



Woking



Basketball Club



NEWSLETTER

Issue N. 5
September 2017

NEWS HEADLINES

With the summer done and dusted our teams are now approaching a new exciting basketball season, some significant changes to the teams, more details in this issue.

Like always, we invite all members that wish to get involved in coaching, refereeing or table officiating, to come forward and speak to their coaches/team managers.

Changes to Senior Men's Teams

The Woking Blackhawks will be changing the structure and number of men's teams entering competitions this year. Last season saw a healthy number of players across the men's squads – so healthy in fact that we were able to create a fourth men's team. Good player participation is always an important factor when expanding to multiple teams, but so too are team management and coaching. We were lucky enough to have four willing coaches and team managers to run their respective squads very well last year.

This is changing this coming season.

First, the bad news. The Flyers squad will not be entering National League Division 4 this season. This has not been an easy decision, but declining player participation and the punishing travel and time commitment have all contributed to this outcome.

For similar reasons, the Thunder Air will no longer compete in Wessex division 2. Coaching and team management play a vital role in running a squad. Without these, it becomes unfeasible.

HOWEVER, all is not lost. This coming season, we will still be fielding two men's teams alongside our **ladies' team**.

The Hunters will be coached by Damian Knode and managed by Martin Marshall. They will compete in Wessex division 1.

The Thunder will be run by David Bagwell and will play in Wessex division 3.

Players from the retired teams will be able to seek spots in the Hunters and Thunder squads.

This new, leaner structure gives the Blackhawks the best opportunity to compete at each level with strong coaching and team management, while making the best use of practice time.

Though it is sad to fold two of our squads, I am confident that this will prove to be the right decision for the club. Good luck everyone and thanks for your support!

OUR SENIOR TEAMS

MENS

Woking Blackhawks Hunters - Wessex Division 1
Woking Blackhawks Thunder - Wessex Division 3

LADIES

Woking Blackhawks Ladies - Wessex Division 1



Senior Training Sessions



Combined session

Tuesday 20:00 - 22:00

Ladies - Wessex Division 1

Wednesday 19:30 - 21:30

Hunters - Men Wessex Division 1

Thursday 20:00 - 22:00

Thunder - Men Wessex Division 3

Friday 19:30 - 21:30



NEXT GAMES

Tuesday, September 26, 2017

19:45 Wolfpack Fury ■ - ■ Woking Blackhawk Ladies 🏆

Tuesday, September 26, 2017

20:15 Windsor Warriors ■ - ■ Woking Blackhawk Hunters 🏆

Friday, September 29, 2017

19:45 Woking Blackhawk Thunder Bolt ■ - □ Yateley Silverbacks 2 🏆

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WOKING BLACKHAWKS BASKETBALL CLUB





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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



Wessex Basketball Association
Ladies Division 1 2017/18
<http://www.wessexbasketball.co.uk>



[Current competitions](#) | [What's on](#) | [Stats](#) | [History](#) | [Venues](#)
[Table](#) | [Detail](#) | [Scorers](#)

	P	W	D	L	F	A	+/-	Pts
1 Winchester City Royals	1	1	0	0	63	42	21	2
2 Woodley Wildcats	1	0	0	1	42	63	-21	1
3 Aldworth Arrows	0	0	0	0	0	0	0	0
4 Aztec Storm	0	0	0	0	0	0	0	0
5 Chiltern Fusion	0	0	0	0	0	0	0	0
6 Woking Blackhawk Ladies	0	0	0	0	0	0	0	0
7 Wolfpack Fury	0	0	0	0	0	0	0	0

Wessex Basketball Association
Mens Open Division 1 2017/18
<http://www.wessexbasketball.co.uk>



[Current competitions](#) | [What's on](#) | [Stats](#) | [History](#) | [Venues](#)
[Table](#) | [Detail](#) | [Scorers](#)

