



Belmont Saints Basketball

NEWSLETTER

Summer 2020



WELCOME BACK!

Welcome back members to the remainder of the summer season with Belmont Saints Basketball. I hope you all had a wonderful Christmas and a fantastic New Year. What I love about this time of year is that the New Year always brings a fresh start! An opportunity to do the things perhaps you've put off for whatever reason but now is the time for dreams to be realized and put into action. 2020 will be a year filled with opportunity and I truly wish you all success in the year ahead.

Looking back over the last 12 months, 2019 saw Belmont Saints increase its members from just 43 players to now 210+ members in our Junior Domestic Competition and 65+ in our Senior Domestic Competition. This has been a mammoth achievement for our committee, coaches, and team managers and I must take the time to thank them all for their hard work, commitment and continued dedication and die-hard loyalty to this club. You are all truly remarkable!

On the Holidays.....

Over the Christmas holidays the Belmont Saints Committee and I worked tirelessly on redefining our purpose, vision, pillars etc to ensure that these very important fundamentals reflect where we are now, what we are working to achieve and what we want to achieve in the future.

During this process it was decided that it was time to revamp the 30 year old Belmont Saints Logo as well. After many many many (xlots) concepts and revisions we finally managed to lock down a fantastic concept representing who we now are and the direction in which we are traveling.

One of the things I like about our committee is that we can talk about ideas openly and transparently - without feeling like we can't share our thoughts and opinions with others in the room. Based upon my life experiences, this is the cornerstone from which you can deal with any issue that comes up or maximise on any idea that is created - and is fundamental to any great working environment.

New Look for Belmont Saints



The shield emblem was chosen for the logo base as it personifies the idea of safety and security, as well as strength and commitment- all four of these characteristics being a reflection on the club. The dog represents BSBC's drive and hunger for the game, with the basketball under it's chin a nod to the small barrels of brandy Saint Bernards are often depicted wearing around their neck. The slant of the text emulates speed and upwards growth, while the logo colours of blue and yellow pay tribute to the club's historic branding. Overall, the new Belmont Saints logo echoes the club's tenacity, development, determination and ambition.

New Website in Construction

A new Belmont Saints website is currently in construction. This site will provide a hub a for all members and perspective members - keeping them informed of all information on the current basketball schedule. I'd like to take the time to thank Arvo Creative (one of our sponsors) for coming on a journey with me. Arvo Creative ran a strategic based workshop with me and helped tremendously with telling our story through our website. Arvo Creative also created our new logo and all our promotional collateral promoting what we do.

Our website will essentially tell our story. It will proudly display our very large volunteer base as well as game times, venue details, our new shop where you can purchase your new supporter merchandise and just so much much more.

To Infinity and Beyond.....

Looking forward, 2020 is going to be the year that I dedicate to our coaches and their development. The mere role of a coach is a delicate combination of training and mentoring. We are so lucky to have such a wonderful group of talented, smart and dedicated individuals who want nothing more than to unlock the hidden potential in our children. Together we believe in the importance of training together and playing together, with the best tools to drive team cohesion. This is essential to the continued growth of Belmont Saints.

Grants

Already, we have been successful in receiving a grant with Active Clubs - Office of Steve Minnikin MP, and Nick deBrenni MP, the Minister for Housing and Public Works, Digital Technology and Sport, where \$2000 has been provided to the club for coaching equipment. Our coaches are in the process sending through their wish lists for equipment. The purchasing process will begin shortly and I can't wait to deliver the goodies to our dedicated coaches who just do what needs to be done.

We have also applied for grants with the Gambling Fund, Lord Mayors Suburban Initiative, Ross Vasta MP Volunteer Grant - and we are now waiting for the approval process.

I'd like to take the time to thank Phil Binder from ECSM. Phil has written our grants for us and has worked hard ensuring we have our best foot forward to achieving success where govt grants are concerned. Thank you Phil.

I would also like to thank one of our coaches, Ric Willmot for writing a grant on our behalf with the BAC Corporation. This application will be submitted in March 2020, with the hope of receiving extra funds needed to support our growth. Thanks Ric.



Goodbye Summer and Hello Winter:

With the conclusion of the Summer Season looming, we are now in preparation for our Winter Competition Season. With the growth of the club I realise we have a large group of new coaches and team managers and parents who are probably unfamiliar with the basketball seasons at SDBAL and the date of birth cut off dates etc so I thought I'd share some information with you early in the piece.

