



# Hawks Gala Day – Sunday March 24<sup>th</sup> 2024

<b>WABL Meeting &amp; Keynote Speaker</b> (Compulsory for Parents, Players and Coaches)							
9.00-9.45am	Court 1	Court 2	Ellis Room South	Ellis Room North	Canteen Area Photos	Court 3	Court 4
	Players	Players	Parents 1	Parents 2	Team Photos	Players	Players
10.00-10.45am  <b>Session 1</b>	Stitch in Time  <b>U14's</b>		WABL scoring including Play HQ  <i>Rosemary Barrow</i> <i>Nat Mippy</i>	Nutrition for game day and tournaments  Plus Under 20-21's  <i>Healthway</i>	Photos  <b>U16-18's</b> <b>U12's</b>  <i>Refer to schedule</i>	<i>Team Building</i>  <b>U12's</b>  <i>Shawn Redhage</i>	
11.00-11.45pm  <b>Session 2</b>	Stitch in Time  <b>U16-18's</b> <b>Under 20'-21's</b>		Level 1A Scoring (covers Shot Clock)  <i>Rosemary Barrow</i> <i>Nat Mippy</i>	Concussion and Injury Management/Prevention  <i>Lachlan Arnott</i> <i>Ascend Physio</i>	Photos  <b>U12's</b> <b>U14's</b>  <i>Refer to schedule</i>	<i>Team Building</i>  <b>U14's</b>  <i>Shawn Redhage</i>	
12.00-12.40pm  <b>Session 3</b>	Stitch in Time  <b>U12's</b>		WABL scoring including Play HQ  <i>Rosemary Barrow</i> <i>Nat Mippy</i>	Injuries in the adolescent athlete  <i>Lachlan Arnott</i> <i>Ascend Physio</i>	Photos  <b>U14's</b> <b>Under 20-21's</b>  <i>Refer to schedule</i>	<i>Team Building</i>  <b>U16-18's</b>  <i>Shawn Redhage</i>	

*Please note : WABL Championship Division Men will play at 4pm on Court 3*

**Foyer Marketplace:**    **Greeting Desk**    **Hawks Shop**    **Fuel to Go**    **Sausage Sizzle**    **Membership Stand**

# Gala Day Program

Please find an outline of our Gala Day below. **Our day runs from 9am -12.45pm.** It is a day when all our WABL and NBL1 players come together, our parents have the opportunity to listen to some fantastic speakers and our coaches and managers get to spend time with their teams and work with some of the best in the business in their sessions. Our Gala Day builds club ethos and comradery and is a chance to see and meet other club members.

**The Gala Day is compulsory for all Hawks players, coaches and managers. Players are expected to attend for the entire time. Parents are strongly encouraged to attend some of the optional workshops available. Teams may need to leave a session in order to take their team photo- please do so in an orderly and timely manner and return to your scheduled session.**

## 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 t-shirt (Managers will have their singlets)
- Players are to **meet their managers on court 1 at 8.45am sharp** to change into your WABL singlet and move to the stands on court 1.
- Teams should sit together.
- The 2024 WABL meeting will start at 9am sharp and is compulsory for all players, coaches, managers & parents.

## Compulsory Players Sessions

- **Team Photo**
- **WABL 2024 meeting**
- **3 x Sessions indicated on the schedule**
- *Managers expected to stay with their teams for the duration of the morning.*

## Coaches Sessions

- **WABL 2024 Meeting**
- All other sessions allocated to your team
- If coaches wish to attend one of the talks- please make sure managers are with the team at their session

## Parent Sessions

- **WABL 2024 Meeting (Compulsory)**
- Courtside Scoring Training (*optional*)
- Talk: Injury and Load Management (*optional*)
- Talk: Nutrition for game day and tournaments (*optional*)

## Gala Day Session Outlines

### Team Photos and Fuel to GO

During this allocated time teams need to get their photos taken and visit the Fuel to Go display and enjoy some fresh fruit.

#### Photo Display

- See the Photo schedule for your allocated time
- Managers will have your singlets ready to wear for photos.
- Teams are to be in full WABL uniform 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. **Jewellery should be removed**
- Photos will be taken in the canteen area

#### Fuel to Go

As part of our ongoing support to Healthway and the Fuel and Go Healthy Clubs initiative we will have some displays and tastings set up in the foyer and encourage all teams to visit, fuel up and have a look at some of the great information regarding drinks and snack food during sport.

### WABL 2024 Meeting - ALL

All Players, Parents, Coaches and Managers are to attend this meeting on Court 1. Our Chairman Kris McGillivray will discuss the upcoming 2024 WABL season including new initiatives from BWA, player expectations and agreements and the WABL Handbook. This meeting will also include a keynote address. You will also be introduced to the NBL1 West Men's and Women's team for 2024.

