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President's Message ...

The GBA successfully hosts another provincial championship

March and April were busy months for the GBA with teams participating in provincial championships on the representative side, year end tournaments for the recreational teams and the association was involved in the provincial girls' bantam championships.

Ottawa hosted the 2008 Ontario Girls' Bantam Championships April 11-13 at a number of gyms throughout the National Capital Region, with the GBA hosting Division Six and our representative team competing in Division Four. Glenn Carr's squad put forth a great effort, eventually losing in the quarter-finals to Gloucester.

A number of GBA volunteers did a great job at both South Carleton High School and Sacred Heart High School to ensure all the teams competing in Division Six had a positive experience. I was impressed with the level of play throughout the tournament.

I'd like to thank the site convenors (Dave Byck, Darrell Peters and John Badger) for doing a fantastic job – many coaches and parents approached me to say how well things were run over the weekend.

Also a special thanks to the score keepers and time keepers for their work – Jen Stoqua, Vikas Gill, Sean Stoqua, Dave Badger, Teal Narraway, Melina Wishart, Courtney Berquist and Kelly Weir.

Their collective efforts were another example of the quality of volunteers we are lucky to have associated with the GBA.

On the recreational side, the GBA hosted the Novice Boys' and Atom Girls' Year End Tournaments and from all accounts everyone had a great time! Thanks to Antonio Mendonca (novice boys) and Mike Coogan (atom girls) and all the other volunteers involved in organizing these tournaments and for ensuring they ran smoothly.

In closing, I'd like to say that as my first season as president of the GBA comes to a close; I've been very impressed with the dedication, skill and hard work of all the coaches, managers, executive members and other volunteers who give their time to the GBA. I ask all players and parents to take the time to say thanks to the volunteers for making this association a strong and vibrant organization and for providing a positive and fun experience for all involved. It truly has been a pleasure working with everyone and I see a bright future ahead.

Continued success and enjoyment for the 2007-08 basketball season and if you are interested in getting involved on our executive - we have a number of vacant positions that need to be filled for next season – please let me know.

Sincerely

Rob Knights
President, Goulbourn Basketball Association

The GBA is making a few improvements...

In our continuing effort to promote our basketball programs, the GBA will make a few new changes for next season.

Our “Bee” logo that is widely recognized and associated with Goulbourn Basketball has been updated and takes on a NEW look.



Also, in moving forward with our programs, the GBA has decided that both the boys and girls teams will now operate under one name, the

GOULBOURN HORNETS

This change will allow the Association to bring a more harmonious image for all our teams and further develop our brand identity under the same name.

We trust, in time, you will see that these changes help develop and enhance our basketball programs within the community.

2008 Summer Camps On-Line Registration NOW Available
– Camps Open to Girls and Boys from 8 to 18 years old

Submitted by Dave Taylor

The Goulbourn Basketball Association and the Kanata Youth Basketball Association, in partnership with the Ottawa Gee-Gees basketball teams will once again be offering elite/competitive basketball camps this summer.

Camp Directors are Carlos Brown (former uOttawa Women's Head Coach) and Dave DeAveiro (uOttawa Men's Head Coach). Camp Counselors are current Gee-Gees players. Small group instruction will be tailored to each player's age and skill.

The Gee-Gees have designed the camps to suit the abilities and desires of different age players. The younger camps will stress more fundamentals and earlier skill development. The older camps will offer players the opportunity to refine their skills to help participants play at the next level. All camps will provide game situations to work on newly acquired skills. These camps are intended for elite/competitive basketball players.

Camps will be held at both Jack Donohue Public School (101 Penrith Street, Kanata) and at Stittsville Public School (40 Granite Ridge, Stittsville). Both Schools are air-conditioned.

Camp hours will be from 9:00 AM until 4:00 PM. The gym will be open and supervised from 8:45 AM.

Camps are available for U12, U15 and U19 Co-Ed Competitive Age Groups. Note that due to popular request, all camps are limited to 32 players each. Registration will be accepted on a first come, first served basis (defined by cheque receipt).

For more information and to complete On-Line Registration please visit the registration website at http://www.goulbournbasketball.com/reg/summercamp_info.htm.

On-Line Registration for

2008-2009 Goulbourn Basketball Season

Coming Soon!

For all Recreational and Representative Players

Visit www.goulbournbasketball.com



I would like to personally thank everyone who provided me with the team information, articles and pictures for all the GBA Newsletters this past season.

