



# IN THE ZONE PROGRAMS



## KAHUNA

Kahuna is BACK!!

After some time off over the break, The Kahuna Project is back!

Our open skills and drills sessions for all athletes introduce and address key skills, such as ball handling, passing, shooting, finishing and gameplay. Kahuna is open for ages 7-17 creating a fun place for all players to grow and give back at the same time.



## SESSIONS

MONDAY'S & THURSDAY'S \_\_\_\_\_ Ages 10-17 \_\_\_\_\_ 5-6:30pm

## AUSSIE HOOPS

The Ford Aussie Hoops program is the perfect introduction to the world of basketball for kids aged 5-10 years!

Whether your young one is new to the game of basketball, or is a seasoned player already, we have no doubt that they will have a ball learning new skill, playing with friends and loving the game of basketball in our junior development program.

## SESSIONS

WEDNESDAY & FRIDAY \_\_\_\_\_ 4.00-4.50PM \_\_\_\_\_ Ages 5-9 \_\_\_\_\_ Term 1 2024

## RIPPLES

The Star104.5FM Ripples program is the cutest program on the coast!

Bring your 2-4-year-olds that love the game of basketball into our Ripples Program and our interactive sessions will have your little ones catching, dribbling and shooting in no time!

## SESSIONS

TUESDAYS \_\_\_\_\_ 9.00 - 9.45am \_\_\_\_\_ Ages 2-5

WEDNESDAYS \_\_\_\_\_ 4.00 - 4.45pm \_\_\_\_\_ Ages 2-5



## MINI-BALL

It's great to welcome back our old and new Mini Ballers for the upcoming 11-week term.

If you haven't already signed up for the Blueprint Podiatry Mini Ball program - head to the website to register.

The flash of colourful jerseys looks amazing as kids learn to play basketball in a fun and non-competitive atmosphere.

Our Mini Ball Program just continues to grow and expand every term and with the ongoing support from our sponsor Blueprint Podiatry we look forward to even more growth!



## WALKING BASKETBALL

WALKING BASKETBALL is for participants across all ages, genders, and abilities. It helps to maintain and improve health and decrease risk factors associated with sedentary behaviour. Whether you played years ago and want to get back into it, have never touched a ball or want to try something less strenuous on the body, now is the time to give Walking Basketball a go.

Walking Basketball involves 45 minutes of basketball related light exercise and 15 minutes of discussing the amazing things you achieved whilst out on court with complimentary tea, coffee & biscuits. There is no running or jumping involved and is perfect for older players, those coming back from injury or just trying to avoid pressure on the joints. No prerequisites required, all we request is that you turn up and enjoy yourself.



## STARTS

FRIDAY 2ND FEBRUARY

RUNS FOR 10 WEEKS

This is an all-inclusive environment - Welcome to all.

