

# NEWSLETTER



August 2023, Issue 8



## 2023 Club Night!

On Saturday, 20 May CBBC hosted the NBL1 Club Night where CBBC players and their families enjoyed free entry to watch the NBL1 game at Bendat Basketball Centre.

It was a spectacular night with all the kids getting a snack and drink on arrival. We had CBBC players being guard of honour and floor wipers. Plus, there was plenty of chocolate giveaways during the very busy half-time shooting games.

At the end of both the games, the kids lined up to meet the players and get their player cards and posters signed.

Thank you to the Perry Lakes Hawks for allowing CBBC the opportunity to host the evening and to all of the CBBC families who volunteered on the night. Fun was definitely had by all.

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### ANNOUNCEMENTS

- The last game for U10 MB, U10s & U12s is Fri/Sat 25/26 August.
- Semi Finals for the U14s, U16s & U18s will be Fri/Sat 01/02 September and Grand Finals the following weekend.
- Don't forget to bring a change of top on your last game so you can return your singlet to your Team Manager.
- The U8 Miniball girls and boys will have their last session on Tuesday, 29 August.



Floor wipers.



Guard of Honour Duty.

THANKS TO EVERYONE FOR A FANTASTIC CLUB NIGHT. THE KIDS LOVED THE HALF TIME SHOOTING GAMES AND SNACKS. IT WAS GREAT TO SEE THE HAWKS WIN – THE YOUNG FAMILY.

THANKS TO EVERYONE IN THE CLUB FOR ORGANIZING CLUB NIGHT. THE WHOLE FAMILY WENT AND HAD A FABULOUS TIME. IT REALLY IS A GREAT FAMILY NIGHT OUT FOR BASKETBALL FAMILIES – THE JUDKINS FAMILY.



Half time shooting games.



Chocolate Prizes ... yum!



Floor wipers.

# Building Connections



**CBBC is pleased to announce,  
our inaugural sponsor,  
New Home Building Brokers  
(NHBB) is back as a  
Gold Sponsor in 2023.**



## **Who are NHBB and what do they do?**

New Home Building Brokers, or NHBB to their friends, are the leading independents to the housing industry and have been since 2009. At the helm is Tristan Kirkham, Managing Director, a CBBC junior coach, and an all-round nice guy with a big smile. NHBB's team provide independent knowledge to people looking to build or develop, enabling them to make more informed decisions. NHBB have Perth's leading home designers, interior designers and financially checked builders all in the one place and provide a full building broker service with a start to finish process that will save clients time and money.

## **We asked Tristan why NHBB decided to sponsor CBBC.**

"This was an incredibly important decision for us. Since 2009 we have done so much work in and around City Beach and the Western Suburbs areas, so, we wanted to give back to the community and area that supported us from our start.

We selected City Beach Basketball Club for a number of reasons. CBBC is a well-run club, with excellent structure and a strategic plan going forward. Basketball is sport that has a high participation of both boys and girls, and that was at the top of our list. CBBC has affiliations, growth, and pathways to higher leagues, to further develop opportunities.

The way the committee interacted with us from the start was incredible, and we have enjoyed our relationship from the first day. The creative thinking and the ideas we have going forward, is also something we look forward to every year. City Beach is a terrific well supported community club, and we can't thank the club enough for everything they do for NHBB. We look forward to doing whatever we can to help any CBBC members looking to build a home."



**On behalf of CBBC's members and the committee, we thank  
NHBB for their ongoing support.**

**For more information, you can contact NHBB on 1300 383 262, or  
submit an enquiry on their website @nhbb.com.au**





Congratulations to **Jenny Purser** for winning **Administrator of the Year**. For those of you that don't know Jenny, she really is the heart and soul of the Hawks Basketball Club. The number of hours she puts in to the NBL1, as well as the Perry Lakes Hawks Junior Competition is endless. She is the first point of contact if there is a leak at one of the venues, an injury, a complaint, or a forfeit. It's far from a regular 9-5 job. Jenny gets calls/emails/texts all hours, every day of the week!

**Thank you, Jenny, from all of us at CBBC, for all of your hard work.**

**2023 CBBC Committee Members**

- |                      |                       |
|----------------------|-----------------------|
| Paul West            | President             |
| Megan Watters        | Vice President        |
| Matt Pickford        | Treasurer             |
| Franklyn Jardine     | Secretary             |
| Meike Chang          | Property Officer      |
| Sally Hansen-Knarhoi | Registrar             |
| Danielle West        | Communications        |
| Andy Carr            | Coaching Co-ordinator |

**General Committee Members**

- |              |                  |
|--------------|------------------|
| Mel Williams | Jody Gardiner    |
| Tania Salmon | Janelle Kavanagh |
| Peter Fong   |                  |

