

WEST ADELAIDE BEARCATS

NEWSLETTER - APRIL 2014



50 St Vincent Street, Port Adelaide SA 5015
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DENIS JONES

Q/ Many people around the club only see you from 'afar', that is, from another court and 'hear you bellowing instructions. Is this because those who talk softly are not fully 'heard' and end up having to repeat themselves?

A/ *It is my unique style. Unchanged in over 40 years apart from the quiet talk to the player on the bench after having bellowed at them on the court.*

Q/ You have "mellowed" greatly over the past few years and the volume has dropped. Is this because the stadium is quieter, Denis is quieter, or a change of tactics?

A/ *This is due to becoming a "Senior Citizen" where a more diplomatic role is called for.*

Q/ We 'jointly' coached an U18 Girls team some time ago where the 'hard' approach would not be successful, but unfortunately the 'soft' approach was not successful. How frustrating was this?

A/ *Bloody frustrating. Often players have latent talent and need some 'coaxing', while with others a 4x4 (timber) approach seems to work wonders.*

Q/ What do you watch on TV when not coaching?

A/ *"Rake" - a brilliant show, and "Janet King". Both shows with fantastic Aussie acting talent. Also watch basketball, but no Foxtel available at home though.*

Q/ A few years ago you took on the role of WABC Junior Girls Coaching Director. This was a very tough time for the club where numbers and talent were 'thin'. You 'reinforced' the Club policy that West would always have a Junior team in Div1 where possible. At the time, both the Exec Comm and yourself were subject to some flack. Given the current much stronger program must give you some sense of personal satisfaction?

A/ *Very pleased to see many of those girls still progressing into higher levels. Some are playing and coaching and are great ambassadors for the club.*

Q/ What is your favourite Red wine?

A/ *"Noon's" Great local McLaren Vale Winery, especially their Reserve Shiraz.*

Q/ Does it taste better after a win?

A/ *Of course, even after near misses and total wipeouts.*

Q/ Have you followed technology and joined FaceBook or Twitter now?

A/ *Daf is on FaceBook so I follow her.*

Q/ How long have you been with Daf?

A/ *A very long time.*

Q/ Daf has obviously been great support with your coaching and has been often seen at games and Junior Trials taking Stats, Notes and thoughts. Has she ever considered a coaching position?

A/ *"Never - I Repeat Never" - signed Daf.*

Q/ You ran the Peterborough Hotel for a while. How long was this?

A/ *Five long years. An interesting experience where we met some great people and a few ferals.*

Q/ Any great 'characters' you met during this time?

A/ *Some 'Pollies' of course, but the most enjoyable times were when the "Variety Bash" came to town and the fantastic work they did with the kids.*

Q/ What was your employment prior to this job?

A/ *Instrument/Electrical Supervisor at Mobil Adelaide Refinery.*

Q/ Enjoyment -- Apart from trying to 'upset' Bob Hunnerup by continually applying for his coaching position, what do you do for enjoyment?

A/ *Coach basketball of course and looking after chickens, alpacas, sheep, pony, dog, kookaburra's, parrots and doves. They all need feeding and we grow most of our own veges.*

Q/ How did you get involved with West and how long have you been involved?

A/ *When eldest son, Luke started with West I watched and thought that this coaching caper has got to be easy. many years later how wrong was I. However it's been a great journey with many highlights over 40 years.*

Q/ When did you first coach at West and when did you first coach SA state teams.

A/ *Started coaching U12 Div2 boys when West first moved to the old Bowden Stadium. Started State coaching in 1986 with U16s at Mt Gambier.*

Q/ What were greatest successes coaching West and/or SA

A/ *Twice SA Junior Coach of the Year. Won U12, U14 and U16 State Champs and twice came second in State U16 Boys.*

Q/ Who are the best players you have coached or been involved with?

A/ *Brett Maher, Phil Rennie, Tim Brenton, Chris Blakemore and Laura Hodges (nee Summerfield).*

Q/ I don't suppose that you went to see the Rolling Stones or the SoundWave concerts? What music do you listen to?

A/ *Kenny Rogers, Neil Diamond and trumpeter James Morrison.*

Q/ There must have been many funny moments over your career. Can you share a few with us?

A/ *Too many to mention*

Q/ You were awarded Life Membership of West Adelaide some time ago and were justifiably elected into the Hall of Fame. It was a fantastic night and you must have been proud to be part of it?

A/ *West Adelaide Life Membership was awarded in 191 and Junior Life Member of BASA (after many, many years on BASA Junior Committee which usually tested ones sense of humour)*

Q/ Thanks for your time -- It wasn't so hard was it, but did you respond to these questions or leave it to Daf to respond on your behalf?

A/ *"No, he answered, I just typed" -- Daf*

MY COMMENTS...

I am been honoured to have known Denis (and Daf) for a number of years. My first memories were of the days before they took over Peterborough Hotel and the young boys on court 3 would stop training when somebody on Court 1 made a mistake and Denis 'let them know about it'. His passion and commitment could never be questioned.

After 40 years of coaching West teams, I thought that it would be interesting for myself and others to learn some more about the man.

Denis is well respected throughout basketball 'circles' and the Bearcats are fortunate that he has put so much time into the club and the game of basketball, earning great respect along the way.

Darrel Simmons

MORE COMMENTS ABOUT DENIS ARE ON PAGE 3



LINERS AND COVERS

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"Denis coached me from 11 years of age, 30+ years ago. Like a nice red wine, he has definitely mellowed in age. For some of you hard to believe, but he definitely has...."
Phil Rennie

"Denis Jones is the epitome of what the term "Coach" is. Regardless of the team he gets to coach, his mandate is always about the improvement of the kids. He is not only a loyal Bearcats man, he is a club institution!"
David Spear

"I was fortunate enough to have Denis coaching me for 5 years (U12-U16 boys). Coach Jones was always tough, but fair in making sure we had all the fundamentals to succeed. I credit him with a lot of things I try to pass on to my players today. Once I even saw him smile, so maybe he passed more on to me than an understanding of the game!"
Shayne Kaesler

"I can remember when Denis was coaching my son in U16 Boys. Denis scheduled 8:00 am training on Mother's day and I asked if he was going to bring out flowers for all the mother's in the team. Low and behold on that Sunday Denis had flowers for the Mother's in his team. Denis put them on Court 1 score bench and said "there you are". Memorable moments of Denis there are many."
Sue Porter.

"Coach Jones has been an absolute rock for this club and I marvel at the continued improvement I see in his players from their first session with him to when they leave his care."
Peter Ali

PLAYER PROFILE - KEELEY PEARCE U18 STATE REPRESENTATIVE

Years of playing basketball: 8
Favourite food: Schnitzel & Gravy
Favourite drink: Orange Juice
Interests outside of basketball: Netball & catching up with friends
Best basketball moment: My first game of CABL Women for West
Favourite music / band / artist: Katy Perry
Favourite movie / TV show: Frozen and Remember the Titans
Biggest basketball influence: Tank
My advice to junior players: Dream, believe, achieve
In the future I want to be: a teacher
How many hours do you practice per week: 8.5 plus individual work



SUBSCRIPTIONS FOR PLAYERS FROM MARCH 2014

We have been very proud to have been able to keep our season subscriptions as low as possible and have not increased them since the Winter season of 2003 – over 11 years ago.

