



# BEARCATS BASKETBALL

West Adelaide Basketball Club  
PO Box 568, Woodville SA 5011  
Website: [www.westbearcats.net](http://www.westbearcats.net)



**JULY 2015**



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## WORLD'S GREATEST SHAVE

*Roselyn Brown who coaches West U14 Div4 Girls shaving her head for the world's greatest shave.*

**She raised \$1030.00 with donations from friends, parents, players and umpires.**



## PLAYER PROFILE Kate Shierlaw

Q/ How many years have you played for West Adelaide?

**A/ 10 years. 7 years ABA**

Q/ When did you commence the 'journey' and where?

**A/ I started playing for my high school team and the coach was Tam Cross who used to play at West and she was the U16 coach and they "needed a tall" so I filled in. Have played since.**

Q/ You left West for another club a while back, but thankfully returned. Care to share why you left and why you returned?

**A/ I left for more playing opportunities but missed playing with my friends and realised enjoying it was the most important reason to play.**

Q/ "My Kitchen Rules" or "The Block"?

**A/ The Block, but I'm more of a Wonderland fan**

Q/ Favourite 'pre-game' meal?

**A/ Anything Alice Gee wants to cook**

Q/ Any superstitions or habits before games?

**A/ Black undies every game**

Q/ Do any of the other girls have superstitions?

**A/ There are a few who have to put their left shoe on first**

Q/ Funniest team-mate?

**A/ Rachel Herrick**

Q/ Any examples?

**A/ Just spend 5 minutes with her and you will have an example**

Q/ I hear you travelled overseas last year. Where did you go and why?

**A/ I travelled around Europe (Switzerland, Austria, Germany, Mykonos, London, Scotland, Italy) and went for a wedding in Cornwall which is out of London. Decided to do some travel while I was over there.**

Q/ Most memorable place visited?

**A/ My favourite was Austria, especially Hallstatt!**

Q/ If you travelled overseas now, which team mate would you take and why?

**A/ Trudy Holland. Wine, laughs, fun. But I would happily travel with all my teammates. All legends.**

Q/ Any embarrassing moments on court?

**A/ Oh wow. Too many to recall. I am unco so unfortunately many moments. But probably falling over and somehow sitting on the ball at training would be up there. Had to be there!**

Q/ Steak, Chicken or Fish?

**A/ Chicken every single day of the week**

Q/ Favourite past-time away from basketball?

**A/ Spending time with friends and family, bit of footy, travelling**

Q/ AC-DC or Pink, or who?

**A/ The Killers!**

Q/ Best concert/stage show seen?

**A/ The Killers!**

Q/ Bubbly, Beer, or Wine?

**A/ Wine. White wine.**

Q/ Where do you work and what does your job entail?

**A/ I work at EY. I am a tax accountant. Look out, probably the most exciting person in the team....**

Q/ Car or motorbike?

**A/ Car. Motorbike is a deal-breaker.**

Q/ What model do you have?

**A/ Toyota Corolla**

Q/ Who would be the 'scariest' driver (in car, not to basket) in your team and why?

**A/ Sky. She has lost her license for 12 months which justifies my choice. She is pretty scary driving to the basket too...**

Q/ If the scores were down 64 - 63 and a foul called on the final siren, who would you trust to take 2 shots to win the game?

**A/ Alice Gee. Money**

Q/ Same scenario- who would scare you if they walked to the foul line?

**A/ Beth. But I think she would still knock them down!**

## DAVID STURNER Basketball Training

David has joined West from Southern Oregon University as our 2015 Men's Premier League import and is having a massive impact on court as a power forward/centre.

He is offering individual (\$30) or group (\$20 per person) training sessions of 45-60 minutes at Findon High or Port Adelaide.

To register your interest please contact David through Facebook at [www.facebook.com/SturnerBasketball](http://www.facebook.com/SturnerBasketball) or by email at [sturnerd@sou.edu](mailto:sturnerd@sou.edu) or just say hi to him at the club!

## ANNA CARBÓ – INDIVIDUAL TRAINING SESSIONS

Anna is back for another year as West Adelaide Bearcats Premier League Women's import fresh from her team's victory in the Spanish National League.