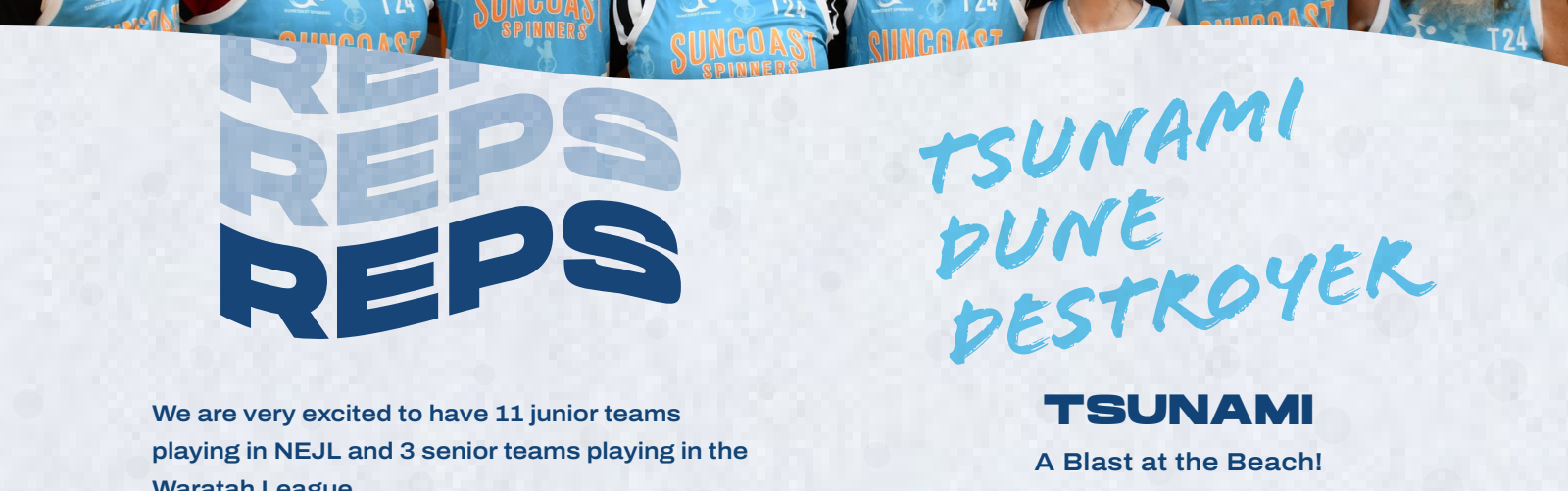
## NIAGARA PARK STADIUM

FRIDAYS \_\_\_\_\_ 9am - 10am \_\_\_\_\_ \$5 per week

Comfortable footwear and clothing + a bottle of water

Note: We do not require a Registration form as such with this program.

Keepin' it simple, just a turn-up and pay on the day.



# REPS

# TSUNAMI DUNE DESTROYER

We are very excited to have 11 junior teams playing in NEJL and 3 senior teams playing in the Waratah League.

All teams for both junior and senior have now been notified in their respective competitions.

Coming shortly will be team links and codes for each representative player to add themselves to their team.

Our U20 Men started their tournament last weekend at Sutherland. This is a very short tournament of three weekends and used to play some games before the commencement of the Youth League season.

We are also very lucky to have an U20 Women's team this year and they will show case their skills in Newcastle on the weekend of the 17/18th February.

All our junior teams will start their training next week, ramping it up for the start of their competition in March.

## TSUNAMI

A Blast at the Beach!

We had our Dune Destroyer for our Elite Rep players in mid-January. We had a good group out at Soldiers Beach Sand Dunes, testing our athlete's stamina both mentally and physically.

It was a great session and all those who participated showed great grit, determination, and comradery to get themselves and their mates over the line.

WE RETURNED TO THE COURTS THE FIRST WEEK OF FEBRUARY

## SESSION TIME

FRIDAY \_\_\_\_\_ 6.15 - 7.30AM

Open to Waves 24' Rep Players only. These sessions are inclusive within your Rep fees

## COMPETITIONS & TOURNAMENTS

Basketball looked in good hands as our kids took to the courts at Lake Haven Recreation Centre for the Central Coast Waves 3x3 Street Hustle at the Haven event on Friday January 19th.

We had a great turn out for girls' basketball with over 30% participation, and they all delivered some great basketball!

Congratulations to our winners and all teams that participated!

Stay tuned for details of our next 3x3 Street Hustle event!

## 3X3 STREET HUSTLE WINNERS

10/12 Boys \_\_\_\_\_ Joeys

14 Boys \_\_\_\_\_ The Ankle Breakers

16 Women \_\_\_\_\_ Iron Tiger Academy

16/18 Mixed \_\_\_\_\_ Monkey Squad

## WAVES D23 LEAGUE

Our second season of D23League returns in 2024 for an 11-week competition. Our teams for this competition are:

### TEAM PURPLE

Ronan Gratton  
Dominik Gillham  
Jordan Collins  
Connor Coates  
J. Speers-Stephens  
Joshua Bell  
Deegan Horne  
Shae Murphy

### TEAM BLUE

Tyler Francis  
Jack Petrie  
Logan Gratton  
Kaiden Johnson  
Skaife Bor  
Keelan Black  
Levi Bruderlin  
Flynn Dixon-Ross

### TEAM WHITE

Ashton Clarke  
Dominic Smede  
Mason Arnold  
Thomas Martin  
Jack Sainsbury  
Jake Knapp  
Reuben Hatcher  
Zane Cash

### TEAM BLACK

Chris Gillham  
Elias Kiernan  
Jalen Johnson  
Thomas Roth  
Khylan Crain  
Andrew Bull  
Bailey Decourcay  
Flynn Zammit

You can check out our WavesD23League on Tuesday evenings at 6pm on Courts 1 & 2.

## REFEREE'S REPORT

6th and 7th of January was the first tournament for the month 'U15/U17 Shootout' at Penrith.

