

FIRST IMPACT ALL AUSTRALIAN CAMPS TO BE HELD THESE HOLIDAYS

As the Australian representative for Impact Basketball we are pleased to announce our first Impact All Australian Camps will be held in Melbourne and Sydney these holidays. These will be annual camps run by guest coaches from the esteemed US Impact Academy. An opportunity not to be missed by any serious player.

Players who attend this camp will have access to the same unique training system that prepares stars such as Kevin Garnett, Chauncey Billups, and Al Harrington for the NBA season. The Impact Spring Training Camps offer an intense combination of basketball movement-based performance training, nutrition counselling, and on-court skill development. Experience and knowledge gained during an Impact Training Camp has proven to have had a profound positive long-term effect on a player's career.

The camp is only open to high level representative players 15 years and older. Players up to 19 and 20 are welcome to register. This camp is currently only open to boys, we will hopefully add a girls program in 2012.

These first camps are being run at a very special introductory price. In 2012 the prices for this camp will increase.

If you are unsure if you are eligible to register for the camp please contact us for verification. Places will be strictly limited so register early. We are expecting these camps to fill and no additional space will be available. Don't miss out!

The registration form and more information is enclosed inside this issue.



Recent Training Camp at Impact Las Vegas with Impact Head Coach Joe Abunassar.

Inside this issue:

Spring Programs	2
Registration Form.....	3
3 on 3 Tournament	4
Impact NBA League	6
John Wall at Impact.....	7
Wilson joins Impact.....	8
Impact Aust Camps.....	9
Dealing with Adversity.....	11
Tom McDonald AFL	14
Girls Camps	15
US Tour 2011.....	16
State Summary.....	17
Feature Coach.....	18
IMPACT NBA Player Spotlight Kevin Garnett	20

Important dates:

Camps and Programs:
See pg. 3

Sept 28 3 on 3 Registrations Close

Sept 30 3 on 3 Tournament

Camp To Include Post Grad Tour Team Try Outs

We will also use this camp for our final selections for our 2011 POST GRAD US tour team and also our Varsity and JV touring teams. The drills you will cover will benefit you greatly and it will also give us a great opportunity to see your strengths and weaknesses. The afternoon sessions will still contain scrimmages, allowing us to observe your game play as well.

SPRING PROGRAMS : DESCRIPTIONS

CAMP PROGRAM DESCRIPTIONS

Rookies Program

This program will provide a fun learning environment for players to develop and improve their skills. It is aimed to help build confidence in and teach the correct fundamentals to young players. This camp is for nine year olds and under who are just starting out or are perhaps in their first year or two of competition.

Players may attend just 1 or 2 days of this camp and only pay a 1 or 2 day rate. (Daily rate is 1/3rd the full cost rounded up to the nearest \$10).

All Australian Camp

A program for experienced players 8 years old and above who are currently playing club basketball. A serious program to maximise improvement and build confidence in a players abilities. Intended for 8 to 16 year olds who want to improve. Drills will prepare players for our Invitational Camps.

Invitational Program

An advanced, intense program aimed at strong representative level players. Suited for 11 year olds and above up to, and including, the age of 18. Where players have not attended a camp previously and feel they are up to the Invitational standard then they should attend a camp where both the All Australian Camp and the Invitational camp are running. We do a quick evaluation of all players at the start of the All Australian camp and invite the players who are ready for the more intense Invitational program to come across early on the first day.

Impact Basketball Camp

An Annual elite basketball camp with guest coaches from the esteemed Impact Academy in the US. Players will have access to the same unique training system that prepares stars such as Kevin Garnett, Chauncey Billups, and Al Harrington for the NBA season. The Impact Spring Training Camps offers an intense combination of basketball movement-based performance training, nutrition counselling, and on-court skill development. Only for advanced 15 to 19 year old rep players. Boys only this year, we will add a girls program in 2012.

Girls Only Camp

Is our Rookies and All Australian program in a girls only environment. 6 year olds up to 14 year olds. We usually get a high representative standard in our oldest age group of 12 to 14 year olds.

Shooting & Ballhandling Clinic

This is a clinic aimed at beginners and younger club & rep level players looking to improve their shooting and ballhandling in a focussed clinic. Special attention to good technique and fundamentals will be given. Suitable for 8 to 14 year olds. More information is on www.ausbasketball.com.au

Advanced Shooting & Ballhandling Clinic

Will not be held these holidays due to scheduling problems.
Will return in January.

3 on 3 Tournament

See page 4 for more information



1 on 1 Drills at Recent Girls Only Camp

SPRING PROGRAMS : VENUES & DATES

CAMP DATES — MELBOURNE, VICTORIA

Sept 26th to 28th	Nunawading Stadium - Rookies, All Australian & Invitational Camp	R\$145 AA \$175 I \$225
Sept 29th	Nunawading - 1 day Shooting & Ball handling clinic (Club Players)	\$50.00
Sept 30th	3 on 3 Tournament (See www.ausbasketball.com.au)	\$45.00 per person
Oct 3rd to 5th	Girls Only Camp - Nunawading Stadium, Rookies & All Australian	\$150.00
Oct 3rd to 5th	Dandenong Stadium - Impact Spring Basketball Camp	\$180.00
Oct 5th to 7th	Nunawading Stadium - Rookies, All Australian	\$145.00 / \$175.00
Oct 5th to 7th	MSAC Albert Park - Rookies, All Australian & Invitational Camp	R\$145 AA \$175 I \$225
Oct 6th & 7th	MSAC Albert Park - Impact Spring Basketball Camp	\$130.00