However, like everyone, our costs have been steadily increasing. For example, some of our larger costs are now:

- Court Hire
 - o hourly rates range from \$24 to \$50
 - o total charges last year were nearly \$60,000
- Basketball SA, Basketball Australia & insurance levies – new season levies are:
 - o Under 12 players - \$17-35
 - o Under 18 players- \$23-75
 - o Over 18 players - \$30-15

It has been discussed at length by the Executive Committee and it has been agreed to increase player subscriptions, which will now be as follow:

Season	Under 10 (50% rebate)	Under 12 (25% rebate)	Under 14-23	Senior
Winter (March to September)	\$165-00	\$247-50	\$330-00	\$137-50
Summer (October to February)	\$82-50	\$123-75	\$165-00	\$137-50

Invoices for the coming Winter season will be posted in late March and we ask that payments be made by the due date on the invoice.

Part payments are more than welcome and we are happy to have the fees paid by instalments that meet individual budgets, but we just ask that those part payments commence early in the season so that there is no outstanding balance by the end of the season.

Peter Shattock
Treasurer

PLAYER PROFILE - MICHAELA LAPPIN U20 STATE REPRESENTATIVE

Years of playing basketball: 13
Favourite food: Grapes
Favourite drink: Chocolate thick shakes
Interests outside of basketball: Watching the Vampire Diaries
Best basketball moment: Getting the opportunities to travel around Australia and America to play basketball
Favourite music / band / artist: Rudimental
Favourite movie / TV show: The Vampire Dairies
Biggest basketball influence: My basketball team inspires me to achieve greatness
My advice to junior players: Listen to your coach and keep practicing! (I hope my under 12 div 3 girls are reading this!)
In the future I want to be: A primary school teacher because I love working with kids
How many hours do you practice per week: When practicing for the national tournament it can average around 10 hours



PLAYER PROFILE - CHLOE MARTIN

Born: 9.2.06
Age: 8
Playing #: 41
Started playing: Age 6
Position: Everywhere
Favourite team: 36ers
Favourite player: Jason Cadree
Favourite band: One Direction
Favourite Holiday: Queensland
Favourite drink: Lemonade
Favourite car: Holden
Favourite food: Cucumber
Best movie: Despicable Me 2
Why did you start playing Basketball: My Dad played.
Hobbies outside of Basketball: Gymnastics, Bike Riding.
When I grow up I want to be....Just like my mum



Under 12 Boys (mixture of Div 3,4,5) RUNNERS UP IN THE ST CLAIR CHRISTMAS CARNIVAL

Coached by Lachlan Coppick and Grantley Mildenhall (assistants Mitch Squire and Lachlan Haufe)

The Under 12 boys have come a long way since last year where they were being beaten by massive margins, and a lot of this team had experienced almost a full year of losses, so it was a great achievement to finish so successfully, only loosing by about 6 points to a very strong team.



COACH PROFILE - Maddy Wormald

D.O.B - 5/4/96

Currently playing - U-23 Div 1

Favourite food - Chicos

Favourite drink - Vanilla Milkshake

Biggest crush - Ian Somerhalder (the Smolderholder - Vampire Diaries)

Biggest influence on your game - my junior Bearcat Coaches

Favourite Player - Keeley Pearce

When did you start playing? - West u-10's in 2004

What do you like about the Bearcats? - close-knit family Club, wouldn't want to be anywhere else

Best moment - shooting a buzzer beater 3 to beat Sturt by a point in U-14's

Best part about coaching U-10's? - such a good group of girls, seeing them improve so quickly and enjoy basketball as much as I do is very rewarding. They make me feel better about my game coz they're short enough to shot reject.

Best thing about basketball - the friendships you make

Club you love to hate? - Why even ask? STURT..!

What some of the U-10 girls said about Maddy

Grace - Maddy is a good Coach because she's a good player

Chloe M - she's a good Coach because she's a girl and she's friendly

Coco - she teaches lots

Ashlee - she's fun

Chloe P - fun, nice, good shooter and dribbler

Mia - because we like her

Abbie - she's nice

Sienna - she's funny and smart



COACH PROFILE - Grantley Mildenhall

D.O.B - 29th September 1998

Currently Playing - under 18 Div 2

Favourite food - Bananas

Favourite drink - Chocolate Milkshakes

Biggest crush - Who said I had one ;)

Biggest influence on your game - My coaches from the past, David Gould, Mark Davis and Rahiem Brown

Favourite player - Michael Jordan, but currently Daniel Johnston and Mitch Creek

When did you start playing - Started Aussie Hoops at age 4 but didn't get into District until age 7 at Bearcats

What do you like about the Bearcats? - The history of the club plus the coaches and their focus on making your game better

Best moment - Representing South Australia at SACS and hitting 11 threes in one minute to be national under 15 three point shooter champion for the SACS games.

Best part about coaching under 12's - Watching my under 12s playing the game they all know and love plus watching them improve, not just on the court but off the court

Club you love to hate? - Obviously STURT... who doesn't?

What some of the under 12's said about Grantley

We want to grow up and play like you. Parents can't believe the confidence they are showing as someone has belief in their sons and loves the game just as much as he does..



MEN'S UNDER 23 3'S TEAM

After winning the St. Clair carnival, the Men's Under 23 3's team decided to enter in the Gawler carnival over the Australia Day weekend.

Upon arriving for our first game late on the Friday night, we played a Norwood team which would challenge us early before we ran out to a convincing double digit win. As a team, having not played since the previous carnival, we appeared shaky at first but shook the cobwebs pretty quickly.

the following day we played 2 games, both against Central districts squads, resulting in a draw first up followed by a good team win.

Blue Army was next, which was a team stacked with Under 23 Division 1 and ABL Reserves level talent. We started on a 16-0 quarter time lead but the star power and bigger bodies of the Blue Army proved too much despite our excellent display of team work and courage. Sitting on 2 wins, a draw and a loss qualified us for the finals.

In our final game, we played the Centrals team we drew with earlier, came out and found another gear and won convincingly by over 20 points in a fantastic display of West Adelaide Basketball to clinch the trophies and come home winners.

Team members - Troy, Nathan, Aiden, Turean, Mathew, Harry, Viv, Gorjan, Sam and Rhys - coach. *Written by Viv Davey*



STAR Plex carnival - U16 boys team



Our U16 Div 1 boys team entered into the STAR Plex Carnival 24-27/1/14, and were undefeated through all of the 6 games (minor rounds and finals) they played, winning the Grand Final 58/35 against Murray Bridge.

They played against Centrals, Murray Bridge, Norwood and Riverland teams,

before again facing Norwood in the semi final, and Murray Bridge in the grand final.

Murray Bridge had won 4 out of their 5 games in the lead up to the Grand Final game against West.

The following extract is taken from an article written in The Murray Valley Standard newspaper on Tues. 4th Feb. 2014, and is written from the perspective of their grand final opponents - "Bullets" from Murray Bridge.