**WE ARE ALWAYS AFTER NEW COMMITTEE MEMBERS. IF YOU WOULD LOVE TO JOIN OUR COMMITTEE OR WOULD LIKE TO KNOW MORE ABOUT ANY OF THE POSITIONS, EMAIL [ADMIN@CITYBEACHBASKETBALL.ORG](mailto:ADMIN@CITYBEACHBASKETBALL.ORG)**

**Club Contacts**

- Enquiries:** [admin@citybeachbasketball.org](mailto:admin@citybeachbasketball.org)
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- Singlets:** [property@citybeachbasketball.org](mailto:property@citybeachbasketball.org)
- Coaching:** [coaching.cbcc@gmail.com](mailto:coaching.cbcc@gmail.com)

**U14 TOURING TEAM**



**Good luck to the Hawks U14 Touring Team (which has four of our very own CBBC players). We wish you all the best in September when you head over east to the Australian Club Championships.**

# Are we over-training our kids?

Most kids/teens winter sports are now well underway, and we are already seeing many over-use injuries presenting to the practice. In the past few years, we are seeing more overuse injuries, bony stress reactions and stress fractures in kids/teens than previously. Many kids play multiple sports over winter and combined with school sport and often cross country running the load becomes too much for growing bodies. The key risk factors seem to be a sudden or significant increase in running/training load during a growth spurt.

The key areas to watch out for are:

- 1) Low back pain with running/jumping that does not resolve within 1-2 weeks and hurts more with bending backwards than forwards. This can be a sign of an early stress fracture of the back. These are common in cricket fast bowlers and also in basketballers.
- 2) Foot stress fractures are very common and can affect the metatarsals, cuboid, talus and navicular. Navicular stress fractures can be particularly nasty and keep kids out of sport for more than a year.
- 3) Growth plate stress response injuries including Osgood-Schlatters at the knee and Severs at the ankle.
- 4) Any other persistent non-traumatic pain present for more than 2 weeks – I have seen stress fractures of the lower leg, ribs, shoulder blade, pelvis and more.

To summarise: If your child or teen has had a recent growth spurt, has increased their activity levels rapidly and has significant pain of unknown origin then one possibility is a stress reaction or stress fracture. Have them seen by an experienced Physiotherapist or Sports Doctor asap and remove them from sport until they have been assessed. Diagnosis is made from patient history, clinical examination and often MRI. A comprehensive rehabilitation program addressing biomechanical issues, strength, running technique and muscle imbalance is vital in preventing these injuries from recurring.

**Adam Floyd, Senior Physiotherapist. Regenerate Physiotherapy**

Regenerate Physiotherapy in Wembley are proud sponsors of CBBC and the Physiotherapists have a special interest in overuse injuries in younger athletes.

Call 9284 0388 or visit [www.regeneratephysiotherapy.com.au](http://www.regeneratephysiotherapy.com.au) for bookings.

**CBBC players receive \$25 off their initial consultation.**

## CBBC Perpetual Trophies

At the end of each season, CBBC coaches select two players for the Coaches Awards. Throughout the season, coaches mentally note players who excel in their division, or who stand out in their team. It is a tough decision for many coaches who take pride in the growth of individuals, as well as the team as a whole.

Coaches, managers, and parents will be invited by email to nominate worthy CBBC players for the Perpetual CBBC Awards in the categories of:

- Junior Boy of the Year
- Junior Girl of the Year
- Intermediate Boy of the Year
- Intermediate Girl of the Year
- Senior Boy of the Year
- Senior Girl of the Year.

Winners are notified and invited to a small reception to receive their award. Other CBBC Awards include:

- First Year Coach
- Junior (Under 23) Coach
- Senior Coach
- Manager of the Year
- Club Male of the Year
- Club Female of the Year
- Club Family of the Year

Trophies are displayed at Bendat in the cabinets near the Lemon Tree Café at the back of Court 4.

## Hoop Hero is Back



THANKS TO **FLIPSIDE BURGERS, WEMBLEY** WHO HAVE PROVIDED 20 X \$20 VOUCHERS TO THE CLUB. KEEP YOUR EYE OUT ON OUR FACEBOOK PAGE EACH WEEK TO NOMINATE A PLAYER WHO FITS THE BRIEF EACH WEEK

**CONGRATULATIONS TO SOPHIE TOY, CB117, WHO WON THE VOUCHER FOR BEING THE "MOST RELIABLE" PLAYER**

Managers, a reminder that team photos are now available for collection at Bendat. They will be left with the Games Controllers on Friday and Saturday. Don't forget to sign the sheet when collecting.

Thank you to those that have collected their photos already!

## SPECIAL THANKS TO OUR 2023 SPONSORS

### Gold Sponsors



### Silver Sponsors

