

Taking big Strides

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IT will be a big week for junior basketball in Mount Isa when the Stride Foundation facilitates a week-long basketball program from Monday.

Former NBL and WNBL players, Dwayne Vale, Timmy Duggan and Eleanor Sharp will put Mount Isa's young players through their paces as part of the On the Ball program.

Former Canberra Capital and Stride Foundation program manager Eleanor Sharp said the program was designed to encourage young people in Mount Isa, aged 8-16 years of age, to improve their basketball skills and increase their level of physical activity.

"By engaging with the young people in the community the program not only encourages participation in sport but builds on things like teamwork, respect for others, goal setting and leadership skills," Ms Sharp said.

"The young basketballers in Mount Isa will get a unique chance to be coached and drilled by former and current elite level players and coaches, and will be something exciting and positive for the kids to do during the school holidays."

Ms Sharp said the community response to the program had been great with several Mount Isa organisations getting on board to make the week-long workshop happen.

Along with honing their skills on the court, the young players will also learn about healthy eating, goal setting and other important lessons needed to fulfill their potential.

Ms Sharp said Cairns Taipans player Vale was especially excited to be making the trip out west.

"Dwayne was born in Mount Isa before moving to Townsville and eventually signing



ON THE BALL: Mount Isa's rising basketball stars in action. The game's up-and-coming players will get a chance to be involved in a basketball clinic next week. - *Picture: NEIL RATLEY/4921*

up with the Taipans," she said.

"When the chance to come out and be part of the Mount Isa On the Ball program arose up he jumped at the opportunity."

Ms Sharp said she hoped the clinic would provide many young players with skills they can develop after the program has ended as well as further increase interest for basketball in Mount Isa.

The Federal Government funded program

is free and will run from December 12-16 at Sunset Stadium on Sports Parade.

Coaching times: 8-12 years old - 9.15am-11.30am; 13-16 years old - 12.15pm-2.30pm

Registrations will be held on Monday, December 12 at 9am for 8-12 year olds and 12pm for 13-16 year olds. All children looking to register must have a parent or legal guardian present.

Coaches ready for Mozzies

MOUNT Isa's junior tennis players will have the chance to participate in a week-long coaching clinic beginning on Monday.

Copper City Tennis Club based coach for AllStarr Tennis Peta Starr will be conducting a series of coaching sessions for juniors aged from 4-15 years of age.

Starr said the clinics were open for all level of players and registrations were being taken up until 12pm on Sunday.

"It will be a great chance for the young players to develop their game and provide parents with a way of keeping the kids occupied during the school holidays," she said.

Mindful of the heat, Starr said there would be plenty of drinks breaks between the serves and volleys.

Mount Isa has a talented group of rising tennis hopefuls and the clinic will aim to continue improving the skill set of the young players.

The clinic will run from December 12-16 with the program split into three daily sessions.

9am-10.30am - Mini Mozzies (4-5yrs) and Aussie Mozzies (6-7yrs)

2.30pm-4pm - Hot Shots (8-10yrs)

4pm-6pm - Challengers (10+yrs)