



"Great Shot!"

Basketball at Scotch College

Distribution: Principal, Vice Principal, Heads of Year, Head of Sport, Coaches, Players and Parents

Inside

Game reports -Only 4 Scotch Teams complete this round unscathed.

Read the team reports to find out who are the winners and who are the losers.

Pages 2 and 3

Player Profile

James Mollison (31)



Jimmy, about to head for the basket.

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Basketball's Parent Support Group at Scotch

A number of dedicated parents across all year levels have volunteered to act as coordinators in the formation of the Parents Support Group for Scotch Basketball. Contact details are provided on the back page of this newsletter.

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The Support group for Basketball at Scotch needs a Logo – Enter the Competition

Players, can you design a logo for the Scotch Basketball community that can be printed on a shirt? A prize is offered for the chosen design.

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More from Ben Rush

Newsletter insert

Back to a 'normal' schedule at Scotch

It's back to normal for the Scotch Basketball teams with all teams playing games over this past weekend and training resuming in the Glenn Centre this week, until the holidays.

Games for the Scotch 1^{sts} and 2^{nds} will be played in the Glenn Centre this Wednesday June 25. Please come along to support the Scotch players. The 1^{sts} play at 4:30 pm and the 2^{nds} at 5:30pm. Go Scotch!



Jump Ball for the 7A team at Glen Waverley Secondary College vs. Wesley

Don't forget – Presentation Night Tuesday August 12, with the fun starting right after school until about 8pm. There will be competitions, an exhibition game, food and presentations.

Submissions Your submissions and digital photographs are very welcome at eadie@bigpond.net.au (or fax 9809 0179) addressed to Ellen Eadie. This is a newsletter to inform and promote Basketball interests at Scotch and will become much more interesting if you contribute too.

Team Reports for the Games of June 21st

At the conclusion of this weekend the Scotch 5ths, 9B, 7B, and 7C teams remain undefeated. The year 9B team played Wesley Prahana and managed to defend their basket so well that the Wesley boys only scored one point .

Scotch 1^{sts} 26 lost to Caulfield 43



above: Wes Cronin (15) and Troy Sandley(4) under the basket

A disappointing result for Scotch after a two-week lay off due to exams. Caulfield started well but we stayed within striking distance at the break 11 - 19. However, **Troy Sandley** was marked well and stayed quiet (6pts), and team rebounding was well down on previous weeks. This gave CGS extra shots and possessions, resulting in a second half of rushed shots, little structure in offence, and ordinary defence. CGS rebounded with great spirit, found the gaps, and dissected us rather neatly inside. Too critical? Perhaps, but with one game to go to close out the home and away season, our players will need to work hard to regain some of their earlier form. With four games to play, and currently sitting with 3 wins and four losses, the challenge is clear. Melbourne Grammar will be keen to finish their season on a high and they play Scotch at Scotch on Wednesday 25th. Come and support your team! Top Scorer: **Wesley Cronin 7** . *(report by Coach Mr. R. Hortin)*

2nds 29 defeated Caulfield 18

A return to form on Saturday by the seconds saw them win a close game against Caulfield, 29 to 18. It was a great team performance with all players making a worthwhile contribution. **Julian**

Deschepper played a serviceable game with some solid offensive play (6 points) and improved defense. Our guards **Hugh Wilson, Daniel Lee, and Daniel Moore** played strong defense and kept the

opposition scoring to a minimum. **Michael Frame** worked hard all game and **Michael Baker** rebounded well scoring five points. The inclusion of **Chris Colman** (6 points) gave us an extra option up forward cutting well through the key. It was encouraging to see all our players once again combine so well and work together as a team. We will need to build on this for our next game against Melbourne Grammar on **Wednesday after school at 5.30**. *(Reported by coach Mark (Mario) Mason)*

