



## President's Message ...

### We're half way there...

As we approach the mid-point of a busy 2008-09 season I'd like to thank all of the Goulbourn Basketball volunteers (coaches, managers and executive members) and encourage everyone to come out and support our representative and recreational teams as they gear up for provincial and year-end tournaments.

In this edition many of the successes of our GBA teams are highlighted including the Major Bantam boys' basketball tournament hosted by Tom Hodge's team January 11-13<sup>th</sup> at Sacred Heart and South Carleton and the Kanata Youth Basketball Association tournament where GBA teams earned 5 medals.

Also featured in this edition are two former GBA players now giving back to the organization by coaching one of our recreational teams and an update on the progress of our atom girls' representative team.

This is the second edition of the GBA newsletter and we plan on producing a few more before the season is done. If you have an idea for a story, want to showcase your team or players and/or have information you feel would be valuable to players, parents and the general public, please contact Cathy Farish (GBA, Director of Communications).

If you haven't visited the GBA web site, please do as we regularly update information to include representative and recreational team schedules and up-to-date news and information. If you can't find what you're looking for or feel we need to add something let us know.

In closing, I'd like to make everyone aware that Ottawa will play host to the Ontario girls' bantam championships April 11-13 and the GBA will be actively involved. Many of our gyms will be used for games and we'll be looking for volunteers to help monitor gyms, organize and run canteens and work as scorers and time keepers during games. More information will be made available as details are confirmed, but keep the dates in mind and if you're not directly involved with the championship please come out to watch some of the best teams and players in the province compete and support our sport.

Continued success and enjoyment for the 2007-08 basketball season to everyone.

**Sincerely,**

**Rob Knights**

**President, Goulbourn Basketball Association**

### Inside this Issue:

President's Message	...1
The GBA needs your help	...2
Former GBA players give back to the community	...2
Major Atom Stingers are a Winning Team	...3
Major Bantam Hornets looking for Gold	...4
GBA Welcomes a New Sponsor	...5
GBA Team News	...5
Inspirational Basketball Quotes	...5
Rep Teams Win at Kanata Tournament	...6
Upcoming Basketball Events	...7
Coaches Corner	...7
GBA Executive	...7



## The GBA needs your help...

We are looking for volunteers to join our Tournament Committee.

In our continuing effort to promote basketball in the community, the GBA would like to host a basketball tournament next season... and we need your help.

In order for this to be a successful event, we need the support and assistance from many volunteers.

There are several committee positions available. If you are interested in joining this committee, please contact Cathy Farish ([farish at primus dot ca](mailto:farish@primus dot ca))

Let's make this a great Goulbourn basketball event.



## Former GBA players now give back to the community.....

by Cathy Farish

Goulbourn's Recreational (Rec) program has a great group of dedicated volunteer coaches whose commitment to developing the sport of basketball in the community is crucial to the success of the GBA's recreational program.

The *Blue Devils*, a novice boy's recreational team, also has the advantage of being coached by two former Goulbourn players who have now turned their passion for basketball towards coaching. With a total 10 years of basketball playing experience between them, this brother and sister coaching team, Tom and Megan O'Heron, are now enjoying the opportunity of being able to give back to the community.

"Taking all that Megan and I have learned over the years and passing it on to the all-stars of tomorrow, it's a great feeling", says Coach Tom O'Heron.

Tom started playing basketball at the age of 13 and continued to play in Goulbourn's house league program for five seasons. Inspired by his first coach, Dave Lee, who taught him everything he knows about basketball and who was also his favourite coach, Tom decided to trade in his basketball uniform and became a coach last season for the *Red Raptors*, another novice boy's team.

As the younger sibling, Megan started playing basketball when she was in grade 5 and played house league for two years. In 2003, she decided to try out for the Major Bantam Stingers competitive team, whereby she made the team and continued to play competitively for another 3 seasons.



Unfortunately, due to a back problem Megan was forced to give up her passion for playing basketball and decided to pursue coaching.

At her dad's suggestion, Megan decided to try her hand at coaching and she has enjoyed the experience so much that she hopes to continue coaching in the future.

"I love working with kids and teaching them the game of basketball. I think it's great that they are starting at such a young age. A lot of the boys are playing for their first year and I see them improving every practice. They learn a lot about basketball in their first few years of playing and I love being a part of it", says Megan.

Tom and Megan had so much fun with their first coaching experience that they decided to coach again this season. For now, due to their responsibility to their school work, neither have plans to move on further to a higher level of coaching.

