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HOMEGROWN

BASKETBALL

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BALL HANDLING 101

Whether you're a beginner or hoping to get off the bench and into the game, here are six essential dribbling drills for any player of any level

GUIDE TO DEFENSE

Five defensive strategies every serious player must know

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OUR FIRST ISSUE EVER



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EDITORS NOTES

We are so pleased and excited to bring you the first-ever issue of Homegrown Basketball Magazine. We are all about promoting the local basketball scene in Australia. In the broader picture, Homegrown Basketball is for anyone passionate about Basketball who would like to be kept informed about the issues most pertinent to continued success.

Here at Homegrown Basketball, we like to have fun for sure. But, there's a consciousness and an ethical slant that drives the stories we wish to present. In this edition, you will find a splash of Basketball and entrepreneurship editorial amongst our profile pieces. There are also some great advice pages and career tips. It's a must-read for anyone who loves the game.

So, if you love this game, you will undoubtedly love Homegrown Basketball Magazine.

Mike Ilagan
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TOP 6 TIPS FOR STARTING OUT IN BASKETBALL

Before you start playing basketball, let's look at some of our top tips for the basketball beginner so that you can get off on the right track.

1. Get the right shoes

There isn't much that you need to start playing ball, but it's definitely essential to have a good pair of basketball shoes. This is important because using cheap shoes may lead you to injure yourself since this sport includes a lot of running and jumping around. Therefore, your feet need the right cushioning and enough support. There are perfect high-top shoes that give your feet enough support so that you can feel like a lightweight while playing. Mid-top shoes are an excellent lighter choice too, but their downside is that your ankle support isn't good enough. You should pick on the ideal pair that fits your requirements based on the position and level in the team.

2. Warm-up

You need to constantly get enough warm-up before you begin the game. Warming up can reduce the overall chance of injuries and is the right way to boost your ability to perform well. Basketball is a fast-paced sport; hence you need to warm up for this game. A perfect warm-up must raise the heart rate and have some drills before starting.

3. Stay in shape

Basketball is a highly physically challenging sport; hence it's best to be in a perfect condition if you want to play. The better your shape is, the greater your stamina, and your quick response will be better. This may also help you in avoiding injury. Running may also help you raise your cardiovascular fitness for such sports, and yoga can help you in agility and flexibility.

4. Practice, practice, practice!

There isn't any substitute for practice. Putting in hard work and dedication on skills like dribbling, passing, and shooting may put you in a state to improve. Particularly being a beginner to this sport, perfecting your fundamentals of basketball is important to build your sport development and enjoyment.

5. Dribble with your hand

Having a weak hand can make you lose your skill in development. You should make sure that you practice dribbling using your weak hand until you may handle this ball as effectively with both hands. It would help if you constantly dribbled, having your head up, not down. This is done so that you may see what is happening around you, and you must dribble as fast as you may go while you still keep control of the ball.

6. Shooting

To shoot perfectly, you must practice shooting each day from different positions. It is essential to figure out what your range is when it comes to your jump shot. Remember to hold the follow-through to maintain the technique and keep an eye on the rim of this basket for the overall duration of your shot. These are the tips you need to build before starting your game. These tips will also let you win this game and be perfect at it soon as you start playing professionally or in a team.



BASKETBALL 101

FIVE COMMON DEFENSIVE STRATEGIES

There are many defensive strategies a team may use to win a basketball game. A basketball defense refers to all defensive strategies, positioning, and alignments that a team uses to keep the opposing team from scoring more points. A strong defense needs footwork, quickness, and a deep understanding of fundamentals. Whether you happen to be a player that wants to be a better defender or you are a coach seeking to make your team's defense better, it is essential to know the fundamentals of each type of defense.

So what are the five types of defenses?

1. Man to man defense

The man-to-man defensive formation involves all five defensive players on the court being allocated one player from the other team who they're accountable for defending whenever they're on defense. The traditional man-to-man defense is probably the most common defense in the game of basketball today.

