

Coaching line up 2011/12

The Lions' Junior Div 1 Coaching lineup has been finalised for this year and we are proud of what we can offer our members.

The vast majority of our Coaching staff are Level 2 certified and/or have more than a decade of district basketball experience. By seasons start we will have a Head Coach and Assistant Coach in almost every div 1 team.

Our most notable loss from this year's lineup is Trudy Ireland. This would be a concern for us but Trudy will arguably continue in an even more significant capacity working with our country kids that come down on weekends as well as observing many games on Friday nights and continuing to mentor her daughter Nikki, as Nikki takes over as our U14 Div 1 Girls Coach from Trudy. We know Trudy will return to coaching a team in the near future and to have a coach of Trudy's calibre sitting on the sidelines ensures we have some great backup.

We've also shaken up our U12/14 coaching ranks for next season. Wayne Anderson is stepping into the role of the U12 Boys Div 1 Coach and Toby Lockwood steps in as U14 Div 1 Boys Coach. Wayne will take the experience he's gained in mentoring our U14 Div 1 boys over the past couple of years and apply it to the all-important U12s. This will ensure the U12s get contemporary, rapid and efficient development to get them ready for the U14 Div 1 level. Toby has spent a couple years coaching teams and also working as an Assistant Coach to James Murphy and Andrew Jantke and is more than ready to be a successful Div 1 coach.

Last year we had a couple of marquee additions to our lineup in Stephen Patterson and Dean Carson. Both of them will continue in coaching roles this season and we are also adding Sean Carlin, John Muller and Ben Wizgell to our lineups. What amazing additions! John Muller is a very experienced basketball person, working as a District coach from the days when basketball was in its infancy in Australia. Sean Carlin needs no introductions and is someone we've actively pursued to coach a team for the past number of years. His insights into athlete development, child learning and his own experience and knowledge of elite sporting pathways he has gained as an Olympian himself and also a father to an Australian Junior representative will be invaluable. Ben Wizgell will continue to demonstrate and enhance our strong links to SA Country High Performance programs and associations. Ben has coached at 2 National Country Championships, has been a DNSP Coach with Trudy Ireland for the past 3 years, coached at 3 SA Country Northern regional development camps, coached Yorke Valley representative sides for 5 years and played at A Grade level in his Country association for over 20 years.

We are actively working at attracting other new coaches from outside the club, many of whom are currently working right on our doorstep at Trinity College or STARplex. We believe it makes commercial sense for Trinity College/STARplex to ensure these outstanding resources develop the basketball club, competing in the peak competition in South Australia, right on their doorstep, that has been an integral part of the school's basketball success, as well as providing a pathway for athletes involved in STARplex' Northern Region Sports Academy.

We have also demonstrated outstanding development of our inhouse coaches, former and/or current players. Scott Herriman is one shining light of this development and will continue with our U18 Div 1 Men, with "the Professor" Dean Carson as his Assistant. James Pennington, Toby Lockwood, Sam Blight, Jamie Petty, Demi Vermeer, Charlotte Ailmore, Tanya Fielding, Fiona Perso, Aaron Nasson, Daniel Carlin, Shenae Hosking and Matthew Bertram are a few examples of current/recently retired players that are moving into coaching and/or will coach next season.

We actively encourage our current or recent players to consider putting their handup to take on a junior team. Your contribution to a club going places will be valued, well supported and you will develop new skillsets and knowledge.

Please get to know our coaching staff personally but I'm sure you'll be amazed by the decades of high level district basketball experience amassed by our coaches.

BOYS PROGRAM

Boys Coaching Director: Andrew Jantke

Andrew Jantke has been involved in top level district basketball for over 25 yrs, he played Div 1 Junior and Senior Basketball, including at ABL level, for 14 yrs at 3 clubs. As a Div 1 Junior player he played in highly successful teams, where he was coached by coaches recognised as some of the best junior coaches to have coached in SA. Before coming to Centrals he coached U18 Div 1 Men at Norwood for 2 years and was an Assistant ABL coach to Matt Dodson, who currently coaches professionally in Germany at the Artland Dragons (the Dragons compete in the highly lucrative, professional German NBL). Whilst coaching U18 Div 1 Boys and Assistant ABL Coach his teams consistently made finals appearances. He also spent 2 years as Manager of Player/Coach Development at Norwood with 2 Coaching Directors reporting to him.

