



New Rookies Camp

Over the past few years we have run two different programs: One on One Basketball Camps and the Nike Foot Locker All Australian Basketball Camp. The One on One programs have been intended for beginners and younger players while the All Australian camps have been structured for older and more experienced players. This has led to some confusion and uncertainty with some players and parents not sure of when they are ready for the All Australian program.

To make this transition much simpler we have decided to slightly alter our camp structure and implement a new Rookies division in the All Australian Camp. To clarify which program is correct for you here is an outline:

Rookies Program

Younger 6 to 9 year olds can now register in the Rookies program for the All Australian Camp. This program will provide a fun learning environment for players to develop and improve their skills. It will prepare them for the transition to the next level of the Nike Foot Locker All Australian Camp. We will advise when a player is ready to join the next stage of our program.

This camp is for both boys and girls.



Our main points of emphasis with this camp is correct shooting and ball handling techniques. All other skills and aspects of the game will be covered but we want to improve these skill areas of the players entering our All Australian Camp Programs. .

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).

The Rookies camp will not be run at every venue.

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Important dates:

Apr 11—13
Camps at Nunawading Stadium.

Apr 12
Last day for 3 on 3 Tournament
Registration

Apr 13-15
Camp at Sutherland NSW

Apr 14
Shooting & Ball handling Clinic

Apr 15
3 on 3 Tournament

Apr 18—20
Camps at MSAC (Albert Park)
Camps at Nunawading Stadium
(Incl. Girls Only Camp)

Apr 19-21
Camp at Thornleigh NSW

Apr 27-29
Camp at Belconnen ACT

ALL AUSTRALIAN BASKETBALL CAMP



Program Outline (continued from page 1)

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 player's abilities. Intended for 8 to 16 year olds who want to improve. Drills will prepare players for our Invitational Camps.

Invitational Program

Is 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 across early on the first day.

More information on all these programs is available on our website.

3 on 3 Tournament

Gather your friends and hit the practice courts because the 3 on 3 Tournament is back with up to \$5000 worth of prizes to be won. Taking place at Nunawading Stadium on Friday 15 April, the day will run from 9:00am to 3:00pm and caters for boys and girls in Under 12s, 14s, 16s and 18s.

Registered teams will be placed into pools of four or five, playing against each team in their pool once. All teams are guaranteed to play five games and make finals.

Every player in the winning Division One teams will receive a prize pack worth \$300 – requires a minimum of 10 teams to be registered in Division One, if not then the prize packs will total \$200.

Division Two winning teams will also receive prize packs totalling \$200 per player.

But the fun doesn't end there.

Players also have the opportunity to compete in Individual Contests throughout the day. The 3-Point, One on One and Hot Shot Contests will be held in between games and the winners get to take home prizes such as Nike basketballs and Nike shoes.

To be part of the action you must register your team before April 12.

Cost: \$40 per person, teams are limited to 3 to 5 players.

For more information call (03) 9415 6112 or email

info@ausbasketball.com.au

Download Registration form at www.ausbasketball.com.au



Facebook

Are you a fan of All Australian Basketball Camps?

Join our Facebook community and you too can read all the latest news, join discussions with other campers, and view and tag all of our camp and tour photos.

Just search for 'All Australian Basketball Camps', click the 'Like' button and we'll keep you informed.

Watch out for special Facebook discounts & offers.

WHY IS A CAMP IMPORTANT ?

There are many reasons why players should attend camps and these differ depending on the age and ability of the player.

For the younger players basketball camps are an instrumental tool to develop skills and gain confidence. It is important to learn the correct techniques at an early age as changing bad habits later on can be extremely difficult. Most teams only have training for an hour a week which isn't a lot of time to spend on key fundamentals important for young players.

Attending a 3 day camp working on all skills can see dramatic improvements in younger players. The common feedback we get is that these younger players really build their confidence after a camp and notice immediate results.