2. Zone defense

Zone defense is quite different from the man-to-man defense. Instead of guarding a specific player, the coach assigns each zone defender to be responsible for guarding an area of the floor, or "zone," and any offensive player that comes into that area. Zone defenders move their position on the floor to wherever the ball moves.

Once offensive players leave the defender's zone, the defender continues protecting their zone instead of following the offensive player as they usually do in the man-to-man defense.

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the offensive player as they usually do in the man-to-man defense.

3. Combination defense

A combination of defense mixes man-to-man and defensive zone defense. Teams do not use combination defenses as their basic defensive strategy but instead use it to confuse their opponents at a certain point in the game when they need the momentum to change over to their side. This defense sequence is risky only because there is a bigger chance that the defensive coverage can break down.

4. Full court press defense

This is a defensive strategy where a defense applies constant pressure on the offensive team across the whole length of the court - starting with an initial inbound pass. When practicing the full-court press, the teams may guard an offense using a man-to-man or the zone scheme.

Teams also start using the full-court press when they are losing late in a game and are desperate to force turnovers as the added pressure can boost the chance of steals and deflections.

5. Half-court press defense

A half-court press is a defensive strategy where a defense puts pressure on the offense while they start dribbling or even passing the ball on the half-court line. When executing the half-court press, the teams can guard the offense using a man-to-man or even zone scheme.

Unlike a full-court press, the teams primarily only utilize it sporadically in a game. You may actually apply the half-court press for the whole game.





5 DRIBBLING DRILLS

TO HELP YOU IMPROVE YOUR GAME

Dribbling is a fundamental basketball skill that needs hand-to-eye coordination, practice, and good timing. Mastering the dribble is essential because it can help you protect the ball from the opponent and help you advance the ball into the hoop, scoring points. Effective dribbling can help you control your ball, move toward the hoop, and create distance between you and the defender.

The ideal way to improve your dribbling skills is to continue practicing the basketball drills that are focused mainly on dribbling. Here are six dribbling routines that can help you boost your game.

1. Hand placement practice

Ideally, this drill requires using the whole hand to dribble the ball. Slapping the ball with the palm of your hands won't give you the required control - only using the fingertips to tap the ball won't give you the power to advance it into the court. Focus on spreading the fingers to make contact with the top and sides of the ball, letting the upper part of the palm come in contact with the ball.

2. Low dribbling

This stationary type of dribbling drill includes establishing a low centre of gravity. This also includes using intense dribbling action, which some people or coaches call "pounding." This low dribbling drill lets you maintain control of the ball by using your dribbling hand.

3. Crossover dribbling

This change in stationary dribbling includes passing the ball back and forth between both hands. Players also use this process to protect the ball against their defenders. When practising this drill, you must keep the ball low and pound it on the court.

4. Running while also dribbling

Most ball-handling drills also focus on the player's speed. The great ball-handlers can race up and down the court without losing control of their dribble. If you can build up the momentum without losing control, you are in an ideal position to master a fast break, letting you make a score before your opponents get a chance to be in a defensive position.

5. Power dribbling

This is more of an advanced dribbling drill that includes cutting on sides while pounding this ball into the court. Having a hard power dribble allows the player to elude the defender and also cut on another part of the court for an open jump shot. To execute it properly, you will require to combine a proper placement of the hand.

6. Protective dribbling

While the open court dribbling also needs speed and squaring off with the defender to protect this ball. This process includes dribbling using one hand while raising the non-dribbling arm to hold the defender back. Centres and power forwards mostly practice dribbling using their back to the defender and bracket to protect the ball.



Photographed By: Pedro Virgil



MEET THE HGBA TEAM

INTRODUCING CROMWELL, ALFRED AND KARLO

Homegrown Basketball Australia (HGBA) is a community-based sporting association that started off as a small group of interested basketball players and enthusiasts playing social basketball games in 2012. It was later established as an organisation by its founders, Karlo Basa, Alfred Sayas, and Cromwell Alvarez.