3rds 29 lost to Wesley (Prahana) 49

4ths 42 defeated Wesley 14

The enthusiastic Scotch team wore their opponents down. There were many fast breaks and very tight defence. All; the boys scored and played unselfishly. **Ben Zanatta** was top scorer with 10 points, sharing player

of the week with **Osama Elsewaisy**. *(report by Coach S. Pallot)*. The team pulled away at the start and the Wesley team failed to get past the strong zone defence. Everyone shared the ball around with no dominant scorer. *(report by player Xavier Murtagh)*

5ths 25 defeated Xavier 23

6ths Forfeit

10A 29 lost to Carey 31

A week to find out we are not invincible. The 10A team were up against a very fit (short yes, slow no) Carey team. Their quick ball handlers were able to dodge our taller team throughout the first half. Although our boys normally have an extremely strong 'man to man' game, we were forced to drop back into zone defence in the second half. This is where we started to shine, along with our addition of **Jake Eadie** who was recovering from a mild concussion incurred from a game on Thursday night, but came on to play the second term. Their fast offence now had to take outside shots as our key was tight. We won on the score board in the second half, however overall lost the game by 2 points. Bad luck guys, but as I've said before, losing a game just makes a win

sweeter. Top Scorer was **Jake Eadie** with 17 points. *(report by Coach M Quayle)*

10B 20 defeated Carey 16

10C1 35 defeated Caulfield 4

David Chu's birthday proved very successful for the 10C1s with the team coming out tops over Caulfield with an assertive victory of 35-4. The win was generated with excellent passing, stout defending and flair in the attacking half with everyone contributing to the scoring. New face **Ramsey** proved to be an excellent addition to the squad, putting in a "player of the match" performance with the highest number of points. **David Chu and Kevin Wang**, wearing their magical headbands, had solid all round games. **Gary Li**, with his usual speed and sneaky steals proved to be an asset to the team once again. **Brandon Chhan** contributed with an awesome shot from his first touch of the ball. **Phillip Fowdar**, with his commanding rebounding, helped the team with his aerial ability. Other good workman-like performances were contributed by **Albert Mi, Rogan Sun and Michael Wang** in an excellent team victory. *(Report by Geoffrey Lee)*

10C2 5 lost to Caulfield (WH) 51

The boys played their game on home ground however it appears that this did not give the team any advantage. **Andrew Currie** and **Justin Yow** both top scored, with **Justin Yow** fouling the most. At the end of the game, players had nothing to say, with the coach reporting that more training sessions are required. **Andrew Currie** deserves recognition as best player for the team this week. (report by coach Mr. Glen Robins)

9A 64 defeated Wesley (Prahan) 19



above; and the shot goes in (yr 9)

9B 65 defeated Wesley (Prahan) 1

9C 32 defeated Caulfield 19

9D 0 lost to CWH 55

8A 31 lost to Wesley 43

8B 45 defeated Wesley (Waverly) 6

8C NO REPORT!

8D BYE

8E NO REPORT!

7A 17 lost to Wesley 33

For the second time this season we were up against a slightly quicker and more efficient team. We survived through the first half to 9-9, but despite parents educating the referee we couldn't keep up with Wesley in the second half. (report by Coach Jan Honnens)



above: Nic Poliakov for the 7A team

7B 21 defeated Wesley (CW) 18

With no subs available for the 40 minute game, there wasn't much time to recover for the 5 boys. During the first half we demonstrated excellent team play resulting in a 10 points lead (16-6) at half time. In the second half we got a bit tired and found it increasingly hard to pass the ball with appropriate speed and keep the defending hands up. Wesley came closer and closer, but we were saved by the clock. (report by Coach Jan Honnens)



Above; Hugh Grover (7B) shooting from the foul line



above: David Dower, singlet number 7 (7B) jumping for Scotch

7C 52 defeated Wesley 21

All 8 players scored points, but collectively, they played a good team game to run away with a very convincing win. The score after 3 minutes was 6:3, a proportional lead the boys maintained throughout the rest of the game. One highlight was a great 3 pointer from **Tom Eldredge** in the final 30 seconds. (report by coach Jeffery Watson)



Above; 7C coach Jeffery Watson with the players



Above; Don Khoo (23) from the 7C team preparing to jump with Will Barton (11) on the right.

