



The Lightning Zone

Dorset Storm Basketball Club



Coaches Notes...

Well, at long last all the teams are up and running playing competitive games. Last month we saw the first inter-club tie of the year as the Under 14s and Under 16s 'A' and 'B' teams squared up to each other. It was a good opportunity to iron out any problems that might need addressing and both games were of a high standard.

In the Under 14s game, the 'B' team stuck around until the fourth quarter, when James Smith and Dean Grey scored eight quick points to see Storm 'A' to a six point victory.

The second game saw the illness hit Under 16s teams play against each other. Peter Thomson and Pratik Tamang scored 55 points between them for Storm 'A', but with 37 points and shooting 10 out

of 12 from the free throw line David Reynolds stole the show despite Storm 'A' edging the match by just one point at the final buzzer! Full match reports from both games can be found on dorsetstorm.co.uk under the match reports link.

The remainder of our home local league games have now been confirmed and can be found on the online calendar section of the website. We will let you know of any dates that we are playing on the road as soon as we do.

As you know the date of our Summer Camp has now been confirmed (7th—11th August). We will aim to keep the cost of camp at around the £85.00 mark, and will confirm a.s.a.p. We consider this to be great value for money

considering some camps that are based on a single court, charge £90 and even up to £135 for a camp that lasts just seven hours per day. Some camps even run with over 50 people on one court!

We can also confirm the date of the trials for our National League teams. Trials for all three teams will take place on Sunday 23rd April. There is a flyer attached containing information on the times and age groups that are applicable. Pre-season National League training will then start during the first week in May, for a program that will last for about the next 10 weeks.

Congratulations on a good start to 2006 for all the players. Lets keep working hard to ensure that we continue to improve and overcome new situations.

Basketball in the News...

Over the past couple of months, basketball has been seen in the media with increasing prevalence. From Slam-Dunk Monday on Sky Sports which provided 12 hours of non-stop live basketball from the NBA to Dennis Rodman's appearance in the CBB

house and subsequent appearances for Brighton Bears at some £23,000 per game! With the Olympics coming to London in 2012 the fight to get an eligible British team has begun, and England and Scotland both have teams in this years Commonwealth Games.

With no regular slot for basketball on terrestrial or satellite/cable continued growth of the sport in its own right in this country will be slow. Hopefully though a broadcaster will swoop for British Basketball action soon rather than relying on imported action.

March 2006

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Special points of interest:

- AGM and Awards Presentation Night confirmed — Saturday 24th June.
- Secure your place on camp now with a £20 deposit!
- Match reports for the majority of matches can be found on dorsetstorm.co.uk
- NBL trails are coming up on Sunday 23rd April.



*Dorset Storms Under 18s
National League Team*

*"Great effort springs
naturally from great
attitude."*

Pat Riley ~

NBL Junior Men		Played	Pts
Western Conference			
1	Gwent BBC	10	28
2	Taunton Tigers	9	27
3	Swindon Sonics	12	26
4	Gloucester Blazers	10	22
5	UWIC Stealers	10	20
6	Soton Trailblazers	12	20
7	Dorset Storm	10	13
8	Bristol Academy	11	13
9	Swansea Vikings	16	10

Senior Teams Continue to Get Good Results

All three of Storms Men's teams have achieved some good results since Christmas. With all three teams winning against top rated opposition.

The Men's first team had a solid performance against Southampton University Sharks eventually winning thanks to their foul shooting in the last quarter. Unfortunately they lost against local rivals Bourne-mouth Bears - camp coach Eric's team! - by just seven

points.

The second team are top of the Solent Area League Division Two, having lost just the once since the Christmas break. Coach McKenzie and co. will look to hold on to their top position and will certainly bounce back after a single point defeat against Weymouth, who boast several former Storm National League Players.

The junior team

(the Cavs), are also doing well in the men's league, having recorded wins against second placed Hampshire Police and Hythe Bucks in the last month. Meaning they have now moved into fourth place.

All the junior players that have played in the men's teams have been impressive. With the added height (and bulk!) that the men's league brings, it has provided some extra experience for those players.

Basketball Finals Weekend

National Indoor Arena
Birmingham

Deals available for
Group Bookings
Tickets available from
www.bbl.org.uk
or 0870 445 0606

Saturday 29th April

1.00pm EBL Division 2 Men Playoff Final
3.30pm BBL Championship Playoff Semi Final
6.00pm BBL Championship Playoff Semi Final

Sunday 30th April

12.30pm EBL Division 1 Women Playoff Final
3.00pm EBL Division 1 Men Playoff Final
5.30pm BBL Championship Playoff Final

Junior Men Getting Stronger

The up and down season that Storms Junior Men have had, looks like it will end with the level of play continuing to improve. Since the festive break, the team is yet to win but their improved understanding and increasing intensity has led to some outstanding performances.

The team lost a close encounter at Bristol, tying the seasons series. They lead for three quarters at Gloster before surrendering a lead against a tough and physical team. Perhaps the most impressive performance of the season, not only from the Junior Men but from any team in the club

was their match against Swindon. At one point, the team found themselves down by 27 points, but fought their way back to draw level on several occasions. In the end though, Swindon's legs outlasted Storms and the Junior Men slipped to a nine point defeat.

Club Trip to Plymouth... the review

Seems an age since we did this doesn't it? Still I believe that all those who went enjoyed the day and may have even learnt something about the intensity level of professional basketball. We were pretty close to the action and it gave us taste of what there is to aim for!

