

# IN THE ZONE

## Assistant Coach Interview

You're top of the league unbeaten how have you achieved this?

We have been around for quite a long time as a team and we really work well together. We have a lot of experienced players which bring a lot to the game.

You're averaging nearly 70 points a game and keeping teams to around 35-40 points. How are you able to do this?

The experience really helps and because of our experience we know a lot of the players were coming up against. This makes it easier to plan defensive match ups. Last game we managed to not let the other team score in the first quarter. Offensively we work hard at training every week and give it our all on the court.

Having a squad that's been together a long time. If someone was looking to get in to the sport for the first time would your team accommodate for this.

Yes, definitely were all about participation and development. We accept any new players and players who are looking to get back in to the sport. Sadly the amount of woman playing has been decreasing over the last few years, so it would be great to see more players coming and having a go.



team name	Lasers	league	Premier League Women
coach	Rebecca Brindley	assistant coach	Emma Gowland
<b>Lasers' Battlefront</b>			
A TEAM COMES CLOSE			
University of Wolverhampton vs Lasers			
Sunday 17 February			

Don't forget to check out Fridays YouTube video

## TEAM OF THE WEEK

FOR	AGAINST	DIFFERENCE
335	168	+177
LEAGUE POSITION	PLAYED	AVERAGE POINTS PER GAME
1	5 0 5	67.0



# THE WOMEN OF BASKETBALL

The Premier League Women have seen their numbers dwindle over the past two years, however, this looks set to change for the 2019/2020 season, as the YBL have been to clubs who are actively seeking women to join their already climbing numbers. Clubs like; West Brom, Spartans, Coventry and Shrewsbury have women's training regularly. Hopefully, these teams will be ready for action come September.

In addition to the Women's league for next season, the YBL are looking to run two Juniors Women's leagues for 12, 13, 14 and 15, 16, 17 year olds leagues, CVL or 3on3, depending on interest from clubs, this will be discussed at the YBL Conference in July 2019.

Congratulations to Lasers, being the Team of the Week, the first women's team to achieve this. Last years league and cup winners, Lasers continue with a strong winning streak, with a 5-0 run. Beating their

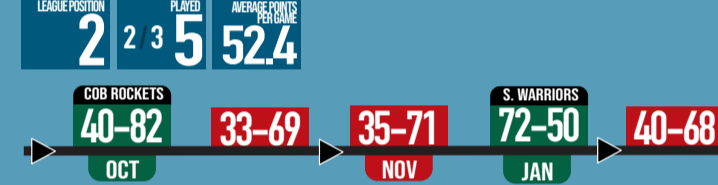
opponents with an average of thirty points and scoring an average of 67 points per game, you can see what assistant coach Gowland says about their success in the coaches' interview (see inset).

University of Wolverhampton, along with; Shropshire Warriors, CoB Rockets Women and Redditch Regals are having a much more varied season compared with Lasers. The results are much closer and seem to only be within ten or so points; for example, the CoB and Shropshire Warriors was a nine point game!

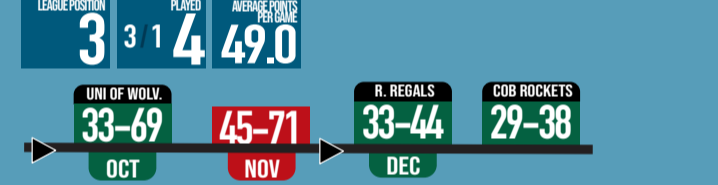
With half the season still to play for, the teams continue to battle for the wins.

**Look out during February as the YBL plans for the Summer Women's Tournament.**

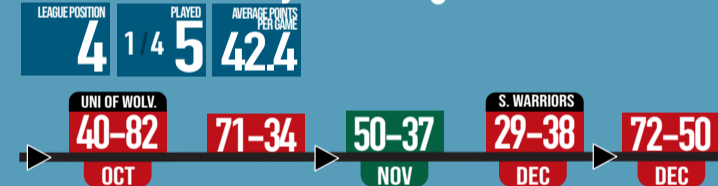
## Timeline of Results University of Wolverhampton



## Timeline of Results Shropshire Warriors



## Timeline of Results City of Birmingham Rockets Women



PREMIER LEAGUE WOMEN										
		Pld	D	V	W	L	F	A	Diff.	Pts.
1	Lasers	5	0	0	5	0	335	168	177	15
2	Uni of Wolverhampton	5	0	0	3	2	298	272	26	11
3	Shropshire Warriors	4	0	0	3	1	196	166	30	10
4	CoB Rockets Women	5	0	0	1	4	203	300	-98	7
5	Redditch Regals	5	0	0	0	5	154	290	-136	5

# GET NOTICED



Get your club noticed on the YBL weekly video, let us talk about your club or team; send us your action shots, free-throw clips, and any pictures to be mentioned in our videos. It saves you looking at our faces! Send to [info@ybl.org.uk](mailto:info@ybl.org.uk).