Anna is currently offering the benefit of her experience & skills through individual sessions for members of West Adelaide. She is fantastic role model with an outstanding work ethic and a keen desire to work with and develop our members.

As a key member of her National Women's League Team Spar Uni Girona in Spain Anna competes against players with WNBA experience on a weekly basis. She has had previous experience representing Spain throughout her junior career and has several Spanish junior championships to her name.

**If you are interested in doing some work with Anna please use the contact details below to arrange sessions**

**Contact: Shayne Kaesler**

**E: [tankwest15@gmail.com](mailto:tankwest15@gmail.com) M: 0401 133 364**

**Session Costs: \$25 per person for an hour session (maximum 3 players at once)**

**Locations and times by negotiation**



## PLAYER PROFILE - Tim Brenton



### 1- First up, you work with "ConnectedSelf". Who are they and what do you do?

In 2007, I co-founded Connected Self with two friends with our intent to blend psychology and youth work to engage young people in a dynamic way. We offer programs, therapeutic services and training across Australia. I am the Principal Practice Leader of Connected Self and my role includes leading a team of case managers, mentors and program facilitators who work with children, young people and adults. I also deliver training for the Rock & Water Program across Australia and other parts of the world.

### 2- As such a tall person, Have you ever played or considered football.

I played junior football for Grange Primary School, Seaton High and the Woodville Warriors up until the age of 15.

### 3- I believe you played 4 seasons of NBL, following time spent at AIS.

**Were all 4 years with Adelaide 36ers?** 3 years with the 36ers and 1 year with the Hobart Devils

### 4 - Where else did you play?

Woodville Warriors Junior & Senior (SEABL), AIS (Canberra), North Adelaide Rockets SEABL, Hobart Chargers SEABL

### 5 - How old were you when you first played in NBL? Was it 1993?

19 - Very special game as my sister witnessed that game and sadly passed away not long after.

### 6 - A big jump from 3.27 minutes court time spread over the 1993 Season to 838 minutes minutes in 1996.

#### Was this all due to maturity and confidence?

When I played with the Sixers, I was the 9th or 10th player for good reason. Brett Maher, Phil Smyth, Rob Rose, Mike McKay (Bearcat) and Scott Ninnis all played in my position. All five of those guys represented Australia and I was no way as good as them. When I got to Hobart, I started and was lucky to get some shots in and played allot more minutes which was great fun.

#### I would assume much personal assessment and adjustment was required and beneficial?

Moving away from family and loved ones when your young is always a challenge but you grow up quick in that environment.

### 7- Was 1996 your last year in NBL?

#### Yes. Why did it finish after such a great personal season?

The Devils were no longer viable in the NBL and had their licence removed. I had some bad injuries in the four years and was tired of rehabbing during the season. It was an easy decision but I am forever grateful and feel truly blessed to have experienced the world of professional basketball.

### 8 - Did you achieve any Finals success in the NBL?

Yes, in my first full year with the 36ers, we lost the Grand Final 2-0 again North Melbourne. We got close!

### 9 - Who were the best players you played with and against?

So many from that era. Rob Rose was the best I trained against closely followed closely by Brett Maher. Andrew Gaze, Shane Heal, Leroy Loggins, Ricky Grace would have to be some of the best. Ron Nunnally from Woodville SEABL is worth a mention. I used to play against the Bearcats and their mens team were one of the all time best I played against in our local league.

### 10 - Who were/are the "funniest" players you came across and why?

Most of the boys I played with have a great sense of humour. David Stiff would be one but don't let him know I said that, (I'm funnier). Scott Ninnis is a very funny man.

### 11 - Tell us about your Junior career

Woodville Warriors U/14 Div 4, U/16 & U/18 Div 1. AIS U/20's. State Rep: U/16, U/18 & U/20 (3 in a row National Championships - we did have Brett Maher and Chris Blakemore (Bearcat Junior)

### 12 - The Bearcats are fortunate to have you as the U14 Div1 Girls Coach. How are they looking?

I'm the fortunate one. Incredible group of young women who continue to show amazing dedication and a willingness to improve and most of all, enjoy each others company. Their improvement has been amazing to watch.

