

# Newsletter

MARCH 2023



AUSSIE HOOPS PROGRAM



DOMESTIC PROGRAM



WABL PROGRAM



NBLI PROGRAM



ALL- ABILITIES PROGRAM



DEVELOPMENT PROGRAM



REFEREE PROGRAM

# Flames Nation

WEBSITE: [ROCKINGHAMFLAMES.COM.AU](https://rockinghamflames.com.au)

# Domestic

## 2023 WINTER TEAM REGISTRATIONS ARE OPEN

Looking to play in the RBRA Winter season? Then get in quick. Nominations closing soon. More information available on our website.

Season information under the Domestic Tab. Special rules in the T&Cs: [INFO](#)

To play in the RBRA competition you must play in the grade determined by your year of birth, we run calendar years, not school years. As an additional competition you may also play up '1' grade, but you cannot simply play up alone.

To register a team, click on the following link, and follow the prompts: [REGISTER](#)

### Winter 2023 Key Dates

- Season commences week beginning Monday 24th April 2023
- Semi finals commence week beginning Monday 11th September 2023
- Grand finals are Tuesday 19th and Thursday 21st September 2023
- Note: All Friday and Saturday competition grand finals will be held on Thursday 21st September 2023
- Under O8s and Under 10s will not play finals
- Minimum of 6 games to be eligible for finals

We look forward to seeing you on court for the Winter 2023 season !!!



[REGISTER](#)



# Holiday Programs

## 2023 SCHOOL HOLIDAY PROGRAMS

Whether looking for some fun these holidays or check these out!



**HOLIDAY CAMP**  
APRIL 19TH - 21ST

**U10-U12 ; 9AM-12PM**  
**U14-U16 ; 1PM-4PM**

**\$150 PER PERSON**

- 3 DAYS OF FUN DRILLS AND GAMES TO IMPROVE YOUR BASKETBALL SKILLS OVER THE HOLIDAYS
- ROCKINGHAM FLAMES HOLIDAY SINGLET
- GET TO MEET AND BE COACHED BY NBL1 PLAYERS, YOUNG AND OLD

**MIKE BARNETT**  
**SPORTS COMPLEX**

ROCKINGHAM FLAMES

[REGISTER](#)



**BEVO'S MASTERCLASS**

2-DAY ELITE CAMP

**\$180 PER RBRA PLAYER**

**TUE APR 11**  
**WED APR 12**

9.00AM - 4.00PM

**MIKE BARNETT**  
**SPORTS COMPLEX**

ROCKINGHAMFLAMES.COM.AU

[REGISTER](#)

# Courses & Clinics

## 2023 UP AND COMING COURSES & CLINICS

Looking to sharpen your shooting or learn how to Referee, check these out!



**BEVO'S SHOOTING CLINIC**

**SAT MAR 25**  
**SAT APR 1**

**\$45 PER PERSON**

**U12 BOYS & GIRLS**  
9.00AM - 10.15AM

**U14 BOYS & GIRLS**  
10.30AM - 11.45AM

**U16 & U18 BOYS & GIRLS**  
12.00PM - 1.15PM

**MIKE BARNETT SPORTS COMPLEX**

CLASS 1 ORTHODONTICS  
Professionals

[REGISTER](#)



**LEVEL 0 BEGINNERS REFEREE COURSE**

PRESENTED BY GEOFF SCHULTZ

**SAT APRIL 15**

9.00AM - 1.00PM

**MIKE BARNETT**  
**SPORTS COMPLEX**  
**(FLAMES CLUBROOM)**

**\$55 PER PERSON**

CLASS 1 ORTHODONTICS  
ROCKINGHAMFLAMES.COM.AU

[REGISTER](#)

# Flames Nation

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# Bevo's Corner

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## BEVO'S SHOOTING CLUB

For those that have worked with me at trainings, camps and clinics, I have always had a huge emphasis on teaching correct Shooting Technique and Finishing as they are arguably the most important aspects of the game. Yet, I continue to watch Domestic and WABL games and this is the one of the biggest weaknesses of our game.

We, as an Association / State simply are NOT VERY good at Shooting and Finishing around the basket.

To help with this problem, I will be starting "The Bevo Shooting Club" commencing after the WABL Grading tournaments.

To start off with, I will be holding 2-week introductory sessions for Term 1 at the following dates and times:

U12 Bevo's Shooting Club – Intro (Born 2012 / 2013) (Completely full)

Saturday 25 March and April 1, 2023  
9:00am – 10:15am  
Mike Barnett Sports Complex

U14 Bevo's Shooting Club – Intro (Born 2010 / 2011)

Saturday 25 March and April 1, 2023  
10:30am – 11:45am  
Mike Barnett Sports Complex

U16/18s Bevo's Shooting Club – Intro (Born 06/ 07 /08 /09)

Saturday 25 March and April 1, 2023  
12:00pm – 1:15 pm  
Mike Barnett Sports Complex

PLEASE NOTE: For quality control, registrations will be limited to a total of 36 people per session.

**REGISTER**

# Bevo's Corner

## BEVO'S MASTERCLASS CAMP

Do you know what it takes to become an Elite Professional player? Do you want to be the best version of yourself?

With over 30+ years of coaching at the Elite Level including Olympic Games, World Championships, Commonwealth Games, WNBL and NBL Level with great success, Rockingham Flames High Performance Manager Rob Beveridge (Bevo) will be conducting a 2-day intensive SUPER CAMP during the April School Holiday to give you the insights of what is really required to become the best player you can be.