CAMP DATES — SYDNEY, NEW SOUTH WALES

Sept 28th to 30th	Thornleigh Stadium - All Australian & Invitational	AA \$175 I \$225
Sept 28th to 30th	Thornleigh Stadium - Impact Spring Basketball Camp (noon to 4:30pm)	\$180.00
Oct 5th to 7th	Menai Stadium - All Australian & Invitational	AA \$175 I \$225

CAMP DATES — PERTH, WESTERN AUSTRALIA

Oct 7th to 9th	W.A. Basketball Centre - All Australian & Invitational	AA \$150 I \$185
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CAMP DATES - BRISBANE, QUEENSLAND

Sept 21st to 23rd	Brisbane Entertainment Centre, Boondall All Australian & Invitational	AA \$175 I \$225
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CAMP DATES - CANBERRA, ACT

Oct 5th to 7th	Belconnen Stadium - All Australian & Invitational	AA \$175 I \$225
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BASKETBALL CAMP REGISTRATION

Register online at www.allausbasketballcamp.com OR call (03) 9415 6112 OR fill in the below form and post to ,

Victoria, ACT & QLD

Australian Basketball Services
PO Box 4116, Balwyn East Vic 3103

New South Wales

Elite Basketball Academy
27 Alicia St, Glenwood NSW 2768

Western Australia

All Star Player Development
2 Filmer Pl, Leeming WA 6149

I wish to attend the _____ Camp Name _____

Age _____ Birth date ____/____/____ Shirt Size 12 14 S M L XL Payment enclosed: \$ _____

Address _____ City _____ State _____ Post code _____

Parent/guardian name _____ Phone (Mbl) _____ Phone (h) _____

Email _____ School Attended _____ Year _____

Is there any medical condition or allergies that our coaches should know about? _____

Card Payments: Cardholder name: _____ Card No: _____

Expiry Date: ____ / ____ (Month / Year) MasterCard / Visa Only . I give permission for my son / daughter to attend the All Australian Basketball camp. I understand that the camp organizers will make every effort to ensure the safety of my child. I will not hold them responsible for any injuries that occur during the camp. Any images taken can be used for future promotional use.

Signature: _____ Date _____

3 on 3 Tournament

The next 3 on 3 Tournament will be held on Friday September 30 at Nunawading Stadium.

Consolation prizes for runner up teams are being introduced. There will now be \$1000 worth of prizes in each age group for winners and runners up. Including top of the range Nike uniforms and LeBron basketballs.

It was fantastic to see teams from Yarrawonga, Geelong and Mornington Peninsula take part in the last tournament. Each team is guaranteed five games and the Three-Point Shoot Out, One on One, and Hotshot contests will be held in between games and finals should time allow.

Registrations for the next tournament close on September 28. Visit www.ausbasketball.com.au for more information and to print out a registration form.



3 on 3 TOURNAMENT



**A FULL DAY 3 on 3 TOURNAMENT
12's , 14's, 16's & 18's & Under**

**INDIVIDUAL CONTESTS - 3pt shoot outs, Hot Shot Contest, 1 on 1
\$1000 worth of prizes in each age group for winners & runners up.**

**NUNAWADING STADIUM, FRIDAY SEPTEMBER 30th
9:00am to 3:00pm**

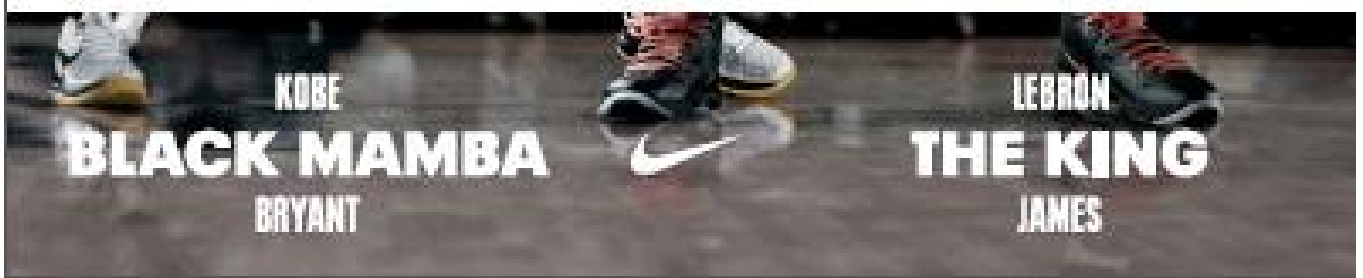
EPIC



Foot Locker



NIKEBASKETBALL



KOBE

BLACK MAMBA

BRYANT

LEBRON

THE KING

JAMES

Impact Basketball to Start Own League in September

With the NBA labor negotiations coming along at a snails pace it looks like some form of basketball will be played. Impact Basketball, the world famous basketball training academy stationed in Las Vegas and Los Angeles, will start its own league in September.

Other players who haven't trained at Impact in the past will also be invited to compete. Many players have already started communicating with their teammates and friends around the NBA, which means entire NBA squads could play if they so desire. With so many teams meeting up for workouts and minicamps this summer, this league could be a way for teammates to stay sharp and on the same page.

"It will start in September, with two games a day," Jared Dudley told HOOPSWORLD. "There will be a blend of all-stars, veterans and rookies. We'll play by NBA rules – have a 24-second shot clock



NBA All Star & Impact Regular is putting together a Knicks team.



