



THE TIME IS

NOW!



PREMIUM



VS MINERS

NBL1 SOUTH MITSUBISHI MOTORS
PRELIMINARY FINAL
SOUTHERN BASKETBALL STADIUM
7:30PM
SATURDAY 3RD AUGUST

TO PURCHASE TICKETS





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*CONDITIONS APPLY



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THE SANDRINGHAM SABRES JUNIOR REP PROGRAM

2025 VJBL COACH EOI

The Sandringham Sabres junior rep program is seeking Expressions of Interest from suitably qualified coaches, interested in coaching within our emerging VJBL program for the 2024/2025 season.

If you have a passion for coaching and player development and a desire to help players and teams reach their potential, then [CLICK HERE](#)

If you have any further questions please contact our Sabres DoCs directly:

**Boys: simon@southernbasketball.com.au
Girls: rachael@southernbasketball.com.au**

50



night at the sba

SBA 50 YEAR
CELEBRATION

31 | 08 | 24



\$50.00

(DINNER AND BEVERAGES PROVIDED)

SOUTHERN BASKETBALL CENTRE

7:00PM - 11:00PM

COURT 1 - 150 TULIP STREET, CHELTENHAM

Only
\$15 per
session

SABRE CUBS

SOUTHERN BASKETBALL CENTRE, 150 TULIP STREET, CHELTENHAM

2024 SCHOOL TERMS:

TUESDAY & WEDNESDAY - 4:00PM - 5:00PM
SATURDAY - 9:00AM - 10:00AM & 10:00AM - 11:00AM

**BASIC BODY
MOVEMENT**

PASSING

DRIBBLING

SHOOTING

**BALL
HANDLING**

GAMES

Sabre Cubs is catered for beginners of basketball (5 - 8 years old) who want to learn the BASIC skills of the game.

What to bring:

Athletes will be provided with a Sabres Singlet on arrival!
There is no need to bring basketballs, as they will be provided.

[REGISTER HERE SOUTHERN BASKETBALL ASSOCIATION](#)



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HEALTH CLUBS

*T&Cs apply.

Sapphires finish 5th at FIBA U17 Women's World Cup

Sabres young gun, Madison Ryan shines in a clutch win for the Australian Sapphires in U17 Womens World Cup.

“Australia’s U17 Sapphires have finished 5th at the FIBA Women’s World Cup in Mexico with a 67 – 64 triumph over Japan. Madison Ryan top-scored with 25 points (11 / 16) and dropped a crucial three late to stamp a fitting final performance for the Sapphires.

Ryan began to heat up in the second with 9 points at the half whilst Australia held on to a two-point lead (33-31). Australia was physical in the third quarter, with their defence keeping them in front of Japan. Ryan continued to find her rhythm, with an eight-point quarter guiding Australia to a four-point lead heading into the fourth term, 56-52.

Australia managed to maintain their lead, yet Japan wouldn’t let Australia break open. The Sapphires were up by two with only 2:30 remaining before both teams went cold and struggled to make the next basket.

Ryan eventually broke the deadlock, hitting a crucial three pointer to take a 5-point buffed.

However, Australia remained composed in the clutch to hold onto the narrow lead and walk away with the win, finishing the tournament in fifth place”

- Basketball Australia



SEMI FINAL



VS **SPECTRES**

BIG V YOUTH FINALS
VYC MEN
NUNAWADING BASKETBALL
STADIUM | 6:30PM
SATURDAY 3RD AUGUST



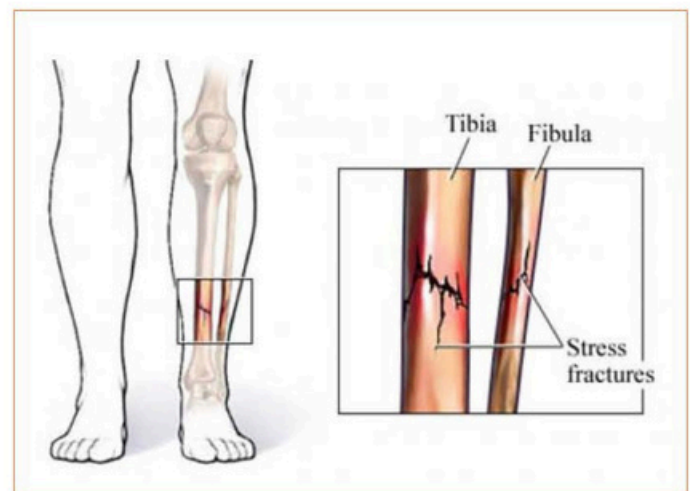
WHAT IS A STRESS FRACTURE?

A **Stress fracture** is a common overuse injury among sports people. It affects a wide variety of sports including running, football, soccer, gymnastics, ballet and cricket. They are also known as fatigue fractures. They typically start with 'shin splints' and can progress from this if not properly assessed, treated and managed.