As advanced concepts will be taught, this camp is only available for REPRESENTATIVE PLAYERS born 2006 - 2010 where there will be in class educational sessions and on court sessions over the 14-hour camp.

Date: April 11 and 12, 2023  
Time: 9:00am - 4:00 pm (both days)  
Cost: \$180 per player for RBRA players  
\$200 per player for NON RBRA players

Coach Bevo will be covering the following concepts:

- National Team Style of Game (theory and practice)
  - oFast break concepts
  - oTransition system
  - oHalf court Offensive and Defensive Concepts
    - oPressure Defensive System
    - oHow to contain the penetration
- How to use the Pick and Roll
- How to defend the Pick and Roll
- Shooting Testing and Shooting programs
- Agility and Movement Mastery Session
- Understanding Player Roles and Responsibilities
  - Player Evaluation and Feedback Session
    - Recovery Techniques
  - Guest Coach appearances

**REGISTER**



# NBL1

## 2023 SEASON MEMBERSHIPS AND PARTNERSHIPS ARE OPEN

With the 2023 NBL1 season fast approaching lets get involved 'Flames Family.  
For more information contact Laurent: [operations@rockinghamflames.com.au](mailto:operations@rockinghamflames.com.au).

### PURCHASE

**FAMILY SEASON MEMBERSHIP**  
2 ADULTS & 2 CHILDREN

- 2 X FLAMES SCARVES
- 2 X FLAMES BEANIES
- 4 X FLAMES SEAT CUSHIONS
- MEET YOUR FAVOURITE PLAYER

**RESERVED SEATING** ALL HOME GAMES, INC FINALS **\$500**

ROCKINGHAM FLAMES

THE SINCLAIR FAMILY

**ADULT SEASON MEMBERSHIP**

- 1 X FLAMES SCARF
- 1 X FLAMES SEAT CUSHION
- MEET YOUR FAVOURITE PLAYER

**RESERVED SEATING** ALL HOME GAMES, INC FINALS **\$200**

ROCKINGHAM FLAMES

THE SINCLAIR FAMILY

**CHILD SEASON MEMBERSHIP**  
12 & UNDER

- 1 X FLAMES BEANIE
- 1 X FLAMES SEAT CUSHION
- MEET YOUR FAVOURITE PLAYER

**RESERVED SEATING** ALL HOME GAMES, INC FINALS **\$100**

ROCKINGHAM FLAMES

THE SINCLAIR FAMILY

# 2023 Partners

Presenting the Rockingham Flames 2023 Partners

Thank you to all of our Partners for your ongoing support !!!

**OUR 2023 PARTNERS**

THE SINCLAIR FAMILY

DRIVEN Auto Group

LUXURY RV'S Western Australia

Professionals

QUBE

Rockingham Apartments

helloworld TRAVEL THE TRAVEL PROFESSIONALS Rockingham

ROCKINGHAM AUTO GROUP

Cerámico

CLASS 1 ORTHODONTICS

MATHLETIC

QUBE

Banking Bank Community Bank

TOTAL TOOLS ROCKINGHAM FOR OVER 10 YRS

MPOWERU ELECTRICAL CONTRACTING

BIZLINK QUALITY EMPLOYMENT

prestige

IMPRESSIONS SYSTEMS

Heaney

ACE CINEMAS

GFORCE printing • design

ANYTIME FITNESS ROCKINGHAM

PHOENIX INSURANCE BROKERS

TROPHIES 4U

WAIKIKI IGR

TRONOX

Lance Mechanics

WESTERN PLANT HIRE

SPORTS IMAGERY

FLOORING XTRA

Telegraph

MOUNTAINS LAWYERS LEGAL SOLUTIONS

kennedy bay

# Flames Nation

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# RBRA Programs

## TERM 2 OPENS SOON

Fun based skills program  
for children aged between  
5-10 years old

Details on our website  
Under the Development tab



## DOMESTIC

RBRA Domestic Competitions run  
Summer in terms 4 & 1, and Winter  
in terms 2 & 3. Winter 2023 team  
registrations are now open.

Details are on our social media and  
website.

Click here to [REGISTER](#)

## JUNIOR ELITE



Aimed at showcasing talented players in  
preparation for the big dance



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# RBRA Programs

## FLAMES ELITE



2023 season fixtures can be found on our website under NBL1 tab



## ALL ABILITIES

### BIZLINK FLAMES

This program has an amazing group of participants and coaching staff leading the way.

Thank you for being apart of our community!



## REFEREES

Referees are key, without a referee you simply cannot play your game.

RBRA have a 'ZERO' tolerance rule for the poor treatment of our Referees.

Penalties will apply if found to be in breach.



# Flames Nation

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# Contact Us

RBRA Office hours are 9.00am – 5.00pm Monday – Friday

Should you have a query, please choose from the following emails, and someone will reply as soon as possible.

- Competitions, administration and all general queries:  
[admin@rockinghamflames.com.au](mailto:admin@rockinghamflames.com.au)
- NBL1: [operations@rockinghamflames.com.au](mailto:operations@rockinghamflames.com.au)
- WABL: [wabl@rockinghamflames.com.au](mailto:wabl@rockinghamflames.com.au)
- Development, coaching, high performance, elite pathways:  
[hpm@rockinghamflames.com.au](mailto:hpm@rockinghamflames.com.au)
- Sporting schools or holiday camps:  
[development@rockinghamflames.com.au](mailto:development@rockinghamflames.com.au)
- Forfeits: [forfeits.rbra@gmail.com](mailto:forfeits.rbra@gmail.com)



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