

The Lightning Zone

Dorset Storm Basketball Club

Coaches Notes...

Welcome back! We hope you all enjoyed your summer break and that you are ready for the new season which now is only a few weeks away. It was a great year last season, and with your hard work we are sure that this season can be even better.

We are pleased to confirm that our home court will remain at Rossmore Leisure Centre, who have served us well in the last 5½ years since we moved from Bournemouth University. You will have noticed some of the improvements that have happened and there are still plans for more over the coming months. Despite being able to strike a deal

with the University last year to allow some of our National League sides to train there, they once again decided to inflate their prices by over 25% making it untenable for the club to continue to train there. We are pleased that St Edwards School has managed to squeeze us in and two of the clubs National League sides have been training there over the summer. Once again, we will continue to use Oakmead School for some of our mid-week training sessions and thank them for their continued support.

On another positive note, the Men's Cavaliers team which is mainly comprised of junior players

with the help of a couple of wise old heads has gained promotion to Division Two of the Solent Area Basketball Association, having finished as runners-up in last years Division Three. Congratulations to all the team and best of luck for the new season.

Finally, congratulations to the following National League players who managed to attend all their training sessions during August:

Christopher Baker
Jonathon Baker
Thomas Eads
Ezra Meaden
Alex Nicoll
Oliver Robinson
Peter Thomson

September 2007

Inside this issue:

Camp Summary

National League Preview

Opening National League Fixtures

Skill of the Week

Tee-shirts etc.

Tesco vouchers

Opening National League Fixtures

Under 18s	Sat 06 Oct	4.00pm Bath	vs. Dorset	Bath Uni
Under 16s	Sat 13 Oct	1.30pm Dorset	vs. Bath	Rossmore LC
Under 16s	Sat 20 Oct	TBC Taunton	vs. Dorset	The Sports Dome
Under 18s	Sat 20 Oct	5.00pm Wessex	vs. Dorset	Bournemouth Uni SC
Under 15s	Sat 20 Oct	1.00pm Plymouth	vs Dorset	YMCA Kitto Centre
Under 15s	Sat 20 Oct	2.15pm Torbay	vs Dorset	YMCA Kitto Centre
Under 15s	Sat 20 Oct	3.30pm Plymouth	vs Torbay	YMCA Kitto Centre
Under 16s	Sat 27 Oct	1.30pm Dorset	vs. Wessex	Rossmore LC
Under 18s	Sat 27 Oct	3.30pm Dorset	vs. Barry	Rossmore LC

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 2007

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 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

- 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
Ryan Goddard and Tom Eads

Under 16s
Rhys Barton

Under 18s
Oliver Robinson and Michael Livesey



Just a quick reminder that once again we are collecting Tesco Sports vouchers. Its an easy way to get some free equipment that can replace some of are ageing supplies! Please bring any vouchers that you have and hand them to your coach. Last year we collected enough vouchers to order over 50 bibs, lets see if we can collect even more this

year.

You can only collect the vouchers until the first weekend in November, but if you find any spare ones about please bring them along as we have until February next year to "bank" them to use again in 2008.

To see how much equipment our local area got last year visit

www.tesco.com/sport and help us make it even more this year. You'll also find top tips and advice on keeping active and healthy.

Please keep collecting so we are able to order even more new equipment - as ever we really appreciate your help.



Action from the Summer Camp 2007

Summer Camp 2007

Congratulations to everybody that took part in what was a fantastic week of basketball. Check the website over the coming week for updates to the photo section too. Everybody had a great week, thanks for all your feedback and hopefully we will see you all again next year!

Major Award Winners

	NCAA	NBA
MVP	Mylo O-K	Oliver Robinson
MIP	Georgina W.	Ethan Davies
Best Defender	Lewis Coles	Reece Barker

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

National League Preview

Storms three National League sides have been busily preparing over the summer months. With over 50 players being registered this year, the three squads are the largest in the clubs history.

Despite having larger than normal squads, There has been a high turnover of players though, with only 12 players with National League experience returning. So the challenge for the coaches has been to get the new and

inexperienced group of players to fit in with the more experienced players and have the right balance on the court.

Both the Under 18s and Under 16s teams are in strong conferences this year, with a host of long established clubs taking part. Both teams though have shown their ability to play well and can expect to compete hard in every match. The Under 15s league as normal is a little of an unknown quantity. With

three new teams, it might appear to be an easier task, but those three new teams all come from high flying clubs so it can be expected that this will also be a tough division for the Under 15s to compete in.

All our teams have a later than normal start as the first set of matches for the club does not start until Saturday 6th October. We wish them the best of luck this season.

2007/2008 National League Divisions

RAF Under 18s Men West Conference

Abingdon Eagles
Barry Huskies
Bath Titans
Bristol Academy Flyers
City Academy Bristol Storm
Dorset Storm
Guildford Heat
Team Gloster Jets
Torbay Tigers
Wessex Warriors

RAF Under 16s Boys West Conference

Abingdon Eagles
Bath Titans
Bristol Academy Flyers
City Academy Bristol Storm
Dorset Storm
Plymouth Raiders
Savern Sharks
Tamar Valley Cannons
Taunton Tigers
Wessex Warriors

RAF Under 15s Boys South West

ABC Gwent
Cornwall Cougars
Dorset Storm
Plymouth Raiders
Swindon Sonics
Team Gloster Jets
Torbay Tigers

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 in October.

When you are given your 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 2007

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

~ Don Meyer



Action from the Summer Camp 2007



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."



Josh Smith tries the jump hook

"...the jump hook is next to impossible to defend."

Skill of the Week – How to shoot a jump hook

While the hook shot is difficult to defend, the jump hook is next to impossible. It leaves you free to concentrate on the shot instead of your opponent.

Step One
Hold the ball with both hands.

Step Two
Keep your body between the ball and your defender.

Step Three
Use your body to keep your defender away from the ball.

Step Four
Pivot away from the basket so that your shoulders are perpendicular to the basket.

Step Five
Switch the ball to your

shooting hand.

Step Six
Hold the ball with your hand underneath the ball.

Step Seven
Jump off your pivot foot, which is the foot opposite of your shooting hand.

Step Eight
Extend your non-shooting elbow to create some space.

Step Nine
Raise your shooting elbow to the height of your shoulder.

Step Ten
Continue to raise your shooting hand slightly above your shoulder.

Step Eleven
Flick your wrist to shoot the ball.

Step Twelve
Follow through the shot.

Tips & Warnings

- If you release the ball quickly and from behind your head, your defender will never have a chance to block the shot.
- The simple act of jumping, even a bit, creates more space to shoot the ball.
- Start with a solid base. When you pivot away from the basket, hold the ball firmly, and position your feet shoulder width apart.
- There's no need to jump high. All you need is a bit of elevation to get the shot off.