Blake Griffin is Bringing a Clippers Team to Impact

and everything. You heard of the Drew League and Goodman League, but the difference with this league is that it's not a pro-am. There will just be NBA pros. It really gets guys ready for the NBA season. I'm excited every summer because at Impact, you only can get better. Now, the games are there to put what you learn into action on the court." This will act like a competitive mini camp for the players, and possibly a preseason if the labor situation resolves itself at the last minute.

Latest news out of Las Vegas is that they have about 64 players signed to come in for a training camp and tournament to help keep them in touch and in shape ready for whenever the season begins. They are going to have 8 unofficial NBA teams there. Kevin Durant is bringing an Oklahoma team, Blake Griffin a Clippers team, Chauncey Billups a Knicks team, Tayshaun Prince a Detroit team etc. Each team will train together, then they will have group skills sessions and then play in an 8 team NBA Fall tournament.

Two of the Impact Coaches who regularly work out with their NBA players will be coming to run our very first Impact Australian camps. See pages for details.

Washington Post Article August 29th

Joe Abunassar on John Wall: 'He's as fast as ever now'

By Michael Lee

When John Wall's rookie season concluded, trainer Joe Abunassar said he spoke with Wizards officials to get a sense of Wall's goals for the summer and devised a program to help him regain some of the explosiveness that he lacked after suffering a left foot injury, and later a bone bruise in his right knee last November.

Wall decided to take about two months off immediately after the season before heading out to Los Angeles, where he began focusing on getting back to his old ways of leaving skid marks on the hardwood. He has trained with Abunassar, commuting back and forth between the Impact Basketball facilities in Las Vegas and Reseda, Calif., and the results have been evident through his performances in pro-am games across the country. Wall declared himself "back" after scoring 28 points in the Goodman League's victory over Drew League at Trinity last week, and Abunassar agreed.

"I think that he's back," Abunassar said in a telephone interview. He added that Wall had a great season regardless of what ailed him but noticed at times that "something was bothering him."

Wall has trained with Abunassar since he declared for the NBA draft out of Kentucky and has already agreed to play in his proposed NBA-only summer league in Las Vegas next month, which should give him an opportunity to show off how much he has improved physically against his peers. If you haven't noticed already, Wall hasn't been wearing the padding, tights and knee supports that he wore after sustaining the right knee injury.



Impacts John Wall in action for the Wizards.

"I know he battled some injuries, so getting him healthy and his knee feeling great was the first priority and we do different things," Abunassar said. "Our performance side and what we're doing with John is really basketball related. Just getting him out on the court and getting back to exploding and getting him to changing his speeds the way that not many people can; using his athleticism when he can go from stop to go so quickly."

Abunassar said they have focused on helping Wall strengthen different muscles in his lower body that needed improvement and "getting them to fire a little bit quicker. For the most part, he just got into great shape and he's as fast as ever now."

BEN WILSON JOINS IMPACT



Ben Wilson, 19, is a player who attended several of our camps and joined us for our US tours in 2009 and 2010. After playing against the Impact Basketball Postgraduate team during the 2010 tour the 6'3" guard has been inspired to attend Impact Basketball Academy from September 2011 until May 2012.

Ben played his first basketball game when he was 7 years old. Attending Melbourne High School he was the Basketball Vice-Captain and received the Sportsman Award. He played two years of representative basketball with Sunbury and a further four years with the Melbourne Tigers.



Ben Wilson gets a wide open look at the FootHills Classic Las Vegas 2010



Ben Wilson in action against top ten team in the US Bishop Gorman

As a Melbourne Tigers Junior, Ben was named the Under 16's Metro 2 Finals Most Valuable Player and later received a Coaches Award in Under 18's.

Ben was a very reliable and important part of our touring teams for both years. As coaches we regarded him as our best defender and he consistently shut down the best players from opposing teams.

"Having the opportunity to play the best players and teams in America in the hands of a great coaching staff was incredible," said Ben

"The trip is both mentally and physically exciting and an irreplaceable learning experience for all basketball players."

During the tour the team played against the Impact Basketball Postgraduate team, giving the players an insight into the facilities, dedication and results of the Impact Basketball Academy full-time training schedule.

"They had a very strong team, who handled themselves like professional athletes before, throughout and after the game," said Ben.

"It was the perfect environment for any basketball player, rich with motivational enablers pushing players to achieve their best."

Ben will be attending Impact Basketball Academy from September 2011 until May 2012. We are excited about his acceptance at Impact and know that with his commitment and dedication he will leave the program a more complete and stronger player.

To help support his training and studies at Impact Academy, Ben is raffling an Australian National Basketball Jersey featuring the signatures of 11 Australian players from the 2011 Australian team. Tickets into the raffle are available online at www.benwilsonbasketball.com. We encourage everyone to support Ben.

We wish Ben every success and look forward to catching up with him on our US tour this December. We will have updates on Ben in our newsletter.

IMPACT

BASKETBALL

CHANGING THE WAY YOU TRAIN

SPRING TRAINING CAMPS

COME TRAIN WITH THE PRO'S



“IT'S MORE THAN A BASKETBALL CAMP,

IT'S A TRAINING EXPERIENCE THAT HAS CHANGED THE PATH OF MANY YOUNG PLAYERS IN THEIR PURSUIT OF IMPROVING ON THE COURT.”

Our athletes have access to the same unique training system that prepares stars such as Kevin Garnett, Chauncey Billups, and Al Harrington for the NBA season. The Impact Spring Training Camps offers an intense combination of basketball movement-based performance training, nutrition counselling, and on-court skill development. Experience and knowledge gained during an Impact Training Camp has proven to have had a profound positive long-term effect on a player's career.

