

SEASON 2025 - 2026



Mission Statement:

At Selmun Sports Club, we inspire our community to embrace sport and fitness as a lifelong lifestyle. Guided by our motto Dare to Dream, Dare to Achieve. We create opportunities for growth, wellbeing, and community spirit whether through competition or recreation, individually or part of a team.

COMMITTEE MEMBERS:

Simon Brincat - President
Hilary Fenech - Vice President
Annabell Bricat Stellini - Secretary
Daniel Vella -PRO
Shawn Incorvaja - Treasurer
Matthew Cauchi
Joe Vella

Category	Ages in 2025	Year of Birth
Mini U8	6– 8 yrs	2019–2017
Mini U10	9-10yrs	2016 – 2015
Cadets U12	11–12 yrs	2014–2013
Youths U14	13–14 yrs	2012–2011
Juniors U16	15–16 yrs	2010–2009
Juniors U19	17-19yrs	2008 – 2006
Senior	20+	2005 & earlier



DARE-TO-DREAM
DARE-TO-ACHIEVE

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WEIGHTLIFTING & POWERLIFTING

SEASON 2025 - 2026



Hey its Brax, your mascot for the powerlifting and weightlifting community, here at Selmun Sports Club.

I mix Powerlifting when I want that strong pump (squat, bench, Deadlift) and Weightlifting when I feel I need speed and power.

If you want to get stronger and healthier, there is no better way than to join us in Selmun Family Park.



Come and learn the benefits of smart lifting, proper technique, while keeping each other safe. It can also be a strength, speed and power foundation for all sports.

CONTACT SIMON BRINCAT - 99446891

U16 WEIGHTLIFTING

Coached by:
Simon Brincat



Simon Brincat

Simon Brincat—40+ years in Olympic Weightlifting: lifter, National Coach, International Referee. He teaches kids safe, fast, powerful lifting with smart progressions at Selmun Sports Club.

LEARNING OUTCOMES:

- Clean & Jerk complexes
- Power Snatch progressions
- Front/Back Squat technique
- Pulling strength
- Jerk footwork & dip/drive timing
- Session Planning and goal setting
- Mindset: patience, consistency, supporting teammates.



WEEKLY SESSIONS PERFECT FOR:

- Boys & girls 8–15 (no experience needed)
- Players from any sport wanting more speed, power, coordination
- Kids who enjoy learning skills and tracking progress
- Beginners, returners, and multi-sport athletes
- We welcome all levels; we scale for each athlete

CONTACT: SIMON BRINCAT – 99446891

WEIGHTLIFTING

Coached by:
Simon Brincat



Simon Brincat

Simon Brincat—40+ years in Olympic Weightlifting: lifter, National Coach, International Referee. He teaches kids safe, fast, powerful lifting with smart progressions at Selmun Sports Club.

LEARNING OUTCOMES:

- Safe Technique Mastery
- Olympic Lift Foundation –
 - power clean, power snatch, jerk.
- Strengthening focalisation
- Mobility and Stability
- Recover and Lifestyle



WEEKLY SESSIONS FOR:

- Absolute Beginners (never did sport before)
- People who feel unfit and weak.
- Sport athletes wanting more power, speed and resilience.
- Parents/adults seeking a safe coached routine.
- Team Championship Competitions

CONTACT: SIMON BRINCAT – 99446891

POWERLIFTING

Coached by:
Simon Brincat



Simon Brincat

Simon Brincat: European powerlifting technical official and coach. At Selmun, he teaches squat, bench, deadlift with safe progressions—building strength, confidence, meet-ready skills for teens, adults.

LEARNING OUTCOMES:

- Bracing & setup: breath, spine, foot/hand placement.
- Squat: depth, stance, controlled bar path.
- Bench: tight setup, leg drive, press path.
- Deadlift: hinge mechanics, bar-close, crisp lockout.
- Safety: spotting, commands, rack etiquette, collars.
- Progression: RPE/percentages, recovery, meet rules



WEEKLY SESSIONS FOR:

- Absolute Beginners (never did sport before)
- People who feel unfit and weak.
- Sport athletes wanting more power, speed and resilience.
- Parents/adults seeking a safe coached routine.
- National and International Championship Competitions.

CONTACT: SIMON BRINCAT - 99446891

FUNCTIONAL FITNESS

Starting in 2026...