Coach Tom says, "I definitely think it would be fun to step up the ranks and perhaps coach something competitive. For now though, we're content with introducing the boys into the basketball world, one small step at a time".

For Coach Megan, "I think for now I will stay coaching at the recreational level, and would consider possibly coaching at the Bantam level".

With all their basketball knowledge and experience as former players, the members of the *Blue Devils* team are guaranteed to learn a lot from their coaches.

Coach Tom and Megan O'Heron with some of the Blue Devil players.



Is your team interested in being featured in the next newsletter?

We are looking for both recreational and representative teams to feature in the March/April issue.

If interested, please contact Cathy Farish (GBA, Director of Communications)

A special thank you to everyone who provided team information, articles and pictures for this issue

Your support is appreciated and helps make this newsletter possible.



## Major Atom Stingers are a winning team!

Submitted by Larry Vance, Team Manager and Dave Byck, Head Coach

The Major Atom Stingers team is an outstanding group of girls, both on and off the court, who have been enjoying their season and achievements.

The team consists of 10 and 11 year olds, with 8 girls being second year players, of which two are still eligible to return again next season, and the remaining 4 teammates playing at the atom level for the first time. Head Coach Dave Byck says, "All the players bring something unique to the team, and share a number of common characteristics - they work extremely hard in practice to improve their individual and team skills".



Since the start of the season the Stingers have pulled together nicely and have become quite a talented and successful team. This is clearly evident with their current 21 win and 5 loss game records, their Gold Medal victory at the Barrhaven Tournament and Silver Medal showing at the Kanata Tournament.

The team's success may be contributed to a number of sayings that they strive to play by, including their most important team goal - **"Win with class and lose with pride"**. The girls understand that whatever you do, do it well and be proud of your effort. Another goal for the Stingers is, **"Hard work beats talent when talent doesn't work hard"**. They know that they can't take a day off from doing their best even when the easy thing to do is relax.

Coach Dave is so impressed with the team and states that "these young players certainly have not acted in any way to indicate to the coaches that they don't understand these sayings or that they don't want to live up to them".

The Stingers continue to work hard at practices and are constantly improving their basketball skills, especially as they prepare for their upcoming tournaments. In February, the team will participate in the local Gloucester Tournament before traveling to Hamilton later in the month for the Blessed Sacrament Tournament. Participation in these tournaments will certainly help get the team ready for the 2008 Ontario Cup provincials, which are being held in Windsor on March 28-30, 2008.

The girls have not only become excellent teammates on the court, but have also developed strong friendships off the court. As committed as they may be to playing basketball they still have found time for FUN and have enjoyed several team outings, including going to a movie, making cookies together, swimming at Carleton University, having a parent versus player game, and attending the Capital Hoops Classic.

With this many team outings already, and they are only half way through the season, it is obvious that they get along very well with each other.

They are also a special group of girls who, according to the Team Manager Larry Vance, undertook a fundraising campaign this season.

"The girls will be donating 10% of the money they raised from fundraising to a charity of their choice. To date, they have raised \$2,200 from two bottle drives held on October 12<sup>th</sup> and November 17<sup>th</sup> and from selling raffle tickets to 3 separate Senators games", says the Team Manager. For their outstanding fundraising efforts the parents have decided to purchase team jackets with the remaining proceeds.

Coach Dave says, "They understand that basketball is part of a well rounded life - not the only part and they are all really good kids".

So far this season there have been some special moments for each player, both on and off the court, and Goulbourn's Major Atom Stingers are certainly a winning team.



## Major Bantam Boys looking for Gold....with 1 Silver and 2 Bronze under their belts

*submitted by Tom Hodge, Head Coach*



The Goulbourn Major Bantam Boys team successfully returned home with Bronze and Silver Medals from both the Chris Paulin Tournament in Kanata and the Scarborough Invitation Tournament.

On January 11 to 13<sup>th</sup>, the Major Bantam Hornets hosted a fantastic tournament with 8 teams; 4 from Ottawa, 3 from Quebec and 1 from Kingston.

In the Kanata tournament the team went undefeated in the round robin format with an exciting overtime win against Brebeuf to secure their top ranking going into the playoffs. Unfortunately, the team was off in their early morning game on Sunday, and eventually was upset by Kanata. In the Bronze Medal game, Goulbourn easily defeated Gloucester 2.

The boys again went undefeated with their most challenging game against Laval. In the semi-finals, the boys lost to their archrivals – Gloucester 1. The team then went on to beat Laval for a second time in a convincing win for Goulbourn, giving the team the bronze medal. The number one seeded Bantam team in Quebec, the Dawson College Blues, won the tournament.



