



NEWSLETTER

Issue No 2
April 2017

NEWS HEADLINES

Flyers won Warriors Tournament 2017.

Thunder Air playoff started with a superb victory over Basingstoke Blizzards.

Woking Blackhawks SENIOR AWARDS EVENING
Confirmed date 9th of June 2017.

Warriors Tournament 2017



Winning Flyers Squad

The Warriors Tournament was held at Aldershot Garrison Sports Centre on Sunday 1st May. The Tournament is run by the Army in the run up to the Inter services tournament the following weekend. The Tournament is a three way competition between the Army, Wessex representative squads and a third invited squad in seniors men, ladies and under 23 categories.

This year Woking Blackhawks were asked to provide an under 23 squad, coached by Costas Rakitzis, to represent Wessex and The Flyers were asked to enter in their own right as the third squad in the Senior men group.

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**Woking Blackhawks Wheelchair Basketball
is looking for new players!**

For more info please contact Dave or Vicky, you can find contact info on www.blackhawks.co.uk

**ADVERTISING SPACES AVAILABLE
ON THIS NEWSLETTER**
Please contact the Club for info

OUR SENIOR TEAMS

MENS

- Woking Blackhawks Flyers - National Division 4
- Woking Blackhawks Hunters - Wessex Division 1
- Woking Blackhawks Thunder Air - Wessex Division 2
- Woking Blackhawks Thunder Bolt - Wessex Division 3

LADIES

- Woking Blackhawks Ladies - Wessex Division 1



Lyn Marsh
Course Organiser
E: treasurer@surreybasketball.org.uk



BASKETBALL LEVEL 1 COACH AWARD COURSE

Sunday 11 JUNE and **SUNDAY 18 JUNE** 2017

at

St Peters Catholic School, Horseshoe Lane East,
Guildford, Surrey GU1 2TN

9.30am to 5.30pm each day

LEVEL 2 REFEREES AWARD

Venue: Horley Leisure Centre, Anderson Way, RH6 8SP

Sunday 21 May 2017 10.30am to 5.30pm

Sunday 11 June 2017 10.30am to 5.30pm

WESSEX BASKETBALL ASSOCIATION LEVEL 2 TABLE OFFICIAL COURSE

Saturday 20th May 2017



WOKING BLACKHAWKS SENIOR AWARDS EVENING

FRIDAY 9TH JUNE 2017, 7:30PM

SUTTON GREEN GOLF CLUB
NEW LANE
SUTTON GREEN
NR GUILDFORD
SURREY
GU4 7QF



The first game was between the Blackhawks Under 23's and the Army. The army took an early lead that was maintained until the half when the Army had a double-digit advantage. The Blackhawks squad held their composure and under the guidance of coach Costas slowly regained the advantage to turn over the lead and eventually secure a 16 point win 49:33. The under 23's second game was more challenging against Thames Valley Cavaliers whose squad mainly comprised their National League Division 3 team. Thames Valley quickly established an advantage that was maintained throughout the game and despite a valiant effort by the squad the Cavaliers finished 85:58 winners. The cavalier subsequently beat the Army to win the Under 23 Warriors trophy.

Under 23 Squad

In the Senior men's tournament, South Bucks Comets who were to represent Wessex withdrew at the last moment which resulted in the Army and Flyers playing two games against each other.

Coach Knode had anticipated that several of his key players were not going to be available for the tournament and had invited some senior players from Thames Valley Cavaliers, Martelle McLemore, Luke Sanders, Ben Clarke & ex Flyer T.J Amu to bolster his squad. The result was a highly competitive squad that challenged the Army.

The first encounter between the squads resulted in a 37 point victory for the Flyers 78:41 with the Army unable to contain and respond to the intensity of the Flyers. The second game was completely different with the Army coming out revitalised with a game plan that contained the Flyers and established a 2 point lead by the half.

The final two quarters were fought in a hard but competitive manner with the Flyers regaining the advantage which resulted in a second win and victory in the Tournament. Martelle McLemore was deservedly awarded man of the match for his controlled domineering performance

Thanks to the Army for organising the Tournament, with good fortune against the RAF and Navy next weekend in the Inter-services Tournament



Martelle McLemore Receiving the MVP Award

BLACKHAWKS LADIES



	P	W	D	L	F	A	+/-	Pts
1 - Aztec Storm	18	17	0	1	1045	652	393	35
2 - Aldworth Arrows	18	16	0	2	933	695	238	34
3 - Chiltern Fusion	18	9	0	9	774	692	82	26*
4 Winchester City Royals	18	7	0	11	688	773	-85	25
5 Woking Blackhawk Ladies	18	7	0	11	784	864	-80	24*
6 - Woodley Wildcats	18	6	0	12	711	893	-182	24
7 - Farnborough Phantoms	18	1	0	17	726	1092	-366	19