It was Plymouth who came out all guns blazing in front of their largest turnout of the season; Chester lost Jamal Brown early on

in a freakish incident (he has now been ruled out for the remainder of the season). However Jets, mostly through the fantastically athletic Shawn Myers, clawed their way back, including a couple of high flying alley-ops. Former camp coach Alistair Gall, played an impressive part along side his sidekick Gavin Love for the home team, but Drew Lasker who scored 23 points including four three pointers was the outstanding player for

Plymouth.

The day passed without any major incident that also helped. Thanks to everyone for behaving so well and ensuring its success. A number of autographs and souvenirs were obtained and with the match going to the wire it was even better. You can download highlights of the match using Windows Media Player and also view photos using the links below. Source:plymouthraiders.com

Video highlights: http://www.plymouthraiders.com/images/media/jets_dvd_preview.wmv
Photographs: http://www.plymouthraiders.com/images/2005/gallery_chester_070106/

Passerelle Boys Heading to Play-offs

The Passerelle Boys are heading into the play-offs. This makes them the third Passerelle team to qualify for this stage of the competition. Their matches are yet to be confirmed but the team stand a really good chance of progressing through and have a realistic chance of making the final fours weekend.

The team must however continue to work hard, now is not the time to have a lapse in concentration! You can guarantee that every other team that is heading to the playoffs will be aiming to hit their best form soon, our team must aim for the same.

The team have been consistent throughout the

season, and have shown that at the moment they are one of the best teams in the region. They need to continue to strive for excellence as other teams will undoubtedly improve before next season. With a won nine and lost three record, the team have finished the season as one of the best ever, we all wish you good luck in the playoffs.

NBL Cadet Boys		Played	Pts
Western Conference			
1	Soton Trailblazers	14	42
2	Abingdon Eagles	15	41
3	Solent Stars II	14	34
4	Solent Stars I	15	33
5	Torbay Tigers	14	27
6	Tamar Valley	14	26
7	Bristol Academy	13	25
8	Plymouth Raiders	14	20
9	Dorset Storm	16	20
10	Reading Rockets II	13	17

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

~ Don Meyer

Cadets Fight On

Storms Cadets have continued to find the going tough in the Western Conference. Michael Livesey has continued to lead the team, but other performances from his supporting cast have been lacking since the Christmas break. The one noticeable exception has been Oli Robinson, who has stood out

above the rest with some top class performances.

The team are however learning more with each game that they are playing. They will definitely be targeting a couple more wins in the last month of the season.

A question the team should ask is: "Have I

tried to improve as much away from practice as I could have? Turning up for practice is not going to be good enough by itself. Players are expected to put time in outside of training sessions. The teams that have the players who practice shooting every day - not 50 shots, but 500 - will always prevail.

NBL Passerelle Boys Western Conference		Played	Pts
1	Taunton Tigers	10	30
2	Dorset Storm	10	26
3	Bridport Evolution	10	14
4	UWIC Stealers	10	9
5	Rhondda Rebels	10	6



Providing Basketball Opportunities for All

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WE'RE ON THE WEB

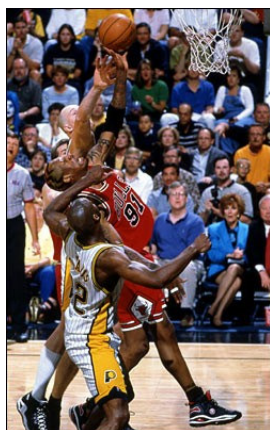
WWW.DORSETSTORM.CO.UK



"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."

No rebounds - no rings."

Pat Riley ~



"Rebounding wins championships, you need to emphasize it and work on it."

Pat Summitt ~

Skill of the Week - All the information you ever wanted to know about how to rebound.

Without a doubt, the ability to rebound is one of the most important weapons any player can have in their arsenal. While grabbing a board may not always be flashy or elicit applause from the crowd, as many close games have been lost by a team's inability to get it done on the boards as by missing a crucial shot or free throw. Therefore, the fundamentals of rebounding cannot be emphasized enough.

Tip #1: Attitude and desire

Rebounding is a product not of great athletic ability, but attitude and desire. Make up your mind that you want to rebound, go after each and every one, and master box out techniques and you can provide your team with a valuable asset--a dependable rebounder.

Tip #2: Every missed shot is a pass to you!

Assume that every shot will be missed. If you do this, you will always be willing to get in position, ready to be a rebounder.

Tip #3: Hands up

Always keep your hands up at least shoulder high when getting ready to rebound. This will allow you to be ready for the rebound that comes off the rim quickly and low. Remember this: shot goes up-hands go up!

Tip #4: Want the ball

Rebounding is a great skill to have as a basketball player. Those players that really WANT the ball and box out become the best rebounders. They take pride in rebounding. Lean back on your man and keep him out of rebound-

ing position. A smaller player can be a good rebounder... Make yourself become good at boxing out.

Tip #5: Boxing out and rebound

If you are real close to the basket when the shot goes up, you must "box out" and create some space to rebound. To "box out" from your defensive position: go towards your man and make contact. Pivot so they are behind you and just slide with them, keeping them away from the rebound. When boxing out, keep your man from pushing you in towards the basket, so you can maintain good rebounding position. (If you let them push you under the basket, the rebound will go over your head). Then go get the rebound!