I'm VITA, welcome to the Fusion Fitness section...

Are you feeling energized? If you've been waiting for a sign to start getting fit, this is it.

Fusion Fitness is where we mix smart strength, playful cardio, and mobility from Yoga & Pilates.

No egos. No "must be fit first." We start exactly where you are and move forward—one rep, one breath, one smile at a time.

BENEFITS:

- Feel stronger and lighter in your body
- Move better: hips, shoulders, core—hello mobility!
- More energy for life, school, work, sport
- A team that cheers for every small win



WEEKLY SESSIONS FOR:

- Kids, teens, adults. Beginners, "not fit yet," and athletes wanting smarter movement. Everyone belongs.
- My promise: I keep it fun, safe, and scalable—progress over pressure.
- Come for the workout, stay for the way you feel after.

CONTACT: SIMON BRINCAT - 99446891

BLACKBALL

SEASON 2025 - 2026



hello everyone, my name is Cueby.

I am a calm, focused, confident and friendly mascot. I like good table manners.

At Selmun Sports Club, we Dare to dream. My dream is teach this game to many new players. I love teaching table patterns, and finish on the black with confidence.



Our game needs a lot of patience, confidence, good stance and aim. We learn the rules of the game, respect the table, and have fun competing as one team, and also play recreationally. If you can reach the table and aim, then you can play this beautiful game.

CONTACT JOE CHETCUTI - 79442984

BLACKBALL

Coached by:
Joe Chetcuti



BIO JOE CHETCUTI

LEARNING OUTCOMES:

- Stance and Bridge - balanced and repeatable
- Straight cue action - (back through) and simple aim.
- Cue-ball routes: stop, roll, stun, soft 1-rail position
- Pattern play: play 2-3 balls ahead, key ball to black.
- Table manners and Safety.
- Preparation for national and community leagues / tournaments.



WEEKLY SESSIONS PERFECT FOR:

- Absolute Beginners (never did sport before)
- People who prefer concentration sports.
- People who like playing blackball or billiard
- Children or adults who wants to learn a new sport

CONTACT: SIMON BRINCAT - 99446891, JOE CHETCUTI - 79442984

BASKETBALL

SEASON 2025 - 2026



I'm Selmo, your mascot, here to kick off the 2025/26 season! 🏀

We've got a super-cool training plan to help you shine ★ plus loads of fun activities.

Im making sure that Im ready to bounce, cheer, and dance on the sidelines.

👉 Your mission: read this booklet so you don't miss a thing. See you on court! 🚀

BASKETBALL COMMITTEE **MEMBERS**

Matthew Cauchi - Director

Hilary Fenech - Director

Fabrizio Mariani - Head Coach

Corrado Mercurio - Coach

Sanju Lokuhitige - Coach

Kevin Vella - Parents Rep

Katica Babic - Parent/PRO

Lucia Allison - Parent

Bernard Sammut - Parent





TEAM RULES

**Hey friends, I have some rules
which I can share with you!**



Your work must meet your aspirations

One for all, all for one...
Teamwork always win!



Be your best judge!

Dream Big!

Help your team mates

Practice alone to master the drill

Train your weaknesses, not your Strengths

AND, CLUB RULES

Arrival – Parents/Players should arrive 5 minutes before.

Club Kit – All players must attend in official club gear (training shirt, shorts, etc.).

Footwear – Players must wear appropriate sports shoes (basketball or running shoes).

Hydration – must bring water to training and games.

Snacks – Healthy snacks are allowed during training breaks if agreed with the coach.

Parent Presence – A parent/guardian must remain at the court or be reachable by phone in case of emergency.

Sideline Behaviour – Parents must not interfere with training or coaching. Support the whole team, not only your child.

Team Responsibility – Players must help collect and safely store equipment after each session.

Safety & Dismissal – Players cannot leave the court alone. Only the registered parent/guardian may collect the child, unless written permission is given.



MINIS U8

Coached by:
Sanju Lokuhitige
Matthew Cauchi



Sanju Lokuhitige (U8)

Sanju started basketball at 13, winning Sri Lanka's All-Island U17 Three-Point Championship and later captaining his high school to a Division A title. At Stony Brook (NY) he played recreationally, then at SUNY Korea. His friendly approach makes learning the game fun and playful.