HGBA prides itself on being the seasoned basketball influencer in Western Sydney and the Sydney Filipino community. Its presence has continued to expand all over Australia and is commonly recognised by International Filipino Basketball associates as the long-standing leader in Filipino Basketball in Australia.

The brand continues to be associated as the driver of the basketball movement in Western Sydney as it constantly elevates and redefines its services throughout the years. This has resulted in wide exposure and strong influence over the Basketball and Filipino community at large.

Homegrown Basketball provides the following services:

Western Sydney Basketball Association (WSBA)

WSBA is the Basketball League entity of Homegrown Basketball Australia, which officially commenced its Basketball League operations in Autumn 2013. In its tenth year and 16th basketball season, WSBA has established itself as the leading amateur Basketball League in Western Sydney, managing between 40-50 teams every season.

Homegrown Basketball Academy (HG Academy)

HG Academy is the basketball coaching and player development entity of Homegrown Basketball. Accredited coaches and trainers deliver the program in an innovative and fun environment, providing several options for all ages and skill levels.

National Basketball Training Centre (NBTC)

Homegrown Basketball Australia is the tenured partner of the SM NBTC Basketball Pathway to Philippine UAAP and NCAA Basketball. The program provides for Philippine Collegiate Basketball aspirants to participate in the extensive training and development program with an opportunity to be selected to represent Australia in the annual SM NBTC Global Games, the scouting platform for Philippine NCAA and UAAP coaching and scouting staff.

HGBA continues to build on its rich history as they endeavour to develop the sport of Basketball and its presence in Australia. For more information on its services and how to be part of the Homegrown Basketball community, please contact the Homegrown Basketball admin at info@homegrownbasketball.com.au.



Photographed By: Pedro Virgil



Ronald Luna founded Old School Basketball in 2007 in Singapore; since then, the team has won multiple games and been in 20 championship tournaments in Singapore, Perth, WA, and now in Sydney, Australia.

The team was created not only to play basketball but to create friendship, partnership, and trust in the community. They are active in supporting charities and comradery; each player has their own role for the team, to support each and everyone's needs inside or outside the court. Their mission is to build a good name in the community and support anyone who needs their help. They are a family of different cultures, religions, and locations, but they support each other in everyone's needs.

Alex Jimenez, Roer Jimenez, Kobe Jimenez, Justin Napiza and Erwin Villacorta with their current uniform, fronted with the original style RAJA uniform (Rudy's Retired Jersey)



Photographed By: Pedro Virgil



RAJA Basketball Team was formed in 1981 by the late Rudy Jimenez and his mate Joseph Ymalay to create a charter for meeting other Filipinos, mateship, having a good time, and celebrating it. Still, first and foremost, RAJA is a circle of "Family".

The name RAJA was derived by Rudy from the prefix of the Tagalog word Rajah, meaning the title of Chief or Royal Sovereign. The Team adopted its original Club colours of Royal Gold, Black, and White for their uniform. Its Inaugural Team Roster consisted of Family relations and close friends.

Team RAJA was crowned Champions for their Division in WSBA Season 13. Regrettably, Rudy #6 passed away just weeks before the Championship game, and he did not see his beloved Team RAJA win the Championship. Rudy's legacy continues with Team RAJA today; his playing number 6 is and will always be embossed in a love heart in any Team RAJA uniform.

saving grace



Photographed By: Pedro Virgil



Photographed By: Pedro Virgil



The Saving Grace Christian Church (SGCC) Basketball Team was formed in 2016 mainly composed of the SGCC church members and its community. The team represents the Saving Grace Christian Church (SGCC) which was founded in July 2007 and is pastored by Pastor Lito Basa.

As the church congregation is predominantly of Filipino nationality, the SGCC church community was filled with basketball-loving members. With the strong presence of the Western Sydney Basketball Association (WSBA) within the community, it did not take long before the SGCC members' passion for basketball led them to participate in the WSBA league for some fun and fellowship.