As players start to develop and improve, there are many minor facets of the game such as correct footwork and positioning that many coaches at club and younger representative levels are not aware of. These advanced coaching techniques and knowledge that we can pass on are often the difference between being a good player pushing for team selection and becoming a very good player making higher level teams. There are many good club players who just miss out on representative selections and often parents can't understand why. Often this is because a player might be able to shoot as well or dribble as well as players who are making teams, but their defensive stance and positioning on team defence may let them down, or they may not be protecting the ball enough when they drive to the basket.

Many coaches are uncomfortable explaining team selection processes to parents and often parents and players don't receive adequate explanation of skill deficiencies. Camps can provide this information and outline areas a player needs to work on.

Club and representative level players would only have 1 or 2 training sessions a week and as they get older much of these sessions are devoted to team aspects such as set plays and team defence structures. Due to a lack of court availability, coaches just do not get enough time to work on individual skills, which are extremely important. In America and Europe teams would train for 3 hours every day and devote significantly more time to individual skills.

At a recent camp, we had a representative level player who would average 4 or 6 points a game. Since they attended our camp they have averaged 15 points a game. Her parents have said that her improved shooting technique, stance and positioning of her body is the big difference.

As players reach elite levels, they may get to the point where they do know all of the key components to being a great basketballer. What a camp then can provide is additional practice of skills and also additional practice during game situations. The afternoon sessions of all of our camps are devoted to 5 on 5 games. We always stress to our players that these games are not just intended for fun — they should be viewed as an opportunity to practice the skills they have learned that morning or try certain things that in a real game they may not have the confidence to do. Players at high levels can fall back into bad habits and have minor things that we can improve to help their game. We now are working with Impact Academy in Las Vegas who have players the calibre of Kevin Garnett, Paul Pierce, Chauncey Billups and Dwight Howard, NBA stars who regularly attend their camps for the same purpose.

So no matter what age or skill level you are, from a 6 year old beginner to an NBA Allstar, basketball camps and additional training can benefit you.



IMPACT



BASKETBALL

CHANGING THE WAY YOU TRAIN

Impact Basketball is one of the most respected basketball training facilities in the world. Based in Las Vegas Nevada, Impact has helped over 2000 players reach college basketball levels and over 200 players make it to the world toughest competition the NBA.

They conduct a variety of programs from camps and clinics catering for various levels from High School to current NBA stars.

Current day NBA stars such as Kevin Garnett, Chauncey Billups and Tayshaun Prince regularly return to Impact to work on their game and sustain the high standards they have achieved over a long period of time.

“Its been perfect for me. My knowledge of the game has changed tremendously in my years working with Impact. My shooting has improved, my decision making has improved, and more importantly my knowledge of how to work and how hard to work has improved.” Chauncey Billups, NBA Star.

The complete Impact Training System includes:

- Specific on-court skill work. Sessions each day designed to meet the specific needs of each player to prepare him properly and produce significant improvement. Players will be pushed to reach higher levels through pro-style drill work.
- Complete performance training, including strength training, movement training, speed development, recovery techniques and procedures, and overall athletic improvement—all resulting in on-court improvements. A player will gain a totally new understanding of how to train and to take care of his body giving him an advantage over competition upon departure.
- Complete bio-mechanical and functional evaluations, used to identify any limiting factors in a player’s movement patterns that will result in improved on-court play and also be critical in preventing injury and maximizing athletic ability. These evaluations will tell players everything they must know about their bodies and how to make sure it is functioning at 100% every day. It will give them knowledge only few players in the world have and set them apart from the competition.
- Nutritional programs for all players. Impact will also provide all pre and post workout supplementation to include recovery shakes based on individual needs. Players will understand exactly what to eat to perform at their best every day. They will gain a tremendous advantage by eating properly.

AUSTRALIAN ACTIVITIES

Australian Basketball Services is the authorised representative for Impact Basketball in Australia.

We can assist local Australian players with registration to Impact’s US Camps and programs, and will be planning future camps, clinics and ongoing programs here in Australia.