He has coached at 6xNational Championships as an Assistant Coach, including competing in the Semi-Finals 3 times and winning a bronze medal in one of those. He spent 3 yrs working under current Townsville Crocodiles (NBL) Assistant Coach, Liam Flynn as Assistant Coach for the U16 SA Metro boys and 2yrs as an Assistant Coach for the U18 Men's team. With the State team, he has been primarily responsible for developing individual programs and feedback for the athletes at State level, in consultation with the Coaching staff. Quite a number of these athletes have gone onto Australian Development Camps and squads. He is the current Junior Coaching Director at Centrals. In the 3 yrs he has been Coaching Director the club has experienced unprecedented growth, improvement in coaching ranks and player success at the next level.

He is a level 2 Coach, has completed subjects towards Masters of Applied Science in Elite Sport Coaching through the AIS/University of Queensland, and has an MBA and Diploma in IT.

U10 Boys – Head Coach: Sean Carlin, Assistant Coach Sam Blight

Sean's appointment adds value to our coaching line-up breadth and diverse experience. Sean is able to bring unique insights he has as a dual Olympian and dual commonwealth games medallist in Hammer Throw. He is renowned throughout athletics circles in Australia for his work ethic and commitment to his sport. Since retiring as an athlete he has worked with elite athletes in Hammer throw as Junior Nationals Throw Coach. His involvement in basketball came through his Sons. 1 of his Sons is currently considered 1 of the best players this state has produced, having competed at the U17 World Championships, 5 time state representative, lived at the Australian Institute of Sport on Scholarship and is set to head off to the US to compete in the US Collegiate system. Sean is also a PE teacher at Trinity College, heads up the school's athlete development subject and has been involved in coaching teams in the STARplex social competition and Assistant Coach with Lions' teams. His mix of insights as an outstanding educator, elite athlete himself, knowledge of Australian Basketball High Performance pathways is something that we are lucky to have in coaching lineup. Sean will provide this absolutely vital age group an amazing introduction to basketball.

U12 Boys – Head Coach: Wayne Anderson

Wayne has over 15 yrs coaching experience with Centrals and is a Life Member of the club. During that time he has coached junior AND senior teams including Div 1 teams. He has been a regular attendee at every National Championships Centrals has hosted (u14 boys, u14 girls, u18s), which exposed him to observing the best young athletes and coaches in the Nation in action. He is a committed learner of the game, recently completing his Level 2 NCAS Accreditation and is a very hardworking coach. Wayne's knowledge on the game, passion for the club, experience and communication skills will make him an outstanding coach for this age group. For the past 2 years Wayne has coached U14 Div 1 teams. We have convinced him to work with our U12 Div 1 boys this season, believing that having seen what is expected at the U14 Div 1 level, also having developed great knowledge on what is needed to succeed at U14 Div 1 level will help him provide great insights and teaching to these younger athletes.

U14 Boys – Head Coach: Toby Lockwood

Toby Lockwood joined the Lions when his former District club, Gawler Gunners and the Lions merged in around 2002. He has played Senior Men with the Lions since that time, all up playing district basketball for an amazing 19 yrs and still going, in recent years the teams he has played in has consistently made finals. He has 5 yrs of coaching experience; initially with U12 Boys, U18 Men and this past season he was Head Coach of the U16 Div 1 Boys before moving into an Assistant Coaching role of the team under James Murphy. Prior to this past year he was coaching one of our U18 teams working under Andrew Jantke who was

coaching the U18 Div 1 Men. Working under Andrew and James has meant Toby has worked with, and learned from, some very experienced coaches. Having worked with older age groups, under good coaches, Toby has good insights in what kind of skillsets and work ethic U14 players need to develop to succeed at higher age groups.

