

WELCOME TO THE DEN



ROUND 16

16TH JULY
2023

ROWVILLE SECONDARY COLLEGE
9 HUMPHREYS WAY ROWVILLE

DIV 1 YOUTH MEN
1.00 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.

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info@dingleyhotel.com.au

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- 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

#	Height	Age	Position	Name
2	196	20	FORWARD	Riley Browne
3	180	20	GUARD	Jacob Bourke-Doggett
4	181	23	GUARD	Bailey Ross
10	194	19	GUARD	Dylan Johnstone
11	196	23	FORWARD	Matthew Tielen
13	187	20	FORWARD	Daniel Jones
15	178	19	GUARD	Geordie Daff
16	188	20	GUARD	Jordan Unwin
19	180	22	GUARD	Luke Tropeano
20	193	19	FORWARD	Thomas Gee
21	198	18	FORWARD	Caleb Unwin
22	203	18	FORWARD	James Manson
Team Staff			Name	
Head Coach			Scott Gunther	
Assistant Coach			Matthew Ross	
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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CLUB IN 2023 PLEASE CONTACT

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