### 13 - Basketball & Business keep you very busy, so why did you nominate for the Bearcats Executive Committee?

After a few years sitting back as a parent, I wanted to work alongside like minded people in delivering a positive experience for families to enjoy the sport of basketball.

### 14 - Update us bout the Free Throw Foundation please

The Free Throw Foundation has recently held its annual luncheon. Our guest speaker was Basketball Australia CEO Anthony Moore, he was fantastic. We have raised money to support young people accessing basketball for: clubs, state representative players, basketballers living with a disability, Aboriginal Communities, aged players, rural players, people living as refugee and more. We are excited about our upcoming dinner with some very special guests (but I cant announce that yet but it will be amazing).

### 15 - "Revenge" or "Sons of Anarchy" or Better Homes & Gardens?

Sorry on this one. The only thing I watch is sport.

### 16 - Balfours or Vilis - Villis

### 17 - Power or Crows - Hawthorn

## Benjamin Rennie Wine Drive Fundraiser

Ben has been accepted on a partly funded basketball scholarship at Lake Region State College (North Dakota USA). By purchasing wine from us you are helping Ben achieve his dream of playing college basketball.

100% of the proceeds raised will directly support Ben.

We would like to thank the following for all their assistance:



**West Croydon Football Club**  
**Nicole Clark**  
**West Adelaide Basketball Club**



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Phil Rennie 0407 398 835

E: sales@centreprint.com.au

Agnes Rennie 0403 950 687

E: prennie1@optusnet.com.au

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## 2015 PREMIER LEAGUE FIXTURE

### KEY POINTS:

- Same schedule men & women
- 22 home & away games
- 9 home games at Port Adelaide
- 9 away games at opposing club stadiums
- 4 games at Adelaide Arena (2 Sunday, 2 Wednesday night)
- 3 'back-to-back' weekends, with games Saturday & Sunday
- 4 weekends off during season

### FIXTURE:

Saturday 4 July v North Adelaide at Hillcrest (night)

Friday 10 July v Centrals at Starplex (night)

Saturday 18 July v South at Marion (night)

Saturday 25 July v Southern Tigers at Port Adelaide (night)

Sunday 26 July v Norwood at Adelaide Arena (day)

Saturday 1 August v Forestville at Port Adelaide (night)





## Vale Keith Miller

### West Adelaide Basketball Club Legend

**Sadly passed away on May 8 2015**

To All West Adelaide Basketball Club Players, Coaches, Members, Hall of Fame Members and supporters,

On behalf of the West Adelaide Bearcats Basketball Club I offer our condolences to the family and loved ones of Australian Basketball Hall of Fame Inductee and West Adelaide Life Member Keith Miller, who passed away on May 8, 2015.

Keith Miller was one of the founding fathers of the West Adelaide Basketball Club, an integral part of the evolution of Kingston Basketball Club into West Adelaide. Keith was a lifelong player, coach and supporter of basketball in South Australia and enjoyed a distinguished playing career that included 4 championships in 5 years as a player. He was awarded the inaugural Woollacott Medal in 1947 as the best and fairest player in the South Australian men's competition, but it is as a coaching pioneer and innovator that he will be remembered most.

Keith's list of achievements includes those listed below;

- Boomers Head Coach at Tokyo Olympic Games – 1964
- Head Coach South Australian Men's team – Australian Champions - 1960, 63, 63
- Head Coach South Australian Junior Men – Australian Champions – 1960
- South Australian Junior Team coach - 1957 – 60
- Received Basketball Australia Merit award – 1981
- Awarded the inaugural Woollacott Medal as Best and Fairest Player in South Australia – 1947
- Life Member of West Adelaide Club
- Life Member of Metropolitan Amateur Basketball Association
- Life Member of South Australian Basketball Association
- Australian Basketball Hall of Fame Inductee – 2007

A coach at just about every imaginable level not only at West Adelaide but in South Australia and Australia, Keith Miller is a true legend!

On behalf of the West Adelaide Bearcats Basketball Club – Thank you Keith and Rest in Peace.



**Premier League Women 'preparing' for Training Session for Bearcat U10 Girls**

**Have you checked out the new Bearcats website? Go to.....  
www.westbearcats.net for all your club information**



Our club took over the running of the Friday night Aussie Hoops Programme at the beginning of school term four last year at the Port.