Your support is very much appreciated and it allows everyone to read about all the great achievements that are happening with the teams, players and coaches.

If you have any suggestions, stories or ideas you would like seen covered in upcoming newsletters, please contact me, Cathy Farish at farish@primus.ca



Major Atom Hornets have an outstanding season...

Submitted by Sharon Streach, Team Manager

The Major Atom Hornets team for 2007/2008 was comprised of 10 grade six students and 3 grade five students, coming from eight different schools. Many of the players have come up through the GBA system.

Even though the players come from different schools, clubs and communities, the players united to become a great team.



Front Row L to R: Lucas Mahony, Brendan Stoqua, Quinn Stewart, Jady Flanders, Sam Lowery, Ben Streach, Ben Mahony, Middle Row L to R: Jeff Whitesell, Daniel Currie, Brad Russell, Corey Johnson, Wilsen Choi, Patrick Rousso, Back Row L to R: Assistant Coach Kim Currie, Assistant Coach Don Flanders, Coach John Johnson

In the beginning of the season, Head Coach John Johnson spent a lot of time on the fundamentals of basketball, form shooting and player fitness conditioning.

According to Coach Johnson, who has coached the Major Atom Hornets for the past three years, "the focus this year involves challenging the burgeoning mental and physical talents of the players to take their game to a whole new level. There are no set plays to follow, each player is expected to "Read and React".

With this approach, Coach John and his Assistant Coaches, Kim Currie and Don Flanders, have taught the players to think for themselves and to understand the game of basketball.

"We didn't want the players to merely memorize the plays and execute them", says Coach Johnson.

The coaches also focused on individual skills the players will need to move to the next level. Each player was videotaped at practice, giving coaches an excellent way to analyze a player's shot and provide them with positive feedback as well as the areas for player improvement. ***It's true – pictures speak louder than words.***

The team's understanding of these lessons was shown in their much improved defence and the new skills they brought to their games, both individually and as a team.

The first weekend in December, saw the team participate in the Chris Paulin tournament in Kanata. All their hard work paid off as the Hornets became the bronze medal champions.

At their last practice before the Christmas break the team celebrated the season with a Secret Santa gift exchange. Off the court, the players found time to have fun and built strong friendships. In February, to raise funds for the team, the Hornets held a bottle drive in Stittsville.

Following the break, the team continued to find success on the court. January brought a silver medal at the Shooting Stars tournament and a silver medal at the EOBA's in February.

Early in March, the team traveled down the 401 to participate in the Blessed Sacrament tournament in Hamilton, returning with the Division III Bronze medal. The team continued their outstanding performance, earning Silver Medals at the Cornwall Tournament.

The team's successes this season became evident when the team was ranked 24th in the province by Basketball Ontario. At their Provincials in London the weekend of April 4-6, the Hornets played hard and advanced to the bronze medal game, but after a strong performance the team was eventually defeated 50 to 46, giving them 4th place medals.

The team enjoyed all the fun and success that came along with their dedication to work hard at the game of basketball.



GBA Launches New Basketball Program – Select Novice Boys Team.....

by Cathy Farish



In keeping with the GBA's goal to offer developmental basketball programs a new initiative was started this season; a **NOVICE BOYS SELECT TEAM**.

The players came from the GBA's recreational league, who not only continued to attend their weekly team practice, but also practiced once a week with the select team.

The objective of the select program was to provide players with an opportunity to improve their skills to the next level by providing additional practice time, more game experiences, and a more challenging level of play.

The Novice Select Boys team consisted of 14 players, 8 to 9 years of age, who were invited by their recreational league coaches to join the team.

This year the team consisted of Spencer Burnside, Janek Gupta, Nolan Hughes, Sheridan Kotuba, Nikolas Kouloufakos, Colby Lafontaine, Wesley Legge, Julian Lowery, Mitchell Lowery, Patrick McGowan, Gabriel Mendonca, Mitchell Slobodian, Sean Wallach and Joseph Winn.

During practices the boys were focused and were able to use the skills they learned in the five games they played against local teams.

The coaching team, who also coached recreational novice boy teams, was headed by Marian Corak and Greg Hughes, while Antonio Mendonca provided his assistance whenever necessary.

According to Coach Corak, "The select program worked extremely well and it was great to be able to draw from the other recreational coaches' experience."

