

Knox City Cougars Basketball Club



FUN – FITNESS – FRIENDSHIP

CAN'T WAIT TO SEE YOU AT THE CLUB



What a success our family fun day was. Firstly a HUGE thank you to everyone that made the day so much fun! Over 50kgs of sausages, about 500 people throughout the day. Popcorn, snow cones, dunking machine, the ever successful bungee tramp!!! WHAT A DAY!!! Well done to Madie Ross and the great committee on such a successful day and most of all the biggest thanks goes to our AMAZING families for showing their support to the club. We look forward to many more days like this to come.

Coming off such a successful day we would also like to announce our next exciting event for the club our Christmas raffle.

Thanks to Nikki Cork and the team at Telstra, we are pleased to announce that the **first prize in our Christmas raffle will be an Apple iPhone 5 32 GB worth over \$900!!!** These are still on backorder in Australia!! What a great Christmas present! Tickets are only \$5 each or 3 for \$10. There will be other prizes also, with 2nd prize a Christmas hamper and 3rd prize wine, and more exciting prizes to come. Tickets are selling quickly so grab yours now. Our Christmas raffle is an important fundraiser for the club to put towards the development of our coaching programs and also to run our family fun days. Stay tuned for coaching clinics coming soon.

Tickets have now been given to most team managers – sell sell sell!!!! If you would like more tickets for your team please contact Madie, Terri or Rachel. Tickets MUST be returned before December 15th with either unsold tickets or money in the bag.

GRAND FINAL DAY RESULTS

Premiers				Runner Up			
Girls	Coach	Boys	Coach	Girls	Coach	Boys	Coach
U10 B	Paul Clark	U12 AR	John Noy	U10 A	Ian D'arcy Evans	U14 E	Goran Arsovski
U12 C	Scott and Sharnee			U12 A	Michael Kinneavy and Jay Nealy	U14 AR	Brett Barker
U12 D	Brendan Beech			U12	Paul Murphy		
U 16 CR	Rachel Gill			U14 Ares	Michael Kinneavy and Terri Broughton		
U18 A	Jamie Carr			U16 A	Simone Osbourne and Gavin Goodman		
U18 B	Jo Hurd and Dave Carbone						
U23 B	Chris Lowe						

A big WELL DONE to the club on such a successful season – and Good luck for the season to come. Thanks also to everyone that came down to support the Knox City Cougars. And a big shout out to the committee who came down to score for the finals games so that all parents could enjoy the games.

UPCOMING COACHING CLINICS

Our first set of coaching clinics have arrived

BOYS U10/12	GIRLS U10/12
THURSDAY 29 th NOVEMBER 2012	THURSDAY 22 nd NOVEMBER 2012
THURSDAY 28 th FEBRUARY 2013	THURSDAY 21 st FEBRUARY 2013
THURSDAY 28 th MARCH 2013	THURSDAY 21 st MARCH 2013

Full court drills and fundamentals training - Boronia Stadium Court 6 from 6-7pm
 These clinics are aimed at further developing basic skills and improving offensive and defensive fundamentals. All players are invited, whilst the training is aimed at the non-representative players. These clinics are FREE for Knox City Cougars players.

More clinics are coming soon including U14 and U16 Clinics.

SUMMER 2013

With the summer 2013 season now upon us, we would like to welcome the new players and families we have in the club! It's very exciting to see so many new faces. Please make yourself known and let's share the Cougars spirit!

TRAINING

Now that training has begun for the season we would like to remind all players and parents that with summer fast approaching it is VERY important to stay hydrated. Please make sure you bring water and dress appropriately for training. (Runners and sports gear)

Also please note parents are **REQUIRED TO STAY FOR TRAINING**. Whilst the coach is running the training session – parents are still required to attend training. Coaches are not babysitters. Dropping off and picking up children from outside the stadium is not acceptable. Please make sure you have your coaches contact details should you need to let them know if you cannot attend training.

TEAM MANAGERS

As we all know, without our great team of volunteers at the club, the club wouldn't run as smoothly and successfully as it does. However we still need the help of the parents.

Each and every team needs a team manager each season – and we are asking for people to put their hand up. This is a simple job involving:

- collect \$5-6 from each player each week and pay for the team sheet before the game
- hand out any communication to the team if provided to you
- organise a team break up and thank you for the coach
- make a roster for parents to score and sweep the court

Coaches **CANNOT** be responsible for both these jobs every week. Let's share the jobs around.

PLAYERS WANTED

We are still looking for some extra players to fill some gaps in our summer teams.

If you have a friend that would like to play, or a brother or sister who would like to return to the game then contact us ASAP!

FEES AND UNIFORMS

Summer 2013 fees are **NOW OVERDUE** – Please contact Robin John on 0413 445 976

Hoodies and Zip up hoodies are also available. Please contact Robin to order.

POSITIONS VACANT

Please check the website for list of positions vacant in the club

A NOTE FROM THE U16 GIRLS CO-ORDINATOR

Well done to my U16 girls this season. With 4 teams from A though to CR all teams fought hard throughout with the 16/1 side and the 16/4 side both making it through to the grand final. Taking over a little into the season as Co-coordinator this year, I was very pleased to see that the club still has a strong representation in the higher grades with teams to meet all abilities. With 6 teams in the coming season!

Special congratulations to my team of U16/4 girls who I took on at about round 3. There is no lie, when I took them on; I had no idea what I had gotten myself into. With the first 4 games we lost by between 20-50 points each game and scored a grand total as a team of 18 points to 149 in total – I was very surprised to see the girls still turning up and giving it their all EVERY WEEK, even the girls who had never played before. And still playing with a smile. We finally got a few wins under our belt, and surprisingly managed to scrape through into finals by percentage. And when I thought I couldn't be any prouder of their efforts, they pulled out 10 points in the last 4 minutes to win our first final. With our second final approaching and an 18 point loss to Tigers last time we played them. It was fingers crossed for the underdogs and another win. Silly coach I was for not believing. Grand final day we went out to have fun and ended up proudly beating Saints by 10 points. First Grand final for a few, First win for more and First Grand Final win for me as a very proud coach! Well done to my beautiful girls. Very inspiring effort by the girls when they could have just given up, their efforts reminded me that anyone can do anything they work hard for!

PREMIERS WINTER 2012 GIRLS - WELL DONE!

And a big well done to all the other teams representing Cougars during the winter season.

- Rachel Gill



If you have anything you would like to add to the newsletter. Please email rachel_gill@Hotmail.com