

# WELCOME TO THE DEN



ROUND 15

8TH JULY  
2023

ROWVILLE SECONDARY COLLEGE  
9 HUMPHREYS WAY ROWVILLE

**DIV 1 YOUTH MEN**

**6.00 PM**



**STATE CHAMP MEN**

**8.00 PM**



*proudly sponsored by*





*The Family Club*

**WELCOME TO GAME DAY**

**AT THE DEN**

WE ARE VERY EXCITED TO BE WELCOMING YOU ALL TO THE DEN THAT KEYSBOROUGH COUGARS CALL HOME, AND TO THE 2023 BIG V SEASON.

WE WOULD LIKE TO THANK YOU ALL OUR VOLUNTEERS AND DUTY TEAMS THIS AFTERNOON AND FOR THE WHOLE 2023 SEASON, WITHOUT THE SUPPORT OF OUR VOLUNTEERS, WE WOULDN'T BE ABLE TO PUT ON THESE DAYS.

SO, A MASSIVE HEARTFELT THANK YOU TO YOU ALL.

STATS, SCORE BENCH, THE ANNOUNCER, AND DOOR STAFF

STATS: - TYLER WHITE & ALAN WHITE, COLIN,

SCORE BENCH: - JAI PLACE, ANDREW PLACE, RON BATES,  
JAN HILL, SHARON BAKER

COMMENTATORS: - KARLEE & JAMIE NICHOL

MC:-

PRODUCTION: - RON THOONEN

DOOR PERSON:- SHARON THOONEN

CAMERA:- SEPTEMBER ROSE TONKS

GAME DAY COMMISSIONER: - SHARON THOONEN



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Ball360 Experiences

Ball360 offers a range of experiences and options that are designed to entertain, motivate and enhance your life. Less than 40 minutes from Melbourne CBD. Enjoy our World Class, FIBA approved basketball court, infrared saunas and Magnesium pools.

Come in and challenge your ball handling skills with state of the art technology and after you're done balling alongside the likes of Chris Paul or James Harden have a go in our shooting cages and see if you can shoot like Steph Curry. You want a gym, we got it. You want a fresh cut? We'll have it. You want to refuel, we have that too.

Coaches and dedicated Ball360 staff are going to be there to make your experience amazing time and time again.

**0458 116 855**  
**info@ball360.com.au**

# MEMBERSHIP

## Basketball

**ROOKIE** Each month:  
**\$86 p/m** 3 Shooting sessions  
Approx. \$22 p/w 3 Dribbling sessions

**ALL STAR** Each month:  
**\$169 p/m** 8 Shooting sessions  
Approx. \$49 p/w 8 Dribbling sessions  
Gym Access

**MVP** Each month:  
**\$212 p/m** 12 Shooting sessions  
Approx. \$49 p/w 12 Dribbling sessions  
Gym Access

**Gym**  
**\$52 p/m** Gym Access Only  
Approx. \$12 p/w

## Recovery

**ROOKIE** Each month:  
**\$85 p/m** 4 Wet or Dry Recovery Sessions  
Approx. \$19 p/w

**ALL STAR** Each month:  
**\$125 p/m** 8 Wet or Dry Recovery Sessions  
Approx. \$29 p/w

**MVP** Each month:  
**\$169 p/m** 16 Wet or Dry Recovery Sessions  
Approx. \$39 p/w

## Ball360 Experience

**Ball360 Experience** Each month:  
**\$295 p/m** 16 Shooting sessions  
Approx. \$69 p/w 16 Dribbling sessions  
Gym Access  
28 Wet or Dry Recovery Sessions

# CASUAL

## Basketball

Shooting with "The Gun" - BAY  
**\$30 - 30 minutes**  
Shooting with "The Gun" - HALF COURT  
**\$45 - 30 minutes**  
Shooting with Junior Gun - BAY  
**\$10 - 15 minutes**  
Dribbling with "Handle Fitness" - BAY  
**\$30 - 30 minutes**  
Dribbling/Agility with "Home Court"  
**\$20 - 30 minutes**  
Shooting on Main Court  
**\$10 - See Staff**

## Basketball & Recovery

Unlimited Access ALL AREAS  
**\$70 - Unlimited**

## Recovery

NormaTec Compression Dry  
**\$25 - 45 minutes**  
Pool Contrast Therapy  
**\$25 - 45 minutes**  
Infrared Sauna  
**\$15 - 30 minutes**  
Unlimited Recovery  
**\$35 - Unlimited**

## VertiMax

VertiMax Session - WITH COACH  
**\$45 - 30 minutes**  
VertiMax Session - WITHOUT COACH  
**\$15 - 30 minutes**

## Gym

**\$15 - Unlimited**

# FAMILY

## Basketball

**\$368 p/m** Approx. \$92 p/w  
16 Shooting Sessions per month  
16 Dribbling Sessions per month  
Gym Access  
Bring a Friend & Show your Session

## Recovery

**\$342 p/m** Approx. \$78 p/w  
28 Wet or Dry Recovery Sessions per month  
Gym Access

## Ball360 Experience

**\$455 p/m** Approx. \$114 p/w  
20 Shooting Sessions per month  
20 Dribbling Sessions per month  
28 Wet or Dry Recovery Sessions  
Gym Access



*Train insane or remain the same*



Our dribbling bays are equipped with the latest technology that develops athletes ball handling by simulating the exact movements and skills that are needed to excel on the court. The workout categories were designed specifically to cover all aspects of what makes a great ball handler and player on the court. With the infrared sensor technology, you can do NBA combine training and copy your favourite players moves such as Steph Curry, LeBron James, Kyrie Irving & Trey Young.

We also offer dribbling classes if you are wanting to work on your technique in that area separately. These run on Sundays at \$20 per person and can be booked on a casual basis.