Our Winter Season will commence in Term 2 and finish at the end of Term 3 (in line with the school dates). With this, the date of birth cutoff will change from 30 April to 30 September. Please see the table below for a breakup of how the age groups will be determined for the Winter Season.

With the speed of growth over the last 12 months, it has been very difficult for the club committee to properly allocate kids to the correct division and as such we've got our star players spread throughout each division and age group - essentially weakening our top division teams and putting too much pressure on our new kids to get up to speed too quickly. During this term (term 1), the club and its coaches will start re-defining the new teams for our Winter Season. In broader terms this means is that ALL teams will change up and very importantly - jerseys are to be returned to the club in a timely manner to your team manager at the last game of the summer season (before the Easter Holidays) (All unreturned jerseys will incur a \$30 replacement fee)

The new teams will essentially be put together by the second last week of Term 1 using the Age Group Table as well as the information collected by your coaches. Coaches will be secured and training days and times locked in with our venue hirers. This information will be communicated to parents soon after so that families have the time to prepare for the new season, whilst juggling their family schedules.

Player age group	Cut off	Birth date Range	Game Day
Under 7s (mixed)	Under 7YO by 30th Sept 2020	After 1 October 2013	Saturday
Under 9s (boys & girls)	Under 9YO by 30th Sept 2020	1 Oct 2011 to 30 Sept 2013	Saturday
Under 11s (boys & girls)	Under 11YO by 30th Sept 2020	1 Oct 2009 to 30 Sept 2011	Saturday
Under 13s (girls)	Under 13YO by 30th Sept 2020	1 Oct 2007 to 30 Sept 2009	Friday night
Under 13s (boys, Divisions 1 and 2)	Under 13YO by 30th Sept 2020	1 Oct 2007 to 30 Sept 2009	Friday night
Under 13s (boys, Divisions 3 and 4)	Under 13YO by 30th Sept 2020	1 Oct 2007 to 30 Sept 2009	Saturday
Under 15s (boys & girls)	Under 15YO by 30th Sept 2020	1 Oct 2005 to 30 Sept 2007	Friday night
Under 17s (boys)	Under 17YO by 30th Sept 2020	1 Oct 2003 to 30 Sept 2005	Friday night
Youth Girls	Under 19YO by 30th Sept 2020	1 Oct 2001 to 30 Sept 2005	Wednesday night
Under 20s (men)	Under 20YO by 30th Sept 2020	1 Oct 2000 to 30 Sept 2003	Tuesday night

Team Placement

The Club and Coaches will determine the number of teams in each age group including skill level. Skills Levels are identified as Divisions and are numbered 1 – 5 with 1 being the strongest level and 5 being a development level. The Club and Coaches will determine which division a player should play. Consideration is given to ability and development level.

Call For More Coaches

It is essential for the continued growth of this club, and therefore we are always looking for more coaches. We offer free training sessions and skills development courses as well as coaching accreditation run by Basketball Queensland. (Belmont Saints may cover fees level 2 coaching accreditation), so if you are interested please email our president at president.belmontsaints@gmail.com

Sponsorships

Belmont Saints has a number of sponsors currently, however we are always looking for more. If you would like to become of our amazing sponsors please reach out to president.belmontsaints@gmail.com Sponsorship starts at \$300, where your logo is displayed on a pack of 10 jerseys. Belmont Saints is committed to praising our sponsors publicly in every way we can. Shout out to our current sponsors!



Uniforms

Jersey hire: A jersey (on hire) is provided to each player by each Team Manager at the beginning of the season. Players/Parents are expected to treat the jerseys with care and be worn with pride. We ask that players should arrive to each game with their clean jersey and tucked into their shorts. At the end of each term, your jersey should be returned to your Team Manager. Any uniform inquiries to be emailed to our Uniform Coordinator at uniforms.belmontsaints@gmail.com

Jerseys that are not returned at the end of the season, are invoiced to the parent of the child at \$30 each, so that a replacement can be ordered.

Shorts: Belmont Saints Shorts are sold at \$30 each and can be ordered from our Uniform Coordinator on email uniforms.belmontsaints@gmail.com

Belmont Saints Shorts are a mandatory uniform requirement.

Players who take the court wearing the incorrect uniform, will have their team penalised 5 points.

Communication

Stay up to date with the Belmont Saints Facebook Page for all current updates and upcoming events/news.

All other communication will be sent as an email or text message.