#Mentions

#Mentions

@YBLOfficial

**YBL** @YBLOfficial

This weeks In the Zone has certainly got a lot of attention. If you haven't seen it yet have a look! [ybl.org.uk/inthezone.html](http://ybl.org.uk/inthezone.html)

12:43 PM - 23 Jan 2019

1 Retweet 2 Likes

**Warwickshire Hawks** @Warwickhawks

The U15s return from @NuneatonBball with an impressive 98-40 win in the @YBLOfficial to take their record to 10-0! Well done to the lads and coach @thiara\_24 #hawks #playerdevelopment

5:01 PM - 27 Jan 2019

2 Retweets 6 Likes

**Walsall 99ers basketball CIC** @walsall99ers

Great morning of basketball with the Fundamentals 10am and @YBLOfficial Under 11s league #walsall99ers #letsgo99ers



# 2019/2020 Regular Season

Entries open Friday 1 February 2019 – Entry Forms can be located in the 'Downloads' section of the website

## Our Leagues

### JUNIOR YBL

**U13** **Central**

**U13** **South West**

**U13** **West Mids**

**U13** **East Mids**

**U15** **Central**

**U15** **South West**

**U15** **West Mids**

**U15** **East Mids**

**U17** **West Mids**

**U17** **East Mids**

Junior YBL Leagues provide development for coaches, players and officials, giving them the opportunity to showcase developing talent playing in competitive leagues. The leagues provide a pathway through to Senior YBL, NBL, EABL and the Aspire.

### U13/U15 Leagues

Proposed Four league split:

U13s being 12 years old or below on 1 Sept 2019

U15s being 14 years old or below on 1 Sept 2019

*Central:* Birmingham

*South West:* Gloucestershire, Hereford and Worcestershire

*West Mids:* West Midlands; including Shropshire and Staffordshire

*East Mids:* East Midlands; including Coventry, Warwickshire and Leicestershire

### U17 Leagues

Proposed Two league split:

U17s being 16 years old or below on 1 Sept 2019

### MINI YBL

**NEW**



### U9 CVL\*

Proposed Two Groups A & B (being 8 years old or below on 1 Sept 2019)

### U11 CVL\*

Proposed Four Groups; A, B, C & D (being 10 years old or below on 1 Sept 2019)

The YBL Mini League is an open competition for boys and girls under the ages of 9 and 11. These mini-leagues cater for the growing demand for basketball for younger children. It allows younger players and coaches to play in competitive local leagues developing and strengthening their team before following the YBL pathway into Junior YBL.

Matches will be played at various central venues across the YBL on either a Saturday or a Sunday across the Midlands, Gloucestershire, Hereford and Worcestershire, Shropshire, Leicestershire and borders beyond!

These leagues will be 4on4 playing two halves of five minutes per game, averaging five games per CVL; with four or five CVLs being run throughout the season, culminating in the YBL Championships Finals.

## League Entry Fees

### U9 CVL

SINGLE TEAM - £60.00  
TWO TEAMS - £100.00

### U11 CVL

SINGLE TEAM - £60.00  
TWO TEAMS - £100.00

Based on four CVLs across the season, with the possibility of teams reaching Quarter-Finals, Semi-Finals and YBL Championship Finals for 2020. These will be based on YBL Clubs able to hold games with 8foot rings. These events are overseen by staff of the YBL.

### Junior YBL: U13, U15, U17 & Junior Men's League

LEAGUE ENTRY - £60.00

with SUMMER (CUP) LEAGUE ENTRY - £100.00

Home and away fixtures for clubs format will be decided after the league entry deadline, with the possibility of teams reaching Quarter-Finals, Semi-Finals and YBL Championship Finals for 2020. LTG Cup and WMFS Trophy.

### Junior Women's League CVL

LEAGUE ENTRY - £60.00

Designed as a girls league, with aiming for two groups 12,13 and 14 as one tier and 15, 16 and 17 as another. These game would be Central Venue

### Senior Leagues

LEAGUE ENTRY - £100.00

with SUMMER (CUP) LEAGUE ENTRY - £150.00

Home and away fixtures for clubs (Summer League (Cup) format will be decided after the league entry deadline), with the possibility of teams reaching Quarter-Finals, Semi-Finals and YBL Championship Finals for 2020. Plus Summer League for 2020.

### LTG Cup/WMFS Trophy/ Summer Leagues

LTG Cup, WMFS Trophy and both Women's and the Men's Summer League will run after the YBL Finals up to and including the last week of July. Format will be decided after Entry deadline.

### Semi-Final and Finals (League and Cup/Summer)

There will be no costs for teams when it comes to Semi-Final (League) and Finals (League and Cup/Trophy/Summer League) as these have been incorporated into your league entry fees.

### SENIOR YBL



### Junior Women's League **NEW**

League devoted to a mixture of ages for girls basketball

Aged 16 years or below on 1 Sept 2019



### Junior Men's League\* **NEW**

Replacing the U19s League

Being 23 years old or below on 1 Sept 2019



### Development Men's League\*

Development of returning, new and older players.



### Senior Men's Leagues **NEW**

1 and 2 - Competitive Men's League

Based on six or seven teams per division, 1 being the stronger league, Senior Men's league are designed for more competitive games to complement teams playing in other divisions.



### Women's League\*

Ideal place for upcoming teams and returning women's teams.



@YBLofficial

\*League appointed referees. Entry forms can be found in the downloads section of the YBL website from 1 February 2019. Leagues will be based on number of teams entering per age group and their geographical location U13, U15 and U17 based on 6 or 7 teams. 3on3 (if any), U9 and U11 Leagues will be at a central venue - each team will require a coach present. Late entry fee of £50.00 after the deadline will be incurred. Quarter-Final and Semi-Final for leagues will be dependant on league numbers. For more information about the YBL and its staff can be found on the website.

**ENTRY DEADLINE: FRIDAY 5 JULY 2019**