

OUR COUGAR FAMILY



2024 COCKBURN COUGARS
WABL TEAMS





Welcome, and congratulations on your selection as a full-time or train-on athlete in the Cockburn Cougars WABL program for 2024. This document provides an overview on the logistical information you require for season 2024, including uniforms, coaches, training, grading and fee structures.

It is important to note this does not include everything, and more information will be provided in the New Year if there are any additions or changes.

2024 WABL UNIFORMS & SHORTS

Excitingly, 2024 will see our Cougar juniors transition to play in brand new uniforms identical to the 2023 NBL1 uniforms we rolled out in April. These uniforms carry significant historical significance for our club and are something we are very proud of. This change of uniform means all 2024 Cockburn Cougar WABL athlete (including train-on athletes) are required to purchase the new WABL shorts using the links below.

We have already pre-ordered a large quantity of these shorts, and expect arrival in late January, however ***you must purchase ASAP to ensure you are allocated a pair from the first shipment.*** The sizes remain the same as current 2023 WABL shorts which should make it easier when ordering your 2024 shorts.

PURCHASE [2024 Male WABL Shorts](#) **PURCHASE** [2024 Female WABL Shorts](#)



We expect you will ask about **2024 warm-up tops**. At this stage we are focusing on selling WABL team partnerships (\$1,200 + GST), which includes a warm-up top for each team. We have already sold 7/32 team partnerships. If we are unable to sell partnerships for a particular team, we will open the shop for families to purchase a warm-up top. More information on WABL team partnerships can be found later in this document. Other WABL items can be found by [CLICKING HERE](#).

WABL CALENDAR

The 2024 WABL pre-season calendar has been finalised. It is important you are familiar with all the dates listed below, as it gets busy very quickly. We will continue to provide updates as we enter the New Year, including any changes that might occur.

Wk of Jan 15	2024 WABL Training commences
Feb 17/18	Grading Wk 1: Division 1 teams only @Bendat, Ray Owen and Mike Barnett
Feb 24	Grading Wk 2: U12 Boys (Ray Owen) U14 Girls (Mike Barnett)
Feb 25	Grading Wk 2: U12 Girls (Willetton) U14 Boys (HBF Arena)
March 2	Grading Wk 3: U12 Girls (Wally) U14 Boys (Ray Owen)
March 3	Grading Wk 3: U12 Boys (Wally) U14 Girls (Mundaring)
March 9	Grading Wk 4: U16 Boys (Bendat) U18 Girls/U20 Boys (Rock)
March 10	Grading Wk 4: U16 Girls (Bendat) U18 Boys (Warwick)
March 16	Grading Wk 5: U16 Girls (Bendat) U18 Boys (Rockingham)
March 17	Grading Wk 5: U16 Boys, U18 Girls, U20 Boys (Bendat)
March 24 (TBC)	McIntyre-Moore Cup: Hosted at Wally Hagan (TBC)
April 28	2024 WABL Round 1

WABL COACHES

We are very pleased to share with you our coaching line-up for 2024. As a club we are incredibly proud of the depth of our coaching staff, which has continued to improve even as we grow. Excitingly, a dozen NBL1 athletes and coaches are also involved inside our junior programs (blue labelled), highlighting the importance of community inside our senior programs.

We will continue to work hard and add to our growing list of assistant coaches, which has improved from under 30% two years ago to now sitting at more than 85% of teams filled. We know we are biased, but there's a strong argument to be made that our depth is the strongest in the state.

B	<u>Coach</u>	<u>Assistant</u>	G	<u>Coach</u>	<u>Assistant</u>
12-1	Noah Stewart	Riley Eves	12-1	Nicole Moyle	David Power
12-2	Renee Feast	Jaxon Carwardine	12-2	Jess Van Schie	Mackenzie Stewart / Brett Clayden
12-3	Lucas Lang		12-3	Mackenzie Stewart	Jaya Scafidi
12-4	Eli Grant		12-4	Josh Minshull	Scarlett McVeigh
14-1	Jess Van Schie	Chris Rice/ Jon Bates	14-1	Andy Stewart	Hariett Ford
14-2	Vanessa Cahill	Melissa Morgan	14-2	Nicole Moyle	Jewel Williams
14-3	James Rees	Daniel Pratt	14-3	Travis Moore	Mark Thomas
14-4	Doug Cull	Justin Frost	14-4	Lachlan Riley	
16-1	Andy Stewart	Lachlan Riley	16-1	Russell Hann	Eli Grant
16-2	Adrian Sgro	Ayssar Alsayed	16-2	Lisa Maclean	Steph Gorman
16-3	Dave Hartnett	Adam Taylor	16-3	Regan Turnour-McCarty	NBL1W Athlete
16-4	Evan Plumridge	Christian Bauer	16-4	Danielle Theresa	James Rees
18-1	Darren Smith	Davids Medenis	18-1	Rob Wise	Jewel Williams
18-2	Harrison French	Hunter Clarke	18-2	Nathan Benn	Vanessa Cahill
18-3	Christian Bauer		20-1	Peta Small	NBL1W Athlete
18-4	Allan Miller				
20-1	Quintien Calder				