IMPORTANT

Changes to Invoicing

With the Winter Season approaching, SDBAL have increased their game fees, so this will be reflected in the new season fees. Winter Season Fees will be invoiced in the first week after the Easter Holidays and will reflect Term 2 AND Term 3 game fees, training fees and jersey hire. Due to the large number of members, Belmont Saints will **no longer invoice on a per term** basis but instead will invoice PER SEASON. To clarify you will receive 1 invoice at the start of the season which reflects game fees, training fees and jersey hire for 2 school terms – Term 2 and Term 3 for Winter Season; Payment plans are available for parents who would like time to pay off their fees.

Term Fee Assistance (Government Grants)

Players may be eligible to apply and receive \$150 through a government grant program called The Fair Play Program. This application and further information can be made at the following link

https://www.qld.gov.au/recreation/sports/funding/fairplay?SQ_VARIATION_102920=0

Once you've applied and received your voucher, please forward that voucher to our Treasurer on email Belmontsaintstreasurer@gmail.com Belmont Saints will take care of the remainder of the processing on your behalf and will advise once we have received the \$150 grant voucher. These funds will then be credited to your account.

Understanding Registration Fees

Registration Fees: Registration fees must be paid prior to playing for Belmont Saints Basketball Club. This is a yearly fee (365 days) that provides insurance for the player. This fee (currently \$100.80 for all junior age groups) is split into 2 portions. One portion is received by Basketball Queensland and the other portion is received by Southern Districts Association. This registration fee is paid via the sdbal.com.au website by clicking on “Play Basketball” in the top menu and then “Player Registrations”. Followed by “JUNIOR REGISTRATION”. Please complete each section. When you get to “select club”, please select Belmont Saints Junior Basketball Club.



Bunnings BBQ's and Fundraising for more jerseys and more coaching Equipment

How lucky are we! We have been offered 2 Bunnings BBQ's this year. The first one is at **Mansfield on Sunday 29 March 2020**. And the second at **Cannon Hill on Saturday 4th April 2020**. Team's will be nominated for a session at ONE BBQ (not both). Coordinated by the Team Managers, each team will be responsible to provide a number of volunteers for an hour or two who will man the BBQ area - either cooking, preparing, or serving sausages with or without onion on bread. A member of the Belmont Saints Committee will also be present at both BBQ's. This information will be provided to Team Managers very shortly.

All funds raised will assist with the purchase more uniforms for our coaches and managers and more coaching equipment for our coaches. This is such a wonderful way to give back to those volunteer coaches who give up so much time for our kids to learn and develop.



#JOIN THE
PACK

School Holiday Camps

21st January saw our 10-16 year old members take on professional training with Acceleration Australia. This session began with individual sprint testing and then moved onto speed, agility and lateral quickness training, jump training and injury prevention. Recovery was conducted in the Clem Jones Pool afterwards. What an amazing session!!! Many thanks to Acceleration Australia for supporting our club and its members. We look forward to offering more camps of this nature so stay tuned for more information during the next school holidays.



School Holiday Camps

Our other school holiday camp was with Abbie Jennings, QBL Lady Spartan. Abbie's camp focused on getting back into shape for the basketball season after a long school holiday period. 2 hours of ball skills plus offensive and defensive skills - the kids had an amazing time. The session continued next door at the Terry Mackenroth Community Gym over at The Cave, where the kids were put through a fitness circuit focused on building core strength. Then final recovery in the Clem Jones 25m Pool where our players had an absolute blast with aqua aerobics!! What an fun filled day for all involved !!

Abbie has supported our club in many ways over the Summer Season. We have been so lucky to have her share her expertise with our members as well as coaching one of our girls teams. We will say goodbye to Abbie at the end of the summer season. Abbie is one of the most hardest working people I've ever met. She is a truly amazing human being and on behalf of Belmont Saints members and committee, I want to extend my deepest gratitude and appreciation for everything she has given to our players. Abbie, we wish you all the best wishes on your future endeavors - hopefully playing college basketball in the states by year end. We are behind you all the way !!!



Irv Roland

Irv Roland Basketball Session

How lucky were some of our U13 and U15 Boys to get the opportunity to spend a training session with Irv Roland, NBA Coach and trainer. Irv was an absolute hit for our boys, who were like sponges - absorbing as much they could that night. I received numerous phone calls from parents in awe of how wonderful Irv was with our players. An absolutely truly memorable night for our boys!! I'd like to express my gratitude to Irv who being so generous with his time and for his support of our club; Jarrod Sierocki (Belmont Saints Coach) for arranging (and donating) this session with Irv and also Balmoral High School for allowing us to use their hall for our session that night.