Waves referee Mya Harbach was chosen to referee at this event to learn with the best, which is awesome. Mya did really well and improved by learning new techniques. Renee Harbach was also chosen to Referee coach which was a fantastic opportunity and learning experience.

12th January was the Damain Martin U13 boys challenge in Maitland which also attracted boys from all over the country.

Damain had flown in from Perth and put the boys through their paces which was amazing to watch. He took his time to talk to the referees and encourage them to be better and that we needed them for the future. Waves Referee Khael Uriel was selected to referee at this event. Khael found the Challenge very rewarding. Khael was also chosen as the best referee of the Damain Martin challenge huge achievement... Well Done Khael Waves Basketball are proud of how far you have come in such a short time. As referees we were also lucky enough to see Damain's Commonwealth gold medal and a NBL champion ring, crazy to see these close up. Renee Harbach was also lucky enough to referee coach at this event, with skills training and action on the floor so much to learn and experience.

15th-20th the Australian Country Junior Cup in on in Albury.

This year being 36 years since it started. Upwards of 60 Teams and 700 players, coaches and official's take part including teams from Tasmania and New Zealand in U14, U16 and U18 age groups. CJ Wilkinson was chosen to referee U16s at this event by Basketball NSW. CJ was fortunate to referee with the best country referees whilst learning from them. Throughout the ACJBC training camp CJ gained more advance knowledge of FIBA, as he was lucky enough to have the Head of Oceania for FIBA to help train them all. CJ was able to referee two games each day. CJ's consistency didn't go unnoticed. After all his hard work CJ was chosen to referee the gold medal U16 Men's game.

Junior Cup in on in Albury continued....

We also had Waves Referee Cooper Elliss attend this event. Previously, Cooper had refereed at the Junior Cup, this visit saw him Referee coaching.

Cooper, in his first two days helped with educating sessions and clinics for other referees. Each day Cooper watched 1-4 games per day which he then helped with education and pointers for the next game. Cooper assisted with getting referees in the right headspace mentally, going through different scenarios and providing different techniques. Well done to both CJ and Cooper.

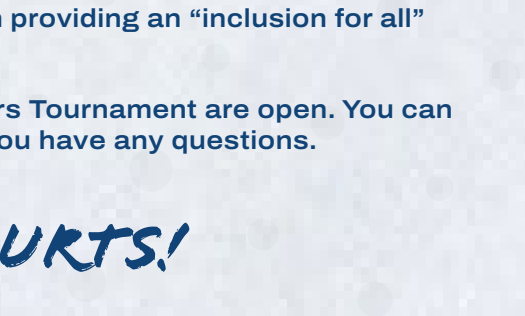
18th - 21st Suncoast Spinners Tournament at the Sunshine coast.

This Wheelchair event is the biggest in Australia with over 150 players from all over Australia. The athletics level of skill is memorising on the court. Competitors range in age from 6-60 years of age. Three levels of competition from beginners to Australia's Elite. The Suncoast Spinners tournament is 100% volunteer led and delivered which planning takes a year. With it attracting National referees and referees from across Australia. Renee Harbach was chosen to attend this event to learn new things and develop her skills further, to prepare for the upcoming season of state league. Renee referee 5 games per day. Teams from Sydney, Gold Coast and Brisbane and Victoria. Renee also had referee coaching from a Paralympic referee which was an honour to learn from the best. Renee was the only referee to represent NSW which is a huge privilege. Renee has been refereeing wheelchair basketball under a year and was chosen to referee the Bronze Medal match 3PO, which was a close game and won by a 3-point shot. During Renee's time away she was able to come home with more education of refereeing, whilst making lifelong friends. Well done Renee on being part of such a rewarding experience.

Khael Uriel as he went to the U13 challenge not wanting anything but more understanding of refereeing and walking away with the best referee voted by his peers at this event. Great job Khael extremely proud of you. Keep up the fantastic work.

CONGRATULATIONS TO OUR REFEREE OF THE MONTH...

## Khael Uriel



## WAVES OPERATIONS REPORT

# WELCOME BACK!

We hope everyone has had an enjoyable summer break with family and friends. It's great to see everyone back on court for the remainder to our 2023/24 Summer competition.

Here at the Waves, we have some exciting things happening in and around the club.