On the 12th of December 2014 the West Adelaide Basketball Club held its first Aussie Hoops presentation for our sixteen young participants.

Our afternoon celebration was a huge success. Maddy Wormald and Keeley Pearce from the Women's Premier League team afforded their time to congratulate and give certificates to all of our Hoopsters.

Thanks also to Shayne Kaesler (our co-ordinator) for his commitment to ensure our little ones receive the best in the West!

This year the numbers are great again, with many players either returning to Aussie Hoops, moving on to join our club in the district competitions or into our West Adelaide run domestic league teams.

The club now also runs Saturday morning sessions with two new coaches (Grantley Mildenhall, Olivia Wormald & Chelsey Warnest) joining our Aussie Hoops family.

**Georgia and Keon Doecke**



## ABA/Premier League MILESTONES with West Adelaide

17/4	Kate Sheirlaw	100 games
2/5	Sky Langenbroek	100 games
25/7	Meg McLeod	100 games
4/7	Danny Phillips	150 games
27/6	Anthony Spadavechia	200 games
28/3	Blake Truslove	250 games

# BEARCATS IN THE USA

## JOEL SPEAR

### Southern Origin University

This season I was a part of school history. Not only did we make the NAIA National Tournament, we managed to survive and advance to the Elite 8, where we were beaten by the number 2 team in the nation. Going into the tournament we were ranked 21st and had a really tough bracket schedule, but we managed to upset some teams during our run to the elite 8. Making us the second team in SOU basketball history to achieve it. We also broke the school record for 'most wins in a season', and managed to set the new 'best winning record' in SOU basketball history (26-10). To say the least, this year has definitely been the best year yet of my college career. I started all 36 games, shot 55% from the field, 37% from 3pt, averaged 7.3ppg, 3.1apg and 3.1rpg

On the academic side of things, I have a cumulative GPA (grade point average) of 3.57 and am on track to graduate at the end of my senior year with a major degree in Business Management and a minor in Health and PE. During the year I was named 2015 NAIA Academic All-Conference, and was named 2015 NAIA Daktronics Scholar- Athlete. Besides missing the family, I'm really enjoying my time over here in the U.S, and I can't wait for my senior year to begin!

## PATRICK CIGANOVIC

### Mount Marty College

I am just returning back to Mount Marty after enjoying my spring break in the Black Hills of South Dakota.

After having a tough year on the court I'm getting prepared for a hard off season which consists of lifting and individual workouts 5x per week. Looking forward to returning home in early May.

## PATRICK THOMAS & TOM KUBANK

### Lake Region State College

Season is over with now, we ended up finishing 3rd in our conference and losing second round in the playoffs, which was disappointing. We ended up on the year 24-7 so the team and coaches were proud of our efforts, any 20+ win season is something to be proud of. As of right now we are both heavily into our school work, trying to finish off the year with as best grades as we can. We are both also heavily involved in off-season workouts which include on court and in the weight room, twice a day. We are both very much looking forward to getting home in around 50 days to put back on the red & black and represent bearcats again!

# BEARCATS IN USA – UPDATE

## Congratulations to BEN RENNIE

"Lake Region State College is excited to announce that 6'3 guard Ben Rennie from Adelaide, Australia has committed to be a Royal next year!" Ben departs in August and will join fellow Bearcat Tom Kubank and Woodville's Ryan Clark.

## PATRICK THOMAS

Heading to University of Mary in Bismarck North Dakota

"Less than two weeks on the job, University of Mary new head men's basketball coach Joe Kittell has signed Patrick Thomas to play for the Marauders and continue his education at Mary. Patrick played for Joe Kittell at Lake Region State College for the past two seasons."