The Novice Select team also benefited from the playing experience of their Assistant Coaches, Bradley Farish and Sean Stoqua, who are both players on Goulbourn's Major Midget representative team.

"Bradley and Sean were a tremendous help to our coaching team, as they demonstrated the fundamental basketball drills we wanted to teach and worked with the players to help them improve.", says Coach Marian.

The goals for the Select Team were to teach the following basketball fundamentals:

- Dribbling Skills (on the move, emphasizing the left hand)
- Lay Ups
- Shooting Style
- Basics of Motion offense (playing in your space)
- Stance
- Basics of Defense (ball, me, basket), and,
- **HAVING FUN**

The GBA is fortunate to have such dedicated volunteers who stepped forward to introduce the Select Team program. Next year, the hope is to have more coaches available to coach select teams, as the GBA would like to expand upon the success of this program and offer Select Teams to other levels.

The coaching staff would like to thank all the players and parents for their commitment and help in making the Select Program a great experience for everyone involved.

**Great job to all
the players, parents and coaches!**



Photos of Novice Select Boys Team, April 2008



Men's ELITE DEVELOPMENT PROGRAM TRYOUTS

Juvenile Development Program (JDP) - Under 17 as of January 1

EAST Regional Tryouts
TBA

Coach Contacts:

Jafeth Maseruka,
jrock41@mm@yahoo.ca
613- 282- 8214

Chabine Tucker
chabine.tucker@mbna.com
613- 282- 9963

Midget Development Program (MDP) - Under 15 as of January 1

CAPITAL Region Tryouts:
Friday May 23, 2008 at
Ashbury College, 6:00 – 9:00
pm, (registration begins 5:15)

Coach: Ian McKinnon,
imackinnon@ashbury.ca ,
613- 842- 0776

Bantam Development Program (BDP) - Under 13 as of January 1

CAPITAL Region Tryouts:
Saturday, May 10, 2008 at
South Carleton, 1:00-3:00 pm

Monday, May 12, 2008 at
Sacred Heart, 6:00-8:00 pm

Friday, May 16, 2008 at All
Saints, 6:00 -8:00 pm (if
required)

Coach Contacts:

John Johnson
gbacoachjohn@mac.com,
613-889-8776, or

Colin Anderson,
Colin.Anderson@ocdsb.ca,
613-832-2773

A Special THANK YOU to our many volunteers...

NATIONAL VOLUNTEER WEEK was celebrated April 28th to May 2nd, and the Executive Members of the Goulbourn Basketball Association wish to extend our sincere gratitude to all our volunteers. It is your dedication; commitment and precious time that helps make our basketball programs such a great success.

You are not only a valuable assets to our Association but also to the Goulbourn community as a whole.

To all our volunteers, THANK YOU – you are always appreciated even when it isn't National Volunteer Week.

There are 13 million people in Canada who volunteer their time to further a cause or to help others.

The Goulbourn Basketball Association would also like to extend our sincere appreciation to Joanne Costanzo, Sandra Bogan and Colleen van Galder, who after several years of volunteering on the Executive, are stepping down from their positions next season.

Thanks for all your hard work and for helping to develop our basketball programs.

The Goulbourn Basketball Association is a volunteer run organization that relies on its dedicated individuals who help promote Basketball in the community.

If you want to make a difference, have kids involved in the program, or just love the game of basketball, then we need you as a volunteer. Basketball experience is not necessary.... just the desire to help.

Volunteers are the coaches, assistant coaches, team managers, time keepers, score keepers, parents, convenors, and members of the Executive.

WE NEED YOUR HELP

Vacant Executive Member Positions:

- ◆ VP, Recreational Program
- ◆ Secretary
- ◆ Director of Equipment
- ◆ Director of Volunteers
- ◆ Team Photo Organizer

If interested, please contact Rob Knights at robknights@rogers.com



**Women's ELITE
DEVELOPMENT PROGRAM
TRYOUTS**

**Juvenile Development Program
(JDP) - Under 17 as of January 1**

EAST Regional Tryouts
Wednesday, May 21st at
Immaculata High School, 6:30 –
9:30 PM