US LIVE IN PROGRAMS

Australians who are serious about maximising their development and enhancing their chances to obtain a US college scholarship can join Impact in Las Vegas in a live-in year round program. Players can join for as little as one month up to 12 months of the year.

This can start while still at high school and you can complete your high school studies locally in Las Vegas or you can join the post grad program for players who have finished high school and awaiting entry to college.

This program will maximise an Australian players exposure and improve opportunities to gain a US College scholarship. Impact regularly has college coaches attending their sessions and Australians will get regular exposure to college coaches of all levels during their stay.

This is also ideal for players who already have college scholarships and who want to raise their game and prepare for their first season at college.

US TOURS

We will be conducting US tours each year in conjunction with our Nike Foot Locker tours.

Our teams will travel to Las Vegas to conduct a pre tour training camp at Impact Academy. After this our teams will participate in tournaments at Impact Las Vegas and Florida against US teams as well as other US High School tournaments.

These tournaments will also have many college coaches and scouts in attendance which will help improve college recruitment chances.



US SUMMER CAMPS

Players who participate in our Australian programs can have the opportunity to join some of Impact's summer camps. At these camps there are courts designated for High School Players, college players and other courts for NBA and professional players. All are doing the same drills alongside some of the NBA's greatest players.

Professional & Semi Professional Players – Can join in with Impact's elite level camps to improve in the off season while at the same time obtaining exposure in front of NBA and European scouts and agents. Travel and training costs are tax deductible for Pro and semi pro players earning an income from basketball. Australian representative and star Nathan Jawai has attended such programs at Impact and strongly recommends their training system.

PAST IMPACT ALUMNI :

Nathan Jawai - Australian Representative
Kevin Garnet - Boston Celtics NBA Champion
Chauncey Billups - NY Knicks NBA Star
Dwight Howard—Orlando Magic NBA Star
John Wall - 2010 No. 1 Draft Pick
Chris Bosh - Miami Heat NBA Star
Ron Artest - Lakers NBA Star
Baron Davis - Cleveland NBA Star
Tayshaun Prince - Detroit NBA Star
Enes Kanter - MVP Junior world championships. Future NBA star.





What The Pros Say

"Nothing in my basketball career has done more for me than working with Joe and following his guidance over the past 8 years. The program is simply the best" - Al Harrington, Denver Nuggets

"I've gotten better every year of my career, and now, I'm an All-Star. I have to attribute a lot of that to Joe and his training program." - Chauncey Billups, Denver Nuggets, NBA Finals MVP, All-Star

"I'll work with Joe my entire NBA career – he just has so many ways to get you better."

- Sebastian Telfair, Minnesota Timberwolves

"It's all about results, and with Joe, we (Garnett and other NBA players) have all gotten results over the years." - Kevin Garnett, Boston Celtics, NBA MVP, 12-time All-Star



TEAM TRAINING CAMPS

Australian Junior and senior teams can travel to Las Vegas and conduct training camps at Impact. Such camps can provide a tremendous experience in a team environment improving team bonding and preparation for next season.

Typically teams would train with Impacts coaching staff in the morning then come back for afternoon sessions with their own coaching staff. In the evenings, games can be scheduled against local high school teams or Impact's own academy. Games for senior teams can be scheduled against semi professional teams in the area.

For more information about Impact academy in the US please visit their website. www.impactball.com and contact us with any further questions.



IMPACT

BASKETBALL

CHANGING THE WAY YOU TRAIN

WEST COAST CHALLENGE

LAS VEGAS , NV

December 8th to 11th 2011

&/or

EAST COAST CHALLENGE

SARASOTA, FL

December 15th to 17th 2011

- **Mens International Tournament hosted by Impact Basketball.**
- **Varsity – High school players 19 years and under.**
 - **Post Grad Division for 18 – 21 year olds.**
 - **Some of the strongest teams in the US.**
 - **Guaranteed 4 games.**
- **Discounted hotels, van hire & restaurants.**



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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.