Toby loves the game of basketball, is an avid NBA follower and Lakers fan and he is sure he will have many a debate with his players on the Kobe vs LeBron question or the reasons for the Lakers success.

Toby believes that all players must have a strong work ethic on and off the floor, and knowing Toby he embodies that philosophy in his own life. Like our players, the development of our coaches is very important and we are excited to see Toby take the reins the U14 Div 1 boys team. Well done Toby!

U14 Boys – Assistant Coach: Joseph Campbell

Joseph is a late addition to our coaching lineup this year and had it not been for timing we would have found him a div 1 role. What is brilliant is he is willing to support the club by taking on an Assistant Coaching role.

Joseph works fulltime in the sport and recreation industry and currently has a fulltime role at STARplex. He has worked for Basketball SA as a development officer prior to his STARplex role. In the USA he had coaching experience at a US High School. He has represented Malawi on their National Basketball team as a player, played at club level in Chile and ABA/Reserves for Woodville in South Australia. Joseph will keep a keen eye out for Northern Region Sports Academy prospects whilst he is involved with the Lions.

Joseph holds a Bachelor in Business Administration and Marketing from University of North Texas and is a Registered Exercise Professional with Fitness Australia. We are excited to have a man of Joseph's qualities in our club and community!

U16 Boys Div 1 – Head Coach: James Murphy, Assistant Coaches: Andrew Jantke, Jamie Petty

James is one of the youngest Head State Coaches in Australia in recent decades, the SA Country U16 Boys team, not only that he has proven success at Div 1 District level, having coached Eastern Mavericks sides to Grand Finals and is the Strathalbyn and District head DNSP Coach. James, who has attended the last five National Championships with SA Country, is thrilled for the opportunity to be involved with the Lions family. The Lions share this excitement, particularly for the development opportunities this will bring for our players.

James has had significant success at the District level including:

- 2006 Eastern Mavericks U12 Div 1 Boys: National Junior Classics
- 2007 Eastern Mavericks U14 Div 1 Boys: Winter Season Premiers, National Junior Classics, U14 National Championships
- 2009 Eastern Mavericks U16 Div 1 Girls: Winter Season Premiers, State Championship Premiers, National Junior Classics Silver Medal

In recent years he coached Senior Basketball at Norwood with their U20 Boys Div 1 side, coaching under Rupert Sapwell's basketball program at the Flames.

Outside of basketball James has a job in the media working as a journalist with such corporate bodies as the SANFL, Great Southern Rail and other groups.

U18 Boys –Head Coach: Scott Herriman

Scott is one of the leading, young coaches in our junior program, and we are proud that he has come through our div 1 junior ranks to develop into an outstanding coach and young man.

He has played Div 1 juniors at Centrals since he started as a 11 yr old, in 1998 (Scott is young enough that we can reveal his age ☺), and went onto play seniors at high levels including Div 1 State League, ABL and Div 2 Men, he's been in the ABL squad for the past 4 years training under coaches such as Ricky Simpson and Scott Whitmore. He comes from a basketball family, with Scott's Dad Mike a former Lions Div 3 Mens Coach and U14 Div 1 Girls Coach. His Sister, who up until recently played with the Lions, is one of the best young players in her age group in the state.

Scott has coached a range over junior teams over the past 4 years, including U14 Div 1 Boys, U16 Div 2 Boys and U18 Div 1 Men. Last year he developed his teaching skillsets and coaching expertise under Dean Carson and we are excited about Scott. Scott has completed 2 years towards a Degree In Education at Adelaide Uni.

U18 Boys Assistant Coach: Dean Carson

The Lions went after Dean Carson when we heard he was seeking to coach in the South Australian District competition. Dean has around 20 yrs of high level coaching experience within New South Wales, Victoria, Queensland and Northern Territory. He has been an U14 State Head Coach, Assistant Coach (to current Australian U17 Coach Peter Lonnergan) with the U16 Northern Territory State Team and has also been an Assistant ABL Coach (including a stint under renowned Queensland coach, Rob Schreibner). His District club head coaching experience includes Coaching at the U23 Men's level, U18 Women and Senior Women.

