



Lightening Zone

September 2005

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Welcome back to the new season! We hope you have all had a good break and are ready to crack on with the hard work during the forthcoming season. An especially warm welcome to new members. As always there have been several changes and plenty of news that we need to bring you.

The Junior Club now has its own men's team that is competing in the Solent Area Men's League Division III. The team will be made up of a selection of junior players currently playing for the club, as well as those that have played for the junior sides over the past two or three years and now need somewhere else to play. This means that the men's section of the club will have three teams one competing in each of the three Solent Leagues, creating even more chances for players to play basketball.

Please complete and return your membership form if you have not already done so. Without this you will not be able to play for the club in any matches and cannot take advantage of the discounted training session fees. The first order for t-shirts has already been made, and another will be made towards the end of the month. Finally I am sure this season will be as good as the previous five, hard work and enthusiasm will be the key to our success again.

Money Matters...

If you are unsure about how much the cost will be due to becoming a member of a new team then please ask. But included below is a quick outline:

U12s, U14s, U17s = £12.00 (members) or £18.00 non-members per month

Passerelle = £240 for the season

Cadet Men / Junior Men = £280 for the season

All National League players must be members, and the season runs for eight months.

There is an opportunity for you to pay fees by standing order. Many of our players chose this method last year. If you would like to take advantage of this then please contact Jill who will be more than happy to provide you with the details that are required.

Can all players please ensure that your monthly fees are brought to the first session of the month in an envelope with your name on it. This really does save time chasing up monies and reconciling registers. Thanks to our regulars who already do this.

Summer Camp 2005

Well what a week it was! Over seventy dedicated players, coaches and officials turned out this year. Once again, we managed to have some sweltering temperatures but that did not hamper the progress that was made. The camp had a revised format and new competitions, which all ran smoothly. The players seemed to have a great week and hopefully they will have learnt a great deal. As many of you will know our Senior Coach for the camp over the last four years has been Chris Rook. All the paper work has now gone through and next week he and his family are moving out to New Zealand. Chris has been a great asset to the camp and will be greatly missed. We wish him the best of luck in his new venture and we will know shortly if he plans to return to coach next year (he says he wants too!).

Congratulations to everybody that took part in what was a fantastic week of basketball. There is a full report by the NBA Section MVP later on in the newsletter along with some pictures from camp too.

Major Award Winners

	NCAA	NBA
MVP	Alex Lander	Michael Brake
MIP	Jake Williams	David Reynolds
Best Defender	Matt Lawson	Steven Livesey

Summer Camp 2006

As those of you who attended this year's camp will know, we have already booked in the dates for next year's camp. We will be back at Canford School between Monday 7th August and Friday 11th August 2006. You will also be aware that we have decided to extend the running time by an hour in the afternoons to allow for a slightly more relaxed session after lunch, and the intense morning sessions. Watch this space for details of prices and deposits, we recommend that you book early again to avoid disappointment as we did sell out very early this year.

It's not just the players that want to get their application forms in quickly either. We seem to have created a bit of competition between the coaches for places too with them battling for positions on the staff. The main perpetrator seems to be that nice coach Rosie, who is determined to get her place back next year and is playing dirty to get it back too!

National League Details

The National League teams are now making their final adjustments ahead of the first matches which take place in October. For the last few months, all three teams have been working hard on those fundamentals which are so crucial at any level of basketball. The league splits are below.

Under 15 Boys

Bridport Evolution
Rhondda Rebels
Taunton Tigers
UWIC Stealers

Under 16 Boys

Abingdon Eagles
Bristol Bombers*
Plymouth Raiders
Reading Rockets
Solent Stars I
Solent Stars II
Tamer Valley Cannons
YMCA Torbay Tigers
Soton Trailblazers

Under 18 Mens

Bristol Bombers *
Gloucester Blazers
Gwent
Soton Trailblazers
Swansea Vikings
Swindon Sonics
Taunton Tigers
UWIC Stealers

*To change name after July 7th.

Basketball Quiz

Here's a new section of the newsletter. All you have to do is answer the questions below and then hand your answers in on a piece of paper, or email them to us (with your name on!) by the end of September. We will then see who has got the most answers correct and that person will receive a prize (something different each month). If there are people tied then the winner will be drawn at random.