PROGRAM HIGHLIGHTS:

Our goal is to ensure, through detailed and focus training, each student improves on weaknesses while

- Player specific skill development through on-court workouts in small groups.
- Intense drilling in game situations to improve game performance from the same trainers who prepare the best in the NBA throughout the season.
- Detailed instruction on maximizing opportunities on the floor during games.
- Intense performance training to improve speed, balance, flexibility, explosiveness, functional strength, and overall athleticism.
- Impact Performance Training specifically targets the needs of an athlete that directly translates into improved performance, more daily energy, improved body composition, and overall better health.
- Education on how to recover faster and more effectively throughout the season.
- Sport nutrition and hydration education and strategies.

SIGN UP NOW !

ONLY ONCE A YEAR.

PLACES LIMITED, DON'T MISS OUT,

Presented in conjunction with the Nike Foot Locker All Australian Basketball Camps. Register Online at www.allausbasketballcamp.com

Or Call (03) 9415 6112



SPRING TRAINING SESSIONS INCLUDE

Athletic training, therapy, and movement preparation

On-court skill work

Performance training sessions –

Strength, movement, speed, quickness, agility – all basketball specific

Nutritional Consultation and program design

Athletic training, therapy, movement preparation

On-court skills training/performance training

On-court skill work in team settings

Competition, 1 on 1, 2 on 2, 3 on 3, and 5 on 5 play

PRESENTED BY



US TOURS

PLACES ARE STILL AVAILABLE FOR OUR DECEMBER US TOUR. OUR TOUR WILL INVOLVE A TRAINING CAMP AT IMPACT ACADEMY FOLLOWED BY A SERIES OF TOURNAMENTS AND GAMES AGAINST QUALITY US HIGH SCHOOL & PREP COLLEGE TEAMS. IDEAL FOR 18-19 YEAR OLDS LOOKING TO IMPROVE THEIR GAME AND OBTAIN EXTENSIVE COLLEGE SCHOLARSHIP EXPOSURE. VISIT

www.allausbasketballcamp.com

VENUES:

SYDNEY - THORNLEIGH STADIUM "BRICKPIT" SEPTEMBER 28th –30th Noon till 4:30pm \$180.00

MELBOURNE - DANDENONG STADIUM OCTOBER 3rd - 5th 10:00am till 3:30pm \$180.00

- MSAC, ALBERT PARK OCTOBER 6th & 7th 9:00am to 3:00pm \$130.00

FOR BOYS 15 to 19 YEARS OF AGE (REPRESENTATIVE LEVEL PLAYERS ONLY)

BASKETBALL CAMP REGISTRATION

Register online at www.allausbasketballcamp.com OR call (03) 9415 6112 OR fill in the below form and post to PO Box 4116, Balwyn East Vic

I wish to attend the _____ Camp Name _____

Age _____ Birth date ____/____/____ Shirt Size S M L XL XXL

Address _____ City _____ State _____ Post code _____

Parent/guardian name _____ Phone (Mbl) _____ Phone (h) _____

Email _____ School Attended _____ Year _____

Is there any medical condition or allergies that our coaches should know about? _____

Payment enclosed: \$ _____ Please make your cheque payable to Australian Basketball Services Pty Ltd.

Card Payments: Cardholder name: _____ Card No: _____

Expiry Date: ____ / ____ (Month / Year) MasterCard / Visa Only . I give permission for my son / daughter to attend the Impact /All Australian Basketball camp. I understand that the camp organizers will make every effort to ensure the safety of my child. I will not hold them responsible for any injuries that occur during the camp. Any images taken can be used for future promotional use.

Signature: _____ Date _____

In each of our newsletters we will be including information to help serious players improve off the court. This is just an insight to other aspects of a players development that all serious athletes should be aware of.

Team Selection: Dealing with Adversity / Setbacks

By Lyndon Dale

With representative team try outs approaching in several states there will be many players who suffer setbacks over the coming months. Its timely that we outline a few things to keep in mind and hopefully help in tough times for some.

Commonly in our travels we hear from parents and players, disappointment by not making rep team selection or making a 2nd or 3rd team when they feel they should have made a higher level. This is a very common occurrence and happens to many players throughout their careers. Some of the reasons for this can be:

- When selecting teams usually the first 4 or 5 players can stand out and be easy for coaches to select. Then there is often not much between the bench players for this team and the starting five of the 2nds. Sometimes it can just be some very minor things that a coach notices that can be the difference. These can be not dribbling as well with their non preferred hand, could be poor shot selection at times, court awareness and understanding of team principles. A major one can be defence, some players may be able to score great but if they can't defend better coaches wont select them.
- At times some players may be very well skilled but physically they may not be as developed as others in their age group. Rather than getting pushed around and losing confidence it is better that stay in lower level teams and then move up when they catch up physically.
- Sometimes there can be several players that are all very similar in abilities and it can be a very difficult decision for a coach. Here it maybe just someone that the coach knows a little better and has seen a little more of that wins selection. In these occasions it can be just luck.
- Sometimes you may miss out on selection simply because the selecting coaches are human and can make mistakes. Sometimes their selection processes are difficult to identify all players strengths & weaknesses in the amount of time they have.

If you do find yourself not making as high a level as you wanted, maybe you're playing in the thirds instead of seconds, there are many positives that can be made of this. If you just scraped into a higher level team then chances are you will not get as many minutes as you would in a lower level team. I feel it is much more beneficial to be getting more minutes and experience than sitting on the bench and only getting a few minutes here and there. The exception to this is when you are entering senior level competition or possibly college basketball. There is a big difference between junior and senior representative basketball and players can take a few seasons to adjust to the bigger, stronger, faster bodies. Very few players enter senior basketball and play a lot of minutes in the first season. Some do but this is the exception to what would normally happen. This also commonly happens to any players who make US college levels. Players will however gain valuable experience and knowledge through more intense senior trainings.