First encounter - "After a hard fought win against Norwood, Bullets had one win under their belt and were ready to take on West. In the second game on Saturday morning Bullets took on a strong opponent, West dominated, their defence was tight and offence undefendable at times. Bullets showed great strength and determination however West pulled away to take the win 38 to 24."

Grand Final game - "On the Monday afternoon, Bullets were ready to play. West had also won their semi final and again Bullets had to face their hardest opponent. Unfortunately over night the team had been affected by gastro, we had one player out all together and two who were unwell but able to play. Although Bullets were undermanned they fought on. (they didn't mention in the article that West were in exactly the same position due to the affects of gastro over night!).

West's offence was impeccable and their three point shots continued to separate the scores. Although West won 58 to 35 in the words of their coach - the boy's performance was outstanding. Bullets had taken on a formidable team such as West who competes in division one district."

Well done boys.

Cheers

Kevin & Jill Doecke, m: 0419 039 638

U16 D1 boys team manager.

2014 EXECUTIVE COMMITTEE PROFILE

Sue Porter – Life Member – Club Secretary for approx 13 years. Thankless job of nominating, then updating team lists, training courts and schedules, plus liaising with BSA regarding all Senior & Junior teams etc. Mother of former and current players, plus great club supporter.

Darrel Simmons – Life Member – Senior Div Basketball Manager. Numerous roles with Exec Member over 13 years and coached numerous Junior teams (incl Youth League). Member of WABC Traditions Committee and JLG

Shayne Kaesler – Life Member – Very successful career as Senior coach (incl ABA Assistant), & player and current Junior Girls Coaching Director. Also U18 D1 Girls Coach. Member of WABC Traditions Committee

Ryan Flynn – Life Member – Long-time Senior Mens player and coach finally rewarded with a well-deserved flag in Winter 2013. Recently joined Exec Committee. Always assisting around the club and will continue role of arranging bar-staff and support for ABA nights.

Steve Wormald – Former player and back at the club in many roles with 2 daughters playing. Co-ordinates the upstairs bar and heavily involved with both Junior & Senior programs, be it sponsorship, or assisting his daughter who not only plays, but coaches our U10 girls. Member of JLG & WABC Traditions Committee. Very Pro-active with dealing with WABC/BSA 'issues'.

John Pearce – Co-ordinator of JLG (Junior Leadership Group) after being involved with club for 8 years. Always willing to assist Coaching Co-ords with any problems and often sorts Junior problems prior to the becoming "too" serious. Exec Comm Member for approx 4 years.

Peter Shattock – "Outgoing Club Treasurer" & Life Member – after approx 11 years, Peter has decided to resign from Exec and the role of Treasurer. When Peter first took on role (after many previous club Treasurers quickly exited), it was discovered that some players had not been pursued for fees for some time, so they continued to play. With this figure growing larger, Peter suggested to the Exec Comm that a "No-Pay, No-Play" policy be implemented. Some parents were questioning why the pay full fees while some parents were "ripping off the club"? This was

the policy of most of the successful BSA clubs, and the new policy saw a few players leave, but also saw the club 'escape' a potentially serious financial problem. Once the whole club embraced this policy, it saw things begin to turn around. It was hard for a 'coach' to advise a player (espec hard if they were a first 5 and important player) that they could not play until fees were paid. This tough call has saved the club from big embarrassment and has become the 'accepted' standard from the club. Peter has 'resigned' from Exec Comm, but is continuing in the role until a "suitable replacement" be advised of the role.

Ian Walsh – Out-going Club President & Life Member – Ian joined the Exec Comm at the same time as Peter Shattock. Little did either of them (or the Exec Comm) realise the financial situation that the club was heading into. Ian steadied things and has probably been the longest-serving President of WABC. It is without doubt that he is by far the longest serving member of BA (Basketball Adelaide). While BSA (Basketball South Aust) 'runs?' basketball in South Australia, BA comprises the Presidents of the 10 District ABA clubs, which is independent of BSA and tries to keep them in line. Ian is by far the longest serving Club President on this group and tries to maintain their influence within the future of basketball within our state. Ian has 3 sons who have all played a great number of senior & junior games for West and is continuing in the role of Club President until a suitable replacement be found.

The club is always seeking volunteers to join committees, be it Exec Committee, JLG, Sponsorship & Fund-raising, or Senior Group Committee. If you can spare either Time, Assistance, Knowledge or Experience, please contact us.

Regards, Darrel, 0418856932

"All" WABC Bearcat players - Junior & Senior are entitled to a 'free' "BEARCAT FAMILY PASS" to all ABA home games
Please contact Team Managers or the Club if you have not yet received yours

"FREE THROW FOUNDATION"

A group of dedicated and well known supporters of South Australian Basketball, have formed a "committee" to assist more children/youth get involved in our fantastic sport.

They are 'new' on the scene, but already making an impact and run fundraisers (lunches, raffles etc) to raise money for this cause.

Among this group are WABC Bearcats Hall of Fame Member David Spear and former Bearcat ABA Women's and Adelaide Lightning Premiership coach Vicki Valk.

Below is an explanation of this organisation, so please be aware of the Free Throw Foundation and support it where you can

Regards, Darrel

The Free Throw Foundation has been created to help break down the barriers to participation and enable the youth of South Australia to participate in the sport of basketball. Our role is varied and may not necessarily be defined by just providing financial assistance. The Free Throw Foundation exists to serve underprivileged youth, to create opportunities to succeed, not only at the highest level, but at all levels. Our role is to contribute to the development of those young individuals throughout the state by providing a pathway to fulfil their dreams in our sport. We recognise diversity in all its forms, family circumstances and within a case by case basis.

Our role is not to make decisions on talent or the potential of the athlete, but to consolidate all of the relevant information to make the best judgments we can, with the information we have and the resources we have available.

David Spear
Managing Director
Gladstone Consultants
Board Governance Specialists

U/20 Nationals were held in Kalamunda, Western Australia from 16th through to 22nd February.

West Adelaide had three players representing the club in Ben Rennie, Tom Kubank & Brandon Gleaves. The tournament is a little different that lower age group tournaments in that it is strictly State Teams, meaning No Country Teams compete, as they are all as one team combined.

South Australia competed well against every state and in fact was the team who come the closest to eventual champion, Victoria. All the boys competed strongly during the tournament with South Australia tiring in the Bronze Medal game finishing fourth. Still a solid effort considering our tallest player, was the small forward size in most other teams.

Both Tom & Ben have been selected to play for the Bearcats in the senior CABL team. The season starts on the 15th March and I am sure both the boys look forward to playing the bigger bodies. Brandon, unfortunately has decided to leave West Adelaide and play with Southern Tigers. His decision is a logistical one only and we wish Brandon all the best with his new club.

Michaela Lappin represented West Adelaide in the U/20 Women's team in February where South Australia finished 5th after beating New Zealand 73-69 in the playoff for 5th. Michaela had to play the large part of the tournament as a point guard after both point guards were injured. Her natural position is forward / centre. Despite this she averaged Michaela averaged 5.7 points, 3 rebounds & 1.3 assists per game in just over 16 minutes per game. She also had less than a turnover per game, which is a pretty good effort for playing out of position.

