

WELCOME TO THE DEN



ROUND 14

1ST 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
\$86 p/m
Approx. \$22 p/w

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

ALL STAR
\$169 p/m
Approx. \$49 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. \$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.

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info@dingleyhotel.com.au

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**-Located in Berwick!
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-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:				BULLEEN
Division:				YLM1
Number	Height	Age	Position	Name
1	190cm	21	Guard	Nathan STEWART
2	185cm	19	Guard	Cooper FERDINANDO
3	180cm	21	Guard	Tom GIANNATOS
5	188cm	20	Guard	Sam HOLLAND
6	200cm	21	Forward	Josh UHR-HENRY
7	189cm	19	Guard	Michael HARDMAN
8	193cm	19	Grd/Fwd	Ollie SLLAWINSKI
9	208cm	19	Centre	Jaime UHR-HENRY
10	208cm	22	Centre	Fraser TRENFIELD
14	193cm	19	Forward	Marcel HAJ
16	188cm	22	Guard	Michael ZUKERMAN
21	196cm	17	Forward	Bailey MILLIGAN
26	195cm	18	Forward	Jake MAWBY
35	185cm	17	Guard	Sam ALEXANDER
Team Staff			Name	
Head Coach			Alex WILSON	
Assistant Coach			Mike TZOUMIS	
Assistant Coach				
Team Manager			Fedaa HAJ	



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:				Bellarine Storm
Division:				SCM
Number	Height	Age	Position	Name
2	190	26	G	Jye Boyle
4	190	26	G	Nathan Gronbeck
7	189	30	G	Lewie Varley
9	191	24	G	Clancy Whelan
12	190	24	G	Josh Chery
20	200	24	F/C	Rohan Jarvie
22	193	25	F	Seb Thomason
23	194	24	F	Marko Vekic
31	185	24	G	Max Kos
32	205	31	C	Jesse Burn
34	210	26	C	Bryce Cashman
43	204	23	C	Jamieson Hultgren
DP	198	22	F/C	Vincent Whelan
DP	195	20	F/C	Ben Walters
DP	185	19	G/F	Ezekiel Rickard
Team Staff				Name
Head Coach				Luke Beaughlehall
Assistant Coach				Leigh Allan
Assistant Coach				
Team Manager				

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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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