Resilience and Acceptance

It seems as though the opposite of “careless” must be “careful.” That the best technique to circumvent avoidable errors is to try harder, to invest more care into what you’re doing. And, so we see examples of coaches and parents informing young athletes to “try harder” as the immediate response to errors at training and in games. This may be helpful for a while, but then, it’s not effort but systems or processes that matter.

Recently, one of our coaches talked about his coaching days from years ago.

“I remember my coaching staff and I created a game-play sheet for our senior rugby teams. The first sheet of 200 set plays was 96% perfect. Which is fine, until you realise that this meant that eight game-plays had a fundamental flaw that rendered the moves ineffective. Those errors ruined the experience for the players and caused losses in one way or another, giving the opposition an advantage.

In the next season, we created the 200 game-plays and worked really hard to avoid mistakes. Our effort paid off in a 50% decrease in errors. However we were down to 2%. Alas, that’s still four gamebreakers.

Then I got smart, and I changed the system. Instead of having my assistant coaches work really hard to avoid mistakes, we involved the players in creating a system of plays that worked for the players themselves. We found the players approach to game-plays changed – in that the plays were more fun to implement rather than trying to be perfect. If errors occurred, the players knew how to respond quickly and intuitively because they owned it.”

What would be the outcome if we were to change our way of coaching young players or how we conduct ourselves as parents with our children on the court? What if we could change our “set plays” to build freedom, fun and resilience in the way we approach the game. We could have more fun as parents as these young people should see that the adults are treating junior sport as fun and NOT the NBA!! Parents, don’t overlook or ignore the enjoyment and processes by being too focused on winning and/or perfection. Instead we - us as coaches and you as parents TOGETHER can be role models and build resilience in our children by displaying behavior conduit with building a better system of play that’s fun and encouraging to engage in. If it matters enough to “be careful”, it matters enough to build a system around it and have fun doing it.

Resilience and Acceptance Cont.

I've been surprised, not merely at how young athletes adjust to adversity, challenge and game losses, but that they do it so rapidly. Two minutes after the game, they're laughing with their friends and having fun - being kids. It's the adults still holding onto the pain of a loss or a few bad calls. The human capacity for acceptance is enormous if you allow it. It's very important to understand that this is about choice. It IS possible for our players, coaches, sideline parents and supporters to "move on" to the next game. Those who didn't win will work on trying to find new plays to achieve success in the next game. Those who achieve small victories will try to figure out how to score additional baskets next time. Others will try to take advantage of their existing team assets next time.

I find that the resilience of young people is dramatic, not merely in reaction to not successfully completing a basketball play or basket - but in general. In response to mistakes, disappointment or unfair circumstances like a call from a referee, resilience is the intrinsic belief that you can muster the learning, the behaviour, the strength and the growth to overcome setbacks. As coaches and parents, we should try to be more like our kids; and if our kids are not as resilient as this, maybe it's because they are reflecting the behaviours they observe in us.

There's a need to regain the fun in our lives and we can all agree that basketball is FUN. Joy and resilience - needed to make calm and rational choices. Let's change our "plays" and avoid overreacting but instead try to establish smart priorities. We CAN bring balance back into our lives and in short, put an end to walking around angry, scared or blaming others. There is another way and again it's about choice and our own personal growth. We too together, like our kids, can learn how to remove the "set plays" of negative behavior and instead respond intuitively with our "own plays" because WE own it. This would then follow through to our children adopting this same change of removing negative "un-owned" set plays to instead building and developing freedom, fun and resilience in the way in which a game is approached.

"When it comes to basketball, physically I was always the smallest kid on my team growing up. That's what made me mentally strong. I had people doubt me..... you know, tell me I don't have what it takes. I just knew what I wanted to accomplish. There was always something next that I wanted to go after. Success is not an accident. Success is actually a choice."

- Steph Curry

Belmont Saints Merchandise.... coming soon

We have an exciting range of merchandise coming soon and we look forward to launching this on our new website. Orders can be processed and paid securely through the website. Orders that are not in stock will take 14 days to arrive. Check in with our uniforms coordinator for more information

uniforms coordinator: uniforms.belmontsaints@gmail.com





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Important Contact Details

Presidents
Treasurer
Secretary
Promotions
Uniforms

president.belmontsaints@gmail.com
belmontsaintstreasurer@gmail.com
belmontsaintssecretary@gmail.com
promotions.belmontsaints@gmail.com
uniforms.belmontsaints@gmail.com

If you would love to contribute to our wonderful club, please reach out at any time.