The U/18 Boys is the next being held in Canberra from the 10th through to the 17th April. This team is coached by David Spear (club legend) and 2 players have been selected in this team in Akol Deng and Will Gleeson-Pongrac. We wish them all the very best in there coming tournament.

Keeley Pearce will be representing West Adelaide in the U/18 Girls nationals in April. Keeley is also a member of our senior CABL team and is looking forward to an exciting season ahead. We wish Keeley all the success in both her state & club representation.

JUNIOR COACHING PROFILE – MORGAN TRELOAR MORGAN TRELOAR & TILLY RAYNES



Tell us about your playing career

Playing for West Adelaide has been an incredible learning experience and a really integral part of my decision to take up coaching. Throughout most of my playing years, we didn't have the strongest team. We were a bunch of girls who loved the game, but at times, were the only eight girls representing the club at our age

group. We had plenty of extreme coaches and a few really dedicated ones. Over the entirety of my junior playing career, I had something close to 15 different coaches. What really stuck with me was the coaches that quit mid-season, it is the most horrible feeling and I swore to myself when I took up coaching that no matter how difficult things got, I would never do that. I still play currently in Youth League for West.

What got you into coaching?

I first took up coaching when I was around 13. My dad was coaching under 12 division three and I loved going out to help him. I then started doing individuals with Tilly (Tilly Raynes) and that really showed me how you can develop such a close bond with the players you coach, this is one of the best things about coaching. The next year, Alice Gee (current CABL Women's player) asked me to come and sit on her under 12 division one bench and help her out as the assistant coach. I was so worried about whether I had what it took, but I loved it from the very first moment. You learn on the job, it's not as difficult as you might think. From there, we took two teams to Classics together and then eventually I got to take over Alice's role as the head coach.

How did your first head coaching role go?

The highlight for me that year was beating Forestville (it was the first time some of the Forestville girls had been beaten in their entire playing career). We went on to Classics and came tenth which was one of the highest results from a West Adelaide girls team in years. We finished as runners up in the winter season which was a great experience for all of us involved. Additionally during the year it was wonderful and such a lucky opportunity for me to be able to work with Tracy and Russell York. They supported me so well and I learnt a huge amount from both of them.

What are you currently doing?

At the moment I have just started working with the NITP Elite Girls program and will also be going out to Under Sixteen girls state in a development coach role and I could not be more grateful for those opportunities. For West, I'm currently coaching the under 16 division two girls.

What do you enjoy about coaching?

Coaching is quite possibly one of the most rewarding things you can choose to do with your basketball knowledge. It's a goose prickling moment to see a player do something that they never thought they could do. When they turn around to look at you with a look of complete awe, I promise you that that is a moment you will never forget.

My love of coaching has also helped me into my chosen career and I am currently studying a Bachelor of Education at the University of South Australia

What about life away from basketball?

Aside from basketball and Uni there isn't really too much time but I do have a part time job at Rheinland Bakery (We use fresh cream - come and visit!) and I love doing anything adventurous! I played the violin in primary school and some of high school, but that's rather embarrassing. I love scary movies and I cry in pretty much any movie remotely sad. My mum cried in 27 Dresses though so that makes it okay because at least I only cry in sad movies.

What advice would you give to those thinking of getting into coaching?

If I could give one piece of advice to anyone out there within our club about coaching, it would be not to dismiss the idea because you don't think you have the knowledge or the skills to be able to work with children. I don't believe anyone ever stops learning as a coach and I think if you have, you might be doing something wrong, because every scenario that presents itself is different.

Coaching rewards you on two levels, you help others to learn about the game, but it also helps you to build your own game. I find myself doing the things I teach my players more and more in a game. Give it a go! It is the single most rewarding thing you will do with your basketball knowledge I promise.



Seven West Adelaide under 14 Girls were selected to compete in the Southern Cross Challenge held in Melbourne during the January school holidays.

They competed against teams from WA, ACT, Victoria Metro and Victoria Country.

The competition was very tough with each team winning a couple of games. It was a great experience for the girls and they were able to make some new friends and have some fun along the way.

*Back row: Staci Kennedy, Molly Whitmore, Elizabeth Williamson, Tayah Rennie
Front row: Mikayla Sheffield, Paige York and Zali Turner*



In November 2013 we were privileged to have former 36ers player Mark Davis (Chairman of the boards) to run a training for the under 12's (all teams) with the coaches and also another guest former ABA player Paul Robinson. All boys were in awe and learnt so much from him and had the opportunity to have a group photo and some had individual ones and signing of stuff too. All in all a great morning for all..... Thanks



2014 SEASON

DATE	TIME	TEAM A	TEAM B	LEAGUE	MATCH KEY
15/03/14	18:30	West Adelaide Bearcats	Eastern Mavericks	2014 Central ABL Women	108379casizono
15/03/14	20:15	West Adelaide Bearcats	Eastern Mavericks	2014 Central ABL Men	108469mukalaka
29/03/14	18:30	West Adelaide Bearcats	South Adelaide Panthers	2014 Central ABL Women	108389xuduzogo
29/03/14	20:15	West Adelaide Bearcats	South Adelaide Panthers	2014 Central ABL Men	108479yowicowu
12/04/14	18:30	West Adelaide Bearcats	Woodville Warriors	2014 Central ABL Men	108489gerixaxe
12/04/14	20:15	West Adelaide Bearcats	Woodville Warriors	2014 Central ABL Women	108399coburoru
26/04/14	18:30	West Adelaide Bearcats	Central Districts Lions	2014 Central ABL Women	108404seloseza
26/04/14	20:15	West Adelaide Bearcats	Central Districts Lions	2014 Central ABL Men	108494lejilefu
10/05/14	18:30	West Adelaide Bearcats	Southern Tigers	2014 Central ABL Women	108414subocezi
10/05/14	20:15	West Adelaide Bearcats	Southern Tigers	2014 Central ABL Men	108504sasileha
14/06/14	18:30	West Adelaide Bearcats	North Adelaide Rockets	2014 Central ABL Women	108428xopilako
14/06/14	20:15	West Adelaide Bearcats	North Adelaide Rockets	2014 Central ABL Men	108339nuwujaka
28/06/14	18:30	West Adelaide Bearcats	Forestville Eagles	2014 Central ABL Women	108441cuzowadu
28/06/14	20:15	West Adelaide Bearcats	Forestville Eagles	2014 Central ABL Men	108352rupacuno
19/07/14	18:30	West Adelaide Bearcats	Sturt Sabres	2014 Central ABL Women	108453noleruli
19/07/14	20:15	West Adelaide Bearcats	Sturt Sabres	2014 Central ABL Men	108364fanugexi
2/08/14	18:30	West Adelaide Bearcats	Norwood Flames	2014 Central ABL Men	108376lozecaxa
2/08/14	20:15	West Adelaide Bearcats	Norwood Flames	2014 Central ABL Women	108465pitufedi

Bearcats ABA Men 2014

Bearcats ABA Men have a huge hole to fill with 2013 Woolacott Medallist and Bearcat MVP, not to mention 36ers Key player Daniel Johnson looking for a challenge in Europe. Fellow 36er Jason Caddee is rumoured to be heading home to NSW in hope of a Sydney Kings offer.

