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November 2009



# Full Court *Press*

## Stratford MBA Shows Appreciation

The Stratford Minor Basketball Association recently held a public unveiling of the new Basketball backboard and net systems at the Glen Stewart Elementary School. Pictured in the photo is Steve MacDonald, Chair of the Recreation Commission; Payton Brown, youth participant; Don Chevarie, President of Stratford Minor Basketball; Joseph Chevarie, youth participant; and, Derek McEwen, Vice-Principal of Glen Stewart School.



This event was held to show appreciation to all individuals, groups and businesses who helped the Stratford Minor Basketball Association raise needed funds for the project. Special acknowledgement was given to the children and parents who participated in the 'Shoot for the Hoops' basket-thon event last December. The Glen Stewart Home and School, Metro Credit Union (Stratford branch), Matheson and Associates, and Dr. Janice Stewart were also thanked for their financial contributions. This project was also made possible with the fine partnership and collaboration with John Miodowski of the Eastern School Board.

Immediately following the unveiling, over 50 Stratford youths enjoyed a free skills clinic with the UPEI Men's Panthers Basketball team. A special thank you goes out to head coach Matthew Davies and his players for a great time!



[www.basketballpei.ca](http://www.basketballpei.ca)

## PEIBOA Rules & Mechanics Clinic

The PEI Basketball Officials Association will be hosting a Rules and Mechanics Clinic in Summerside and Charlottetown:

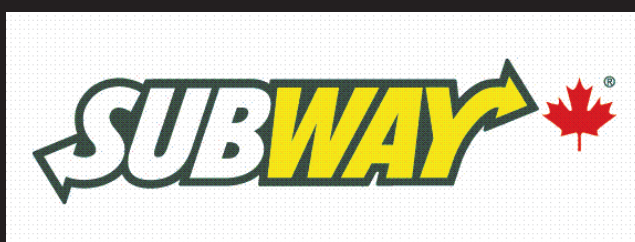
Summerside & West  
Monday, November 9  
6:30-9:30 PM  
TOSH-Dave Chisholm's class  
Contact: Rob Anderson  
436-6962

Charlottetown & East  
Thursday November 12  
6:30-9:30 PM  
Bluefield HS-Brett Wood's Class  
Contact: Rick MacKinnon  
367-3119

PEIBOA is also looking to recruit new officials. If you are interested, please contact Rob Anderson at 436-6962 or Rick MacKinnon at 367-3119. The PEIBOA AGM has been scheduled for Sunday, November 29th, at East Wiltshire Intermediate school at 1:00PM.

## BPEI AGM & ADL Awards

The Basketball PEI AGM will be held on Tuesday November 10 at 5:30 PM at the Rodd Royalty Inn. The annual BPEI/ADL Recognition awards will follow the AGM, beginning at 7:00 PM. All are welcome!



# UPEI Basketball Panthers 2009-10 Season Preview



[www.upei.ca/athletics](http://www.upei.ca/athletics)

The home opening weekend for the UPEI Basketball Panthers is this weekend, where they will play host to St. FX on Friday, November 6 at 6pm and 8pm. Here is a preview of the 2009-10 season for the Panthers:

## 2009-10 UPEI Men's Basketball Panthers

#	Player	Position	Height	Elig.	Hometown
1	Jeff Rodgers	Guard	6'2	2	Nassau, Bahamas
2	Nick Kaminsky	Guard	6'4	2	Montreal, QC
3	Calvin LeBlanc	Forward	6'4	1	Fredericton, NB
5	Tim Butler	Point Guard	6'1	4	Charlottetown, PE
6	Robert MacSwain	Guard	6'1	3	Charlottetown, PE
7	Anthony McDougald	Forward	6'4	4	Baltimore, MD
8	Nick Toews	Guard	6'0	5	Vancouver, BC
9	Terrence Brown	Point Guard	6'1	1	Nassau, Bahamas
10	Mike Hardy	Forward	6'5	2	Summerside, PE
11	Manock Lual	Forward	6'6	3	Ottawa, ON
12	Matt Fennell	Forward	6'5	3	London, ON
13	Mitchell McQuade	Forward	6'8	3	Fredericton, NB
14	Vlad Farcas	Forward	6'7	3	Toronto, ON
15	Damon Ansems	Forward	6'5	1	Montague, PE