If you do find yourself missing out on team selection it's not the end of the world, you are in good company. The following players all missed out on team selection at various stages.

John Rillie - John was an NBL great who played with several teams and only recently retired after a long, distinguished career. He represented Australia on many occasions and was one of the best shooters in the NBL. John attended many of our Sydney camps during his days with the West Sydney Razorbacks and I heard his story many times. John grew up in Brisbane and played school and club level basketball. He always tried out for rep teams but was told each year he was too small and not good enough. Because of this he trained as much as he could on his own on outdoor courts and worked on his shooting, ballhandling and speed whilst focusing on his school and domestic basketball.

His school team once played a visiting US High school and the visiting coach liked John so much that he offered him a spot on his team back in the US. John went and played so well in the US he had many US colleges interested in him.



John Rillie in action for Townsville in the NBL.

Team Selection: Dealing with Adversity / Setbacks (continued)

John Rillie (continued)

John joined a junior college so he could work more on his game and skills in the hope of making a high level division 1 college. His performances at Junior college were so strong they attracted the attention of the best teams in the country, including Maryland in the tough ACC conference. He chose a strong up and coming program at a slightly lower level because he was likely to get plenty of minutes and valuable experience. John ended up signing with Gonzaga in the mid Div 1 level West Coast Conference who has since gone on to become a NCAA strength. This is the same conference that NBA All-star Steve Nash played in at Santa Clara and that Patty Mills played in at St Marys. John Rillie stills holds shooting and scoring records for the league, beating Mills and Nash in several categories. John then returned to Australia making a big impact in the NBL and represented Australia on many occasions. Not bad for a guy who was too small for a Brisbane junior rep program.

Michael Jordan - Everyone has heard of Michael Jordan who is regarded by many as the best player of all time. Winning many NBA individual honours such as MVP's, scoring titles and defensive player of the year awards. Michael backed up individual success by helping make his teammates better players and in the process winning 6 NBA championships. Many don't realise that Michael Jordan, a high school and college star, was cut from his high school team for a season during his developmental years. The US system is very different to Australia and if you get cut you can't just go to the next club and try out there. If you don't make the team that you are zoned to you just don't play. There are some exceptions to this when it comes to private schools but in Jordan's case he just had to sit out a year and work on his game on his own. It was this set back that he credits to him becoming the player he was. Overcoming this setback and working harder on his game taught him how to rise above adversity and to train and work harder than ever before.

Andrew Bogut - All Australian's know Andrew Bogut as our best current basketballer, who most likely will end up being Australia's greatest player to date. He dominated US college basketball being the first International player to win the Naismith College player of the year and was the first pick in the 2005 NBA draft. He recently won great praise from Michael Jordan who said an NBA team could build a championship around a player like Bogut. It wasn't always easy for Andrew. In his junior years in Melbourne he moved around several clubs after missing out on team selection. He also tried out for state teams only to be overlooked and never made a state team until he was an established star representing Australia and playing at the AIS in Canberra. The first time he represented Victoria was at the Under 20 Nationals, the same year he took Australia to the junior world championship.

Missing out on several team selections as a junior made Andrew work harder on his game to improve. His parents hired private coaching and his coordination improved as he grew into his body—the rest is history.

Often taller players do take longer to develop their coordination and physical strength and may be put in lower level teams in their younger age groups. As they improve their coordination and agility dramatic improvements can be experienced. Strength and agility training can help fast track this at earlier ages.

As evident with the above players, adversity can often help develop and build mental toughness. In life, not just sport, we all face setbacks and disappointments with our own careers and/or family life. Coming up against adversity early on can help prepare you in dealing with disappointment later in life. There are some young athletes I have seen who appear to have everything fall into place for them. Often these people are inexperienced in dealing with setbacks later in life and can struggle handling problems.

So whatever setbacks you may experience, if you learn from it you will become a better person who is ready for tougher challenges ahead in the future.



Andrew Bogut in action for the Milwaukee Bucks in the NBA

Team Selection: Dealing with Adversity / Setbacks (continued)

Players like Michael Jordan and Andrew Bogut all have similarities in their attitudes in dealing with adversity. Obviously after initial disappointment players like this are driven to work harder and are committed to learning from the experience. It is often said that maybe they would not have reached the heights they have, if not for the setbacks along the way.

Team Selections

It is important that if you don't make a team that you find out why so you know what you need to work on for next time.

Many coaches don't communicate well enough. Some clubs will even make team announcements by email and letter which we feel is very poor. A player should be told areas they need to work on and get some feedback. At the early stages of try outs where many players may be present, then those getting cut at first try outs should be told collectively as a group what is required. Then when try outs are narrowed down the coaches should be telling you individually the reason. I recommend you approach your coach and ask why you weren't selected. Not in an attacking or aggressive manner to the coach but asking what areas you were deficient in compared to others to identify the areas you need to work on.

Changing Clubs

Each year I hear of many players who swap clubs and attend many different try outs. If you make a lower level team at a club I recommend staying with that club as at least the coaches there know you and if you work on your game and improve you may make a higher division next year. If you move around from club to club you need to re-establish yourself at each club and it will be harder to break-in. We recommend only changing clubs if you didn't make any team there at all or there is a major issue/problem with coaching staff or committee.

