



TEAM DETAILS

Website www.sabres.com.au

Major Sponsor M2 Telecom
 Nickname Sabres
 Location Sandringham, VIC
 Uniform Colours Orange with Blue (Main)
 Orange with Blue (Alternate)

Club Administrator **Erin Kilminster**
 Contact details P O Box 122
 SANDRINGHAM VIC 3191
 Phone (B) (03) 9583 4481
 Mobile 0422 990 657
 Fax (03) 9583 4813
 Email vince@sabres.com.au

Club Delegate **Steve Lunardon**
 Mobile 0417 346 144
 Email president@sabres.com.au

STADIUM INFO

Stadium Name Villa and Hut Stadium
 Capacity 500
 Location 150 Tulip Street
 Cheltenham, VIC
 Contact (03) 95834481

TEAM RECORDS

SEABL Regular Season 8/12 (40%)
 SEABL Finals 0/0 (0%)
 All Time SEABL 8/12 (40%)

2010 SCHEDULE

DATE	OPPONENT	TIME	
Fri Mar 19	@ ALBURY/WODONGA	6:30 PM	#
Sat Mar 27	Vs NUNAWADING	6:00 PM	#
Sun Mar 28	@ FRANKSTON	12:00 PM	#
Sun Apr 11	Vs BALLARAT	2:00 PM	
Fri Apr 16	@ HOBART	8:00 PM	
Sat Apr 17	@ LAUNCESTON	7:30 PM	
Sat Apr 24	@ KNOX	6:00 PM	#
Sat May 1	@ KILSYTH	6:15 PM	#
Sat May 8	Vs DANDENONG	6:00 PM	#
Sat May 15	@ BALLARAT	6:00 PM	#
Sun May 16	Vs LAUNCESTON	2:00 PM	!
Sat May 29	Vs KILSYTH	7:00 PM	
Sun May 30	@ DANDENONG	12:00 PM	#
Sun Jun 6	Vs BRISBANE	12:00 PM	#
Sat Jun 12	Vs KNOX	6:00 PM	#
Sun Jun 20	Vs HOBART	12:00 PM	#
Sat Jun 26	@ BENDIGO	6:00 PM	#
Sun Jul 4	Vs ALBURY/WODONGA	2:00 PM	!
Sat Jul 10	@ NUNAWADING	6:30 PM	#
Sat Jul 17	Vs BENDIGO	8:00 PM	!
Sat Jul 24	@ BRISBANE	6:00 PM	#
Sun Aug 1	Vs FRANKSTON	2:00 PM	!

denotes D/H SEABL Men

YEAR BY YEAR

YEAR	WINS	LOSSES	PLACE	PLAYOFFS	COACH
2009	8	12		Missed Playoffs	Lori Chizik

2010 ROSTER

No	Player	Position	Height	D O B	SEABL		
					GP	PTS	REBS
	Jo Wood (nee Myers)	Guard	164	03.01.79	205	7.2	4.6
	**Cayla Francis	Centre	192	05.01.89	20	16.6	10.1
	**Renee Camino	Guard	177	19.11.86	12	10.5	6.7
	Talitha Haddad	Guard	178	24.06.87	17	0.9	1.2
	Alice Hammond	Forward	180	18.11.83	18	4.1	3.2
	Nardine Yousef	Forward	176	03.01.89	2	2.0	1.0

** denotes Restricted Player

ROSTER BREAKDOWN

NEWCOMERS

Name	Club
Cayla Francis	Adelaide (WNBL)
Renee Camino	Adelaide (WNBL)
Nardine Yousef	Nunawading (D League)

DEPARTED

Name	Club
Natalie Porter	Sydney (WNBL)
Mikahela Dombkins	Sydney (WNBL)
Chantella Perera	Canberra (WNBL)
Nicole Romeo	Canberra (WNBL)
Tegan Fowler	Retired

COACHING STAFF

Head Coach..... **Lori Chizik**

Coaching Records

Regular Season..... 8/12 (40%)

SEABL Finals nil

Overall Record 8/12 (40%)