Whether you want to eat, drink, play, or just relax you'll find the Dingley International Hotel the perfect destination. Located just 25 minutes from the Melbourne CBD in the heart of Melbourne's world famous Sandbelt golf courses and Gateway to the Peninsula it is a great location to utilise our 57 room Accommodation.

Adjoining the Hotel is our Motel with spa and standard rooms. Facilities include swimming pool and spa.

With three conference rooms, the Dingley International is able to cater for business meetings for 2 people to seminars for 500 people.

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**[info@dingleyhotel.com.au](mailto:info@dingleyhotel.com.au)**

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## PROUD SPONSOR OF LENNY GORMAN



- Located in Berwick!
- Personal trainer for 3 years
- Been competing in boxing for 4 years

### **Boxing Coach & Personal Trainer**

Alex - 0434512547  
Instagram - alexdoroz

Here to help with your  
boxing and/or fitness  
Journey and can assist with:

- Personal training in boxing and  
general fitness
- Strength & Conditioning
- Weight programming and  
progression
- Fight Training
- General Fitness and Weightloss





# DIV 1 YOUTH MEN

Number	Height	Age	Position	Name
1		18	SF /SG	Emmanuel Latita
2	185	20	GUARD	Luke Logan
3		19	PG	Matthew Veen
5	185	19	PG	Tom Carroll
7		20	S / F	Josh Evans
8				Patrick Oyeee
11		19	SG / SF	Darcy Watson
12				Wal Deng
23		19	PF	Caleb Smith
24	191	19	PF	Matthew Donald
25				Mitchell Simmons
26		19	PG /SG	Dyron Sauer
30				Ujuilu Cham
31		19	SG	Jacob Oryem
32		21	GUARD	Heath Johnson
33		20	PG	Lenny Gorman
35				Erok Wut
53				Frazer Bekele
33				Murray Myers
30				Jaxon Sliwinski

Team Staff	Name
Head Coach	SIMON PHILLIPS
Assistant Coach	SHANE GORMAN
Assistant Coach	HAILEY



# DIV 1 YOUTH MEN

Association:				Geelong United Basketball
Number	Height	Age	Position	Name
0	205	20	Forward	Kuol Reech
1	204	20	Forward	Aluelcham Deng
2	195	21	Forward	Marach Marach
3	197	18	Forward	Patrick Johnstone
4	193	21	Guard	Hamish Goodier
7	198	20	Guard	William Macpherson
8	184	18	Guard	Bailey Bruce
9	199	21	Forward	Jack Terrill
12	188	21	Guard	Lachlan Wilson
13	180	21	Guard	Seth Garcia
17	196	22	Guard	Jack Moran
24	196	17	Forward	Max Zalakos
25	179	21	Guard	Ethan Nicholls
30	190	19	Guard	Jay Posterino
Team Staff			Name	
Head Coach			Luke Beard	
Assistant Coach			Austin Brough	
Assistant Coach			Nicky Sleep	
Team Manager			Gaylene Nicholls	





# STATE CHAMP MEN

#	Height	Age	Position	Name
0			F	Kelsey Espeut
1			G	Jaxon Sliwinski
3			G	AJ Williams
6			F	Naoum Lazis
7				Isaiah Geathers
8			G	Murray Myers
11			G	Kirk Smith
14			F	Calvin Enge
24			G	Jamie LeClerc
33			F	Gerrard Newby
45				Dylan Moore
53			F	Ben Morwood
				Erok Wut
				Jacob Oryem

Team Staff	Name
Head Coach	NATHAN VOGT
Assistant Coach	LUCAS VOGT
Assistant Coach	CAMERON ANDRE
Assistant Coach	TERRY PENTREATH
Team Manager	GARY NICHOL
Team Manager	NICK CONSTANCE



# STATE CHAMP MEN

Association:				Camberwell Dragons
Number	Height	Age	Position	Name
1	182	28	Guard	Josh West
2	185	25	Guard	James Guley
4	192	26	Forward	Matthew Zappala
11	211	27	Centre	Jack Thornton
12	201	28	Centre	David Pino
13	190	23	Guard	Ben Crowe
14	194	25	Forward	Sean Clarke
16	198	35	Forward	Anthony Kimble
21	200	20	Forward	Jay Mackenzie
32	180	23	Guard	Tim Angus
34	183	24	Guard	Fisto Bizima
55	193	29	Guard	Pat Golong
Team Staff			Name	
Head Coach			Oliver Reid	
Assistant Coach			Brady Taylor	
Assistant Coach				
Team Manager				



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Suite 8, 14 Garden Boulevard, Dingley Village Vic 3172

Visit our website for more information

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# ROWVILLE CAFE

## HOT FOOD

Hot chips - small	\$4.50
Hot chips - large	\$5.50
Potato Cakes	\$1.20
Dim Sims	\$1.20
South Melbourne dim sims	\$2.50

## BAKERY FOODS

Beef Pie	\$4.50
Sausage Rolls	\$4.00
Veggie Pasties	\$4.50

## HOT DRINKS

Regular	\$4.80
Large	\$5.80
Latte	
Cappucino	
Flat White	
Long Black	
Hot chocolate	

## TEA

Regular	\$2.50
Large	\$3.50



# ORDER YOUR CLUB APPAREL

SUPPORTER JERSEY - WITH YOUR NAME AND NUMBER	\$65
LONG SLEEVE GREY TOPS	\$40
HOODIES	\$50
CAPS	\$10
BEANIES	\$20
WINTER JACKETS	\$70
BACK PACKS	\$60



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ABOUT SPONSORSHIPS FOR THE  
CLUB IN 2023 PLEASE CONTACT

**SHARON ON 0425 702 286**

