

# Hawks Gala Day-Sunday April 8<sup>th</sup> 2018

10.00-10.25am	WABL 2018 Meeting Compulsory Introduce SBL Teams-Court 1						
	Court 1	Court 2	Mike Ellis Room South	Mike Ellis Room North	Canteen Area Photos	Court 3	Court 4
	Players	Players	Parents	Coaches	Team Photos	Players	Coaches
Changeover	CJ	CJ			10.25 Division 1	Rocky	
10.30-11.10am	Ball Handling U12-U14	Ball Handling U16-U18	WABL scoring including Stadium Scoring <i>Rosemary Barrow</i>		10.30 18 Girls 10.40 16 Girls 10.50 16 Girls 11.00 14 Girls 11.10 14 Girls	Post Clinic U12-U18	Teaching Defensive Rotations in Shell Drill form  <i>Matt Parsons</i>
Changeover							
11.20-12.10pm	Shooting Clinic U12-U14	Shooting Clinic U16-U18	How to Keep Children in Sport  <i>Troy Kirkham</i>  <i>(Parents &amp; Coaches)</i>		11.20 14 Boys 11.30 14 Boys 11.40 12 Girls 11.50 12 Girls 12.00 12 Boys 12.10 12 Boys	Defence Clinic U12-U18	Teaching Transition in Defence   <i>Brendan O-Brien</i>
Changeover							
12.20-1.00pm	12.20-1.00pm How to succeed towards playing SBL <i>(all welcome)</i> <i>Deanna Smith</i>		WABL scoring including Stadium Scoring <i>Rosemary Barrow</i>	Using Technology in Coaching  <i>Georgia Clarke</i>	12.20 20 Boys 12.30 16 Boys 12.40 16 Boys 12.50 18 Boys	Division 1 Women vs Stirling  12.30pm	
Finish							
2.15pm	Division 1 Men vs Stirling  2.15pm						

Foyer:

Greeting Desk

Hawks Shop

Aqualyte Tasting

Sausage Sizzle

# Gala Day Program

Please find an outline of our Gala Day below. **Our day goes from 10am -1pm with players invited to stay and watch the Division 1 games if they would like to.** It is a day when all our WABL and SBL players come together, our parents can listen to some fantastic speakers and our coaches get a chance to do some personal development. It builds club ethos and comradery and is very important now that our teams don't always play together in one location as they did in the past.

## Players Meeting Time and What to Wear

- All players are expected to come to gala day in their WABL Shorts, Playing shoes and socks and a reversible or warm-up top (Managers will have their playing singlets)
- Players are to meet their Managers on court 1 & 2 at 9.45am sharp and change into their WABL singlet then move to the stands on court 1
- Teams should sit together. The WABL meeting will start at 10am sharp and is **compulsory** for all parents and players
- **Please bring your own ball with your name clearly marked on it**

## Compulsory Players Sessions

- Team Photo
- WABL 2018 meeting
- Clinics run by SBL players-2 sessions (*pick the sessions you want to attend*)
- Talk: WSBL Head Coach Deanna Smith-How to Succeed Towards Playing SBL (U12's need not attend )

## Coaches Sessions

- WABL 2018 Meeting
- Teaching Defensive Rotations in Shell Drill form-MSBL Head Coach Matt Parsons
- Teaching Transition in Defence by Brendan O'Brien –current State Metro U18 Women Assistant Coach
- Talk: Using Technology in Coaching-WSBL Assistant Coach and SCC State Coach Georgia Clarke
- Talk: How to Keep Children in Sport-Troy Kirkham

## Parent Sessions

- WABL Scoring Training , including Stadium Scoring
- WABL 2018 Meeting (Compulsory)
- Talk: How to Keep Children in Sport-Troy Kirkham-**Highly recommended for all parents to listen to**
- Talk: WSBL Head Coach Deanna Smith-How to Succeed Towards Playing SBL

# Gala Day Session Outline

## Team Photos

- U18 girls can go straight to photos from the WABL Meeting and then join the sessions after photos
- All other teams can move to their skills sessions and Hawks personnel will come and get teams from courts for their photos. Please look at the rough outline of times and be ready
- Once you have had your photo taken please move back to your skills clinic
- Teams are to be in full WABL uniform (playing singlet & shorts) with playing shoes and socks
- Managers and Coaches should be in Hawks Polos
- Managers please organise your team in height order from shortest to tallest ready for the photo.
- Photos will be taken in the canteen area.

## Coaches Sessions

There are some fantastic coaches sessions outlined for the day. Coaches have a choice of 5 different sessions. MSBL Championship winning Head Coach Matt Parsons, State U18 Assistant Coach Brendan O'Brien, Assistant WSBL Coach and SCC State Coach Georgia Clarke will all be running sessions.

There are also the 2 talks on during this time, Troy Kirkham looking at How to Keep Children in Sport and WSBL Championship winning Head Coach Deanna Smith discussing how to succeed in the SBL.

Managers are asked to stay and watch the teams doing their skills clinics. Managers will come and get coaches from their sessions for their team photo at the last minute so coaches should only miss a few minutes of any session

## WABL 2018 Meeting

All Players, Parents, Coaches and Managers are to attend this meeting on Courts 1. Our president Karl Hombergen and WABL Director Annette Nobensi will discuss the upcoming 2018 WABL season including new initiatives from BWA, player expectations and agreements and the WABL Handbook.

## Stadium and Score bench Training

Rosemary Barrow will run a session for new and interested parents regarding scoring for WABL games. All parents are expected to score/time over the season and this short informative session will provide you with the skills and knowledge that you need.

## How to Succeed Towards Playing SBL

Our WSBL Championship Winning Coach Deanna Smith will talk to our players about how to succeed in basketball and work towards playing SBL. This is also a great talk for parents to listen to. Deanna (Doccy) has some amazing insights as both a player and coach. Doccy has played over 260 WNBL Games, 60 games for the Australian Opals and over 100 WSBL games with the Hawks and Cougars.

## How to Keep Children in Sport

This talk is highly recommended for all parents and any interested coaches to listen to. Troy Kirkham has travelled the world gaining an insight into the reasons why children play sport and what causes them to drop out of sport. Troy is currently employed as the Participation Manager at the WA Football Commission. Troy discusses strategies and ways of engaging youth and encouraging them to stay in sport, which not only keeps them fit and healthy but also teaches them important life skills.

## Division 1 Men's and Women's Game

Our Division 1 Women and Men will play a fixtured WABL game against the Stirling Senators at 12.30pm Women (Court 3) and 2.15pm Men (Court 1) . Many of these players are in our current SBL squad and it is a good chance to see some of our top Hawks players in action.

## Display Area-Foyer & Sausage Sizzle

### Aqualyte Tasting

We will have an Aqualyte tasting stand in the foyer. Our club is sponsored by Aqualyte. Aqualyte is a **low sugar**, hypotonic fluid and electrolyte solution. It is scientifically formulated for rapid absorption to prevent dehydration and its effects on health and performance. It comes in a granular powder packed in sachets that you just mix with water. The low sugar makes it a healthier option than many other sport drinks and the rapid absorption means it gets absorbed quickly, preventing dehydration and avoiding any uncomfortable feeling of fullness in the stomach.

### Hawks Shop

Buy your Hawks merchandise and playing gear. The shop will be open from 10am-1pm and will have EFTPOS facilities.

### Sausage Sizzle

Our MSBL players will be holding a fundraising Sausage Sizzle over the day. Drinks and sausages will be on sale from 10.30am. So bring along your gold coins, enjoy a sausage sizzle and drink and support our MSBL Team.