However, 1 man's loss is another man's gain. This was not meant to be a 'Segway', but provides an opportunity to advise that Brendan Mann has replaced Paul Bell as Men's Coach as a result of Paul Bell resigning due to work commitments. Brendan has a fantastic NBL history and was WEST Assistant Coach (to Paul) before giving it away when he had a new addition to his family. Brendan will be assisted by another former NBL player with great experience in Graham Kubank.

The team has had an influx of new players due to departures and 'final' retirement of Adam Pearce. Keep an eye out for Sam Alberton (1st Year out of U18), Ben Rennie (State U20 player), Tyler McPherson (1st Year out of U18) and Tom Kubank (U20 State player)

Those at the game against North may have been surprised to see another new face on court. It was Jason Dawson who has travelled from Canada to play for the Bearcats and arrived earlier than expected. he is a very skillful player who will get more spectators to our games.

Add these to 2 new exciting prospects in Isaac Signal and Jordan Annar, with the experience of the ever reliable Anthony Spaddavechia, Blake Truslove, Danny Phillips, Josh Knight, Paul Rankin and Tristan Braithwaite and expect competitive games every week and upsets against those who think they have an easy game with DJ missing.

Bearcats ABA Women 2014

Similar to the men, our women have lost a couple of experienced players, but the upside is that Trudie Hopgood has concentrated on utilizing the talent from within the club from Junior program and extracting more from the "core" group with a great Pre-Season program. Added to this is the "New Recruit" on the bench in Bearcat Life Member and current U16 coach Shayne Kaesler.

It is great to see Trudy Holland back and her presence on the court will greatly assist the young girls, plus take some pressure off Kate Sheirlaw and Alana Nairn under the ring.

Stana Zecevic has been come across from Tigers with a point to prove and will be an asset and everybody is keen to see the continuing development of State U18 player Keeley Pearce. Unfortunately Amy Porter damaged a knee in pre-season and will miss the season. We wish her the best from 'another' serious injury.

Big things are expected from the 'core' of the team who have been together for awhile now, including Alice Gee, Brittany Winter, Meg McLeod, Sky Langenbrink, and another former CABL player in Lisa Craddock (nee Coleman) who has returned. Welcome back.

Please get out to Home games at Port each fortnight (and away games where possible) and cheer our teams on. Don't forget to give some applause to the Bearcat Juniors who are rostered on each week to be 'floor-wipers'.

DS

PLAYER/COACHES PROFILE - GRAHAM KUBANK

Nickname - Kuey or Far Q

Current team / age group - Coach U23 Div 1 & West Adelaide Men Assistant Coach

Height - 6'3

Playing position - Off guard

Junior & Senior background - Sturt Junior, All State Teams, AIS, Aus Junior Team, NBL, Illawarra, 36ers, Townsville Suns

Years playing - Too many

Years coaching - 18

Most enjoy about coaching - Seeing players develop

Least enjoy about coaching - The first hour after a loss

Best advice (given or received) - The harder you work the luckier you become / don't disrespect the basketball gods

Favourite player/coach (men or women) - Don Shipway

Why? - Rewarded hard work, backed his players and didn't bulls...t

Most important piece of advice for current players - Don't be a soft c...k

Favourite movie - Predator, 40year Old Virgin

Favourite singer - Alicia Keays

Favourite band - Dragon

Favourite food/drink - Steak/red wine

Training drill - Cut throat

Most yelled quote courtside - Box out!!!



PLAYER PROFILE - TRISTAN BRAITHWAITE

Nickname - Big Shot

Current team / age group - Senior Men ABL

Height - 184cm

Playing position - Guard

Junior & Senior background - Started playing for Southern Tigers at age 7, started playing ABL at 17 yo. State U16 & U18. Moved to West in 2011

Years playing - 21

Most enjoy about playing - The competition

Least enjoy about playing - Getting injured

Most enjoy about training - Team camaraderie

Least enjoy about training - Pre-season training

Best advice received as a player - Strive for greatness

Favourite player/coach (men or women) - Brandon Roy / Michael Jordan & Damian Lillard

Why? - Like their playing style

Proudest moment - Representation of State team

Favourite movie - Anchorman

Favourite TV show - Survivor

Favourite singer - Tupac

Favourite food/drink - Pizza

Favourite training drill - 3 point shooting

Most yelled quote from coach while on court - Get back in defence

Your advice to young players - Work hard and stay positive



PLAYER PROFILE - BENJAMIN RENNIE

Nickname - BenRen

Current team / age group - U23 Div 1 & Senior Men ABL

Height - 186cm

Playing position - Guard

Junior & senior background - Started U10 West Adelaide Bearcats

Years playing - 10

Years coaching - 1

Most enjoy about playing - Getting buckets and winning

Least enjoy about playing - Getting dunked on

Most enjoy about training - Improving my game

Least enjoy about training - Running

Best advice received as a player - Don't second guess yourself

Favourite player/coach (men or women) - Lucas Valk

Why? - Because he is a baller

Proudest moment - Winning the NBA finals with Toronto in 2k14

Favourite TV Show - Big Bang Theory and Geordie Shore

Favourite singer - Eminm

Favourite band - The Rubens, Ball Park Music

Favourite food/drink - Maccy D's

Favourite training drill - 11 Man break

Most yelled quote from coach while on court - Don't be soft c...ks - Graham Kubank

Your advice to young players - Never be content with where your game is at, always strive to improve



PLAYER/HEAD COACHES PROFILE

Name - Brendan Mann

Nickname - Bussy

Current team / age group - West Adelaide CABL Mens Coach

Height - 180cm

Junior & Senior background - Centrals, Nth Adel, AIS, NBL, Canberra, Brisbane, Newcastle

Years coaching - 1st

Most enjoy about coaching - The competition

and being around the team

Least enjoy about coaching - Waiting before the game

Best advice (given or received) - Work hard and be yourself

Favourite player/coach (men or women) - Player - Magic

Johnson. Coach - I have been fortunate to have been coached by many knowledgeable coaches

Proudest moment - Winning Gold Medal U/22 Mens Australian '97

Most important piece of advice for current players - Work hard

listen to your coach

Favourite singer - The Boss or Daniel Johns

Favourite band - Silverchair

Favourite food/drink - Lamb - Beer

Favourite training drill - Scrimmages



PLAYER PROFILE - LUCAS VALK

Nickname - Valky

Current team / age group - U23 Div 1, ABL Development Squad

Height - 181cm

Playing position - Point guard

Junior & Senior background -

Norwood U10 - U18

Years playing - 12

Most enjoy about playing - Having fun, winning, making friends

Least enjoy about playing - Losing

Most enjoy about training - Scrimmages

Least enjoy about training - Penalties

Best advice received as a player - Play your hardest every time you step on the court

Favourite player/coach (men or women) - Ben Rennie

Why? - He leads by example

Proudest moment - Winning state champs in u16

Favourite movie - Coach Carter

Favourite TV show - Blacklist

Favourite food/drink - Sweet and Sour Pork

Favourite training drill - 11 man break

Most yelled quote from coach while on court - Good defence creates great offence

Your advice to young players - Train hard, play hard, enjoy yourself



PLAYER PROFILE - MEG MCLEOD

Nickname - Meg

Current team / age group - West Adelaide Senior Women

Height - 167cm

Playing position - Guard

Junior & senior background - West Adelaide since 1994

Years playing - 20

Years coaching - 2

Most enjoy about playing - When the team is playing well/ everyone is up and excited

Least enjoy about playing - Losing

Most enjoy about training - Learning/trying new things

Least enjoy about training - Not being able to sleep afterwards

Best advice received as a player - 'Next play' mentality - not worrying about previous shot - punishing via transition etc.