7D NO REPORT!

7E NO REPORT!



Player Profile Jimmy Mollison (number 31)

My name is Jimmy and I play for the 7A team for Scotch. My class at school is 7G. I also play basketball outside school on Fridays for Hawthorn Magic on the 14 2's (I'm bottom age this year). We have just won our division in the Nunawading Tournament which was held on the Queen's Birthday weekend. On Saturdays I play for the South Camberwell Taipans in The Hawthorn Basketball Association U14 1's competition. I also ref on Saturdays in the Hawthorn Competition. I have brother, a sister, and a dog.

(What about a mum and dad, Jimmy?)

★ ★ ★ ★ ★ **Competition** ★ ★ ★ ★ ★

Win a gift voucher from Kickz101

★
Do you like to sketch and enjoy graphic design? Are you interested in promoting your sport within Scotch College?

★
Well, here is a chance to make your mark on Scotch College basketball forever.

★
Many of the other clubs at school, such as the Cardinal Rowing club, Scotch at Cowes and others have their own shirts. It is time that Basketball at Scotch had one too. We now need a design for printing onto a shirt that identifies the sport and the school and one that you will want to wear.

★
Draw your design, and post to: E. Eadie, 10 Murdoch Street, Camberwell Vic. 3124

If you need more information, send an email to eeadie@bigpond.net.au

Deadline for submissions is July 31, 2003. Winner announced at Presentation Night, August 12. The Prize, a Kickz101 gift voucher

★ ★ ★ ★ ★ Don't forget to write your name and contact details on the back of the design. ★ ★ ★ ★ ★

Parents of Scotch Basketball Players A Support Group of Parents for Scotch Basketball is forming. The aim of the group is to develop a sense of community within Scotch Basketball. This will be done through communication, off campus social events and off court support for the basketball program at Scotch.

For more information, contact one of the following parents;

- Junior School **Drew Cossar** mob 0417 133 229 email drew@cossar.id.au
- Year 7 **Nan Allen** 9571 2757 mob 0412 103 260 nan.allen@communicationdesign.com.au
- Phil Mollison** 9882 5541 AH 9850 7100 BH and mob 0418 388 555
- Year 8 **Drew Cossar** mob 0417133229 email drew@cossar.id.au
- Year 9 **Sue Taylor** 9571 4889
- Evelyn Danos** 9822 9908 mob 0418 368 477
- Year 10 **Ellen Eadie** 9889 4535 mob 0407 894 535 email eeadie@bigpond.net.au
- Years 11 and 12 **Jim Frame** 9427 1135 email jim_frame@textilemania.com.au
- John Gray** 9809 2161 mob 0409 719 312 email jgray3@bigpond.net.au

It is an exciting time for Scotch Basketball. Why not get involved? Call one of the year level representatives to find out more or to share your ideas.

Great Shot – Contribution from Ben Rush **Director of Basketball Coaching**

23 June, 2003

School holidays are up next week, so below are a few suggestions for activities you can do over the break to keep your skills and fitness sharp.

FITNESS

You have two options for keeping aerobically fit or getting fitter – do some running for at least 25 minutes (or other endurance activity like cycling and swimming, but running is better, as you don't swim or cycle during a game); the second option is to do skill practice at high intensity, for at least 30 minutes.

Other fitness work you can do includes strength activities (push-ups, dips, crunches), skipping, sprints (e.g. sprint 50 metres, walk back, repeat 6 times; then do a longer cycle of the same type of system, run 200 metres, walk back, repeat 4 times) and stretching.

BASKETBALL

Shooting

A few weeks back we talked about shooting and gave the following for practising your shoot technique:

- Start with shot check, which is one hand shooting within about 1-2 metres from the basket, then two hand shooting also close in. These shots are taken standing still with focus on technique, and CHECKING your shot. A good warm-up is also important, as your touch will be better if you have got your blood flowing well.

