tangible rewards that a player can receive. It is a recognition by the

coaches of attitude and performance at a very high level. The captains for the 2006-2007 season are:

Under 15s

Jonathon Baker and Guy Taylor (joint captains)

Under 16s

Jamie Lines

Under 18s

Michael Livesey (captain)
Dominic Stuart (vice-captain)

Governing Body Awards...

Congratulations to the five players who completed their Level I refereeing course over the summer. Lewis Clarke, James Hilton, Jamie Lines, Sam Redfearn and Dominic Stuart all completed their award over camp week. Adam Cran and Michael Livesey started to undertake their Level II refereeing award during camp week

and will complete it in the coming weeks.

We have also got eight players who are just about to complete their Level II table officiating award. The majority of the players have just a couple of games left to officiate to get their six assessed games ticked off and should be finished quickly once the season

starts.

Finally we have a player who is undertaking their Level II coaching award over the next few weekends. Adam Cran will head off to Reading to complete the course over three weekends. We will keep you updated on his progress over the coming weeks.

Summer Camp 2006

Congratulations to everybody that took part in what was a fantastic week of basketball. There will be a full report by Sam Redfearn and Niall Adamson who played in the NBA section available shortly. Check the website over the coming week for updates to the photo section too.

Major Award Winners

	NCAA	NBA
MVP	Steven Ireson	Michael Livesey
Best Defender	Zac Hurdle	Oliver Robinson
MIP	Ethan Davies	Niall Adamson

Next years camp dates will be available by the end of month.

National League Preview

Storms national league teams have been working hard, and are now putting the finishing touches to their preparations for the new season which is now just weeks away.

Andrew McKenzie has been working with his almost entirely new Under 15s squad and is pleased with how things are progressing. He will be looking for his players to push themselves even harder in the coming weeks.

Luke Kemish has been busy with his Under 18 Men's squad that has just three players from last year's squad available at the start of this season. The younger players who have two years at this age group have been very impressive and in recent weeks have started to understand the required attainment level that they need to compete at NBL level.

The Under 16s have been getting to know their new coach, but with the same

squad as last year plus a few useful additions they will be looking to head deeper into the play-offs this year.

As always the key to the success that the teams have will not only be a result of the time that they put in at training sessions but also the time that the players put in perfecting their fundamentals. This is often the hardest part of being a good basketball player – practicing by yourself.



Action from the Summer Camp 2006

2006/2007 National League Divisions

RAF Under 18s Men West Conference

ABC Gwent
Abingdon Eagles
Cardiff Celts
Dorset Storm
Plymouth Raiders
Reading Rockets
Southampton Trailblazers
Swindon Sonics
YMCA Torbay Tigers

RAF Under 16s Boys South West Conference

Abingdon Eagles
Bridport Evolution
Bristol Academy
Dorset Storm
Guildford Heat
Plymouth Raiders
Reading Rockets
Solent Stars
Southampton Trailblazers
Tamar Valley Cannons
Team Bath Romans

RAF Under 15s Boys South West

Bridport Evolution
Cardiff Celts
Dorset Storm
Southampton Trailblazers
Tamar Valley Cannons
Team Gloster Meteors

"Prepare for every practice like you just lost your last game."

~ Don Meyer

Tee-shirts and hooded tops

We have now placed the first order for club tee-shirts and polo-shirts and are expecting to receive them by the end of the month. We are also going to put in an order for hooded tops once again. These will be exactly the same design and colour as last years and will cost somewhere between £17.00

— £20.00 depending upon how many we order.

If you would like to order a hooded top then please drop Jill a note with your name and the size you would like. Please can you make sure that this is completed by the end of the month at the latest as we would like to ensure that the

hooded tops will arrive by the middle of October.

When you are given you items, please make sure that you name them as finding "your" top can become like looking for a needle in a haystack!



Action from the Summer Camp 2006



Providing Basketball Opportunities for All

Dorset Storm Basketball Club

80 Dewlands Way
Verwood
Dorset
BH31 6JN

Phone: 01202 825068
E-mail: info@dorsetstorm.co.uk

WE'RE ON THE WEB

WWW.DORSETSTORM.CO.UK



"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."

"To be successful, you have to take advantage of your 1/2 second opportunities."

Ed Riley ~

Skill of the Week – "1/2 Second"

by Ed Riley

Basketball is a game of opportunities. You either take advantage of them or they are gone in a flash. Most opportunities are made or lost in literally a 1/2 second. When I tell my girls this they snicker and think the ole fart has lost it again. So here is reality!

How much is a 1/2 second? If a basketball court is an estimated 100 feet long ... If a player can run the length of the court in 5 seconds, then they are travelling at 20 feet per second. So how much is a 1/2 second? It's 10 feet! See, I did pass basic 2nd grade math when I was in the 4th grade.

1/2 second = 10 feet, pretty impressive isn't it?

What can you do in 1/2 a second?

1. If you have your player beat by one single foot, you should drive to the basket. 1 foot is less than 1/2 a second. Drive every

time, the only way they can stop you is to foul you.

2. If you are on a fast break and have your defender beat by 1/2 a second, DO NOT STOP, PULL UP, AND TAKE THE SET OR JUMP SHOT! Do the lay-up every time, bar none! If you have them beat, why let them catch up?
3. If you have the ball close to the basket and your defender is even a half second out of place, you can do a quick drop step and take it strong to the hoop. Normally you can make it and get fouled to boot.

How about missed opportunities?

1. You are 12 feet from the basket with the ball. Your defender is within a half second of you. If you hesitate, even for the slightest moment, your opportunity for a wide open shot is HIS-TOE-REE!
2. Your post player is fight-

ing for position. They suddenly gain position and throw out that hand, giving you a target. They are telling you to pass it NOW! If you hesitate, that opportunity is lost.

3. You have the ball. A team mate flashes into the paint with a defender trailing them. If you don't pass it to them immediately, don't pass it at all, it will be too late.
4. You get the rebound, a team mate sprints down court looking for a leading pass for a fast break. If you don't see them immediately or if you hesitate, don't try the pass. The opportunity doesn't stay open that long.

Basketball is an extremely fast paced game. To be successful, you have to take advantage of your 1/2 second opportunities. He who hesitates loses by a 1/2 second!