

WELCOME TO THE DEN



ROUND 19

5TH AUGUST
2023

ROWVILLE SECONDARY COLLEGE
9 HUMPHREYS WAY ROWVILLE

STATE CHAMPIONSHIP MEN

7.30PM



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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TS RECOVERY & BASKETBALL TRAINING

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
\$98 p/m
Approx. \$22 p/w

- Each month:
- 3 Shooting sessions
 - 3 Dribbling sessions

ALL STAR
\$169 p/m
Approx. \$39 p/w

- Each month:
- 8 Shooting sessions
 - 8 Dribbling sessions
 - Gym Access

MVP
\$212 p/m
Approx. \$49 p/w

- Each month:
- 12 Shooting sessions
 - 12 Dribbling sessions
 - Gym Access

Gym

\$52 p/m
Approx. \$12 p/w

Gym Access Only

Recovery

ROOKIE
\$85 p/m
Approx. \$19 p/w

- Each month:
- 4 Wet or Dry Recovery Sessions

ALL STAR
\$125 p/m
Approx. 29 p/w

- Each month:
- 8 Wet or Dry Recovery Sessions

MVP
\$169 p/m
Approx. \$39 p/w

- Each month:
- 16 Wet or Dry Recovery Sessions

Ball360 Experience

Ball360 Experience
\$295 p/m
Approx. \$69 p/w

- Each month:
- 16 Shooting sessions
 - 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. \$88 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.

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info@dingleyhotel.com.au

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- 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



ROUND 18 LADDER

CHAMP MEN

TEAM	RANK	WIN	LOSS	LAST FIVE
Wyndham	1	15	4	WWWWW
Hume	2	15	5	WWLWW
Sunbury	3	15	5	WWWLW
Keysborough	4	13	7	WWLWL
Melbourne Uni	5	12	8	LWLWW
McKinnon	6	12	8	LWWLW
Camberwell	7	6	14	WLLLW
Blackburn	8	5	15	WLLLL
Western Port	9	3	16	LLLWL
Bellarine	10	3	17	LLLLL



STATE CHAMPIONSHIP MEN

No.	Height	Age	Position	Name
0			F	Kelsey Espeut
3			G	AJ Williams
6			F	Naoum Lazis
8			G	Murray Myers
11			G	Kirk Smith
14			F	Calvin Enge
24			G	Jamie LeClerc
33			F	Gerrard Newby
45			F	Dylan Moore
53			F	Ben Morwood
				Erjok Wut
				Jacob Oryem
Team Staff				Name
Head Coach				Nathan Vogt
Assistant Coach				Cam Andre
Assistant Coach				Lucas Vogt
Assistant Coach				Terry Pentreath
Team Manager				Gary Nichol
Team Manager				Nick Constance



#BIGV2023



STATE CHAMPIONSHIP MEN

Number	Height	Age	Position	Name
0	195cm	24	Forward	Yianni Staedel - Arnould
1	203cm	19	Forward	Tom Carroll
3	190cm	23	Guard	Mitch Barry
4	183cm	23	Guard	Kobe Baird
7	193cm	33	Guard	James Malvaso
10	213cm	33	Forward	Jordan Vandenberg
11	200cm	20	Forward	Joe Lubarsky
24	193cm	24	Guard	Nathan Davis
25	201cm	26	Forward	Jayce Beasley
40	197cm	24	Guard	Deng Agoth
55	183cm	26	Guard	Sharif Black
Team Staff			Name	
Head Coach			Adam Walsh	
Assistant Coach			Jordan Van Buren	
Assistant Coach			Kane Washington	
Assistant Coach			Luke Eldridge	
Team Manager				

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**TRIBE26 FOR
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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	

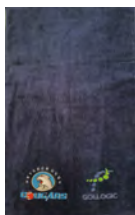
TEA

Regular	\$2.50
Large	\$3.50



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