A stress fracture is a microfracture in bone that results from repetitive physical over loading of the bone structure.

This overload stress can occur by two mechanisms:

1. **Poor mechanics/alignment:** Resulting in the redistribution of impact forces to inappropriate areas. This results in stress at focal points within the bone.
2. **Muscular tightness/imbbalances:** Muscular action can place stress on bones.



The resulting overload is often due to the athlete increasing their training demands suddenly. This causes an increased demand on the bone which the bone responds to by remodelling (*laying down more bony cells to reinforce the bone*). However if the bone can not strengthen and remodel at the same rate as the stress is applied then it becomes overloaded and fails resulting in a stress fracture.

Other contributing factors may include: footwear, training surfaces, physical conditioning, foot posture, lower limb biomechanics, dietary abnormality or menstrual irregularities can all increase your risk of a stress fracture. These factors contribute to good bone health, and changes in either can lead to bone weakness. This is why teenage females are at higher risk.

Stress fractures can occur in almost any bone in the body. The most commonly affected bones and the commonly associated sports are:

Tibia (shin): Running sports and Ballet

Metatarsals (foot): Running sports, Ballet, Tennis

Navicular (foot): Sprinting, High jump, Long Jump, Hurdling, Football

Fibula (outside shin): Running, Aerobics, Race Walking, Ballet

Femur (thigh): Distance running, Jumping, Ballet

Pelvis: Running, Ballet

SYMPTOMS:

- Pain increasing with activity and decreasing with rest
- Pain that occurs earlier in each successive work out
- Pain that increases over time
- Swelling
- Tenderness over the bone involved

SUMMARY OF PREDISPOSING FACTORS:

- Over training
- Cambered Surfaces
- Poor biomechanical alignment
- Muscle imbalances or weakness
- Poor technique
- Poor footwear
- Leg length differences
- Lack of flexibility



DIAGNOSIS:

Initially x-ray is used but the stress fracture may not show up for the first three or four weeks. Further investigation with an MRI or bone scan is often required.

TREATMENT:

This varies depending on the site and severity of the stress fracture. Avoiding the aggravating activity is paramount. Sometimes casting or immobilisation is required.

However most importantly the cause must be identified and treated to prevent reoccurrence.

Your physiotherapist has the ability to refer for the appropriate tests if a stress fracture is suspected but more importantly they can identify and reduce the predisposing factors.

You may be provided with some soft tissue work, technique correction, training advice, stretching and strengthening exercises and biomechanical assessment to prevent your stress fracture returning.

Video analysis may often be used to assist with identifying the problem and this may include analysing your event technique.



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BAYSIDE



PICKLEBALL

The SBA are now offering PICKLEBALL!

Play Pickleball in Bayside at Melbourne's newest indoor pickleball stadium. Rain, hail or shine... now you can play pickleball without the elements affecting your game.

There are session times available for all skill levels.

Located on the SBA new courts (5-8) sessions are currently running Wednesday and Sunday mornings.

[CLICK HERE](#)




SABRES SHOOTING SCHOOL

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*Upon successful completion and subject to eligibility. Please go to seda.edu.au/pathways to learn more. Melbourne United work in collaboration with SEDA Group RTO: 22503 on marketing and promotional services relating to the recruitment of prospective students for this program. SEDA Group is responsible for the training and assessment and the issuance of AQF certification documents. This training is delivered with Victorian and Commonwealth Government funding. Information accurate as at April 2024.



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GRUGS JIBBITZ

Sandringham Sabres

THEME SONG

Oh we're from Sabreland

A fighting fury

We're from Sabreland

In any weather you will see us with a grin

Risking head and shin

If we're behind then never mind

We'll fight and fight and win

For we're from Sabreland

We never weaken til the final siren's gone

Like the Sabre of old

We're strong and we're bold

For we're from Sabre

(Orange and Blue)

We're from Sabreland.

BUSINESS DIRECTORY

Dear SBA families,

Here at Southern Basketball Association (SBA) we're committed to building a bigger and better future for our players, and club community.

We're proud of our people and the work they do on and off the court, and we want to reward and support you.

The SBA Online Business Directory is designed to do just that reward and support. If you have a business, then we want to include you in our online business directory. No matter how big or small your business; sign up now.

Together we can help each other achieve our goals.

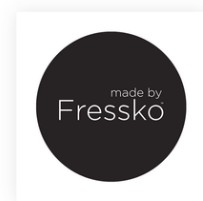
Submit your business details [here](#).

Please include:

- Your company logo (to be supplied as a clear, high resolution JPEG)
- Business contact details (name, email, phone number, website)
 - A small amount of text
- A special discount, offer or deal for SBA Members



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