WABL FEES

As we move into 2024, it is important you understand our fee structure, as it has changed with our selection process. With no trials in January, there is no longer a 'trial fee'. Much like other clubs with a similar approach, the CBA has meshed both grading and pre-season costs into a single pre-season fee of \$130. This covers all grading and training costs from commencement in mid-January through until round one on April 28. Which works out to a cost of approximately \$9.28 per week.

Our season fees remain unchanged at \$440 and \$220 (train-on) respectively. Door fees (set by Basketball WA) remain at \$15 per athlete, with the league also moving to Teampay App for payment in 2024. More information on this in the New Year.

WABL Fees and registration links will be distributed on the following dates;

- **WABL Training Fee:** \$130 which includes training & WABL Grading fees (excludes game fee for McIntyre-Moore cup).
[Link to be sent out January 10th and due by 31st January 2024.](#)
- **WABL Season Fee:** \$440 which includes full WABL season except weekly game fee of \$15 each round. (\$220 for a train on Athlete)
[Link to be sent out mid-February and due by 31st March 2024.](#)



WABL TRAINING

As we transition into 2024, we have worked very hard to effectively distribute training sessions to best facilitate development opportunities for our WABL teams. Please note, the CBA will not allocate a single court to all teams, as no teams will ever use a full-court for an entire training session. Where possible, we have allocated the maximum time possible to a full-court for teams. With the acquisition of Emmanuel Catholic College, we are excited about the facilities available to our WABL teams.

WABL training will recommence on the week starting January 15th, with all teams (excluding U21 women) training twice per week across the pre-season, and reverting to once per week in-season. A current 2024 WABL training matrix can be found by clicking on the link below, with individual team training schedules provided early in the New Year. We have worked hard in our training matrix to ensure our coaches who are coaching multiple teams, our NBL1 athletes are able to get to all their various commitments.

[**CLICK HERE FOR THE 2024 TRAINING MATRIX**](#)



WABL CAMP

Each year in January, April and July, the CBA hosts a WABL camp for our selected athletes. This camp is designed to refresh the fundamentals critical to the Cougars WABL program, and to fast-track athletes to be ready for grading. These camps are led by our Talent Development Coordinators, and are supplemented by our WABL coaches and 2024 NBL1 athletes.

Last year more than 120 of our WABL athletes participated in our January camp, and it is already 50% full. We recommend you grab your son/daughter's place soon, before it sells out. There is a morning (12/14's) and afternoon (16/18/20's) session, with this camp recommended for ALL U12 athletes, and team 2-4 (U14/16/18/20) athletes in our older age groups.

To register please [CLICK HERE](#)



A promotional poster for the WABL Basketball Camp. The background is a vibrant blue with a basketball court floor pattern. Four young athletes, two boys and two girls, are featured in the center, wearing blue and yellow 'COUGARS' jerseys. They are holding Spalding basketballs. The text 'JANUARY' is written in yellow on a blue banner above the large, bold yellow letters 'WABL'. Below 'WABL' is the text 'Basketball Camp' in a white, cursive font. In the bottom right corner, a circular badge contains the text 'FUNDAMENTALS, SKILLS, GAMES & FUN!'. At the bottom center, a yellow-bordered box contains the text '23RD & 24TH JANUARY AT WALLY HAGAN STADIUM'. Logos for 'COCKBURN BASKETBALL' and 'WABL' are visible in the top corners.