### 09-10 Season Preview:

**Last Season Record:** 11-9

**Coaches:** Head Coach: Matthew Davies  
Assistant: Bob Maks  
Trainer/Mgr: Ryan Luttrell

**Ones to Watch:** Manock Lual  
Nick Toews  
Matt Fennell

**New Faces:** Terrence Brown  
Matt Fennell  
Calvin LeBlanc

### 2009-10 Outlook:

The UPEI men's basketball program will look for returning stars Lual and Toews to integrate incoming players, Brown and Fennell, into the starting lineup early. Despite an injury-plagued pre-season, the team is optimistic about the upcoming season. The roster is full of versatile, team-oriented players who can help return the Panthers to the playoffs. Lual and Fennell, with their size and versatility, will be a tough combination for opposing teams to defend.

### 09-10 Season Preview:

**Last Season Record:** 2-18

**Coaches:** Head Coach: Carly Clarke  
Assistant: Jeff Perry

**Ones to Watch:** Carly Lafave  
Victoria Walker  
Katie Moore  
Shy Saunders

**New Faces:** Shy Saunders  
Julia McKenna  
Nadine Chomyk  
Julia Vidic

### 2009-10 Outlook:

The UPEI women's basketball squad is a young team with a new coach. Returning only four players this season, their goal is to get better every day. Lafave, (2009 AUS All-Rookie team), will be the on-court leader, and will have help from speedy newcomer, Saunders. Vic Walker will light it up this year from the outside, and Moore's strong presence in the key will add to UPEI's offensive strength. The AUS women's league is going to be tough competition this year, but through Clarke's leadership, UPEI may just have the recipe for success this season.

## 2009-10 UPEI Women's Basketball Panthers

#	Player	Position	Height	Elig.	Hometown
3	Nadine Chomyk	Guard	5'9	1	Barrie, ON
4	Julia Vidic	Point Guard	5'9	1	Ancaster, ON
5	Victoria Walker	Guard	5'8	5	Summerside, PE
6	Maria Younker	Point Guard	5'6	3	Charlottetown, PE
7	Carly Lafave	Guard	5'6	2	Lena, Wisconsin
8	Kelly Debow	Forward	6'0	3	Sussex, NB
9	Katie Moore	Centre	6'0	3	Charlottetown, PE
10	Kristen Walker	Forward	5'8	3	Charlottetown, PE
11	Shylanda Saunders	Point Guard	5'7	1	East Preston, NS
13	Julia McKenna	Guard	5'7	1	Charlottetown, PE
14	Sara Moore	Forward	5'10	1	Charlottetown, PE

**Check out UPEI Basketball Blogs at:**

[www.pantherwomen.blogspot.com](http://www.pantherwomen.blogspot.com)

[www.upeibasketball.blogspot.com](http://www.upeibasketball.blogspot.com)

[www.basketballpei.ca](http://www.basketballpei.ca)

# Holland College Hurricanes 2009-10 Season Preview



This weekend the Hurricanes are beginning the 2009-10 season as visitors, playing the St. Thomas Tommies on Saturday November 7 at 1PM and 3PM in Fredericton. Their home opener will take place Friday November 14 and will host UNBSJ!

[www.hollandc.pe.ca/athletics](http://www.hollandc.pe.ca/athletics)

## 2009-10 Holland College Men's Basketball Team

#	Name	Position	Height	Hometown	Elig.
1	Steve Brown	Guard	6'3	Halifax, NS	3
2	Robert Daly	Guard	5'10	Belledune, NB	1
3	Alex MacLeod	Guard	5'10	Riverview, NB	1
4	Steve Hardy	Guard	6'2	Summerside, PE	2
5	Aaron Brown	Guard	5'11	Upper Sackville, NS	3
6	Donathan Moss	Forward	6'4	Nassau, Bahamas	1
7	Nathan Clark	Forward	6'5	Charlottetown, PE	2
8	Nic Jones	Guard	6'1	Bonshaw, PE	1
9	Aulay Wiseman	Guard	6'0	West Gore, NS	1
10	Taylor Gynane	Forward	6'2	Thunder Bay, ON	1
11	Matt Fowler	Forward	6'5	Amherst, NS	2
12	Jason Mitchell	Forward	6'5	Nassau, Bahamas	1
13	Jordan Bruyere	Forward	6'6	Thunder Bay, ON	3
14	Jacob Ayangma	Forward	6'6	Charlottetown, PE	3
15	Matthew Morrison	Guard	5'10	Charlottetown, PE	1
33	Cory Saulnier	Post	6'7	Digby, NS	1