Since joining WSBA Season 7 in 2016, where they were eliminated in the semi-finals, SGCC has been a regular-season participant within the league. With the church's support, the SGCC Basketball Team has been fortunate to be part of the WSBA league and community throughout the years. Players have come and gone, but through fellowship, the team has met new teammates and made new friends. WSBA league has become a part of most players' post-church routine and activities.

Their efforts and commitment to the SGCC Basketball Team had finally paid off, winning their first championship in WSBA Season 14 - Division 5. The team has been able to leverage from their great run in Season 14 and continued their excellent form again, finding themselves in the finals series for Season 15.

SGCC Team Captain Rey Maravilla added, "the team is far from perfect on and off the court. However, we recognise that we are a work in progress as a team and as individuals. A life transformation process through the saving and enabling grace of Jesus Christ."

Ball of Duty

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MEET THE CEO OF TNB COFFEE

Adrian DUQUILLA

Run by Adrian Duquilla, TNB Coffee (@thenakedbaristacafe) serves close to one of the best coffees you can find in Western Sydney. A long bar, dotted with stools, runs the length of TNB Coffee in Rooty Hill. That's because your coffee date is with your barista, and there's definitely a lot to talk about. There are multiple blends to choose from, plus some amazing coffee with the price tag to match. Homegrown Basketball recently caught up with Adrian to discuss his journey as an entrepreneur in Western Sydney, and here's what went down:

Is TNB coffee now your full-time job? Yes, it is. I'm all in!

What did you do for work/career prior? I was in IT for over 15 years.

Whereabouts do you live? Minchinbury in Western Sydney.

Are you married? Do you have any kids? Yes, I'm married, and I have three girls.

When did you start learning how to be a barista? 2020 when the lockdown first started.

When did you start your Instagram account? (it seems to have grown very quickly!) April 2020. Yes, it grew very quickly. People seemed to like the content I was releasing since photography and videography are my hobbies.

What other brands have you worked with (outside of Califia)? Riverina, @made by fressko, pesado, coffee machine technologies.

Are there any specialty drinks or dishes at your café, or is there anything else that might be unique or interesting about the café? I do monthly rotation pour-overs, which has been a hit. It has been a space for many students wanting a place to study and work from home and people wishing to work in the cafe. There's free unlimited wifi and PowerPoints everywhere.

Is there anything else that might interest the media about yourself and your journey with TNB? Look out for more branches. This is just the beginning.

What are you doing to maintain or grow your business? To maintain and grow my business, I'm concentrating on maintaining the high standard of coffee and food I started with. There's nothing worse than being inconsistent. The best way to grow a business is to do things well all the time to get repeat customers. My main tactic is for people to talk about my business via word of mouth. Nothing better than getting personal recommendations from people that have visited the cafe because they are the customers you want that love your product and will share it with others wither via social media or word of mouth. I still think this is more powerful than spending on marketing.