Representative Team Selection

Here is just a quick outline of some of the keys that we would be looking for in players if we were selecting representative squads.

- Ability to dribble well with both hands.
- Sound shooting technique.
- Reasonable shooting percentage. (varies on age)
- Solid defence. Good positioning & pressure.
- Team defence, helping when should.
- Good team offence, moving well without the ball.
- Passes to team mates who are in better scoring position. Good team work.
- Rebounding. Box Out opponent consistently.

If you are deficient in any of these areas then you may miss out on rep team selections.

Our camps focus on building a players skills up to representative level.

We wish everyone good luck with the try outs ahead. If you do attend our camps these holidays and want to work on any particular area of your game you may have doubts about, please let our coaches know and we will try and work with you on these.

Two Time Tour Player Tom McDonald Plays First AFL Game For The Demons

By Lyndon Dale

Tom McDonald attended our camps in 2007, 2008 and 2009 travelling considerable distances from Edenhope just near Horsham in Victoria's far west. From a small town Tom excelled in both basketball and Australian rules football.

At the first camp Tom attended we noticed how he was not intimidated by anyone. It was a camp at MSAC where Tom was one of the younger players in his group at 15 going up against 17 and 18 year olds. His skills were sound but still required improvement in some areas, his physical and mental toughness for his age was obvious. The next camp we noticed how much improvement he had made in such a short period of time and at our tour try outs he was invited to join our 2008 US Tour.

In 2008 Tom was one of our youngest players at 16 but he was probably our most consistent and reliable player. Always in our starting line up we regarded him as our most valuable player on tour. During the tour there was an incident which caused considerable ribbing for Tom. We attended a Phoenix Suns vs Bucks NBA game and Tom wore his beloved Dwight Howard Orlando singlet. All game the local Suns fans sitting behind us kept on jeering Tom with, "Hey HOWARD, you're at the wrong game!" This sort of stuck and so for the rest of the tour his teammates kept repeating the jeer.

We next saw Tom at our September 2009 camp at Nunawading where he indicated his desire to tour again in 2009. Tom hadn't played that much basketball all year and had mainly played football. We noticed a distinct improvement in his athleticism and mobility for a 6'5" player. With little playing in recent months he was still by far the strongest player at the camp and we gladly accepted him to tour.

A high school in Phoenix who we play against each year was eager to recruit Tom to their varsity basketball team. When we spent three days with local families they housed him with one of the most wealthiest families in the school to put on the charm and entice him over. Gus Esposito who developed key software for Blackberry and other telecommunications companies treated Tom to a very lavish three days. Gus had sold several of his businesses for a sum in the \$100's millions. He had owned three NHL teams and his house, according to Tom, was amazing. Tom not having a licence at this stage was allowed to drive Gus's Ferrari. This was where Tom would stay if he made the move to live in Phoenix and play his final year of high school there.

After our warm up games in Phoenix I remember our first game in the Marana tournament near Tucson where Tom had three dunks in the first five minutes and dominated. The remainder of the tour was much the same with Tom being far and away our strongest player who showed great leadership qualities. Our last game I remember was against Stoneridge prep and Tom's great run came to an end. He came up against the MVP at the World Junior Championships from Turkey Enes Kanter. Enes is also the highest scorer at the annual Nike Summit beating a long standing record by Dirk Nowitzki.

Enes went on to get drafted at No. 2 in this years NBA draft and will play with the Utah Jazz when the NBA season starts. (As a side note, Enes Kanter has also gone on to train and work out at Impact). Tom was far from disgraced by Enes but I am sure this will be an experience he will never forget. It's not often a 17 year old guard/forward from Edenhope gets to play against the best junior player in the world and future NBA star.

At the end of the tour Tom had several offers to attend US High Schools for his senior year and he attracted significant interest from several US colleges. I have no doubt that if Tom had have chosen to follow basketball he would have made it to mid major Division 1 college level. Instead he chose football and played for Ballarat in the TAC Cup in 2010. Toward the end of 2010 we fielded calls from the Western Bulldogs about Tom and thought he may have had a chance of getting drafted.

Tom ended up being drafted by Melbourne Demons in the 2010 AFL draft. After playing most of the season in Melbourne's VFL affiliate team Casey Scorpions Tom was rewarded for his efforts with a call up to the seniors in round 23 against Gold Coast. Tom ended up with a very respectable 18 possessions in a victorious Demons side. Several football commentators labelled Tom a player of the future and predicted a bright career ahead of him.

The Demons would make a very strong basketball team with star forward Jack Watts representing Victoria and Sandringham while Ruckman Stefan Martin being a very successful and respected Nunawading Spectres junior and senior player.



Tom McDonald in action for Melbourne Demons AFL team.

SPECIAL OFFER THORNLEIGH CAMP - SYDNEY

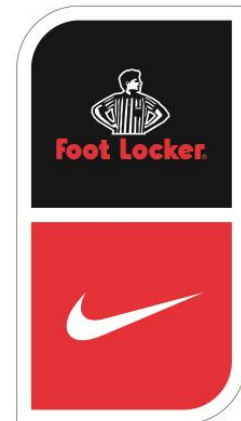
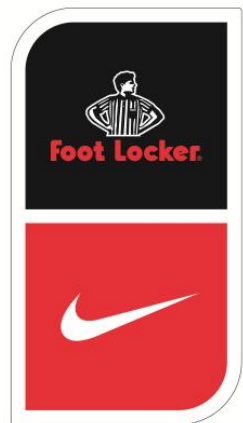
Purchase a pair of Nike shoes from Foot Locker Hornsby, register and attend our Thornleigh camp and receive a free LeBron James Nike basketball valued at \$40.