He's in synch with our Junior Development philosophies but also not afraid to have input on improvements. He will have impact on our coaches' development and has previously had roles as a Coaching Director and been invited to present at Level 1 and 2 Coaching Seminars.

Professionally, he has a PHD in Management, has lectured in his field and currently works with Charles Darwin University researching the changing nature of small towns in the more remote parts of Australia. He'll be getting married in the coming months in Europe and we look forward to him returning to the Head coaching lineup in the near future.

Girls Program

Girls Coaching Director: Glen Hosking

Glen Hosking has been involved in District basketball for over 3 decades. His work ethic and commitment in the game are outstanding and he has demonstrated great ability to develop kids of all ages. He played from the age of 7 to 30 at West Adelaide Bearcats, then went to South Adelaide, playing Div 1 in his junior years. He played under great names such as Keith Miller, an Australian Coach, State Coach for many years and NBL hall of famer, considered one of the best coaches to have coached in South Australia in the history of the game. He also went through West Adelaide back when it had the strongest Junior program in the state and some of his team mates included Peter Ali, Ray Wood and Trevor Maddiford all of whom went onto play at National League level. His first coaching stint was with West Adelaide u12 girls at 15 years of age and a number of other teams.

In later years, after he retired from playing, he coached at Central Districts Lions for 8 years at Div 1 level and was also an Assistant ABL coach during this time, before having a short 2 year stint with Woodville, before returning back to the Lions 3 years ago. The teams he coached at junior level have always demonstrated rapid improvement and development. For the past 5 years he has been a SASI Network Coach working with some of the best players and coaches in the state, including some Australian representatives, learning the required skillsets and drills to get players to the SASI level as well as what the best girls in the state are capable of doing in this age group. He's also been heading up the Barossa Valley DNSP squad for the past 4 years. Glen's commitment to the club is amazing and we are lucky to have someone with his depth of high level junior/senior district basketball experience, spanning over 30 years, with us.

U12 Girls – Tanya Fielding

Tanya has been one of the club's longest serving players in its history, amassing 19 years of playing time with the Lions, and we believe her wealth of experience will be a boon for the girls playing at U12 level.

Tanya has played div 1 in every age group and won a number of MVP awards in her playing years. She also has been on our ABL squads for the past 8 years, winning an MVP award with the div 2 Women in 2009.

As a Coach Tanya also has experience as a head coach in every single junior age group including U20s coaching for 9 years. She has coached teams to the finals previously including at u10 Div 1 Girls level.

Tanya has an amazing mix of coaching/playing knowledge and talent that will be of great value to the U12 girls age group.

U14 Girls – Head Coach: Nikki Ireland

We are excited to add Nikki to our coaching lineup this year and believe she has the attributes to be an outstanding junior coach. One strength a coach needs is the ability able to observe and rapidly, accurately analyse human movement and provide feedback on that movement. Teaching kids basic skills and footwork, not travelling, pivoting etc. etc is very important at this age. Expert referees can make outstanding coaches because of their finely tuned skillsets in observing and analysing the game rapidly and accurately, whilst under pressure. Nikki comes to us as a renowned referee in Australian Junior Basketball circles. Nikki's umpired at 4 National Championships, including being awarded 3 Gold medal games. Not only that but she has also coached at country association level for Yorke Valley at 4xSA Country Championships and has been the Central Districts Lions Assistant U14 Div 1 Girls coach for the past 2 years. Basketball is in her family with her Mum Trudy one of the most respected female Coaches in South Australia, sister Kelsey an Australian Junior and WNBL player and her father Michael also involved following his families basketball.

Nikki is one of those people that ooze excellence and has an amazing work ethic and commitment. She's currently in her 4th year of a Law and Commerce Degree which is further demonstration of her strong work ethic and also showing she is definitely no dummy either. What an amazing young coach and quality mentor for our young girls.