### 09-10 Season Preview:

**Last Season Record:** 15-6

**Coaches:** Head Coach: George Morrison  
Assistant: Chris Connolly  
Assistant: Josh Whitty

**Ones to Watch:** Aaron Brown  
Jacob Ayangma  
Steve Brown  
Steve Hardy

**New Faces:** Donathan Moss  
Jason Mitchell  
Rob Daley  
Alex MacLeod



### 2009-10 Outlook:

Coach Morrison is very optimistic about the 2009-10 season. This is by far the most veteran squad the Hurricanes have ever put on the court. Leading the Hurricanes at the point is Aaron Brown, joined by Ayangma, who is tough at both ends. Moss joins the squad and offers great athleticism as a former U18 National team member for The Bahamas. If this team can gel, Coach Morrison believes they will be competing for an ACAA Championship.

### 09-10 Season Preview:

**Last Season Record:** 10-11

**Coaches:** Head Coach: Kathy Murray  
Assistant: Katherine Walters

**Ones to Watch:** Emily MacEachern  
Joleesa Robinson  
Firnethra Brown

**New Faces:** Katie Butler  
Firnethra Brown  
Jillian Smith  
Arielle Anderson  
Lynn Wall  
Rickia Richardson  
Charlie Johnston



### 2009-10 Outlook:

Coach Murray has high hopes for the 2009-10 season. The Hurricanes lost several key players from last year, but have added new talent, resulting in a deeper line up. The Hurricanes will be counting on 2008 Rookie of the Year, MacEachern, to be a leader at both ends of the floor. Robinson's speed and Brown's court vision will help the Hurricanes, as they expect to be playoff bound this season.

## 2009-10 Holland College Women's Basketball Team

#	Name	Position	Height	Hometown	Elig.
1	Arielle Anderson	Guard	5'6	Charlottetown, PE	1
2	Firnethra Brown	Guard	5'4	Nassau, Bahamas	1
3	Katie Butler	Guard	5'8	Charlottetown, PE	1
4	Joanna Harrison	Guard	5'7	Summerside, PE	3
5	Charley Johnson	Forward	5'10	Cardigan, PE	1
6	Emily MacEachern	Forward	6'1	Charlottetown, PE	2
7	Jane Murnaghan	Forward	5'9	Charlottetown, PE	3
8	Kara Nash	Guard	5'4	Shelburne, NS	1
9	Ricke Richardson	Forward	5'8	Nassau, Bahamas	1
10	Joleesa Robinson	Guard	5'9	Digby, NS	2
11	Jillian Smith	Forward	6'0	Moncton, NB	1
12	Lynn Wall	Guard	5'8	Digby, NS	1
13	Sam Hopper	Guard	5'7	Albert County, NB	2

[www.basketballpei.ca](http://www.basketballpei.ca)

# Basketball PEI Notes...

## BPEI Coaching Clinics

Basketball PEI will be offering the new NCCP Community Coach course in the following communities  
(location/times - TBA)...

**November 28th - Morell**

**November 29th - Stratford**

**December 5th - Summerside**

The Introduction to Competition course will be offered in Summerside and Charlottetown in January. For more information, contact Stephen at [smarchbank@basketballpei.ca](mailto:smarchbank@basketballpei.ca) or call 368-4986.

## Coaches Needed

If you are interested in coaching a school basketball team, there are a few Intermediate & High school teams that are looking for basketball coaches. For more information, contact Stephen at [smarchbank@basketballpei.ca](mailto:smarchbank@basketballpei.ca) or call 368-4986.

## Hoop-a-thon Ready to Roll!

The Subway/BPEI Hoop-a-thon brochures are ready! If you want to use the hoop-a-thon fundraiser to raise money for your basketball organization, please contact Stephen at 368-4986.



