

# WELCOME TO THE DEN



ROUND 11

3RD JUNE  
2023

ROWVILLE SECONDARY COLLEGE  
9 HUMPHREYS WAY ROWVILLE

**STATE CHAMP MEN**  
**7.00 PM**



# WYNDHAM

BASKETBALL





*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**  
\$96 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**  
\$299 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 \$85 p/w

- 16 Shooting Sessions per month
- 16 Dribbling Sessions per month
- Gym Access
- Bring a friend & Share your session

## Recovery

**\$342 p/m** Approx \$79 p/w

- 28 Wet or Dry Recovery Sessions per month
- Gym Access

## Ball360 Experience

**\$455 p/m** Approx \$105 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, 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.

**03 9552 2000**

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At Southern Star Care, we take great care to ensure that all our support workers are fully trained, and licensed and are able to deliver the highest standard of service available. It is our sole mission to provide the care and supports you need that maintains your quality of life, dignity, and independence.

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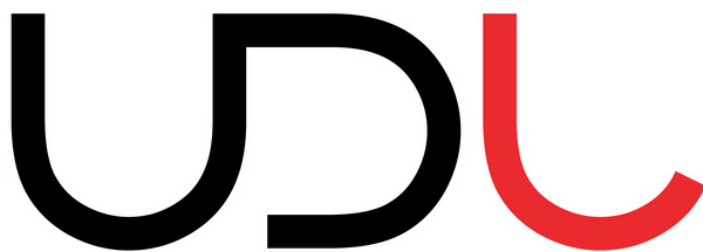




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- Mobile
- [thelittlecoffeespot@outlook.com](mailto:thelittlecoffeespot@outlook.com)

## 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





# STATE CHAMP MEN

Number	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



#BIGV2023

# WYNDHAM

## BASKETBALL

# STATE CHAMP MEN

Number	Height	Age	Position	Name
1	194cm	27	Guard	Kavione Green
2	191cm	20	Guard	Aaron Dolny
3	198cm	23	Forward	Solomon Deer
4	198cm	18	Guard	Emmanwiel Deng
5	185cm	25	Guard	Maurice Howard
10	192cm	23	Guard	Abram Tong
12	183cm	23	Guard	Daniaell Herbet
13	209cm	24	Forward	Tomi Ayilara
25	186cm	18	Guard	Oskar Jones
27	202cm	20	Forward	Kane Hynes
32	200cm	25	Forward	Manel Ayol
Team Staff				Name
Head Coach				Lucas Allen
Assistant Coach				Grant Duca
Assistant Coach				Chris Helligger
Team Manager				Michael Dolny



# PLAYER SPONSORS

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Visit our website for more information

<https://integrityfinanceaustralia.com.au/>



# 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**