Our 2nd Waves 3X3 HUSTLE event held in the school holidays was a huge hit with great participation from our Northern friends at Lake Haven Rec Centre. As always, we thank you for your ongoing support of Waves Basketball. Next stop for Waves 3X3 HUSTLE will be Peninsula Leisure Centre at Woy Woy. Another great supporter of Waves Basketball.

January also seen the first of our 2024 representative teams take the court with our Under 20s men travelling to Sutherland Basketball stadium. The boys have another round early February in Shoalhaven. We wish them all the best.

The Coastal Classic was another opportunity for our Waves representative teams to blow out the cobwebs and take to the court playing in this Pre-season Tournament that takes place on the Central coast Jan / Feb each year. This is the perfect opportunity for both players and coaching staff to fine tune things prior to the Representative season starting early March.

Term 1 will also see the return of Walking Basketball at Niagara Park stadium. Interest in this program has been quite high so we look forward to once again providing an "inclusion for all" environment.

Just a reminder that nominations for our very first Waves Masters Tournament are open. You can nominate via the Waves website. Please reach out if you have any questions.

SEE YOU ON THE COURTS!

Matt



## DOMESTIC COMPETITION REPORT

Domestic competition is back! We are so excited to resume our Summer domestic competitions and look forward to fun-filled afternoon/evenings of basketball on Tuesday and Wednesdays.

We have 9 rounds this term before we progress to our semi and grand final weeks. Please note that second installment for the back half of the competition will be in the coming weeks.

The finalisation of the junior competition will be celebrated by our very first Waves Brian Hilton Junior Domestic Presentation to be held on 12th April 2024. This is a chance for us to showcase the talents of our junior domestic players, coaches and volunteers.

Just a heads up that due to the growth and popularity of our domestic competition we will be opening our Winter Competition team nominations on 1st March 2024. We will be sure to update you all with further details when they come to hand.

See you on the courts!

Amanda



## SAVE THE DATE

We are excited to announce that we will be holding a Central Coast Waves Trivia fundraising night at Wyong Leagues Club on Saturday the 16th of March 2024! Get your group of 10 together and get ready for a fun filled family night with lots of great prizes to be won. Tickets and more information will be available soon!

If you are a local business that would like to donate a prize for our trivia night, please reach out to Alicia at wavesponsor@wyongleagues.com. Any donations would be greatly appreciated.

# PUTTING YOUR BEST FOOT FORWARD!

## COMMON FOOT AND ANKLE INJURIES IN BASKETBALL

Basketball players are prone to a variety of foot and ankle injuries. Some of the most common among them are Severs disease, Achilles pain, heel pain, and stress fractures of the foot. These conditions can be debilitating, affecting not just your game but also your quality of life.

Severs disease, also known as calcaneal apophysitis, is particularly common among adolescent players. It's an inflammation of the growth plate in the heel and can be quite painful. Achilles pain often results from overuse or sudden movements and can range from mild discomfort to severe pain.

Heel pain is another common complaint and can be caused by various factors, including plantar fasciitis, heel spurs, or overuse. Stress fractures of the foot are hairline cracks in the bones, often caused by repetitive impact or sudden changes in activity level.

Early diagnosis and appropriate treatment are crucial for a speedy recovery. Ignoring symptoms or delaying treatment can lead to chronic issues that may require surgical intervention. Therefore, if you experience persistent pain or discomfort, it's advisable to consult a podiatrist for a thorough evaluation and treatment plan.

BY MATT SHANAHAN  
BLUEPRINT PODIATRY

## CASE STUDY: TEENAGER WITH SEVERS DISEASE

Jack, a 14-year-old aspiring basketball player, started experiencing heel pain during practice sessions. Initially, he thought it was just a result of intense training, but the pain persisted. After a thorough examination, he was diagnosed with Severs Disease, an inflammation of the growth plate in the heel commonly seen in adolescents.

Jack's treatment plan was customised to his specific needs. It included a combination of activity modification, strapping, and footwear modifications to manage pain. Additionally, he was advised to perform specific stretching and strengthening exercises to improve the flexibility and strength of his calf muscles and Achilles tendon.

Within a few weeks, Jack noticed a significant reduction in pain and was able to return to practice. Jack's case serves as a reminder of the importance of early diagnosis and intervention. Ignoring the symptoms could have led to chronic heel pain, affecting his performance, and possibly leading to other complications.

Jack's experience underscores the importance of taking foot pain seriously, especially in growing adolescents who are active in sports. It's always better to be proactive and seek professional advice rather than endure persistent pain.