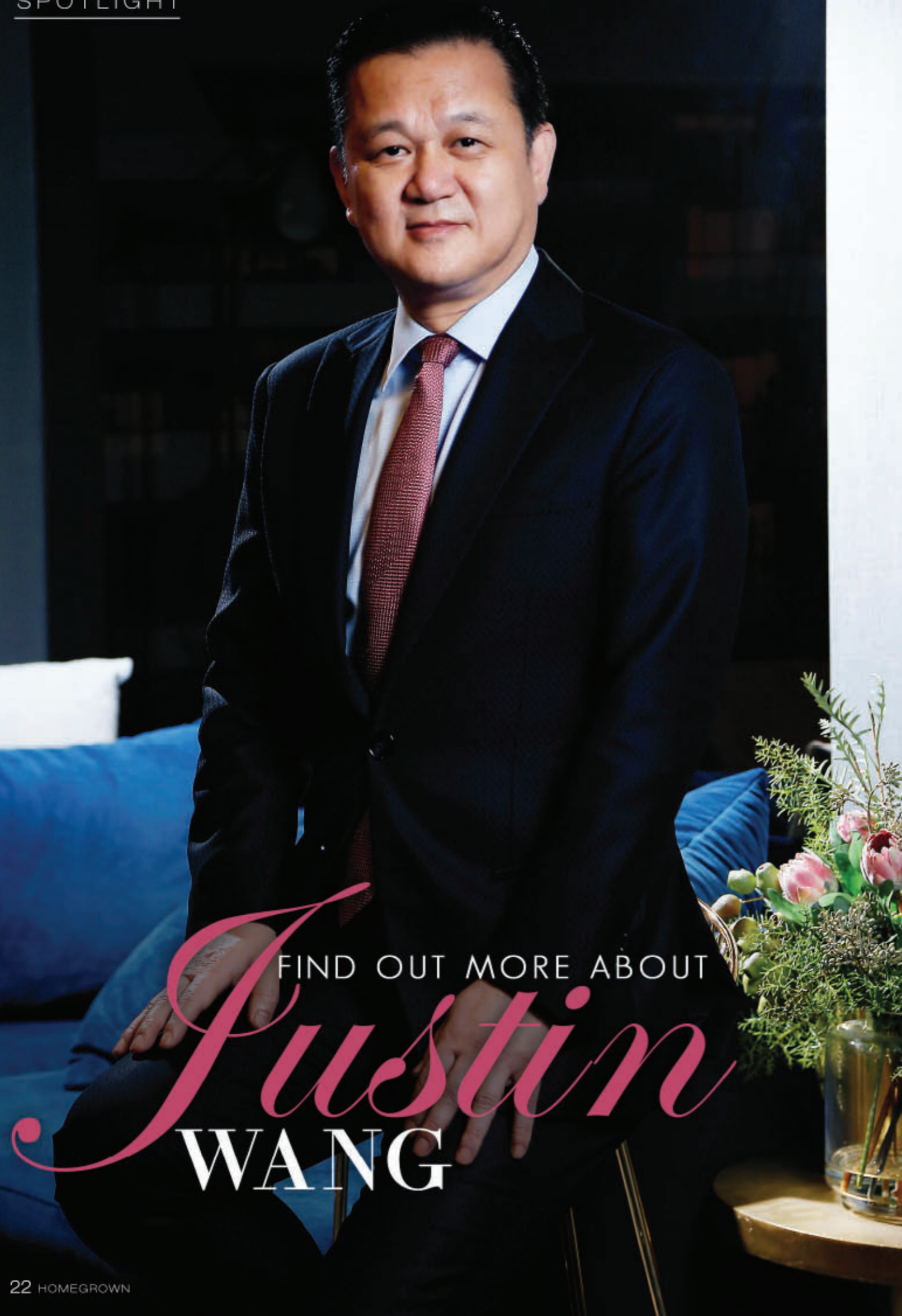
What is the best advice you have ever been given? You can only put a limit on yourself.

Any advice to a person that wants to get into business? Do something you love and not something just to make money. The profit and success will come naturally because you love and believe in the product you are serving.

TNB coffee is located in 1 Rooty Hill Rd South, Rooty Hill NSW 2766.



Photographed By: Pedro Virgil



FIND OUT MORE ABOUT

Justin
WANG

Justin Wang built PIA (Property Investors Alliance) at the time where he realized the profitability of the Sydney residential property. His considerable charisma would go on to spearhead a veritable empire of altruistic financial freedom. He is the embodiment of the self-made businessperson. From unassuming beginnings to life as a property magnate – he now personifies the paradigm for financial freedom. It always comes down to abundance as generated by collaboration.

Homegrown Basketball magazine recently caught up with Justin to discuss his journey to entrepreneurship and here's what went down:

Could you please give us a brief background about yourself and how you became an entrepreneur?