	P	W	D	L	F	A	+/-	Pts
1 Aztec Jaguars	0	0	0	0	0	0	0	0
2 Basingstoke Blizzards	0	0	0	0	0	0	0	0
3 Farnborough Phantoms	0	0	0	0	0	0	0	0
4 Hungerford Dogs	0	0	0	0	0	0	0	0
5 South Bucks Comets	0	0	0	0	0	0	0	0
6 Windsor Warriors Men's 1s	0	0	0	0	0	0	0	0
7 Woking Blackhawk Hunters	0	0	0	0	0	0	0	0
8 Woodley Harriers	0	0	0	0	0	0	0	0
9 Yateley Silverbacks	0	0	0	0	0	0	0	0

Wessex Basketball Association
Mens Open Division 3 2017/18
<http://www.wessexbasketball.co.uk>



[Current competitions](#) | [What's on](#) | [Stats](#) | [History](#) | [Venues](#)
[Table](#) | [Detail](#) | [Scorers](#)

	P	W	D	L	F	A	+/-	Pts
1 Farnborough Shadows	1	1	0	0	55	35	20	2
2 Wolfpack Mohegans	1	0	0	1	35	55	-20	1
3 Aztec Falcons	0	0	0	0	0	0	0	0
4 Basingstoke Blizzards . 2	0	0	0	0	0	0	0	0
5 Bracknell Cobras	0	0	0	0	0	0	0	0
6 Woking Blackhawk Thunder Bolt	0	0	0	0	0	0	0	0
7 Woodley Jets	0	0	0	0	0	0	0	0
8 Yateley Silverbacks 2	0	0	0	0	0	0	0	0
9 Yateley Silverbacks 3	0	0	0	0	0	0	0	0

What are the Positive Effects of Being a Basketball Player?

Basketball is among the most popular and fastest growing sports in the world; according to the International Basketball Federation, over 450 million people play basketball across the globe. Anyone who plays basketball on a regular basis can expect to experience a wide range of benefits. Basketball is excellent for training several body systems and improving your ability to make decisions in dynamic environments.

Burn Calories

Basketball requires you to perform a diverse set of athletic techniques including running, jumping and quick lateral movements. Playing an hour of basketball provides a significant amount of aerobic exercise and can burn a great deal of calories. When you play one hour of competitive basketball, you can expect to burn around 600 calories if you are a 165-pound person and up to 900 calories if you weight 250 pounds. The exact number of calories burned will vary based on your weight, physical health and the amount of effort and energy that you expend during play.

Motor Coordination

To be a good basketball player you must learn to perform many skills with the ball. Practicing skills like free throw shooting and jump shooting is particularly helpful for training your hand-eye coordination. Rebounding missed shots is another skill that requires a great degree of full-body coordination. To be a successful rebounder you must coordinate the timing of your jump to reach the ball as it caroms from the hoop and do so before other players do. Rebounding also trains hand-eye coordination, as you must safely secure the ball with your hands before others tip it away. The third basic basketball skill, dribbling, requires a finer degree of coordination. When you are first learning basketball, dribbling trains your hand-eye coordination; once you master the skill, you'll no longer look at the ball while dribbling and the skill will become a pure motor coordination task.

Strength Training

Basketball provides an excellent full-body workout and can help you develop useful, lean muscle. People who don't play basketball may not realize that it is a physically intensive contact sport. Defense and rebounding are two aspects of the game that are highly reliant on effective body positioning and the ability to maintain that position when your opponent exerts bodily force upon you. Playing good defensive basketball can develop your deltoids, traps, neck, lower back and core muscles. Since basketball requires a lot of running and jumping, it is also excellent for developing and toning leg and groin muscles. The finer movements that you perform in basketball, such as dribbling and shooting, are good for strengthening your arms, wrist flexors and hand muscles.

Mental Development

Basketball requires a wide range of physical skills, but it is also a fast-paced mental game. Research on the mental aspects of basketball has revealed that players must develop a great deal of attentional control to quickly and accurately process what's happening on the court and make effective decisions with the ball and on defense. Attentional control refers to your ability to direct your focus in a desired direction; in basketball, you must train yourself to constantly observe your teammates and opponents and evaluate what course of action to take in response to their actions. Research conducted by Dr. Daniel Gopher of the International Ergonomics Association suggests that the attentional control skills that you learn while playing basketball can even help you make quick decisions on the job and in other real-life situations.

Source: <http://healthyliving.azcentral.com>

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