### Stadium and Score bench Training - PARENTS

Rosemary Barrow & Nat Mippy 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. There will also be a Level 1A scoring course run for anyone interested in learning more about scoring. The Level 1A course serves as an introduction to operating the shot clock at WABL level.

## Load Management and Injury Prevention - PARENTS

**Lachie Arnott from Ascend Physiotherapy is the Head Physio for our NBL1 West teams.**

**CONCUSSION AND INJURY MANAGEMENT/PREVENTION – this talk is highly recommended for all parents.**

Concussion is thankfully not a common injury in basketball, however it is important that we all have a basic understanding of the signs, and that we all know the steps to take should problems arise. Lachie will outline the concussion basics, and the club's concussion protocols. Many young Hawks have WABL, Domestic and State duties plus other clinics and camps to juggle, which can increase injury risk. Lachie will discuss management of these loads, plus basic injury prevention and management.

**INJURIES IN THE ADOLESCENT ATHLETE this talk is highly recommended for parents of children in the U12, U14 and U16 age groups (*but all are welcome to attend*)**

In adolescents the management of injuries and steps taken to prevent them differ between the adolescent and adult population. As many young basketballers reach their teenage years, they can begin to struggle with growth-related injuries and conditions that are often misunderstood and can be managed more effectively. Lachie will discuss how these injuries occur, and the best management strategies to deal with them."

## Nutrition for Game Day and Tournaments - PARENTS

**This talk is highly recommended for all parents.** Come and join Michelle and Carla from the Fuel to Go & Play team as they discuss how to fuel the active junior both on and off the court. The session will cover: Everyday fuelling to build muscles and energy stores and Fuelling, recovery and hydration for game and tournament days.

Hear from Michelle Riekie Fuel to Go & Play Project co-ordinator, Nutritionist and Mum of 4 who understands firsthand the challenges of packing school lunches and snacks for after school sport - Michelle will be sharing her top tips to ensure your active junior has the Fuel to Go & Play!

Carla Florio Sports Dietitian (Prov) will provide important insight into fuelling and recovery to ensure active juniors perform at their best!

## Team Building - PLAYERS

Legendary basketball player Shawn Redhage will lead our teams through team building exercises that explore the reasons they choose to play basketball and make the sacrifices/choices that they do. He will also lead a shooting session and give a keynote address as part of our WABL meeting. Shawn's work ethic and professionalism on and off the court has helped him to accomplish some amazing feats in his career which include playing over 380 NBL games, 6 times Wildcats MVP, 4 NBL Championships and playing in the 2008 Olympics. Shawn continues to promote and develop players in the sport of basketball running small group training, elite one-on-one mentoring and his schools' program. Redhage Basketball has also partnered with the Hawks to run our WABL Skills Sessions & Camps. See more information here at <https://www.redhagebasketball.com/>

## Stitch in Time - PLAYERS

In today's fast-paced and ever-changing world, disruptions and challenges are inevitable. A Stitch in Time recognise the need for individuals to develop resilience in the face of these circumstances. A Stitch in Time are dedicated to empowering individuals with the knowledge and skills needed to prioritise their mental health and well-being. Their workshops educate participants on the significance of mental health and fostering positive psychological well-being. A Stitch in Time was founded and is directed by Wildcats Legend Greg Hire. As a former professional basketball player, he experienced the importance of physical and mental well-being and witnessed the struggles of those around him, motivating him to champion mental health cause. Greg is assisted by another Wildcats legend, Brad Robbins. Brad is a dedicated mental health advocate who has made a significant impact both on and off the court. Known for his tenacity and leadership in basketball, Brad's journey extends beyond sports as he courageously shared his struggles with mental health to raise awareness and break down stigmas. Visit their site here: <https://stitchintime.org.au/>

## Display Area-Foyer & Sausage Sizzle - EVERYONE

**Hawks Shop:** Buy your Hawks merchandise and playing gear. The shop will be open from 9am-1pm and will have EFTPOS facilities.

**Sausage Sizzle :** Our NBL1 West players will be holding a fundraising Sausage Sizzle over the morning. Drinks and sausages will be on sale from 8.00am. Enjoy a sausage sizzle and support your NBL1 West teams.

**Membership Stand:** Join up and become an NBL1 West season member. Get priority seating and support our elite basketballers.

**Fuel to Go :** The hawks support the Healthway and the Fuel and Go Healthy Clubs initiative. As part of this we will have some displays and tastings set up in the foyer and encourage all teams to visit, fuel up and have a look at some of the great information regarding drinks and snack food during sport.