When you register advise you have a receipt from Foot Locker.

Bring receipt with you on first day of camp to redeem your basketball.

Only valid for shoe purchases between May 2011 & 28/9/11.

Not to be used in conjunction with any other discount or offer.



GIRLS ONLY CAMPS ARE BACK

Unfortunately our girls only camps didn't run last holidays. We are pleased to announce that these will return in the September /October holidays. Already we have had many registrations and it looks as if it will be back as popular as ever.

These camps are open for 6 to 14 year olds. The younger ages cater for total beginners and then club level players. There is an older age group specifically for representative level girls 12 to 14 years old.

The girls only camp provides a comfortable environment for girls to learn and compete. At times in mixed camps boys can be a little too aggressive and also not share the ball that well in our afternoon games. While we try to pay close attention to this at times girls can be turned away from mixed camps for this reason. The Girls Only format does allow girls to help build confidence and return to their teams better, stronger players.

We would like to extend the girls camp to older players but in the past we have not had the numbers to make it worthwhile for the players who have attended. We may look to try to plan a camp to cater for older girls in 2012.

The Girls Only camp will be held at Nunawading stadium from October 3rd to 5th. It runs the same times as most of our programs from 9am to 3pm. First timers can just attend the first day and if they like it sign up for day 2 and 3. The majority of all girls return.



US TOUR 2011 UPDATE



We have had significant interest in our tours for December 2011. As mentioned previously we will be accepting places for the following teams.

Junior Varsity - For 15 and 16 year old players.

Varsity - For 16 to 18 year old players.

Post Grad - For 19 to 22 year old players

All places in the Junior Varsity and Varsity teams are just about filled. If we do get a lot of new interest we can add additional teams. We are looking for a few more players in our Post Grad team. Elite varsity players can also play in the Post Grad team.

TEAM SELECTION

For any Varsity or Junior Varsity players wishing to try out for these tour teams simply attend any of our Invitational camps to be considered. Email us or advise us when you arrive to the camp so we can take a close look at you. Post Grad players can attend our Impact camps these holidays.

If you are in a State where our camps are not running these holidays then just email us about your interest and we can discuss ways to consider your selection.

Final teams will be announced immediately after the completion of these holidays.

Any interested players should contact us ASAP.

ITINERARY

Our schedule is finalized with some minor changes that maybe made when we know more about the NBA lock out. If the lockout is still on in December there is likely to be several NBA players working out at Impact while we are there so our players will be able to get much closer access.

We will get to a lot of college games where we can.

We will be travelling to Las Vegas, Phoenix and Flagstaff in Arizona as well as Sarasota and Orlando in Florida.

2010 TOUR PHOTOS



US High School Tournament



Bishop Gormans Mohammed Shabazz. Predicted to be No. 1 or 2 Draft pick in 2013 NBA draft.



Pre tour training on Phoenix Suns NBA home court.

WA CAMPS



Our camps held at Willetton, WA in the July holidays were a great success with a good turn out of talented players eager to learn. WA Director Matt Foster compiled a great group of coaches including former NBL star Stephen Black and American Import Rob Kampman.

One pleasing aspect is that we did get a lot of girls attending. Everyone at the camp had a great attitude to learning with many questions asked.

Current Perth Wildcat star Shawn Redhage will be joining our camp coaching ranks when NBL commitments don't clash.

Stephen Black addresses the group.

There was a lot of interest in our US tour and we have 8 players from WA now who will be joining us in the US in December. This will be a great experience for all and they will definitely return stronger more experienced players. If we can get a few more from WA for the tour these holidays then we might be able to have a WA only touring team.



Mitch Kiernan attempts to stop AK



Coach Rob Kampman in action for Willetton



NSW CAMPS

We had a smaller than usual group at our Thornleigh camp last holidays but the standard was high. Our Menai camp had solid numbers and a great standard again. Professional European player and Australian Boomers squad member Steve Markovic was at both camps and had a lot of great input for the players attending.

These holidays Steve will be back playing in Europe but former AIS star and US college player Alex Opacic will be returning to coach at our programs. Also we will be holding the first ever Impact camp in Australia at Thornleigh. More information is on pages 1, 9 and 10. If you are unsure about your eligibility to attend the Impact camp please don't hesitate to ask us.

The Elite Basketball Academy in Sydney continues to run and can be used as a great way to prepare for Rep team try outs over the next few months. For more information visit

www.elitebasketballacademy.com

We support this program and recommend any serious players wanting to improve to attend these sessions.

Our All Australian and Invitational camps will be held again at Thornleigh and Menai. Details are on our registration page on page 3.



Steve Markovic addresses his team in a time out





Featured Coach: Jessica Foley

Jess Foley has coached at many of our camps and programs and has also directed her own camps for us. As her career has developed she has had to travel more but still coaches with us when her schedule permits.

Recently signing to the new-look Townsville Fire WNBL team for next season, Jessica Foley continues to add to her successful basketball career.

Growing up in Albury-Wodonga, the same hometown as Lauren Jackson, Jess played junior basketball with the Albury Cougars and Wodonga Wolves. She attended the Australian Institute of Sport, playing for their WNBL team in both 2001 and 2002, before being recruited to Duke University in America.

Height: 182cm

Position: Guard

Duke University is regarded as one of the best women's basketball programs in the world and no other Australian has ever been accepted into their basketball program. During her time at Duke between 2002 and 2005, Jess set the University's single season record for three-pointers made, with 68, and tied the single game record for three-pointers made by shooting seven against Georgia Tech.