Just prior to Christmas, the boy's team traveled to Scarborough to participate in the Scarborough Invitational. With most teams from the Toronto area, the Goulbourn Hornets went undefeated in the round robin format, with a 5-point win over the favorite Scarborough A team. In the semi-finals, the boys were able to match the pressure and pace set by Scarborough B, giving them the win and advancing them to the finals. In the finals, the boys were defeated by Scarborough A. It was a great showing for the boys who walked away with a silver medal. after 5 wins and 1 defeat.

Congratulations must go out to the many people who made the tournament a huge success and for increasing the name and wonderful reputation of the Goulbourn Basketball Association.



Photos from Major Bantam Tournament, Jan 11-13, 2008



**GBA Team News:**

**Stingers AA Atom Girls Undefeated in Barrhaven Tournament**

Submitted by: *Larry Vance, Team Manager*

The Goulbourn Stingers won all five of their games in the Barrhaven Girls Basketball Association tournament held the weekend of November 24/25, 2007.

In their round robin games, the Stingers defeated the Kanata Cavaliers (30-24), the Gloucester Wolverines (29-24), and the Hull Dragons (35-34). With a 3-0 game record, the team advanced to the semi-finals, where they defeated their opponent the Russell Rockets 18-15, and earned themselves a spot in the championship game against the Hull Dragons.

After defeating the Hull team earlier in the tournament, the Stingers were determined to win again. The team continued their outstanding performance and eventually went on to win the game 31-19, making them the Gold Medal Champions. Congratulations Stingers!



**Stingers Win Silver**

Submitted by *Sharon Streach, Team Manager*

The Goulbourn Stingers Major Midget #1 basketball team earned silver medals at the Ottawa Shooting Stars Winter Classic held January 18<sup>th</sup>-20<sup>th</sup> in Ottawa at Ashbury College.

The Stinger's first game in round robin action was the Friday evening against the Arnprior Pride. The Stinger's balanced attack from the floor led them to a convincing victory. On the Saturday morning, the Stingers met the Belleville Spirits # 2 squad. The Stingers played a solid game and took the contest 57-29. The final game of round robin play was

Saturday afternoon versus the Toronto Lords. The Stingers came out flat to trail 18-10 at the half and couldn't recover from the slow start. The Lords secured the victory 40-34.

The Stingers 2-1 record in pool play was enough to advance them to the quarter final round and a meeting with the Barrhaven Blue Devils. The Stingers were out to avenge an earlier loss against the Blue Devils and pressed to a 25-17 lead at the half. The Stingers continued to work hard and hung on to win the game 39-35.

The Stingers went on to face the Cornwall Lions on the Sunday morning in semi-final play. The team initially got off to a strong start in this game. However, a gym clearing break to investigate the building's activated fire alarm system contributed to a momentum swing that saw the Stingers trail 28-23 at the break. The Stingers renewed their focus in the second half and worked both ends of the floor to take the game 53-50 and earn a spot in the gold medal game.

Sunday afternoon the Stingers faced the London Ramblers in the championship game. The Stingers had their work cut out for them as the Ramblers had defeated all challengers by a minimum of 20 points during tournament play. The Stingers hustled to a 24-14 lead at half, which they sustained through three quarters. In the fourth quarter the Ramblers showed a 1-2-1-1 full court press which gave the Stingers considerable trouble. The Ramblers capitalized on numerous Stinger turnovers to trail by one point with less than a minute left on the clock. The Ramblers scored a basket with seconds remaining in the game to emerge victorious 40-39. The Stingers were awarded silver medals for their second place finish in the tournament.



**The GBA Welcomes a New Sponsor!**

**Bonds Decor**

**Bonds Decor has graciously agreed to sponsor the GBA. Bonds Decor carries a wide variety of paint, paint sundries, furniture and finishing products. Their policy is to offer great service at a great price for a great client – YOU!**

**Bonds Decor is located at 150 Iber Road in Stittsville. You can reach them at 613-270-8504, or visit their website at [www.bondsdecor.ca](http://www.bondsdecor.ca).**

**GBA members can register with Bonds Decor and 10% of their purchase will be reimbursed by Bonds Decor back to the GBA to support our basketball programs.**

**Thank you Bonds Decor!!**



## Rep Teams Win at Kanata Tournament...

by Cathy Farish



### Quote to Play by....

Submitted by Steve Cutler

The will to win is not as important as the will to prepare to win.

### Quote for Coaches... ..

Success isn't being the best, it's handling the worst.