# NEWSLETTER INFORMATION

If you have any club or team information, photos or ideas that you would like to be printed in the Newsletter, send them to









**darrelsimmons@yahoo.com.au**









## PREMIER LEAGUE 2015

After starting the season slowly in the absence of two starting 5 members (Anna Carbo and Rachel Herrick), the Bearcats' Premier League Women have fought their way into the final five by mid-season and will be looking to secure a finals berth over the next month. The Men, meanwhile, have had another consistent season and are again entrenched in the top five, with a commanding win over ladder leader Woodville indicating the Bearcats will again be a premiership threat. You can keep up with the fixture for the run home and all the Premier League scores on the Bearcats website at [www.westbearcats.net](http://www.westbearcats.net)



\*\*\*PLAYER SPONSOR IN RED

	<b>#3 Kate Shierlaw</b> <b>WABC U12 BOYS</b> A post that plays with the quickness of a guard, plays her 150 <sup>th</sup> game this season
	<b>#4 Maddy Wormald</b> <b>BIRKENHEAD TAVERN</b> A junior guard starting her first Senior season, a great shooter and natural scorer
	<b>#5 Sky Langenbrinck</b> <b>ANYTIME FITNESS</b> Last year's Bearcat medallist, her fitness and drive is second to none, Plays her 100 <sup>th</sup> game this season
	<b>#6 Ashlea Vordermaier</b> <b>BOB HUNNERUP</b> Returns after a season off. Ashlea is the Bearcats record holder for all time steals
	<b>#7 Alice Gee</b> <b>OLD PORT ROOFING</b> A talented Point Guard and great shooter, also the most games played for the Bearcats
	<b>#8 Stana Zecevic</b> <b>DULUX ACRATEX</b> A strong post player with a great mid-range jump shot, She plays her 100 <sup>th</sup> game this year
	<b>#9 Emma Weidemann</b> <b>REVOLUTION ROOFING</b> A strong guard that can challenge any defender, Last season's Youth League MVP
	<b>#10 Trudy Holland - Team Captain</b> Trudy leads by example and is a hard working player that has the team's best always in her mind <b>WABC U16/1 GIRLS</b>

	<b>#11 Alana Nairn</b> <b>CORE CONDITIONING</b> Returning from a season ending knee injury this year, a dominate post with a great shot
	<b>#12 Keeley Pearce</b> <b>PKI SOLUTIONS</b> Current State Under 20 Player, great shooter and defender
	<b>#15 Beth Heaft</b> <b>PLYMPTON VET CLINIC</b> A strong, young post that finishes well around the basket
	<b>#20 Meg McLeod</b> <b>RED DOOR BAKERY</b> A smart point guard that moves the ball really well in transition
	<b>#21 Anna Carbo</b> <b>WALCO COVERS &amp; LINERS</b> Spanish import that can do it all on the court, will return to the Bearcats in April
	<b>#23 Rachel Herrick</b> <b>CENTREPOINT</b> A big (really big) post with WNBL, national and international experience
	<b>#24 Tahlia Fejo</b> <b>THE PORT CHURCH</b> A very quick guard with a great scoring touch from anywhere on the court
	<b>#25 Ashlee Gould</b> A smart guard with a good outside shot and a patient head on offense <b>PREMIER LEAGUE WOMEN'S COACHES</b>



Earlier this year the Bearcats Premier League Mens program teamed up with City Holden Used Cars to create a partnership which enables City Holden Used Cars to generate some additional exposure within the basketball community and in return provide our Premier League mens team import – David Sturmer with a vehicle to use while he is fulfilling his playing obligations with the club.

We would like to sincerely thank Mark Callins, Group Communications & Business Development Manager at City Holden for his support and passion to come up with a partnership solution for the BEARCATS and we look forward to continuing our relationship with City Holden into the future. If you are in the market for a used car, please contact Mark and the team at City Holden, mention you are from the BEARCATS and I am sure they will do their best to look after you.

City Holden Used Car Contact Details  
website: [www.cityholden.com.au](http://www.cityholden.com.au) Ph: 08 7007 0260





# WEST ADELAIDE BEARCATS

Port Adelaide Recreation Centre – 50 St Vincent Street, Port Adelaide,

*"South Australia's Most Successful Basketball Club"*

## 2015 BEARCAT MIDYEAR CARNIVAL

The 9th Bearcat Midyear Carnival will be held Thursday 9th – Sunday 12th July at Port Adelaide Rec Centre and other stadiums as required.

The carnival has grown from ideas, hard work and persistence of a small group of people who were determined to see a mid-year carnival available to all teams below Div 1 that was local, accessible and importantly fun for all involved and providing a development carnival for young referees.