Then work on shooting at game speed. e.g. start 1-2 metres from the elbow (edge of FT line) and spin ball to the elbow, move forward, catch and shoot. Rebound shot, return to starting spot and repeat to other elbow. You can do this activity for a set time or set number of attempts. Shoot a couple free throws and repeat same pattern from the wing on either side of the court (move from wing to the base & wing to the elbow).

What about lay-ups? Ask yourself, can you shoot a lay-up on either side of the basket, with the correct hand, jumping off the correct foot, at game speed? If not, use the holidays to work on your lay-ups. Even if you answer yes to the above, you can work on more advanced shots, like the underhand and reverse lay-up.

A reminder, on the right side we jump off the left foot and shoot with the right hand. So the last two steps are right, left and jump (off the left foot) bringing your right knee up as you shoot with the right hand. On the left side it's the opposite.

To practise, start with feet together one metre or so outside the key, and take your two steps and jump for the lay-up (no dribble). Repeat until feels comfortable. Then move back 1-2 metres, take one more step and dribble once on this first step (so one dribble and three steps). Once comfortable, move further back, to a couple metres outside the 3 point line and take 2-4 dribbles, two steps and jump to shoot. Do these activities for the right & left side.

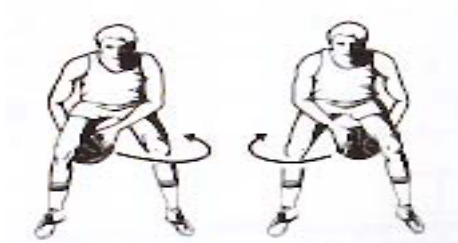
Another activity you can do to work on lay-ups and improve your fitness is 'X-Out Lay-Ups'. Start at the edge of the FT line (elbow) on one side, do a one dribble lay-up, rebound, dribble out to other elbow (1-2 dribbles max) and repeat on the other side. Continue for set time or set number of made lay-ups. Can alter with different lay-up techniques (reverse, etc) or work on your weak hand and just do that side.

Ball Handling

The more comfortable you feel with the ball in your hands, the more confident and thus better player you will be. There are lots of different “ball handling” drills that you can use and you should do them as much as possible. These drills help shooting, passing, dribbling and general ball control.

A key in all of these drills is not to let the ball touch the palm of the hand. Use your finger tips and keep the body as still as possible (and keep your head in the middle).

Figure 8 Wrap - 30 seconds

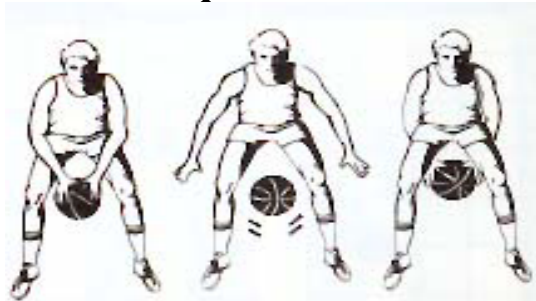


Start with ball in your right hand, in front of your body. Take it between your legs and into your left hand (behind your legs). Then with ball in your left hand, bring it to front of your body and then between your legs to your right hand (behind your legs). Continue for 30 seconds. Then try going the other way.

Skill Level

Excellent = 35+ Very Good = 25-35 Good = 15-25 Fair = 10-15

Straddle Flip - 30 seconds



Start with your legs shoulder width apart and knees bent. Hold the basketball between your legs, with your hands in front.

Let go of the ball or flip it up very slightly. Bring your hands behind your legs and catch the ball before it hits the ground. Now flip the ball again and catch it with your hands in front. You can also do this with one hand in front and one behind, drop the ball & swap your hands

Skill Level

Excellent = 35+ Very Good = 25-35 Good = 15-25 Fair = 10-15

There are numerous different ball handling drills you can do – your only limit is your imagination! These drills are good to do as part of your warm-up (see below).

FINALLY - It is important to warm-up & warm down with some jogging or skipping & stretching. Also important with any practice you do, except learning a new skill or doing shot check, it must be at game speed.

Enjoy your basketball!