I actually arrived in Australia back in 1993, before that I used to be a high school teacher in China. When I first arrived in Australia, life was very tough, I worked in restaurants, in manufacturing as well as in sales to get by - it was a struggle. I was earning around \$30,000 a year at the time and I felt that I needed to earn more if I wanted to eventually achieve financial freedom. Australia is a rich and developed country compared to China so my plan was to come to Australia, make good money then retire in China forever and enjoy my life. I started the business back in 2005, at the time, the market took a downturn so many people believed that buying a property is no longer a good investment. But then based on my research and experience of buying my first property back in 1996 and then a few more properties later on - the experience taught me that investing in Sydney residential property is always a good move. So in 2005, I started to publicly promote my concept - the PIA concept to encourage other people to continue to invest in Sydney properties. The main reason I started my business is because I believed that everyone needs to find a way to achieve financial freedom. The second reason is because I truly believe Sydney properties is one of the best assets/investments that can help you achieve this goal. The third reason is because as an investor, I should share my knowledge and understanding. So I actually built PIA for other people's benefit - to help people.

Why do you think investing in property is the best and most efficient way to become financially free?

This is a very good question. Personally, all my wealth is in Sydney residential properties. I've never had any interest in shares, I've never bought shares - this is just my personal opinion, by the way, I'm not providing financial advice. So why do I like property? The first reason is because property is real - it's something you can touch and control under your name. It's not like other investments that you can't control. The second reason is, Sydney residential property is quite unique - it's not affected by the state of the economy, instead, it's driven by the true demand which is population growth. Even if you check the history of the Australian property market, the state of the economy can go up and down, and the interest can vary from high to low and vice versa but the value of Sydney properties and rental income will always go up. The population of this city always keeps going up, so as an investor, you're a winner. The third reason is if you want to invest in other investments you need money upfront, while in this investment model you can actually borrow money from the bank to start your investment journey so you're not taking money out of your own pockets. Even if you get rich from your business or investing in the share market, you still need to invest your money in the right asset - and for us, it's always going to be Sydney residential property.

Here are 3 reasons why:

1. Ownership: For most assets, there's no guarantee of ownership which is very dangerous.

2. Passive income: Rent is a very good and stable passive income even in today's economy.

3. Value: You need an investment where the value continues to appreciate. Sydney residential property has proven time and time again that its value is always increasing.

What is your main tactic when it comes to making more people aware of your brand and engaging your customers?

Actually, I've never had a marketing strategy for PIA. I'm like a farmer, I'm happy to plant the seed and watch the tree grow from the seeds. Word of mouth is our main marketing tactic. The PIA brand has always been about word of mouth and customer satisfaction. Many people probably aren't aware that PIA is such a significant business, we have thousands of investors, we have a massive office, we invest billions of dollars each year and we manage 6,000 to 7,000 properties annually.

What is the most difficult part of your business?

The world keeps changing too fast. That's probably the biggest challenge for us because the client we're facing now is a completely different client from 15 years ago.

Have you ever thought about writing a book? Is this something you want to do in the future eventually?

Yes, of course. My background is Chinese literature. Actually, my original dream was to gain financial freedom then afterward write a book and become a professional author. Of course, I'm currently too busy with the PIA business, but eventually, I want to finish a book about my investment concept.

What do you usually do in your spare time if you're not working on your business?

My life is very simple. My hobbies are reading and writing Chinese calligraphy and practicing traditional Tai Chi.

What advice would you give to a potential investor?

Buying or renting a property is not about buying a home - it's whether or not you can continue living in this beautiful city in the future. Because we have an aging population - therefore the demand for property will always be increasing but the land availability in the city will keep decreasing. Eventually, it would be almost impossible to afford rent in the city. Hence, you need to buy a property now before it's too late.

What advice would you give to a newbie Entrepreneur setting up their first business?

So many people want to start a business because they want to make money. But before you even think about making money, you need to think about what you're going to do for our society. You need to identify people's needs first. If you find that there are problems in the society, market, or a certain industry and you can find the solution to fix their problems, your business will definitely be successful. The money will always come to you as long as you think about other people's needs first.



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