1. Who won the 2005 NBA Championship?
2. Who created basketball?
3. Is Paul James head coach of the Miami Heat or the Guildford Heat?
4. How many players can a team have on the court?
5. How far above the ground is a standard basketball hoop?
6. Michael Jordan is famous for wearing number 23. What other number has MJ worn during his NBA career?
7. Name one of the teams John Amaechi played for in the NBA.
8. Where do London Towers play their home matches?
9. How long do you get to advance the ball over half court? (be careful!)
10. Wilt Chamberlain holds the record for points in a single basketball match. But how many did he score?

Go on have a go. You will be able to find all the answers in basketball books, on the internet and from other people that know some of the basics about basketball. The winner will be announced on the next newsletter. Good luck!

National League Fixtures

Cadet Men	Sat 8th Oct	1.30pm	Dorset Storm	vs	Solent Stars II	Rossmore LC
Junior Men	Sat 8th Oct	3.30pm	Dorset Storm	vs	Bristol Bombers II	Rossmore LC
U15s Boys	Sun 9th Oct	11.15am	Dorset Storm	vs	UWIC	Rossmore LC
		12.45pm	UWIC	vs	Rhondda Rebels	Rossmore LC
		2.15pm	Dorset Storm	vs	Rhondda Rebels	Rossmore LC
Cadet Men	Sat 15th Oct	1.30pm	Dorset Storm	vs	Reading Rockets II	Rossmore LC
Junior Men	Sat 15th Oct	3.30pm	Dorset Storm	vs	Gloster Blazers	Rossmore LC
Cadet Men	Sat 29th Oct	TBC	Solent Stars	vs	Dorset Storm	Hamble
Cadet Men	Sat 5th Nov	1.30pm	Dorset Storm	vs	Southampton Trailblazers	Rossmore LC
Junior Men	Sat 5th Nov	3.30pm	Dorset Storm	vs	Swansea College Vikings	Rossmore LC
Cadet Men	Sat 12th Nov	3.30pm	Abingdon Eagles	vs	Dorset Storm	White Horse Tennis & LC
Junior Men	Sat 12th Nov	4.00pm	UWIC Stealers	vs	Dorset Storm	NIAC, UWIC
U15s Boys	Sun 13th Nov	11.00am	Taunton Tigers	vs	Dorset Storm	Somerset College
		1.30pm	Dorset Storm	vs	UWIC	Somerset College
		3.30pm	Taunton Tigers	vs	UWIC	Somerset College

In many ways this year's camp was very different to any of the previous years although there were many things the same. On day one you could see excitement on the younger one's faces and the energy that everyone had. After the warm up on that very same day there was already a drop out due to injury and then another later that day. Despite these injuries the first day was very up beat and a cheerful day, it was also the time when we realised that the camp was going to be somewhat different this year. There were new coaches, the hot shot was very different and also the circuits were no longer being done, to some people's great relief!



At the end of the first day when the first 2 games had been played, it was already obvious to me that the Pacers were going to win the NBA competition! Another thing that was obvious at the end of the day was that the older players knew how many pulled muscles and possible injuries they would have in the morning.

On day two the energy level had gone down but when it came to drills and playing the games every player tried their hardest and on the most part forgot their injuries. This was also

the day when forfeits for leaving things behind began. I think the forfeits that everyone will remember most were Nialls, which included "Baa Baa Black Sheep" and acting like a tractor with cones on his head and hands. This was also the day when Chris Rook started the drill that I think became known as the "Pride Drill". This drill involved us setting a score and trying to beat it next time. At the start of the week we were set a target of 40 scores in 3 minutes and by the end of the week all of us had improved and went from struggling to reach this target to achieving a highest score in the low 60s! I felt that this drill did make the whole camp pull together and it did help towards creating the community feeling that was there at this year's camp, even more so than in any other year.



There were some toilet issues later on in the week, which caused some concern from some people - we didn't have any! However this negative was countered by a very enjoyable lunch time for the younger children who played cricket with some of the players from AFC Bournemouth who were receiving physio and training at Canford School.