Mobile0403 889 595

Emailhironschizik@optusnet.com.au

Assistant Coach

Team Manager **Sandra Howorth**

.....0401 661 577

Email Sandra.howorth@southernhealth.org.au

2009 STATISTICS

	PLYD		Field				3 point			F/Throws			POINTS		REBOUNDS							
	REG	FIN	A	M	%	A	M	%	A	M	%	TOT	AVE	OF	DE	TOT	AVE	AS	BL	ST	TO	FL
Cohen, Kate	4	0	31	7	23	15	3	20	12	8	67	25	6.3	2	11	13	3.3	9	2	2	15	8
Cooper, Lauren	2	0	3	0	0	0	0	0	0	0	0	0	0.0	0	4	4	2.0	1	3	0	2	1
Dombkins, Mikaela	19	0	299	118	39	85	24	28	37	31	84	291	15.3	34	110	144	7.6	40	2	17	69	38
Fitzgerald, Kate	5	0	9	3	33	5	1	20	3	3	100	10	2.0	0	2	2	0.4	0	2	0	0	1
Fowler, Tegan	20	0	205	79	39	26	8	31	82	55	67	221	11.1	45	60	105	5.3	19	16	10	34	35
Fox, Christina	1	0	5	1	20	2	1	50	0	0	0	3	3.0	0	1	1	1.0	0	0	1	3	2
Haddad, Talita	10	0	15	5	33	3	1	33	0	0	0	11	1.1	6	13	19	1.9	4	0	4	10	13
Hammond, Alice	18	0	56	24	43	16	5	31	29	20	69	73	4.1	19	38	57	3.2	5	6	11	26	34
Khera, Jessie	2	0	4	1	25	0	0	0	2	1	50	3	1.5	1	0	1	0.5	0	0	0	2	1
Moorcroft, Lauren	1	0	3	0	0	3	0	0	0	0	0	0	0.0	0	0	0	0.0	0	0	0	0	3
Myers, Jo	16	0	79	30	38	33	11	33	16	8	50	79	4.9	6	49	55	3.4	42	0	24	38	43
Perera, Chantella	12	0	144	54	38	58	20	34	73	61	84	189	15.8	21	42	63	5.3	41	3	29	48	33
Porter, Natalie	14	0	208	82	39	71	18	25	50	44	88	226	16.1	45	92	137	9.8	36	14	15	44	36
Romeo, Nicole	18	0	149	52	35	88	29	33	32	25	78	158	8.8	11	47	58	3.2	40	3	16	55	28
White, Bianca	11	0	9	5	56	3	1	33	2	1	50	12	1.1	6	8	14	1.3	5	3	0	4	9
SANDRINGHAM	20		1188	454	38	393	119	30	326	249	76	1276	63.8	194	466	660	33.0	233	52	127	335	277



SEABL

Appreciate the support of the following



"Australia's Premier Winter Basketball League"

INDIVIDUAL ALL TIME STATS LEADERS

- SANDRINGHAM SABRES -

GAMES PLAYED	
20	Tegan Fowler
19	Mikaela Dombkins
18	Nicole Romeo
18	Alice Hammond
16	Jo Myers

POINTS	
291	Mikaela Dombkins (19g)
226	Natalie Porter (14g)
221	Tegan Fowler (20g)
189	Chantella Perera (12g)
158	Nicole Romeo (18g)

ASSISTS	
42	Jo Myers (16g)
41	Chantella Perera (12g)
40	Nicole Romeo (18g)
40	Mikaela Dombkins (19g)
36	Natalie Porter (14g)

REBOUNDS	
144	Mikaela Dombkins (19g)
137	Natalie Porter (14g)
105	Tegan Fowler (20g)
63	Chantella Perera (12g)
58	Nicole Romeo (18g)

OFF REBOUNDS	
45	Tegan Fowler (20g)
45	Natalie Porter (14g)
34	Mikaela Dombkins (19g)
21	Chantella Perera (12g)
19	Alice Hammond (18g)

DEF REBOUNDS	
110	Mikaela Dombkins (19g)
92	Natalie Porter (14g)
60	Tegan Fowler (20g)
49	Jo Myers (16g)
47	Nicole Romeo (18g)

TURNOVERS	
69	Mikaela Dombkins (19g)
55	Nicole Romeo (18g)
48	Chantella Perera (12g)
44	Natalie Porter (14g)
38	Jo Myers (16g)

BLOCKED SHOTS	
16	Tegan Fowler (20g)
14	Natalie Porter (14g)
6	Alice Hammond (18g)
3	Bianca White (11g)
3	Chantella Perera (12g)

STEALS	
29	Chantella Perera (12g)
24	Jo Myers (16g)
17	Mikaela Dombkins (19g)
16	Nicole Romeo (18g)
15	Natalie Porter (14g)

INDIVIDUAL SINGLE GAME RECORDS

- SANDRINGHAM SABRES -

POINTS	
35	Natalie Porter (28/06/09)
29	Mikaela Dombkins (04/07/09)
28	Mikaela Dombkins (27/06/09)
26	Natalie Porter (04/07/09)
25	Mikaela Dombkins (24/05/09)

DEF REBOUNDS	
16	Natalie Porter (04/07/09)
12	Natalie Porter (14/06/09)
10	Mikaela Dombkins (27/06/09)
10	Natalie Porter (01/08/09)
9	4 players

REBOUNDS	
18	Natalie Porter (04/07/09)
16	Natalie Porter (14/06/09)
13	Tegan Fowler (27/06/09)
13	Mikaela Dombkins (14/06/09)
13	Natalie Porter (01/08/09)

TURNOVERS	
8	Nicoel Romeo (19/04/09)
7	Mikaela Dombkins (28/03/09)
7	Nicole Romeo (27/06/09)
6	Kate Cohen (21/03/09)
6	Natalie Porter (20/06/09)
6	Mikaela Dombkins (04/07/09)
6	Natalie Porter (01/08/09)
6	Chantella Perera (20/06/09)

ASSISTS	
6	Kate Cohen (15/03/09)
6	Jo Myers (28/06/09)
6	Jo Myers (31/05/09)
6	Chantella Perera (01/08/09)
5	5 players

OFF REBOUNDS	
6	Natalie Porter (24/05/09)
6	Tegan Fowler (27/06/09)
5	Mikaela Dombkins (15/03/09)
5	Chantella Perera (14/06/09)
5	Natalie Porter (16/05/09)

BLOCKED SHOTS	
3	Natalie Porter (02/05/09)
3	Natalie Porter (18/07/09)
3	Lauren Cooper (11/07/09)
2	11 players

STEALS	
6	Nicole Romeo (01/08/09)
5	Chantella Perera (18/07/09)
5	Chantella Perera (31/05/09)
5	Chantella Perera (20/06/09)
4	Natalie Porter (04/07/09)