



BALLY BOYS BASKETBALL PROGRAM

*NEWSLETTER #1
AUGUST/SEPTEMBER 2022*



DEVELOPING BRILLIANT BOYS THROUGH EXCEPTIONAL
TEAMWORK AND GREAT COACHING THAT INSPIRES THE
SCHOOL AND LOCAL COMMUNITY

www.ballybasketball.com

Welcome and Introduction

To All our Bally Players, Parents, Guardians, Supporters, Hoopers & Ballers!

This is our first and long-awaited Bally Basketball newsletter. The purpose is to give you a brief update on some need to know and nice to know items about what has become the schools biggest sport.

We know you're probably getting regular 'newsletter' type updates from the school, other sports and groups, so we'll get to the point.

The Bally Basketball Program is led by Ben Knight, our impressively credentialed head coach. Ben is an NBL legend and is passionate about developing a national-level public school basketball program.



We have a volunteer parent Executive Committee who meet monthly to ensure we are supporting the school, players, coaches and parents in having a great experience with the program.

Additionally we have an amazing group of volunteer age group managers who form a huge part of making this whole thing work. Without our volunteers, supporters and donors we probably couldn't make it happen.

Program Update

Social Media

Along with our website (www.ballybasketball.com) we have added social media to our communication. Please follow us on Insta ([bally.basketball](https://www.instagram.com/bally.basketball)) and Facebook. We'll be using our socials to help keep you up to date with program news and moves.

If you have some expertise in managing and/or running these platforms, and can help, we'd be keen to hear from you. We want to improve our overall communications to our parents, players and supporters and this is one area we want to improve in.

SquareOne Physio+Pilates+Exercise

<https://squareonephysio.com.au>

Address: Ground Floor/374 Sydney Rd, Balgowlah NSW 2093

Phone: (02) 9968 3424



An exciting addition to our program is the support of local physio SquareOne. They are based on Sydney Rd, Balgowlah next to the Stockland Shopping Centre and have been a great supporter of local community sports including rugby and triathlon.

Campbell and Mitch from SquareOne are working with Ben and the players to develop warm up, strength and conditioning (S&C) and recovery programs. As the relationship evolves, we'll be looking at introducing more Bally players of all levels to these programs.

If you or your athlete has a need to for an assessment or ongoing treatment, please make an appointment with the team.

| Service | Regular Fee | BBB Fee | % savings |
|-------------------------|--------------------|----------------|------------------|
| Initial Consult 30 mins | \$115 | \$85 | 26% |
| Initial Consult 45 mins | \$145 | \$110 | 24% |
| Follow up 30 mins | \$105 | \$85 | 20% |

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Local Competition Update

It seems that after the last, massively disrupted MWBA local comp season, this semesters competition is running smoothly. We understand and experienced your frustration last season with so many last-minute cancellations. So, thanks for your patience and perseverance, especially the boys in some of the year 9 divisions who missed several games. MWBA allocated us a credit for missed games which has been used to offset coaching costs for those players affected.

Coaching the Coaches

Coach Ben has been developing a coaching manual to raise the overall level and consistency of coaching in the program. He is spending more time with a variety of divisions of Bally teams and their coaches as a way to continue to build our overall coaching quality. It has been a challenge in the past as Ben can be spread very thin and he allocates much unpaid time to continue to build our program.

Ben and his coaching team are committed to improving the overall training and game time experience for the boys.

Weekend Training

A reminder that additional training sessions are available in the Bally gym for all years.

Saturday – Year 7 8.30–10.00am, Year 8/9 10.00–11.30am

Sunday – Year 10/Opens 9.00–10.30am

Significant Bally Team Performances

In 2017 Bally had two teams in the local MWBA competitions, with virtually no representation in the Combined High School (CHS) competition.

Today we have 28 teams competing in the MWBA competition and we were the 2022 CHS runners up in the State Championships last month. Second in the state! All our players are Bally students. Our only loss was to Sydney Boys who have numerous state team and state squad athletes from outside of school area representing that school on a scholarship basis.

*Combined High
School (CHS)
State
Championships
– Runners Up*



The Junior Boys team (Year 10 and under) is next, having qualified for the CHS Top 8 knockout competition in the next month or so. Dates TBC.

Other notable achievements are from last season's MWBA local competition with Bally making it a clean sweep with all Division 1 teams of year 9, 10 and Opens winning their competitions.

Our progress is astounding, with the Bally Basketball Program now being so well respected, we know of many parents wanting their boys to attend Bally because of the program. Our reputation of 'By Effort We Achieve' is being noticed.

Hot Off the Keyboard - Gym Renovation

One of the main focuses of the program is to assist the school in improving some of the sporting infrastructure. With the support of the Bally Principal, Paul Sheather, the PE Department, and parents, we are at the start of the long overdue gym renovation.

Last weekend we removed some of the redundant sporting equipment and prepped the walls for painting in advance of the floor resurfacing on September 24th.

If you have any painting skills and some free time over the next three weekends, let us know if you're keen to grab a brush or roller and get stuck in. It's a big job!



If You Can Help

As you know, much of the success in the public school system relies on donated time and effort of both teachers and parents. Our program is no different.

This is a call out to any parents, students or siblings who may want to contribute their expertise and time is assisting us in building and sustaining a national class sporting program.

Some of the expertise we are wanting to tap into includes:

- **Building trades** – this includes carpentry, electricians, general building advice. We are looking at further renovations on the basketball office this Christmas holidays which includes removal of a temporary wall, new flooring and fixing some damp issues.
- **Social media** – we are looking for someone to look after our social media or advise us how to best use it.
- **Equipment and/or financial donations** – we are a user pays program with no additional support from the school or education department. We rely on our volunteers and sponsors. If your business is interesting in supporting our program, we'd be keen to talk to you, we have big plans!

Thanks for taking the time to read our first newsletter. If you have any feedback or wish to contact us, please contact **Ben Knight** directly at benknight@ballybasketball.com or you can email our Committee President, **Julien Prosser**, at president@ballybasketball.com

