

Rockets Review



Starplex Australia Day Carnival

U18 Boys 1, 2, 3 - sweep finals

The Rockets had 11 teams enter into the Australia Day Carnival at Starplex in January. The U18 Div 1, 2 and 3 teams all made it through to the grand final and won. Well done to all teams that were involved in the competition.



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U10 Boys Div 3 undefeated at Starplex

Two U10 boys team participated in the Starplex Australia Day Carnival in the Div 2/3 with North 3 coached by Brett Ramsey winning the Div2 final and North 2 coached by Ashley Zauch winning the Div3 final. The North 3 team went through the carnival undefeated. The team was made up of; Ryan Feeney, Nicholas Bentley, Luke Tennant, Hayden Ramsey, Kane Horskins, Ryan Lewis and Darcy Dawber. Both North teams beat teams from Centrals.



U16 Boys Div 3/4 runners-up



David Durant's team had a successful time at Starplex. They came runners-up in the grand final. Congratulations to Stefan, Antonio, Brodie, Lachlan, Zac and Jack.



U12 Girls Div 1

Rockets u12 Div 1 girls show their club spirit at Starplex.

Intention to Play

All players are expected to submit an intention to play the winter season form on

Sunday March 3rd
Modbury High School Gym
9am - 5pm

If you choose to pay the ITP by direct deposit, please also send a confirmation email with your child's details to rocketsfees@gmail.com

There will be a barbeque and soft drinks on sale that is being run by U18 boys teams at the entrance through the day.

Team Photos Day

2013 team photos will be taken by Kangaroo Photos
on

Sunday March 24th, 8.30am - 5pm
at the Finnish Hall
(behind Hillcrest Stadium)

Team Managers will receive order forms and time of individual team photos shortly for distribution. Please put this date in your diary.

Rockets sign with Sportscentre

Sportscentre on Port Road in Hindmarsh have signed on with the Rockets as a major sponsor and manufacturer of the Rockets new sublimated uniforms.



All new players to the club are to purchase the new uniform range from Sportscentre either at their Port Road Store, or at their online shopping website that is operating now.

It is not compulsory for existing players to change uniforms, but as players require new uniform pieces, they are to be purchased from Sportscentre.

** If you experience any issues with your uniform such as numbers coming off, please contact Sportscentre immediately. Sportscentre will reseal your numbers and deal with any other product quality issue you experience.*


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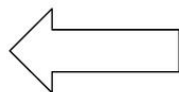


Choose The Best Shoelacing For You

At myPod Podiatry we often find people underestimate the importance of tying their shoelaces properly.

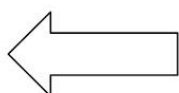
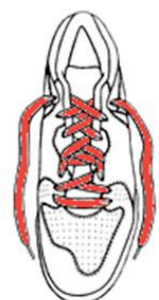
The way you lace your shoes definitely makes a difference. It's just one of many simple things you can do to safeguard your feet while you put them through the demands of an athletic workout or sporting activity. Simply lacing your shoes or sneakers properly, along with choosing a shoe that fits your foot correctly, can add comfort to your stride and prevent foot injuries.

Shoelaces are an ancient invention, but they do an admirable job of keeping the foot securely positioned within the shoe. At myPod podiatry we recommend to use the best lacing technique for your individual foot type:



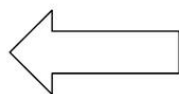
WIDE FEET

For wide feet: Thread laces through the first set of eyelets and then straight up each side without criss-crossing at all. Continue this way for two or three holes. Once you've passed the forefoot and can tighten without squeezing, begin criss-crossing and finish.



NARROW FEET

For narrow feet: Use the closer set of eyelets to adjust the width of the shoe at the forefoot and the wider set to snug up the heel to prevent the heel from acting like a piston. If there are two sets of eyelets use both to add to security to the foot.



HEEL SLIPPING

To prevent your heels slipping: Lace locking techniques reduce blisters and pain by preventing your heels from slipping in your shoes. Create small loops in the last eyelets and feed the laces back through the loops of the opposite sides. Pull tight to create a secure closure.

Your lacing system should match your individual biomechanics. If you have any questions regarding your individual needs, then your nearest myPod Podiatrist will be able to advise you on the best system for you.

For foot pain or any other foot problems you may be experiencing, please contact the team at myPod Podiatry on (08) 82118002, 70 South Tce Adelaide or go to our website at www.mypodpodiatry.com.au

Membership Renewals and new members now being accepted

You can be a financial member of NABC by simply filling out the form below and returning it to the canteen at Hillcrest along with your payment. *All applications are tabled at the following meeting of the NABC Management Committee.*

- Financial membership costs \$25 per person
- It lasts for 12 months
- You receive free entry to 6 home games (Hillcrest) of the Rockets during the ABL season
- You are able to attend the AGM of NABC and cast a vote on any proposal put forward therein

☐ Yes I would like to become a financial member of the North Adelaide Basketball Club Inc. for 2013

Name -Signature

Address -

Suburb -Postcode -

Email -

Home Phone -Mobile -

Total of today's payment - \$_____ paid by - ☐ Cash ☐ Cheque

or

Please deduct the above amount from my credit card - ☐ Mastercard ☐ Visa



Name on Card _____ Expiry Date ____/____

Address - _____ Postcode _____

Signature of Cardholder _____ Date _____



The Rockets would like to welcome Decor Lighting Norwood as a new club sponsor

Decor Lighting is Adelaide's premier Lighting retail store on 24 The Parade Norwood.

Established in 1995 it was then and is still a South Australian family owned business.

With their extensive range of floor lamps, table lamps, pendants, shades, chandeliers, ceiling fans, gift wear accessories and outdoor lighting- Decor would like to invite you to view our website, from the modern, contemporary to the traditional and classic.

Decor Lighting also offer a free in home or business consultation service.

DECOR LIGHTING

Grange
1300mm 4 blade ceiling fan with B22 lamp in White. Also available in Brushed Steel.
\$169

Grange
1300mm 4 blade ceiling fan in brushed Steel. Also available in White.
\$159

Swift
4 blade metal ceiling fan in Brushed Chrome.
\$169

Hayman
Brushed Chrome ceiling fan with Black blades.
\$199

Kewarra
5 blade ceiling fan with Oil Rubbed Bronze finish.
\$295

Glendale
4 blade Brushed Chrome ceiling fan with light. Also available without light \$119.
\$139

Kimberley
4 blade ceiling fan without light in White. Available with light \$109.
\$89

Ciesta
4 blade ceiling fan in Brushed Nickel.
\$175

Remote Controller
Compatible with CFL globes.
\$49

FAN LIGHTS AVAILABLE IN STORE

www.decorlighting.com.au
PH: 08 8362 0788
24 The Parade Norwood

Decor Lighting - More Than Just Lights

Our Sponsors

The following businesses and individuals provide valuable sponsorship to help support the club and players. Please consider using their services.

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