Favourite player/coach (men or women) - Steve Nash

Why? - Passing ability

Proudest moment - Being a part of 2004 ABL, Div 2 and U21 premiership teams

Favourite movie - Rudy

Favourite TV show - Elementary or Modern Family

Favourite singer - Matt Corb

Favourite band - Mumford & Sons

Favourite food/drink - Thai food (minus the coriander)

Favourite training drill - 11 Man break

Most yelled quote from coach while on court - 'Slow down'

Your advice to young players - Take every opportunity that comes your way and learn from them

PLAYER PROFILE - JASON DAWSON

Nickname - Poptart
Current team / age group - Senior Men ABL
Height - 6'
Playing position - Point guard
Most enjoy about playing - Winning championships
Least enjoy about playing - Losing
Most enjoy about training - Being around the team
Least enjoy about training - Running
Best advice received as a player - Play the game as if there is no tomorrow and have no regrets
Favourite player/coach (men or women) - Kevin Whitlaw
Why? - He gave me my foundation
Proudest moment - Graduating from college and going to the NCAA tournament
Favourite movie - He Got Game
Favourite TV show - Big Cat Diary / Martin / Fresh Prince
Favourite Food/drink - Pizza
Favourite training drill - Shooting
Most yelled quote from coach while on court - Run your team Dawson
Your advice to young players - Effort is the ultimate measure of your success control what you can control the rest will take care of itself

PLAYER PROFILE - STANA ZECEVIC

Nickname - Star
Current Team / Age Group - West Adelaide Bears
Height - 182cm
Playing Position - Forward
Junior & Senior Background - North Adelaide Rockets - Under 14 Division 3, Under 16 Division 3, Under 18 Division 2, ABL and Reserves, Under 23 Division 1, Southern Tigers - ABL
West Adelaide Bears - ABL
Years Playing - 10 Years
Years Coaching - 8 Years
Most Enjoy About Playing - The love for the game has made me want to play this game for the rest of my life. My passion keeps me going.
Least Enjoy About Playing - Losing
Most Enjoy About Training - Getting better each and every training - feels like family and that's what a team should be. Feels good to be a westie!
Least enjoy about training - Being picked on by Trudy Holland. Hahaha
Best advice received as a player - Shoot for the moon and you'll reach the stars. Hard work pays off. Give patience and patience will feed you.
Favourite Player/Coach (Men Or Women)/ Why?:
 I Have a few favourite players Tracy McGrady, Michael Jordan, Candace Parker, Renae Camino, Jo Hill.
 Coaches; Mike McKay - Given the opportunity to play ABL and I appreciate having him as a teacher.
 Trudie Hopgood - One of the reasons why I choose to move to west because I want to learn from Trudie's experiences.
Proudest Moment:
 -Making The ABL squad
 -Playing with Jo Hill and having her as a mentor
 -Getting beaten up by Rachel Sporn in my very first reserves game
 -Playing against my idol Renae Camino
Favourite movie - Anything Will Smith
Favourite TV show - Fresh Prince Of Belair, Happy Endings
Favourite Singer - Trey Songs, Chris Brown, Beyonce, ok fine Elvis
Favourite Food/Drink:
 - It was chocolate until this diet escalated.... I'm a chocoholic.
 - Fanta and to be honest chocolate thick shakes..
Favourite training drill - Scrimmaging
Most yelled quote from coach while on court - run forest
Your advice to young players:
 - Every negative is a positive, improve and build.
 - Grow to love your pet hates (if it's defence or offence) to succeed in it. You'll find things will become easier and second nature to you = success.
 - Making sure you do everything with a smile on your face! Love what you do!



COACHES PROFILE - NAME: SHAYNE KAESLER

Nickname - Tank
Current team / age group - U16 Girls D1 & CABL Women Assistant Coach
Height - 182cm
Playing position - Well and truly retired
Junior & senior background:
 Started age 7, finished age 35 all playing with West. Won 5 State Championships in Juniors, 2 Reserve Men's titles & later 5 D3 Men's titles as player/coach/both. Coaching, won 2 Junior State Championships, 6 main season premierships, 3 senior premierships (D3 men)
Years playing - 28 oh my gosh!
Years coaching - 24
Most enjoy about coaching - Helping players to achieve what they thought was impossible, seeing strong team bonds / teamwork develop & seeing players you have coached develop into good young adults
Least enjoy about coaching - Losing without giving every effort!
Best advice (given or received): "Pretend the ball is \$50 note" (Vic Robinson when I had a fumbling problem in U10's & again during a close U18 state championship final). "Control your temper" (Denis Jones U12-16, sorry coach I did try!). "You don't know until you try" (Vic Robinson trying to get me to coach). Finally "Dream, Believe, Achieve" I got this given to me by Lauren Burns (Sydney 2000 Gold Medallist Taekwondo) & have used it with a few people over time, I think it's simple but powerful.
Favourite player/coach (men or women) - Larry Bird
Why? Didn't look like he could play, but could pretty much do it all & had a great work ethic
Proudest moment: Any time I represent the Bears & seeing players I have coached reach senior representation or beyond and knowing you might have had part to play, however small.
Most important piece of advice for current players - Listen, work hard & never say "I can't to do that"
Favourite movie - Star Wars
Favourite Band - U2 / Dire Straits
Favourite Food/drink: A tasty medium rare steak with a good red wine
Favourite training drill - Defensive shell drill - defence wins matches
Most yelled quote courtside - I actually don't know, I'm sure there is one & my girls could tell you



