



# BASKETBALL FOR BEGINNERS

## THE INTRODUCTORY SKILLS PROGRAMS of



## INTRODUCTION

The Nunawading Basketball Centre and the Melbourne East Basketball Association (MEBA) are one of the largest and most successful basketball associations in the country. It has been operating since the early sixties, making it also one of the oldest clubs in Australia. Many local domestic clubs such as Ebees, Eastern Bulls, Wattle Park, Vermont, Kangas, Waverley and many others form the MEBA and play in the local competitions at the stadium.

The Nunawading Spectres is the representative program chosen from players within the domestic competitions to represent the area and play in Victoria's highest level of junior competition. Many players such as Jason Smith, Tony Ronaldson, Shane Heal, Natalie Porter, Penny Taylor, Carly Wilson, Jenna O'Hea, Kathleen MacLeod, Sam Richards, Sam Mackinnon and Daniel Kickert as well as many more have gone on to represent Australia at the highest level.

The Spectres regularly win junior State and National Championships and often have State and National representatives selected.

Whether just playing for fun in our domestic competitions or striving to reach the highest levels, the MEBA and Nunawading Basketball Centre caters for all standards and abilities.

Our beginner skills development programs are regarded as one of the best in the country. We focus on fun and enjoyment of the sport and the importance of learning the correct techniques from an early age. If bad habits are allowed to form, then changing them at a later stage can be extremely difficult. The following outlines the various introductory programs offered at Nunawading stadium. We run skills sessions that cater for players as young as 3 and have beginner competitions starting at prep. As soon as children are ready to start playing in a regular competition, we can help put you in touch with the domestic clubs in your area.

Our beginners programs go under the identity of "**Spook Hoops**", a fun, friendly introduction to the sport maintaining the theme of our Spectres representative sides as the ultimate goal to attain.

If you have any questions please do not hesitate to contact us on

**9415 6112** or email [info@ausbasketball.com.au](mailto:info@ausbasketball.com.au)

There are 4 different programs young children can join.  
These are offered on Tuesday to Friday afternoons.  
A brief description of each follows.



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## TUESDAYS - SPOOK MINI HOOPS

### Outline

- Introductory beginners program
- Skill development & competition.
- Coach & Referee supplied.
- Modified rules to encourage teamwork
- Competition to run over term 1 & 2 and term 3 & 4.
- School teams will be formed when enough players are available.
- Otherwise players from 2 or 3 schools Will be grouped together.
- Maximum 8 players per team.
- Friends can usually stay together.
- Prep to Grade 4, boys & girls mixed.
- Mini (lower rings) for youngest age group.
- Uniform provided.
- Commitment for 2 term season required.
- Emphasis is having fun not winning.
- Additional training available on Fridays at Spook Hoops

**Costs:** Registration Fee \$ 30.00 (covers 2 terms)  
Stadium Entrance Fee \$ 2.00 Players and adult spectators.

**Dates & Times** 2011 Summer Season Commences Tuesday 8<sup>th</sup> February 2011  
• New players welcome throughout February & March.

2011 Winter Season Commences Tuesday 19<sup>th</sup> July 2010

\* Season games maybe at either 4:15pm to 4:55pm or 4:55pm to 5:35pm

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## WEDNESDAYS - SPOOK PINK BALL



### Outline

- Girls only skill development & competition.
- Preps to Grade 6.
- Up to grade 2 play on lower rings.
- 4 week skills program then competition.
- Competition runs through term 1 and 2 and term 3 & 4.
- Free basketball or gift to each competition player.
- Coach & Referee supplied.
- Uniform provided.
- Modified rules to encourage confidence.
- Emphasis is having fun not winning.
- 10 minute training session before game.
- Additional training available on Fridays at Spook Hoops

**Costs:** Registration Fee \$ 30.00 ( 2 terms, \$15 for 1 term)  
Stadium Entrance Fee \$ 2.00 Players and adult spectators.

**Dates & Times** 2011 Summer Season Commences Wednesday 9<sup>th</sup> February 2011  
• New players welcome throughout February & March.

2011 Winter Season Commences Wednesday 20<sup>th</sup> July 2010

\* No play on public or school holidays

\* First 4 weeks times are 4:15 to 5:00pm.