LEARNING OUTCOMES:-

- **Enjoyment and love for the game.**
- **Basic motor skills: running, jumping, coordination.**
- **Simple ball handling (dribbling both hands, passing).**
- **Understand basic rules (in/out, no travelling).**
- **Teamwork and sharing.**



WEEKLY SESSIONS:-

Thursday – 5pm to 6pm

Saturday – 8.30am to 9.30am



CONTACT: KATICA BABIC: 99918700 / COACH SANJU – 99754705

Ball size – size 5 (69–71cm, 500g)

Rim height – 2.6m

Court Size – 14 x 11m max.

Free throw line – 4m

Tournament: game duration – 4 x 8min

Refereeing – non, educational.

Goal – Participation, Learning.

Substitution – free subs, equal play

Scoring – 2-pt field, 1-pt free throw

Playing – Equal play time

MINIS U10

Coached by:
Matthew Cauchi
Corrado Mercurio



Matthew Cauchi (U10)

Began Coaching at a very young age with Mellieha Basketball Team. My passion for basketball continued through roles in playing, coaching, and club administration at Mellieha Tritones Club. Team director and Mini coach focus on basketball fundamentals and physical skills.

LEARNING OUTCOMES:

- Improve dribbling, passing, catching, etc.
- Learn basic shooting form.
- 1v1 attack and defence basics.
- Start spacing and ball-sharing.
- Build confidence and inclusion.



WEEKLY SESSIONS:

Monday – 6–7.30pm (Selmun)

Wednesday – 6–7.30pm (Selmun)

Saturday – 12–1.30pm (Ta' Qali)



Selmun basket U10 Winter
25/26
WhatsApp group



CONTACT: KATICA BABIC: 99918700 / COACH MATTHEW – 79324179

Ball size – size 5 (69–71cm, 500g)

Rim height – 2.6m

Court Size – 14 x 11m max.

Free throw line – 4m

Tournament: game duration – 4 x 8min

Refereeing – Coaches, educational.

Goal – Participation, Learning.

Substitution – free subs, equal play

Scoring – 2-pt field, 1-pt free throw

Playing – Equal play time

GADETS U12

Coached by:
Corrado Mercurio
Matthew Cauchi



Corrado Mercurio (U12)

Homegrown in Catanzaro broke into Serie B2 at just 16. Professional player, with former Italian National Team player, before building a solid senior career across southern Italy and, later, Malta, Mellieha Libertas. Specializing in building players for the competitive stage, focusing on strong fundamentals.



LEARNING OUTCOMES:

- Consolidate layups.
- Pivoting, bounce/chest passes.
- Develop shooting mechanics.
- Defensive stance and positioning.
- Learn transition play (fast breaks).
- Awareness of positions in 3v3 or 4v4.



WEEKLY SESSIONS:

Monday - 6-7.30pm (Selmun)
Wednesday - 6-7.30pm (Selmun)
Saturday - 12-1.30pm (Ta' Qali)


Selmun Basket U12 Winter
25/26
WhatsApp group



CONTACT: KATICA BABIC: 99918700 / COACH CORRADO - 99394316

Ball size - size 5 (69-71cm, 500g)

Rim height - 3.05m

Court Size - 28 x 15m max.

Free throw line - 5m

Tournament: game duration - 4 x 8min

Refereeing - Starter Referees.

Goal - Participation, young competition.

Substitution - quarter, equal play

Scoring - 2-pt field, 1-pt free throw

Playing - Equal play time

YOUTHS U14

Coached by:
Corrado Mercurio
Fabrizio Mariani



Corrado Mercurio (U14)

omegrown in Catanzaro broke into Serie B2 at just 16. Professional player, with former Italian National Team player, before building a solid senior career across southern Italy and, later, Malta, Mellieha Libertas. at U14 level, coach Corrado introduces players to competitive basketball. Lead the developenment of offence and defence concepts and teamwork.

LEARNING OUTCOMES:

- Refine layups, mid-range shooting.
- Develop defensive principles (help, closeouts).
- Learn basic team concepts: pick & roll, spacing, fast break, offence movement.
- Improve decision-making.
- Strengthen physical coordination.



WEEKLY SESSIONS:

ALL U14 PLAYERS ARE CURRENTLY PROMOTED TO THE U16B TEAM. FUTURE TRAINING WILL BE ADVISED ON THE CHAT.