PLAYER PROFILE - LISA CRADDOCK

Nickname - Buffy
Current team / age group - West Adelaide ABL Senior Women
Height - 165cm
Playing position - Guard
Junior & senior background - I started at West Adelaide as a Junior in 1995 and played U/10's through to U/21's. I represented SA in the U/16's, U/18's & U/20's Nationals. I played in the ABL with West Adelaide for 5 seasons (2006-2010). In 2010 I moved to Millicent for 6 months and played for the Millicent Saints in the Mount Gambier basketball competition. I returned to Adelaide in 2011 and after a few years off I decided to make a return this year.
Years playing - 17
Most enjoy about playing - The friends I've made along the way & the feeling of satisfaction and pride after a good win.
Least enjoy about playing - Losing close games.
Most enjoy about training - Scrimmage drills.
Least enjoy about training - Penalties!!
Best advice received as a player - Together everyone achieves more.
Favourite player/coach (men or women) - Manu Ginobili (San Antonio Spurs)
Why? - He is amazing to watch. I love his energy level at both ends of the court. I learnt how to take charges from watching him play.
Proudest moment - Beating Norwood in the 2007 ABL Women's grand final.
Favourite movie - Love Actually
Favourite TV show - Breaking Bad
Favourite singer - Jack Johnson
Favourite band - The Beatles
Favourite food/drink - Anything Italian!
Favourite training drill - 11 Man break
Most yelled quote from coach while on court - "Hands out!!!!" (Especially as a junior)
Your advice to young players - "Just play. Have fun. Enjoy the game." - MJ



PLAYER PROFILE - RICHARD RODGERS

Nickname - Richie

Current team / age group - U23 Div 1 & Senior Men ABL

Height - 188cm

Playing position - Guard/forward

Junior & Senior background - U14 Centrals, U16 West Adelaide

Years playing - 8

Most enjoy about playing - Playing well

Least enjoy about playing - Not playing well

Most enjoy about training - Putting in the work

Least enjoy about training - Punishments

Best advice received as a player - Just hoop

Favourite movie - Fight Club

Favourite TV show - Tosh. O

Your advice to young players - If you really want something then work hard as you can for it



PLAYER PROFILE - ALICE GEE

Nickname - Gee

Current team / age group - ABA

Height - 167cm

Playing position - Point guard

Junior & Senior background - played at West from U10 up until now. SASI, State Rep 3 times

Years playing - 17

Years coaching - 5

Most enjoy about playing - Friends, winning and Westies after game supper!

Least enjoy about playing - Losing

Most enjoy about training - 11 man break

Least enjoy about training - 1 on 1 full court

Best advice received as a player - Enjoy the game

Favourite player/coach (men or women) - men - Steve Nash

Why? - Amazing passer

Proudest moment - Winning an ABA Championship, and being a State Rep

Favourite movie - Pitch Perfect

Favourite TV show - Friends

Favourite singer - Michael Jackson

Favourite food/drink - Chocolate and Asian food

Favourite training drill - 11 man break

Most yelled quote from coach while on court - Run!

Your advice to young players - Have fun and never stop enjoying the game.



PLAYER PROFILE - REBECCA

Nickname - Bek

Current team / age group - Reserves, CABL

Height - 164cm

Playing position - Guard

Junior & senior background - Have played for West Adelaide since I was 7 years old & seniors since 19

Years playing - 16 years

Most enjoy about playing - Competitiveness & camaraderie with teammates

Least enjoy about playing - Nothing

Most enjoy about training - Trying new things

Least enjoy about training - Penalties

Best advice received as a player - Take chances

Favourite player/coach (men or women) - Michael Jordan

Why? - Because he's Michael Jordan

Proudest moment - Beating Norwood in winter season in U18s after we lost all our games in state champs and didn't qualify for classics... redemption felt nice.

Favourite movie - Singing in the Rain & Frozen

Favourite TV show - Pretty Little Liars

Favourite singer - Adele

Favourite band - The Lumineers

Favourite food/drink - Chicken Schnitty

Favourite training drill - 11 man break

Most yelled quote from coach while on court - Stay!

Your advice to young players - Play hard and take risks



PLAYER PROFILE - JENNIFER DRAKE

Nickname - Jen

Current team / age group - ABL & Reserves

Height - 174cms

Playing position - Small forward

Junior & Senior background - Have been playing with West since first year U10s & have been a part of the senior squad since 2009

Years playing - 15-16 years

Years coaching - 2014 - U18 Div 1 Girls Assistant Coach

Most enjoy about playing - Apart from the game itself, being surrounded by my awesome teammates. We've all grown up playing in the same teams, it's really nice to be in an environment where we all have the same passion for the game & all get along so well.

Least enjoy about playing - Losing & injuries

Most enjoy about training - Playing some sort of sport we all generally suck at for a warm up

Least enjoy about training - Penalties

Best advice received as a player - Shoot out of the phone box

Favourite player/coach (men or women) - James Harden

Why? - He is a consistent and hard working player... that and his beard.

Proudest moment - Hitting the winning shot in my U14 Div 3 grand final.

Favourite movie - The Breakfast Club

Favourite TV show - The Walking Dead

Favourite singer - David Bowie & Katy Perry (Circa 2008-2010)

Favourite band - Brand New

Favourite food/drink - Banana bread

Favourite training drill - War

Most yelled quote from coach while on court - I don't know if there is a specific quote, but it's usually something about how I need to look at my shot more often.

Your advice to young players - Work hard, train hard & most importantly enjoy yourself



PLAYER PROFILE - RYAN FLYNN

Positions Held at the Club: Life Member,

New Club Executive Member, Division 3

Men's Coach & Barfly on CABL Nights

Marital Status - Married..... can you believe that?

Profession - Golf Pro @ Paternalonga Golf Course

Favourite Food / Drink: - Italian Sausage, Melon cruisers, Moonshine & anything fruity

Favourite Music - The Sound of Music

Soundtrack, any Gangsta Rap, JB before 1D

Favourite Movie - Anything from the Twilight series, I have the posters in my bar at home

Favourite actress & why - Kristen Stewart...duh Twilight, and Susan Sarandon mature ladies rock!

Favourite Actor & Why - John Travolta, gave me all my dance moves. Also Mark Wahlberg, his love of dance has taken him so far, a true inspiration

Hobbies Outside of Basketball - Playing with my Star Wars figurines & Lego collection

First Played for West - I've been here since U14's and I'm refusing to leave

Greatest Playing Achievement - I caught a ball on a fast break once, I'm still not good at it as you can see from one of my photos, getting my first single-single during my 10th season

Best Advice from a Basketball Coach - Have you considered football?

Favourite basketball saying - Pass me the ball

Greatest Coaching Achievement - When I decide to no longer do it

Best Player Ever Seen - No question Larry Bird. I loved watching him destroy the Lakers, David Nurse comes a close second

Proudest Moment - Becoming a Life Member at West



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

info@bearcats.net.au OR darrelsimmons@yahoo.com.au

BEARCATS CARNIVAL 2014



The 8th Bearcat Midyear Carnival will be held Thursday 10th – Sunday 13th July at Port Adelaide Rec Centre and other stadiums as required.

The carnival has grown from the ideas, discussions and hard work and persistence of a small number 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 Port Adelaide, we are now a permanent fixture on the basketball calendar forward to 2013 > 120 teams (including social and school teams) and utilizing 3 stadiums over the entire period – we aiming to be bigger and better in 2014

The carnival is a major fundraiser for the club – funds used to further junior players and coaches' development

How can you help?