Sunday, May 25th at Nepean
Sportsplex, 4:00 – 6:00 PM

Monday, May 26th at All Saints
High School, 8:00 – 10:00 PM

Coach Contact: Laura Bond
laurabond12@hotmail.com
613 263 165

**Midget Development Program
(MDP) Under 15 as of January 1**

CAPITAL Region Tryouts

TBA

**Coach Contact: Selwyn
DeSouza**
selwyn.desouza@ocdsb.ca
613 261 7778

**Bantam Development Program
(BDP) Under 13 as of January 1**

CAPITAL Region Tryouts
Sunday, May 25th at Nepean
Sportsplex, 12:30-3:30 PM

Monday, May 26th at All Saints
High School, 6:00-8:00 PM

Wednesday, May 28th at
Immaculata High School, 6:00-
8:00 PM

Coach Contact: Laura Bond
laurabond12@hotmail.com
613 263 165

Goulbourn Teams Bring Home Medals from the Ontario Cup Provincials...

Major Atom Stingers Win Bronze at Provincials

The Goulbourn Stingers Major Atom AA Girls basketball team brought home Bronze Medals from the 2008 Division 3 Ontario Cup Provincial Basketball Championships, which were played in Windsor March 28th-30th. The Stingers were ranked 2nd going into the championships.



Further details available at www.goulbournbasketball.com

Major Atom Hornets Finish Season with a Medal at Provincials

The Goulbourn Hornets Major Atom basketball team wrapped up a successful season by bringing home Division 3 4th place medals from the 2008 Ontario Cup Provincial Basketball Tournament played in London on April 4th-6th.



Further details available at www.goulbournbasketball.com



Major Midget Hornets Get Ready for Provincials

The Major Midget Boys team is spending the last few weeks of the season preparing for the Ontario Cup Provincial Championships, which are to be held in Brampton, Ontario on May 16th to 18th

The Hornets, who are ranked 24th in the Province, will face strong competition from other Division 2 teams.



Juvenile Boys Team Championships in Kitchener/Waterloo

Goulbourn's Juvenile Boys team will be heading to Kitchener/Waterloo on May 23-25 for their Ontario Cup Provincial Championships.

The team is waiting for the Final Rankings by Basketball Ontario, which will be available May 14th.

GOOD LUCK

**Major Midget Boys
and
Juvenile Boys**



REMINDER

COACH EVALUATION FORMS

Now that the season is coming to an end, we kindly ask that both players and parents complete the Coach Evaluation Forms.

These evaluations are very important as the information helps determine how the season went and provides insight into determining coaches for the following season.

If you have not yet received the Coach Evaluation form, please contact your team manager or coach and they can provide the web link for the online evaluation form.

If you prefer to mail the Coach Evaluation Forms please send them to:

Goulbourn Basketball Association
Attention: Dave Byck
P.O. Box 1193
Stittsville, Ontario
K2S 1B3

**HAVE A GREAT SUMMER
AND WE'LL SEE YOU
NEXT SEASON**

REP TEAM Tournament HIGHLIGHTS

- ◆ Major Midget Boys: Silver at EOBA's
- ◆ Major Atom Girls: Gold at EOBA's
- ◆ Major Atom Boys: Silver at Cornwall Invitational
- ◆ Major Midget Boys: Gold at Ottawa Shooting Stars
- ◆ Stingers Midget A: Silver at Belleville Spirit Hoops
- ◆ Novice Stingers win Tri-Meet
- ◆ Major Atom Hornets: Bronze at Blessed Sacrament
- ◆ Hornets Major Atom: Silver at EOBA's
- ◆ Stingers Major Midget #1: Silver at Mike O'Connor
- ◆ Stingers Major Midget #1: Gold at Cornwall
- ◆ Major Atom Hornets: Silver at Ottawa Shooting Stars

Congratulations to all the teams!

For complete details on each of these tournaments, visit www.goulbournbasketball.ca



Ontario Games
Jeux de l'Ontario

2008 Ontario Summer Games August 13-16, 2008

The Ontario Summer Games will involve approximately 3,500 participants (athletes, coaches and officials) from across the province.

The 2008 Midget Development Program (MDP) will be taking part in the Ontario Summer Games which take place in Ottawa, Ontario. The games run from August 13th to August 16th, 2008.

Athletes must be under the age of 15 as of January 1st, 2008 to be eligible for this program.

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

Website: www.goulbournbasketball.ca

3-ON-3 HOOPS FEST

**Saturday June 14th, 2008
Registration Closes on
Tuesday, June 3!**

For registration details and additional information on the Fourth Annual 3-on-3 Hoops Fest, visit www.hoopsfest.ca