\* Season games maybe at either 4:15pm to 4:55pm or 4:55pm to 5:35pm

# THURSDAYS - SPOOK HOOPS PRIMARY SCHOOL COMPETITION



## Outline

- Beginners comp for grade 1 to 6.
- Grade 1/2, 3/4 & 5/6 together.
- Mixed boys & girls competition.
- Competition to run over term 1 & 2 and then term 3 & 4.
- School teams will be formed when enough players are available.
- Maximum 8 players per team.
- Friends can usually stay together.
- Coach provided who referees the game.
- Coach gives encouragement & advice on court.
- Modified rules encourages team play & confidence.
- Uniform provided.
- Commitment for 2 term season required.
- Emphasis is having fun not winning.
- Additional training available on Fridays at Spook Hoops

<b>Costs:</b>	Registration Fee	\$ 30.00	
	Stadium Entrance Fee	\$ 2.00	Players and adult spectators.
<b>Dates &amp; Times</b>	2011 Summer Season	Commences	Thursday 10 <sup>th</sup> February 2011
	2011 Winter Season	Commences	Thursday 21 <sup>st</sup> July 2011

\* No play on public or school holidays

\* Season games maybe at either 4:15pm to 4:55pm or 4:55pm to 5:35pm

# FRIDAYS - SPOOK HOOPS SKILLS NIGHT



## Outline

- Low cost beginners training session.
- Runs every Friday during school term.
- Caters for 3 to 12 year olds.
- Mixed boys & girls.
- If numbers permit sometimes girls only groups.
- Casual basis. No regular commitment required.
- 3 to 5 year olds just do very basic coordination drills & fun games, nothing competitive.
- 6 year olds & above do 40 minutes skills then game.
- No need to pre register just turn up.
- Pathway to local club competitions.
- Set program followed teaching all skills required to play.

**Costs:** Stadium Entrance Fee \$ \$3.00 . All spectators are free.

**Dates & Times** 2011 Commences February 11<sup>th</sup>

\* No play on public or school holidays

\* Ages 3 to 5 on Court 1 4:00pm to 4:45 pm

\* 6 year olds and over start at 4:15pm and run till 5:15pm.



Structured 6-8 week program for 6 to 10y/o. \$55 for term 1 includes: Coaching, basketball, waterbottle, backpack, wristband, T Shirt. Starting Friday 25<sup>th</sup> February 2011.

Enquiries

9415 6112 or email

[info@ausbasketball.com.au](mailto:info@ausbasketball.com.au)

# SCHOOL HOLIDAY PROGRAMS



One on One Basketball manages our weekly skills development programs for us. They also run all of the school holiday programs at the stadium every school holidays. The school holiday programs cater for beginners up to advanced players from the ages of 6 and up. They also run Holiday 3 on 3 Tournaments and specialized skills sessions. Most holiday programs run from 9:00am to 3:00pm. Costs vary for different programs but visit the website [www.ausbasketball.com.au](http://www.ausbasketball.com.au) to obtain all upcoming dates, programs on offer and costs.

## WHERE TO FIND US

Nunawading Basketball Centre  
East Burwood Reserve  
Burwood Hwy, East Burwood Vic

### Directions:

**From Springvale Rd** Turn into Burwood Hwy heading toward the city. Get in the left lane, go through the lights at Lakeside Dr. Next entrance on left is the stadium car park.

**From Burwood/City**, get in right lane as you drive over Blackburn Rd. Next entrance after Newhaven Rd. is the stadium car park entrance. Follow signs for East Burwood Reserve.



## CONTACT DETAILS

Phone: **9415 6112** Fax: **9415 6119**  
Email: [admin@ausbasketball.com.au](mailto:admin@ausbasketball.com.au)  
Mail: PO Box 4116, Balwyn East Vic 3103

[www.ausbasketball.com.au](http://www.ausbasketball.com.au)

### SPOOK HOOPS REGISTRATION FORM

TUES MINI HOOPS  WED PINK BALL  THURS COMP  FRI SKILLS NIGHT

Select which program/s above you wish to register for. Contact us for full team registration form.

Name \_\_\_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_ Parent Mobile \_\_\_\_\_

Address \_\_\_\_\_ Suburb \_\_\_\_\_ Post Code \_\_\_\_\_ Home Phone \_\_\_\_\_

Parents Names \_\_\_\_\_ 2<sup>nd</sup> Mobile Contact No. \_\_\_\_\_

Email: \_\_\_\_\_

2<sup>nd</sup> Child: \_\_\_\_\_ Grade: \_\_\_\_\_

3<sup>rd</sup> Child: \_\_\_\_\_ Grade: \_\_\_\_\_

I authorize my son/daughter /children to participate in the Spook Hoops beginner programs at Nunawading Stadium. I authorize that any photographs taken during the sessions maybe used by the MEBA and One on One Basketball for promotional purposes on their websites or flyers.

Signed: \_\_\_\_\_ Dated: \_\_\_\_\_