Diet and Nutrition for Athletes

We all know that in order to improve our game we need to train hard and practice regularly, but most players overlook the importance that their diet has on their performance.

Nutrition not only helps you play at your best for longer, but it increases mental awareness and shortens your body's recovery time after training sessions and games. Only through a combination of good nutrition and hard training can you truly reach and maintain your peak performance.

The ideal diet is high in nutritious carbohydrates, moderate in protein and low in fat.

Carbohydrates are the body's fuel of choice; they are broken down into glucose and used to create movement in muscles. Low levels can cause early fatigue and poor performance, so it is essential to ensure you have adequate stores of fuel before a practice or games.

Good carbohydrate foods include: wholegrain breads, pasta, rice, noodles, fruit, potatoes and low-fat dairy.

Proteins are the building blocks of muscles. They are important for healthy growth and development, especially in adolescence. As protein helps to repair damaged muscles, a good protein snack after exercise will enhance the body's recovery.

High protein food include: eggs, chicken, milk, cheese and lean meats.

Fat is not the bodies preferred fuel source, but you do need some fat for health. They are important for brain function and beneficial in small amounts. However, too much fat can interfere with energy stores of carbohydrates.

You should try and choose good fat foods like avocados, fish, nuts and seeds.

In summary, your diet needs carbohydrates for fuel, proteins for power and fats for flavour.

The timing of when you put these energy sources into your body also has an effect on your performance.

Pre-workout: prior to training or a game you need to top up your body's fuel and fluid stores.

3 to 4 hours before workout—a moderately sized meal that is high in carbohydrates.

1 to 2 hours before workout— a snack such as yogurt, banana or lollies.

30 minutes before workout— water to ensure you are properly hydrated.

Post workout: consuming fuels and fluids after a workout is optimal for recovery.

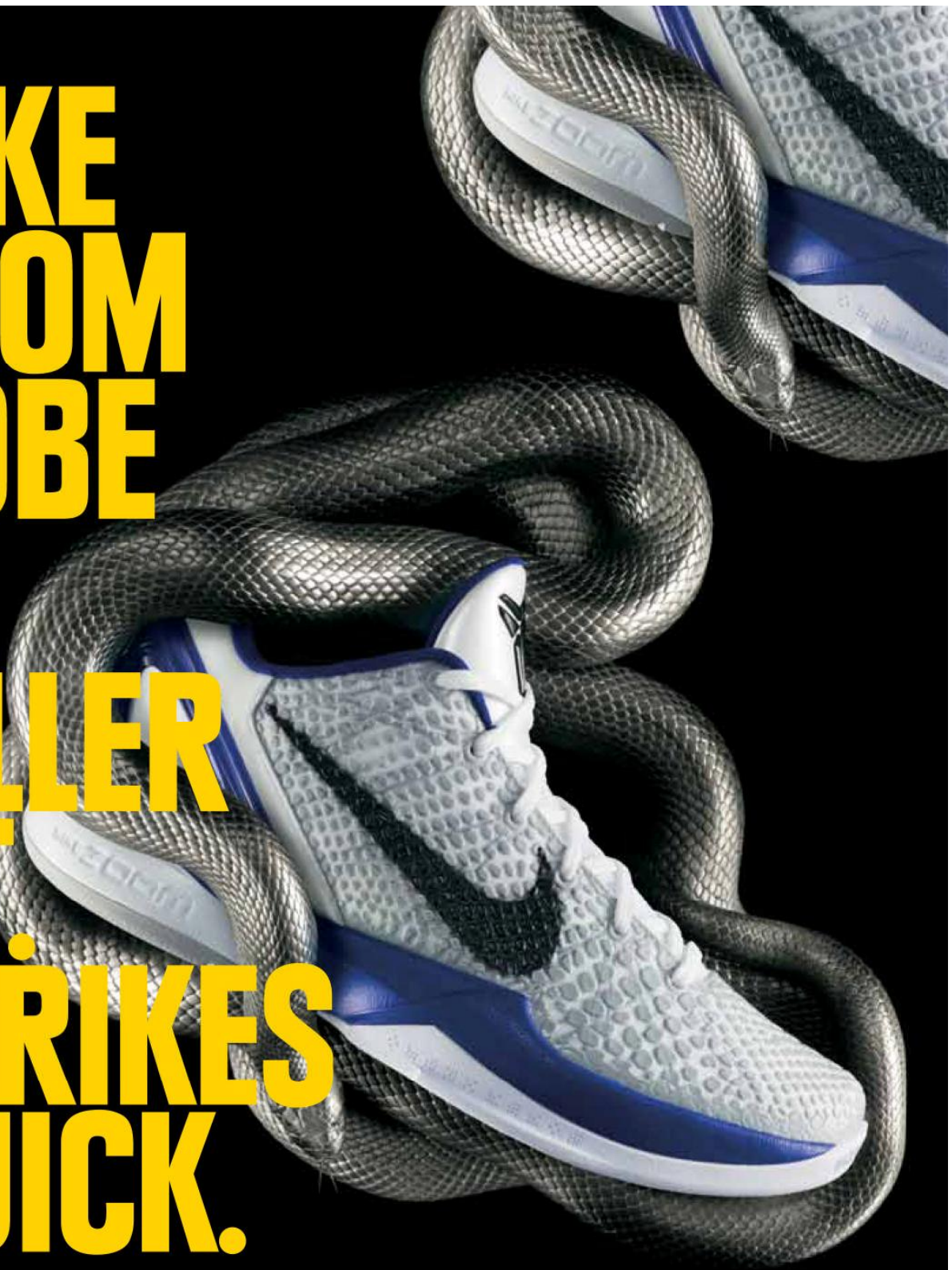
Immediately after workout—start replacing fluids.