## FINAL Elite Development ID Sessions

The final identification sessions for the Elite Development program will be on **Sunday, November 8th.**

**Girls - Sunday, November 8th at SIS**

Junior Girls (born 1997-1995), 10:00 to 11:30 AM  
Senior Girls (born 1994-1992), 11:30 to 1:00 PM

**Boys - Sunday, November 8th at Colonel Gray**

Junior Boys (born 1997-1995), 2:00 to 3:30 PM  
Senior Boys (born 1994-1992), 3:30 to 5:00 PM

### **Program Details**

\$15 - Includes Basketball PEI & Canada Basketball Memberships and Insurance coverage

**Program Fees:** \$250 per athlete

**Duration:** 4 Full Day Sessions = 30 hours (Dec-

**Showcase Event:** Inter-squad games & competitions = 4 hours

**Athlete Package:** Reversible Mesh Jersey & Mesh Shorts **Note:** if you have Elite Development program practice gear from last year, that are still in good condition, we will subtract \$50 from your fees.

### **Contact Information:**

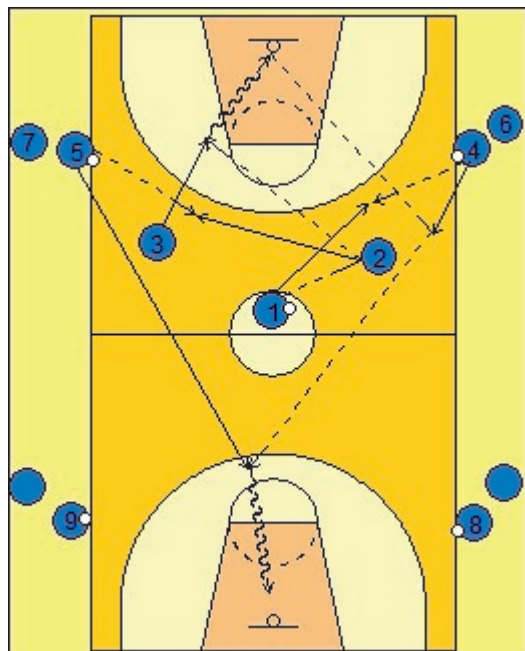
Matthew Davies at (902) 566-0562 or [mjdavies@upei.ca](mailto:mjdavies@upei.ca)

Stephen Marchbank at 368-4986 or [smarchbank@basketballpei.ca](mailto:smarchbank@basketballpei.ca)

## Good Luck PEISAA basketball athletes at Try outs!



# Coach's Corner with Coach Davies

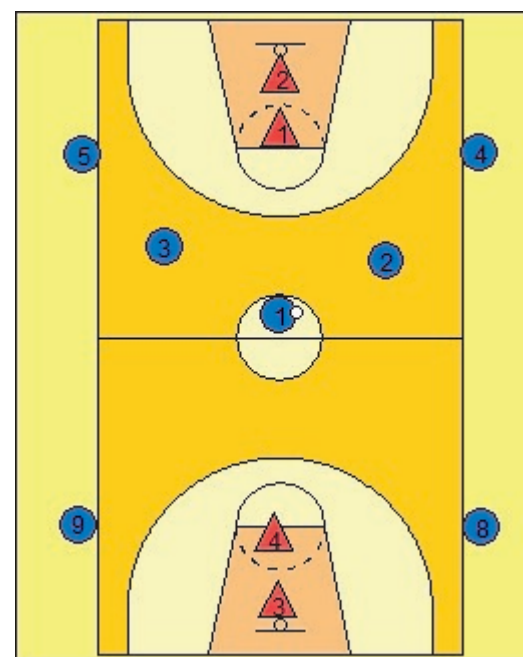


## 4-Minute Shooting

With a minimum of 11 players and 5 balls, initiate the 4-minute drill as indicated. One player takes a lay-up and the other two players taking jumpers. The player who takes the lay-up should get their own rebound and outlet it to either wing. In this diagram, 3-4-5 would then go up the other end of the court with one player taking a lay-up and the other two players taking jumpers. The drill continues for 4-minutes, with the coach keeping track of how many scores are made. The goal depends on the age and skill level. At the university level, the goal is typically at least 100 made baskets.

## 3-on-2 No Dribble

3 players will play 3-on-2 at one basket, with players not being allowed to dribble. Play is limited to one shot maximum. Once the shot goes up, all five players (3 offensive and 2 defensive) crash the boards. Make or miss, whoever is able to secure the ball then outlets to either wing and the play proceeds up the court to the other rim, 3-on-2. Coaches should keep track of how many rebounds are secured. For example, guards and forwards could compete for most rebounds, or the team could be separated into first and second units.



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If you have any basketball stories or articles you would like to include, please email Laura MacPherson at [lmacpherson@sportpei.pe.ca](mailto:lmacpherson@sportpei.pe.ca)