From humble beginnings in 2007 with 35 teams (mainly West Adelaide) and using just the Port Adelaide Stadium, we are now a permanent fixture on the state's basketball calendar with about 130 teams registered so far this year (including social and school teams) and utilising 4 stadiums.

The carnival is a major fundraiser for the club – funds used to purchase training aids and assist with junior players and coaches' development

How can you help?

- Volunteers needed during the course of the carnival to assist with manning the stadiums, BBQ and coffee
- Sponsor trophies, donate a raffle prize or goods for the BBQ or coffee

**IF YOU CAN ASSIST PLEASE CONTACT EITHER**

**Gabby Daddow 0409 412859 or**

**Julie Warnest 0430 175014 after 6.30pm weekdays**

For more information go to

**Website : [www.westbearcats.net](http://www.westbearcats.net)**

**Email : [carnival@westbearcats.net](mailto:carnival@westbearcats.net)**

**BEARCATS 2015  
MID YEAR CARNIVAL**

**THURSDAY 9<sup>TH</sup> - SUNDAY 12<sup>TH</sup> JULY**

**FOR MORE INFO OR TO  
NOMINATE YOUR TEAM GO TO:**

website: [www.westbearcats.net](http://www.westbearcats.net)  
e-mail: [carnival@westbearcats.net](mailto:carnival@westbearcats.net)



**BEARCATS  
BASKETBALL**

## Presidents Note

### Hello Bearcats,

Well it's been just over 6 months now since I have been appointed to the role as Club President. To say that six months has flown would be an under-statement, so much has happened and so much learning by myself and the other new executive committee members has taken place.

From a personal perspective I would just like to say what an honour and a privilege it is, to be the President of the West Adelaide Basketball Club. A club that I played and coached at myself as a junior and senior player for over 15 years and a club that my family has been heavily involved in for well over 20 years.

At the Premier League Season Launch event in March I presented our previous president Ian Walsh with a small token of appreciation, as I did for Peter Shattock our Treasurer, John Pearce our previous JLG chairman and Steve Wormald our club workhorse (there is not too much Steve doesn't get involved in or help out with). All these individuals had long periods of service on our club executive committee and again I would like to pass on my thanks to them for their dedicated service to the club over many years.

Much has happened in the past 6 months, we have had players and coaches represent our club at state level, we have had players attend overseas colleges, new players about to commence on these journeys, we have had some sensational individual club milestones reached from a Premier League perspective, we have had teams represent our club at the state champs and then again at interstate carnivals, we have also sadly had to say farewell to Keith Miller one of the founding fathers of our great basketball club.

We also had the opportunity to acknowledge junior players who have played extended periods of time with the club at our Premier League Season Launch, these certificates were presented by our Premier League Captains Trudy Holland and Anthony Spadavecchia.

We welcomed a new Premier League Women's Coach in Glenn Shaw and three new executive Team Members Tim Brenton, Geoff Dodd and myself. I would also like to take the opportunity to thank existing executive team members Sue Porter (Club Secretary), Darrel Simmons (Seniors) and Shayne Kaesler (U/10's and Starter Programs and much more) for helping the new members of the committee settle in and provide us with plenty of background to what has been happening.

### Now to the future.

My vision is to lead this club to provide the best and most fulfilling experience for families and players from a basketball and basketball community perspective in the Western Suburbs of Adelaide. To achieve this we need to run this club like you would a family business, with our financial sustainability being a critical element that will underpin our future success. The executive team and I also want to make this great club a powerhouse as far as being competitive on the court goes. At the moment I have to say from a juniors perspective (and I speak generally here) we are not where we want to be, but we have a plan which we believe will start to deliver us that on court success in the future, which our great club has been renowned for in the past.

I look forward to sharing this plan with you, which starts with some changes to the design of our club structure. We want as many people as possible to play a role in making this club a great place, so don't be shy, put your hand up and help to take us where we want to be.

That's all for me now – all the best to all our junior and senior teams as we start to prepare for finals and a big thanks to Gabby Daddow and her hard working team of volunteers who run our "BEARCATS Carnival" which will have a record number of teams entering this year. Thanks also to all the Senior and Div 1 teams who have pledged their time to volunteer to help make this year's carnival a success.

***All the best and, once again, don't be shy, come up and say hello!***