U14 Girls – Assistant Coach: Trudy Ireland

Trudy is arguably our clubs most significant Junior coaching addition in the past few years. Trudy has been a Head Coach or Assistant Coach at 5 National Country Cups with U14 Boys and Girls as well as U16 Girls. She has been an Assistant SA Country Coach at 2 National Championships including the U16 Girls team in 2009 that won a Silver medal. She has previously won Premierships whilst Coaching Forestville Juniors.

She runs the Yorke Valley DNSP program in which 6 athletes have made the AIS and/or Australian Development Camps. She is a level 2 coach and in 2009 was recognised as Basketball SA's Female Coach of the year. She intimately understands Australian High Performance pathways and relating to athletes on these pathways, with her own daughter Kelsey representing Australia at the Australian Junior World Championships, attending the AIS on full scholarship and playing in the WNBL. We thank Trudy for committing to our club and greatly appreciate the expertise she brings to the program.

U16 Girls – Head Coach: Ben Wizgell

Ben Wizgell is a rapidly developing coach within SA Country Basketball and is hungry to continue his development within the SA District basketball competition. He comes to the club after having been involved with his daughters who have played in juniors for a number years and is highly recommended as coach by both Trudy Ireland and James Murphy. Ben has coached at 2 National Country Championships, has been a DNSP Coach with Trudy Ireland for the past 3 years, coached at 3 SA Country Northern regional development camps, coached Yorke Valley representative sides for 5 years and played at A Grade level in his Country association for over 20 years. We are very excited to add Ben to our coaching ranks and look forward to seeing him develop this group of very talented, promising girls and assisting many of them in their preparation for Country National Championships and/or National Championships.

U16 Girls Assistant Coach: Jo Connelly

Jo Connelly will coach a Div 1 Junior team at the Lions in the near future. She is doing the hard yards, developing great knowledge and experience of the game, knowledge and experience of Australian High Performance pathways. She has coached SA Country Association teams in Port Pirie and Pt Lincoln between 2003 and 2009. She has also been involved with DNSP squads in Port Pirie and Barossa Valley. In the past 12 months she's been an Assistant ABL Coach with the first Lions team that has made the finals since 1996. Jo will take the knowledge and experience she has gained in these roles makes her an outstanding Assistant Coach at this level.

She's a Level 2 NCAS Coach, married with 2 kids and works in the Banking and Finance Industry.

U18 Girls – Head Coach: Stephen Patterson

Stephen has coached country basketball for over a decade. He was an A Grade player before moving into a coaching role. He has an intimate understanding of Australian High Performance pathways and is one of the few South Australian Junior Coaches that have won a medal at National Championships, as a Head Coach.

He worked his way up to become the Whyalla DNSP regional coach commencing that role in 2005 and has worked in that role since then. In 2006 and 2007 he was Assistant Coach with the U18 SA Country Women before moving into the Head Coaching role from 2008. He has been a Head Coach of the U18 SA Country Women at 3 National Championships, winning a Bronze Medal in 2008. He has worked with some of the best players South Australian Basketball has produced such as Cayla Francis, Emma Langford, Tess Madgen, Kelsey Ireland, Bree Farley and Nicole Seekamp and many more in his State Coaching role. Through his involvement he understands the level girls in this age group need to play at to succeed in basketball as all these girls have represented Australia at Junior level and most are moving beyond.

His goal this year is to put in place a structure and a style that once learnt will transform our girls team into a force amongst the competition.

U18 Girls – Assistant Coach: Kyla Whiting

Kyla takes on the job as Assistant Coach of the U18 Girls group after coaching U12 Div 1 Girls, Youth League Div 1 Girls and ABL Assistant Coach last year. Kyla started her involvement in district basketball at aged 10 with the North Adelaide Rockets, playing for a number of years with the club. She moved into umpiring, working her way up to umpiring in two U14 National Championships and even moving up to umpire in the professional Women's National Basketball League (WNBL).

She joined Centrals a number of years ago playing in our ABL Women's team before moving into an ABL Assistant Coach role. She also coached a number of Div 1 and Div 2 teams in U12s and U14s and also has significant softball coaching experience. Kyla's outstanding basketball experience, over many years, passion for the game and the club will be an outstanding asset for our club and this age group.