The Stingers and Hornets both represented the Goulbourn Basketball Association proudly at the 14<sup>th</sup> Annual Chris Paulin Memorial Tournament, hosted by the Kanata Youth Basketball Association the first weekend of December 2007.

The GBA's representative teams participated in the tournament and came home with tremendous results; the Major Atom Boys, Major Bantam Boys and Major Midget Boys were all Bronze Medal winners. As well, the Major Atom Girls and Major Midget Girls #1 teams, were Silver and Gold Medal champions, respectively, in their divisions.

All teams faced some great competition and their performance was on the court was outstanding, which enabled them to win their respective victories.

These accomplishments mark the best showing to date for Goulbourn's representative teams at the Kanata Tournament. Congratulations to all the coaches, players and managers on their great performance.

The tournament also recognized outstanding players in each of the round robin games of play and the GBA extends its congratulations to the following players who received Player of the Game awards.

### Chris Paulin Memorial Tournament Player of the Game Award Recipients:

#### Major Atom Boys: (Bronze)

- Game 1: Daniel Currie
- Game 2: Ben Streach
- Game 3: Lucas Mahoney

#### Major Atom Girls: (Silver)

- Game 1: Madison Graves
- Game 2: Rebecca Williams
- Game 3: Logan Vance

#### Major Bantam Boys: (Bronze)

- Game 1: Keegan MacNeill
- Game 2: Kevin Ferguson
- Game 3: Mitch Harrison

#### Major Midget Boys: (Bronze)

- Game 1: Owen Powers
- Game 2: Robert van Galder
- Game 3: Craig Peloso

#### Major Midget Girls #1: (Gold)

- Game 1: Sandy Edison
- Game 2: Erin Streach
- Game 3: Melissa Graves

Special congratulations are also extended to **Brendan Stoqua** of the Hornets Major Atom team, **Kevin Ferguson** of the Hornets Major Bantam team and **Molly Kennedy** of the Stingers Major Midget #1 team, who also received Tournament MVP Awards.

### GREAT JOB STINGERS AND HORNETS!



Major Atom Hornets, Kanata Tournament



Major Midget Hornets, Kanata Tournament



Major Atom Stingers, Silver Medalists, Kanata Tournament



**Mark your  
Calendar!**

### **UPCOMING BASKETBALL EVENTS:**

2008 CURBAA Player  
Clinic at Scotiabank  
Place, March 13, 2008



CIS Final 8 Basketball  
Coaches Clinic at  
Carleton University,  
Sat, March 15, 2008

CIS Final 8 Men  
Basketball  
Championships at Scotia  
Bank Place, March 14-  
16, 2008



Bantam Girls  
Championships, April  
11-13<sup>th</sup>, Ottawa



## **Coaches Corner:**

### **Have you visited the GBA website lately?**

With the valuable information being posted under the Coaches Corner section, the site is now password protected. If you haven't already obtained the password simply contact Cathy Farish ([farish\\_at\\_primus\\_dot\\_ca](mailto:farish_at_primus_dot_ca)) and indicate which team you are coaching.

Check out the new article "**Guidelines for Great Individual Defense**" in the Coach's Corner section. The GBA's Technical Director, John Scobie, has provided great information on how to improve a players defense and rules for player to player defense.

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Are you looking for tips on how to coach a drill or offensive and defensive plays... then visit **The Coach's Clipboard** ...it's a *basketball coaching web-site and playbook with plays, drills, articles, offenses and defenses, player tips, animated play diagrams, and video clips.*

### **Basketball Ontario News:**



#### 2007-2008 CURRENT SUSPENDED CLUBS LIST:

The following 2006-2007 clubs are currently suspended as member clubs of Basketball Ontario. As such, all programming running under these names are doing so without the support of Basketball Ontario. These programs are not governed by Basketball Ontario's policies and procedures; nor

do they hold liability coverage through our insurance carrier.

Brampton Eagles Basketball  
Double Blue Basketball  
Goal Basketball  
Hamilton Christian Basketball  
Kingdom Athletics  
Blitz Basketball  
Livingston Marketing Co.

#### **Goulbourn Basketball Association Executive Committee**

President, Rob Knights  
Past President, Steve Cutler  
VP Representative Program, Dave Byck  
Director of Communications, Cathy Farish  
Director of Equipment, Joanne Costanzo

Director of Finance, Sandra Smail  
Director of Facilities, Kim Currie  
Director of Fundraising & Special Projects, John McCauley  
Director of Membership, Dave Taylor  
Director of Scheduling, Tracey Flanders  
Director of Uniforms, Marian Corack

Technical Director, John Scobie

Chief Referee, Ray Holder