HUNTERS



	P	W	D	L	F	A	+/-	Pts
1 - South Bucks Comets	16	15	0	1	1299	854	445	31
2 - Yateley Silverbacks	16	11	0	5	1203	1127	76	27
3 - Craftsman LT Utd	16	11	0	5	1072	1050	22	27
4 - Woodley Warriors	16	9	0	7	1112	1056	56	25
5 - Hungerford Dogs	16	8	0	8	1240	1328	-88	24
6 - Farnborough Phantoms	16	6	0	10	1097	1193	-96	22
7 - Windsor Warriors Men's 1s	16	6	0	10	1015	1127	-112	22
8 Woking Blackhawk Hunters	16	3	0	13	1071	1152	-81	19
9 Aztec Jaguars	16	3	0	13	943	1165	-222	19

THUNDER AIR



The Air made an exciting start into their playoff series against the top seeded Basingstoke Blizzards, beating the Blizzards at home with a buzzer beating half court heave from Ady to take the first leg by three. However, that playoff final spot was not to be, as the Blizzards proved too much for Air; surging back to take the day and the series at their home gym. With that, the Thunder Air's first season in Wessex Division 2 may have come to a close, but with a 4th place finish and a playoff spot under their belts, the team can be proud of what they achieved and look forward to where they can go next season.

	P	W	D	L	F	A	+/-	Pts
1 - Basingstoke Blizzards	14	11	0	3	917	753	164	25
2 - Woodley Harriers	14	10	0	4	761	689	72	24
3 - Woodley Thunder	14	9	0	5	822	702	120	23
4 - Woking Blackhawk Thunder Air	14	9	0	5	876	818	58	23
5 Chiltern Fastbreak	13	5	0	8	622	623	-1	17*
6 - Windsor Warriors Men's 2s	13	5	0	8	670	701	-31	17*
7 Slough Scorpions	13	4	0	9	686	739	-53	17
8 - Aztec Lemmings	13	1	0	12	606	935	-329	14

With the 2016/17 season coming to a close we finished 6th, a respectable result considering that we are the clubs senior development squad.

Now in the planning and personal development stage of the off season we have introduced on Tuesday nights some cardiovascular training and are also going back to basics with regards dribbling, shooting and defence setups and practice, boring for some of the seasoned professionals but it does support the ethos of the team and developing players.

Votes for Bolts Most Valuable and Most Improved Players are coming in, going to be interesting to announce at the awards nights on the 9th June, keep those votes coming in - it's your selection that picks the winner. Other award being Top Scorer - again an interesting set of results - thanks to Dean and Mark for collating this data.

	P	W	D	L	F	A	+/-	Pts
1 -  Farnborough Phoenix Men	16	14	0	2	1309	909	400	30
2 -  Wolfpack Wolves	16	13	0	3	1121	833	288	29
3  Woodley Jets	16	12	0	4	925	819	106	28
4  Yateley Silverbacks 2	16	11	0	5	1185	924	261	27
5 -  Farnborough Shadows	16	9	0	7	997	911	86	25
6 -  Woking Blackhawk Thunder Bolt	16	4	0	12	906	1155	-249	20
7 -  Yateley Silverbacks 3	16	3	0	13	779	1009	-230	19
8 -  Lightwater Vipers	16	4	0	12	750	1009	-259	19*
9 -  Aztec Falcons	16	2	0	14	639	1042	-403	18

SPORTS & WELLBEING



The importance of sports nutrition

Consuming the right balance of food and drink is important for everyone. Yet those actively participating in sport on a regular basis need to be aware that it can also affect their performance. Athletes, for example, may need more calories than the average person. So if you're an athlete, or simply someone who's made the decision to start exercising on a regular basis, you shouldn't let a good nutrition plan fall down on your list of priorities.

Sports performance and energy

Fats, protein and carbohydrates all provide your body with fuel to maintain energy. Carbohydrates are the primary fuel used by working muscles. Adequate intake is essential for preventing muscle fatigue. While you should monitor your fat intake, you should not remove it from your diet completely. Fats provide fatty acids that can be used as a source of energy - especially if your exercise sessions last longer than one hour. Fats also provide the building blocks for hormones and formation of cell walls. Protein can be used as a source of energy and is critical for building new muscle tissue. If you are taking part in resistance training, your body will require additional protein.



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