In one nationally televised game in the US Jess hit the winning three-point shot against fierce rivals the University of Connecticut which was shown nationally on ESPN around the US and featured in US national newspapers.

Jess was a part of Duke's four straight 30-win seasons and was a member of the 2003 and 2006 NCAA Final Four squads. In her final year at Duke Jess was named captain of the team which is an amazing honour.

She ended her college career ranked second in free-throw percentage, 0.821, second in three-point field goals made, 175, second in three-point field goals attempted, 490, and seventh in wins with 120.

Returning to Australia after college Jess played for WNBL team the Adelaide Lightning from 2006/07 to 2009/10. They won the WNBL Championship in the 2007/08 season and Jess was named to the All-Star Five as the best two-guard in the league. In the following 2008/09 season Jess won the MVP award for Adelaide and was named captain for 2009/10.



Jess joined the Dandenong Rangers for the 2010/11 season of the WNBL and will be playing for the Townsville Fire in the upcoming 2011/12 season.

Over her WNBL career Jess has currently averaged 11.4 points, 3.7 rebounds and 2.1 assists per game. She is a three-time All-Australian, four-time Victorian State, two-time nominee for the Albury-Wodonga Young Achiever of the Year and 2007 World University Games gold medallist.

Jess has coached at our programs whenever she has been available on and off since 2003. We wish Jess well up in Townsville and look forward to working with her again in the future.



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Kevin Garnett

Kevin Garnett has been a regular visitor to Impact Academy since Impact first started. He is a regular each summer working out with head coach Joe Abunassar And participating in the Impact Summer pro am camps. Kevin attributes his longevity in the league to Joe's programs and approach to game preparation and recovery sessions. Here is an insight into Kevins great NBA career.

Kevin 'KG' Garnett, one of the Boston Celtic's Big Four, has played in the NBA for 16 years. He is an Impact Basketball Academy Alumni with an incredible list of achievements and is a near certainty for the NBA Hall of Fame when he retires.

Playing his senior high school basketball at Farragut Career Academy in Chicago, Illinois, Garnett became the first player in 20 years to be drafted directly out of high school, skipping college, when he was selected by the Minnesota Timberwolves with the fifth overall pick of the 1995 NBA draft.

This is no surprise when you look at his high school statistics. In his first and only year at Farragut, the 6'10" forward averaged 25.2 points, 17.9 rebounds and 6.5 blocks per game, leading Farragut to a 28-2 season record and a city championship. He was then named USA Today's National Player of the Year.

When Garnett arrived at the Timberwolves they were in a rebuilding phase, the club had not won more than 29 games in a single season since they entered the NBA in 1989. The 19 year-old quickly moved from being a bench player to a starter in his rookie year and was voted to the All-Rookie Second Team.

In 1997 the Timberwolves made their first ever NBA playoffs appearance with a 40-42 season record and Garnett made his first All-Star appearance. However, Minnesota lost to Houston 3-0 in the first round of the playoffs.

In the following season Garnett agreed to a six-year contract extension, the now franchise player continued to improve on his averages as he took the Timberwolves to their second consecutive playoffs appearance and was once again named an All-Star.



holding a strong third-quarter lead.

Kevin Garnett's career averages after 1,195 games in the NBA are 19.5 points, 10.7 rebounds, 4.1 assists and 1.6 blocks per game. He has one NBA championship ring, an Olympic gold medal, is a 14-time All-Star, 9-time All-NBA, 11-time All-Defensive and holds a number of Minnesota Timberwolves all-time franchise records.

PLAYER SPOTLIGHT



Position: Forward

Height: 6'11"

Weight: 220 lbs.

Born: May 19, 1976

High School: Farragut Career Academy

Kevin Garnett led the Minnesota Timberwolves to eight consecutive playoff appearances in his time at the club and after 12 seasons he was traded to the Boston Celtics in 2007. Garnett's trade was a 7-for-1 deal and stands as the largest number of players traded for a single player in NBA history.

In his first game with the Celtics against the Wizards, Garnett record 22 points and 20 rebounds. The instantly dubbed "Big Three" combination of Ray Allen, Paul Pierce and Kevin Garnett led the Boston Celtics to their first NBA championship since 1986, the clubs seventeenth. Garnett was named the NBA Defensive Player of the Year, the only major award previously not held by a Celtic's player in the franchises history.

The Boston "Big Three" later expanded to the "Big Four" with the inclusion of point guard Rajon Rondo. In 2009 Garnett played his twelfth consecutive All-Star game and, after struggling with injury and inconsistency in the 2009-10 season, played his thirteenth All-Star game in 2010 out of his total fourteen All-Star allocations. The 2010 Finals campaign came down to an intense seventh game against franchise rivals the Los Angeles Lakers but the Celtics unfortunately lost the game after



Newsletter - Future Issues

With our new look newsletter we are looking to provide more beneficial information for our players and their parents.

In future issues we intend to include more information on how players can improve on their own. We will also have coaching tips and reminders for all levels from beginners up to advanced players.

We would also like to include reports on some special achievements of some of the players who have attended our programs. If you have a special story please email us with details and any photos that you may have.

Such articles can include:

- Team winning a tournament or championship
- Achieving State or ITC selection
- Overcoming any adversity
- Player award or achievement
- Any other story that would be of interest to others

Let us know of any ideas or suggestions that you would like to see included in future issues.

Acknowledgements

This newsletter is compiled by Australian Basketball Services with the great support and efforts of Ryan Savio, Deakin University Journalism Student.

Facebook



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