CONTACT: KATICA BABIC: 99918700 / COACH CORRADO – 99394316

Ball size – size 6 (650g)

Rim height – 3.05m

Court Size – 28 x 15m max.

Free throw line – 5m

Tournament: game duration – 4 x 10min

Refereeing – Normal Referees.

Goal – early competitive stage

Scoring – 2/3-pt field, 1-pt free throw

Playing – at least one quarter

Offence – Shot clock 24sec apply

JUNIOR U16

Coached by:
Fabrizio Mariani



Fabrizio Mariani (U16/U19)

Fabrizio Mariani, brings nearly 20 years of professional basketball experience in Italy, with appearances in Serie A and a U19 Italian Championship title in 2002. FIP certification in coaching and a two-year European master's program. Passionate about youth development, Fabrizio emphasizes teamwork, discipline, and enjoyment of the game, fostering both athletic growth and personal values among players and parents.



LEARNING OUTCOMES:

- Apply skills under game intensity
- Structured offence and defensive systems
- Physical conditioning and mental resilience
- Advanced offensive concepts
- Advanced defensive concepts
- Discipline and Sportmanship



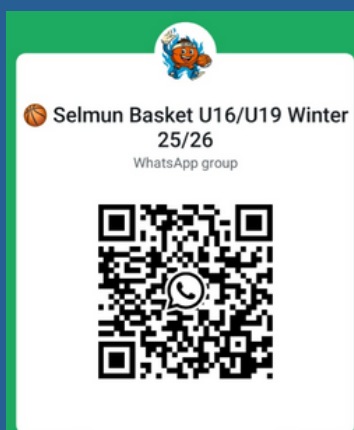
WEEKLY SESSIONS:

Monday - 6-9pm (Selmun)

Thursday - 6-7.30pm (Selmun)

Friday - 6-9pm (Selmun)

Saturday - 12-1.30pm (Ta' Qali)



CONTACT: HILARY FENECH - 79091626 / COACH FABRIZIO - 79029356

Ball size - size 7

Rim height - 3.05m

Court Size - 28 x 15m

Refereeing - Qualified Referees.

Goal - Competitive Stage

Substitution - Normal Game

Scoring - 2/3-pt field, 1-pt free throw

Playing - Normal Game

Tournament: game duration - 4 x 10min
+ Overtime

JUNIOR U19

Coached by:
Fabrizio Mariani



Fabrizio Mariani (U16/U19)

Fabrizio Mariani, brings nearly 20 years of professional basketball experience in Italy, with appearances in Serie A and a U19 Italian Championship title in 2002. FIP certification in coaching and a two-year European master's program. Passionate about youth development, Fabrizio emphasizes teamwork, discipline, and enjoyment of the game, fostering both athletic growth and personal values among players and parents.

LEARNING OUTCOMES:

- Prepare for senior competition.
- Master advanced tactics: presses, set plays
- Improve shooting range, decision-making.
- Focus on physical development (strength, recovery).
- Develop leadership and mentoring.



WEEKLY SESSIONS:

Monday – 6–9pm (Selmun)

Thursday – 6–7.30pm (Selmun)

Friday – 6–9pm (Selmun)

Saturday – 12–1.30pm (Ta' Qali)



CONTACT: HILARY FENECH – 79091626 / COACH FABRIZIO – 79029356

Ball size – size 7

Rim height – 3.05m

Court Size – 28 x 15m.

Tournament: game duration – 4 x 10min
+ Overtime

Refereeing – Qualified Referees.

Goal – Preparation senior level

Scoring – 2/3-pt field, 1-pt free throw

Playing – Normal game

INFORMATION



Step 1 – Selmun Sports Club Registration Form

Online – Facebook, Website

PDF – Facebook, WhatsApp, SSC Booklet

Paper – Selmun Family Park, Mellieha Local Council, Supermarket, Stationary, Pharmacy.

Step 2: Registration Malta Basketball Association

Every player should register with the Malta Basketball Association for competing in tournaments. The application should be filled and handed to a member of the basketball committee.

Online – download from the malta basketball association website:

<https://maltabasketball.web.geniussports.com/player-registration-form/>

PDF – WhatsApp

Paper – Selmun Sports Club Office

Step 3: Registration for kit and other clothing and merchandise – contact committee member for sizes tryout.