WABL TEAM PARTNERSHIPS

Over the past three years, the CBA has created WABL team partnerships. An opportunity for families OR small business to invest back into the athlete and the CBA. These partnerships provide all athletes in a single team with a warm up top, and a team photo. In addition, each partner gets invited to our corporate sundowner, as well as our NBL1 season launch and awards night. Last year 28/30 teams had partners, which was an outstanding achievement. We are hoping to go better again this year, and ensure all teams have partners (we are already at 7 !).

To express interest, please [CLICK HERE](#) or contact tyrone@cougarfamily.com

2023/2024

WABL
PARTNERSHIPS

NOW AVAILABLE

STARTING FROM \$1,200+ GST

INCLUSIONS:

- LOGO PLACED ON THE BACK OF EACH ATHLETE'S WARM-UP TOP (WORN AT ALL HOME & AWAY GAMES)
- 1X WABL TEAM PHOTO FOR EACH FAMILY AT NO CHARGE
- LOGO PLACEMENT ON THE WABL PARTNERSHIP BANNER
- SOCIAL MEDIA ANNOUNCEMENT (WITH ALL OTHER WABL PARTNERSHIPS)

JANUARY 3X3 TOURNAMENT

Our popular 3x3 tournament is BACK THIS JANUARY. Grab your friends and join us for a twilight event, including a DJ, activations and food trucks. Link below to register.

[CLICK HERE TO REGISTER](#)

A vibrant, colorful poster for a 3x3 basketball tournament. The background features a basketball court with a wooden floor, a basketball hoop, and a basketball in mid-air. The text is overlaid on this background. At the top left is the Cockburn Basketball logo, which includes a cartoon tiger mascot and the text 'COCKBURN BASKETBALL' and 'ESTABLISHED 1978'. The main title '3 ON 3' is written in large, stylized, glowing blue and yellow letters. Below it, the word 'COMPETITION' is written in a bold, blue, italicized font. The text 'PICK YOUR TEAM AND JOIN US THIS SCHOOL HOLIDAYS' is centered below the title. On the left, there are silhouettes of a basketball player in yellow and a basketball player in blue. In the bottom left, there is a yellow brushstroke containing the text 'AGE GROUPS' in pink, followed by 'U12 U14 U16 U18' and 'BOYS & GIRLS DIVISIONS'. In the center, there is a yellow brushstroke containing the text 'Event Details' in a cursive font, followed by 'FRIDAY 12th JANUARY TWILIGHT EVENT 3.30 to 8.30pm'. On the right, there is a large yellow '\$90' with a blue brushstroke below it containing the text 'PER TEAM'. At the bottom center, there is a yellow brushstroke containing the text 'DJ ACTIVATIONS PRIZES UP FOR GRABS FAMILY FRIENDLY EVENT'. At the very bottom, there is a yellow oval containing the text 'REGISTER YOUR TEAM ONLINE VIA THE LINK'.

COCKBURN BASKETBALL
ESTABLISHED 1978

3 ON 3

COMPETITION

PICK YOUR TEAM AND JOIN US THIS SCHOOL HOLIDAYS

AGE GROUPS
U12 U14 U16 U18
BOYS & GIRLS DIVISIONS

Event Details
FRIDAY 12th JANUARY
TWILIGHT EVENT
3.30 to 8.30pm

\$90
PER TEAM

DJ
ACTIVATIONS
PRIZES UP FOR GRABS
FAMILY FRIENDLY EVENT

REGISTER YOUR TEAM ONLINE
VIA THE LINK

WABL TEAMS

Our WABL teams have now been finalised (with the exception of the U12 girls). We understand selection can be a time of mixed émotions for everyone. As a result, we ask you to kindly ensure the appropriate avenues are taken if you have further feedback following sélections.

We ask in the short-term, you email brent@cougarfamily.com, who will seek to have the appropriate questions answered by the right people. Given the time of year, please do not expect a response prior to January 8, while our coaches and staff are enjoying a well-deserved break.

We had more than 550 athletes trial for WABL this year, so to make a team as a train-on or full-time athlete is an outstanding achievement and something to be very proud of. To view our final teams, please use both of the links below.

CLICK [HERE](#) TO VIEW FINAL BOYS TEAMS

CLICK [HERE](#) TO VIEW FINAL GIRLS TEAMS





**FROM EVERYONE AT THE COUGAR FAMILY
WE WANT TO WISH YOU A MERRY CHRISTMAS
AND A HAPPY NEW YEAR #ONEFAMILY**