15 to 30 minutes after workout—a good recovery snack, protein and 50g of carbohydrates.

Next meal after workout—should contain both protein (for muscle repair) and carbohydrates (replenishing fuel stores) and low in fats.

Players serious about their development should seek more information on their diet and nutrition and about the ways it can improve their preparation, performance and recovery.

**NIKE
ZOOM
KOBE
VI.
KILLER
FIT.
STRIKES
QUICK.**



BE UNSTOPPABLE.



AVAILABLE NOW AT **Foot Locker.**

2010 TOUR REPORT & UPDATE

Our 2010 tour just finished up on Christmas eve when we returned after a hectic 3 and ½ week tour. After our first training camp in Phoenix where we were able to train on the phoenix suns home court.



Team training on the Suns homecourt.

The next 3 weeks were a blur with a very hectic schedule of games in Las Vegas against impact academy and the number 8th ranked high school team in the country Bishop Gorman.

We then moved on to Flagstaff to play in the Pepsi Challenge and after a first round loss one of our teams went on undefeated. Our 2nd team in this tournament were depleted by sickness and injury.



After a few days break in Los Angeles we ventured down to San Diego to the Kiwanis Classic where the competition was tough. We had a mix of good wins and disappointing losses but we were competitive in all games.

After San Diego we went onto Las Vegas for the Foothills Holiday Classic which is usually the toughest tournament that we participate in. Our first team got off to a good start with a win against a gritty local Las Vegas team but then lost in the 2nd round. From then on we went undefeated but once you lose you are relegated to the losing bracket and cannot win.

Our 2nd team played in the Las Vegas Cowboy Classic after some early losses against tough teams they rallied to finish with some strong wins with good performances by everyone.

Visit the US TOURS Page on our website for a full highlights of the tour. www.allausbasketballcamp.com

One of our games from the tour is on you tube. You can find the link to this through our facebook page.

2011 Tour Preview

Planning for our 2011 tour is almost complete and looks to be again better than the previous year. A feature will be our training camp at Impact academy being coached by the same coaches who work with NBA Allstars Kevin Garnett, Chauncey Billups and Dwight Howard.

The main change to last years tour will be a trip to the East Coast and the possibility of attending a Orlando or Miami NBA game. The following is an outline of what is planned and how to go about joining the tour.