On the final day there was

a lot of fun to be had with a lot more games than on the previous 4 days of the week. The first game that everyone got to sit down and enjoy was the game between the NCAA All-Stars and the NBA Rookies. The NCAA All-Stars had won all the previous encounters, and this year was no different with the NCAA All-Stars winning (with a little help from a couple of coaches). After this game was the NBA All-Star game, where the NBA All-Star team played against the coaches. The coaches received a MASSIVE loss of over 20 points to us last year so they had a point to prove. And I'm sad to say they did, however to be fair we (the NBA All-Stars) didn't really get into the game until after the first quarter because the game did start immediately after lunch. If we had time for a longer warm up then we would defiantly have won that game again. Next came the biggest game of the week for me; the NBA Final, which was between the Pacers and the Lakers. It was a



tight game but in the final quarter the Pacers were able to gain a comfortable lead and hold on to it until the end. That for me was the best part of the week. This was the moment that our whole team had worked for and our coach, Mark Harris has wanted for the three previous years he'd been coaching.

After this came the award presentations and there was much speculation over who would receive the MVP award as it was the most open it had been since the camp began. Before the winner was announced my team mate, Steve Livesey had bet me I would win the award and I'm quite happy now we didn't put any money on it because when Chris said I had won it I really didn't expect it. I am still extremely grateful that I was given the award, as it was the first individual MVP award I've won.

I would just like to take this opportunity to say thank you to all the coaches for their effort and making the camp as great as it was and I would also like to say a big thank you to Jill and Luke for making the camp possible in the first place.

Finally I want to say one more thank you, which is to all the other players who made the camp a lot of fun for me, and I hope each other, through all their effort and personality.



September

2005

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Prices (per month) CM + JM = £35.00 U17s, U14s, U12s: - Members = £12.00			1	2	3 10.00 - 11.30 U14s 11.30 - 1.00 U17s At Rossmore	4
5	6	7	8 7.00 - 8.30 CM 8.30 - 10.00 JM At Oakmead School 7.00 - 8.00 Pass At Rossmore	9	10 10.00 - 11.30 U14s 11.30 - 1.00 U17s At Rossmore	11 National League Teams Friendly Matches At Rossmore
12	13	14	15 7.00 - 8.30 CM 8.30 - 10.00 JM At Oakmead School 7.00 - 8.00 Pass At Rossmore	16	17 10.00 - 11.30 U14s 11.30 - 1.00 U17s At Rossmore	18 National League Teams Friendly Matches At Rossmore
19	20	21	22 7.00 - 8.30 CM 8.30 - 10.00 JM At Oakmead School 7.00 - 8.00 Pass At Rossmore	23	24 10.00 - 11.30 U14s 11.30 - 1.00 U17s At Rossmore	25
26	27	28	29 7.00 - 8.30 CM 8.30 - 10.00 JM At Oakmead School 7.00 - 8.00 Pass At Rossmore	30		

October

2006

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
31	Prices (per month) CM + JM = £35.00 Passerelle = £30.00 <u>U17s, U14s, U12s: -</u> Members = £12.00 Non-members = £18.00				1 10.00 - 11.30 U14s 11.30 - 1.00 U17s At Rossmore	2
3	4	5	6 7.00 - 8.30 CM 8.30 - 10.00 JM At Oakmead School 7.00 - 8.00 Pass At Rossmore	7	8 *CM Vs Solent II (h) *JM Vs Bristol (h) 10.00 - 11.30 U14s 11.30 - 1.00 U17s At Rossmore	9 Passerelle Vs UWIC Vs Rhondda 11.00 - 3.00
10	11	12	13 7.00 - 8.30 CM 8.30 - 10.00 JM At Oakmead School 7.00 - 8.00 Pass At Rossmore	14	15 *CM Vs Reading (h) *JM Vs Gloster (h) 10.00 - 11.30 U14s 11.30 - 1.00 U17s At Rossmore	16
17	18	19	20 7.00 - 8.30 CM 8.30 - 10.00 JM At Oakmead School 7.00 - 8.00 Pass At Rossmore	21	22 10.00 - 11.30 U14s 11.30 - 1.00 U17s At Rossmore	23
* Indicates home national league match. The first game will tip off at 1.30 and the second at 3.30. With the CM playing in the first game.						
24	25	26	27 7.00 - 8.30 CM 8.30 - 10.00 JM At Oakmead School 7.00 - 8.00 Pass At Rossmore	28	29 CM Vs Solent I (a) 10.00 - 11.30 U14s 11.30 - 1.00 U17s At Rossmore	30