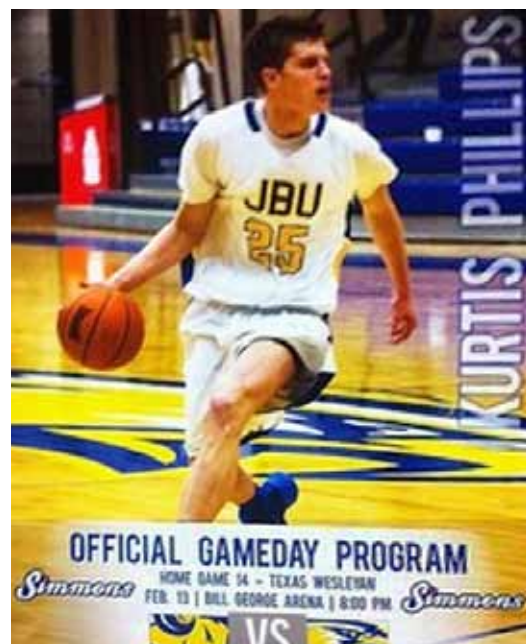
- Enter your team!
Div 1 teams (u12-u16) are welcome but are required to enter next age group up U10's run as a separate comp
 - Volunteers needed during the course of the carnival to assist with manning the offices, BBQ and our carnival famous / well patronized coffee outlet led by Leanne and her band of helpers
 - Sponsor trophies, donate a raffle prize or goods for the BBQ or coffee
- Full details available via the club website or you can email > carnival@bearcats.net.au

Any assistance whatsoever would be much appreciated by Gabby, Pat, Kathy, John and more ... A couple of hours would be welcomed.

ANOTHER BEARCAT OFF TO COLLEGE LATER THIS YEAR

Congratulations to RICHARD RODGERS who will be heading to Canada to join Providence University College.

OUR PLAYERS IN THE US



KURTIS PHILLIPS

"Life after Christmas has been really busy here in the USA. I am in my last semester of school and I am taking a lot of classes to try and graduate in May. Basketball has had its ups and downs. We had two injuries to two starters and we lost 6 straight games. In the month of February my team bounced back and won 8 of the last 10 games of the season. I have played a lot of minutes and have moved into point guard. It has been an interesting transition moving into the point guard position but I have handled it pretty well. I currently lead the team in assists, rebounds, and steals which landed me on the all-conference list. We are about to play in the conference tournament this week and if we lose my college career will be over. I am hoping we make a run and go to nationals so I can end my career in style."

PATRICK CIGANOVIC

I am now heading into the tail end of my freshman season, it has been long with many ups and downs but it has been one of the biggest learning experiences of my basketball career. Over my break I was lucky enough to experience my first white xmas. One thing I learnt was that Americans are definitely more civilised when it comes to opening presents. I was lucky enough to have some presents mailed from home and even received a Walmart gift card from a team mate. On boxing day my team flew out to Phoenix for a week long basketball trip which was a nice change from the South Dakota lifestyle, never been happier for a 20 degree day in my life.

PATRICK THOMAS

Letting everyone know that I'm still having a great time and the team is doing well. Over Christmas break I was lucky enough to join 4 other teammates and go to Minnesota with them and their families to spend Christmas with them! Going to the Mall Of America and all the Nike outlets you can think of! Ofcourse I am missing my family, but retail therapy helped a bit! Now we are back at school to try and win a conference championship. We are practicing everyday along with studying and continuing to improve on and off the court. Can't wait to be back in May as put the Bearcats colours on again! See you soon.

JOEL SPEAR

"Our season has only just finished here in Oregon and after a fast start we finished poorly this season and missed the National Tournament. We did make the conference playoffs this year but again we lost our quarter final game. The team is shaping up nicely for next year and we hope we can bounce back and get the national tournament again. All the best to everyone at West Adelaide."



WEST ADELAIDE BEARCATS

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

"South Australia's Most Successful Basketball Club"

THE PHILLIP'S CONNECTION



Twin's Chloe and Ashlee Porter from West's U/10 girl's team have a big future in the sport if genetics have any role to play. Their Auntie Erin is none other than Erin Phillips currently playing in the toughest League in the world, the WNBA. Their grandfather is also a famous face, Greg Phillips, former Port Magpies and Collingwood player from the 80's.

Chloe and Ashlee already display a lot of those family traits, cheeky, very quick

athletes, great hand-eye co-ordination and the stubbornness of a mule! It's their second year in U/10's and both are showing great improvement and natural ability in the game. The most difficult thing has been telling them apart, but in time there's no confusion about who's who.

Ashlee is the alpha-girl, social organiser, the one with attitude. Chloe is the more relaxed, more reserved but a habitual non-stop giggler. Like most twins they are highly competitive amongst themselves. They're both fantastic workers at training despite their young age.

Whenever Erin has time to fly home she can be seen attending her nieces trainings and games. Currently she is home before the commencement of the WNBA season in April.

Erin was a Bearcat Junior before accepting an AIS Scholarship in 2003. She then played for Adelaide Lightning and was selected in the WNBL All-Star-Five in 2005. She played for Connecticut in the WNBA in 2006. She was traded to Indiana in 2011 before winning the WNBA Championship in 2012 averaging 13.5 points per game in the Finals. Most recently she has been traded to WNBA powerhouse team Phoenix Mercury for the upcoming 2014 season, sharing the floor with fellow Australian Penny Taylor.

Her basketball has also taken her to playing stints in Israel and Poland. As a member of the Australian Women's team in 2006 she won gold at the Commonwealth Games AND World Champs in Brazil. In 2008 at the summer Olympics she was part of the team that took Silver. She looms large in consideration for the upcoming Olympics in 2016. New Coach Brendan Joyce is looking for Erin to be a major factor in the Opals campaign to grab Gold from the USA in two years time.

Despite all these accolades and achievements Erin remains a very down to earth, approachable and humble figure.. Her bond with family is very strong and ties with the West Adelaide Basketball Club similarly evident. Any lineage from this gene pool associated with our Club is to be encouraged. When other opportunities are exhausted around the world we look forward to any involvement that Erin could afford the Club.

If you're looking for an example of where basketball can take you by sheer hard work and guts look no further than Erin. Winning the WNBA finals gave her the opportunity to finally meet her idol Reggie Miller and second-fiddle appointment with President Obama. No matter where your basketball journey begins never let anyone else dictate where it will finish.



Good luck Erin at your new Club Phoenix and your national team campaign for Brazil in 2016. We will be watching with keen interest. Any hints in keeping those nieces in check and happy at the Club are most welcome!!



Well done to Div 2 Under 10 Boys who made the Summer Season Grand Final after being undefeated all year. Unfortunately they lost to South Adelaide on Sunday 14-18.

All of the boys played great games, and put a lot of defensive pressure on a very strong South team.

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ACADEMY



School Holiday Dance Workshop

Ages 7 - 13, Tuesday April 15th, 2014

Session 1, 9.00 - 12.00am - Session 2, 12.30 - 3.30pm

Cost \$30 per session or \$50 for both sessions

Bookings phone Jess Gale 0433 309 353

Cnr Carlisle Street and Carlton Road, Camden Park SA 5038

jessdanceacademy@outlook.com - www.jessdanceacademy.com.au