TEAM SELECTION – Varsity High School Division

Anyone between the ages of 15 and 19 is welcome to try out but must have attended one of our Invitational camps. If you wish to be considered for selection simply advise us when you attend the camp.

NEW POST GRAD TOUR AGE GROUP

As of 2011 we will also be running a POST GRAD tour for 18 to 21 year olds.

THE IMPACT EAST COAST & WEST COAST CHALLENGE will be a great opportunity for college prospects to play in a high level international tournament with college coaches and scouts present. The tournaments we will play in will be extremely high standard with some of the top teams from the US and elsewhere in the world participating. We will also schedule a few one off games against prep colleges as well.



TEAM SELECTION - POST GRAD TEAM

Players simply need to apply to us to be considered for this team. The 10 strongest players to apply will be selected. The team will be announced in July.

In your application include playing experiences and references. Players need to be playing at a minimum of high representative level. Past State representation will be a bonus but not essential.

Some players may need to schedule an individual or group try out with one of our tour selectors to be considered.

Applications and any other questions can be emailed to us at info@allausbasketballcamp.com This e-mail address is being protected from spambots. You need JavaScript enabled to view it

COSTS

All travel costs will need to be met by the players. A full information pack will be provided to those selected to the team and the reserves. At the moment for 2011 we would expect the travel costs to be approximately \$5000 to \$6000 plus food and spending money. When our itinerary is finalized we will be able to provide a more accurate costing. Final itinerary and costs will be known by June 30th. Contact us for more information.

Indicative High School Varsity & Post Grad 2011 Tour

- Dec 1st : Depart Australia
- Dec 2nd to 4th : Sightseeing in LA
- Dec 5th to 7th : Training Camp in Las Vegas
- Dec 8th to 11th : Impact West Coast Challenge, Las Vegas
- Dec 12th to 14th : Training at Phoenix Suns Attend Phoenix NBA & Arizona State Games
- Dec 15th to 17th : Impact East Coast Challenge, Florida
- Dec 19th – 21st : Foothills Classic Las Vegas : Post Grad Return to Australia
- Dec 22nd : Varsity Team Return to Australia



APRIL PROGRAMS : VENUES & DATES

VENUE	PROGRAM	DATE
Melbourne, Victoria		
Nunawading Stadium	Rookies, All Australian & Invitational	April 11th to 13th
Nunawading Stadium	Shooting & Ballhandling Clinic	April 14th
Nunawading Stadium	3 on 3 Tournament (registration form at www.ausbasketball.com.au)	April 15th
MSAC, Albert Park	Rookies, All Australian & Invitational	April 18th to 20th
Nunawading Stadium	Rookies & All Australian	April 18th to 20th
Nunawading Stadium	Girls Only Rookies & All Australian	April 18th to 20th
Sydney, NSW		
Sutherland Assoc.	All Australian & Invitational	April 13th to 15th
Thornleigh Stadium	All Australian & Invitational	April 19th to 21st
Canberra, ACT		
Belconnen Stadium	All Australian & Invitational	April 27th to 29th

FOOT LOCKER CLUB - SPECIAL OFFER

Register for Foot Locker Club online at www.footlocker.com.au and you will receive a Foot Locker card with member ID to access special offers exclusive to Club members.

Make sure you give us your email address so we can keep you up to date with the latest competitions and offers.

SPECIAL OFFER FOR SYDNEY CAMPS

Sydney players use the special voucher code 94793 when you sign up on footlocker.com.au for membership. You will then be emailed a voucher for 20% off any product.

YOU'VE
GOT TO BE
IN IT!



Join the Foot Locker club for special offers,
latest product news and get...

10% OFF
anything, anytime™



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.

Facebook



We will be using our facebook site more and more to make special announcements and provide information to our players and their families.

There will be special offers and discounts only offered to our facebook followers.

Become one of our followers today.

Just search for 'All Australian Basketball Camps', click the 'Like' button and we'll keep you informed.

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