An official Selmun Sports club order can be placed online.

Online – Facebook Market page

PDF – WhatsApp Catalog

Step 4: Download Basketball Schedule

For every division a calendar has been created with all the dates for training, games and scheduled events for this season. A calendar QR code can be found for every category.

Step 5: Enroll in Basketball Individual Courses / Fitness and Strength Programs

Dare to dream – Dare to achieve. Individual courses (for all ages) have limited capacity and these are designed for different ages and levels. follow Facebook page, Instagram and WhatsApp for more info.



BASKETBALL FEES:

OCTOBER 2025 - MAY 2026



Dear all,

Below are the price list for the basketball training sessions for the next MBA Basketball Season. please note that saturday's training session shall be played at MBA Ta' Qali indoor courts.

To alleviate pressure on parents/guarians, payments by instalments are considered on an individual basis.

Category	Ages in 2025	Year of Birth	Prices
Mini U8	6– 8 yrs	2019–2017	€150 2sessions x 1hr each
Mini U10	9–10yrs	2016 – 2015	€250 2 to 3 sessions, 1.5hrs each
Cadets U12	11–12 yrs	2014–2013	€250 2 to 3 sessions, 1.5hrs each
Youths U14	13–14 yrs	2012–2011	€350 3 sessions, 1.5hrs each
Juniors U16	15–16 yrs	2010–2009	€350 3 sessions, 1.5hrs each
Juniors U19	17–19yrs	2008 – 2006	€350 3 sessions, 1.5hrs each

Method of Payment: Selmun Sports Club:
IBAN: MT56VALL22013000000050018716365

Bank Transfer – Name of Player and Category (Basketball) in Notes.
Example: Jason Vella U8 – (Basketball)



MEMBERSHIP APPLICATION FORM – MINORS

JANUARY 2026 – DECEMBER 2026

All members should fill in the following form yearly:

Surname: _____ Name: _____

Date of Birth: _____ Age (2026): _____

Nationality: _____ ID/ PP Number: _____

Contact Number: _____ School: _____

Address: _____

New member? (Y/N): _____ Benefit from tax rebate? (Y/N): _____

See page on nurseries attendance scheme - tax rebate.

Which sports discipline you would like to participate in: (Mark with an X)

Basketball		Blackball (Pool)		Functional Fitness		Olympic Weightlifting		Powerlifting	
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Parents / Guardians Information:

Name & Surname	ID Number	Mob. Number	Email

Declaration: I hereby declare that I have read the club rules and accept them unconditionally. Recognising the possibility of physical injury associated with sports, I hereby release, discharge and or otherwise indemnify Selmun Sports Club, the club's officials and coaches against any claim by or on behalf of the registrant as a result of the registrant's participation with the club. It is understood that the club registration fee is nonrefundable/transferable under any circumstances. The Committee is authorised to use any club photographs/videos with names for publicity or on the club's website.

Name: _____ ID No.: _____

Signature: _____ Date: _____



MEMBERSHIP APPLICATION FORM – SENIORS

JANUARY 2026 – DECEMBER 2026

All members should fill in the following form yearly. Keep page 2 Rules and Code of Ethics for future reference:

Surname: _____ Name: _____

Date of Birth: _____ Age (2026): _____

Nationality: _____ ID/ PP Number: _____

Contact Number: _____ School: _____

Address: _____

New member or renewal: _____

Which sports discipline you would like to participate in: (Mark with an X)

Basketball		Blackball (Pool)		Functional Fitness		Olympic Weightlifting		Powerlifting	
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Signature: _____ Date: _____

For Official Use:

Signature 1: _____ Signature 2: _____

Date of Approval: _____

Correspondance: 73, Nabelle, Flat 3, Salvu Camilleri Street, Mellieha MLH 1456
e-mail: selmunsportsclub@gmail.com



MEMBERSHIP APPLICATION FORM – SENIORS

JANUARY 2026 – DECEMBER 2026

RULES AND CODE OF ETHICS

(this page to be kept by member, for reference)

ADMISSION: The club reserves the right to accept or reject any application at its absolute discretion without assigning any reason for its decision. The annual fee covers membership with Selmun Sports club, training weekly for the entire calendar year.

COMPETITIONS/TRAINING SESSIONS: Players will not be called for competitions if they have missed too many training sessions – no matter how good that player may be. Selected players are to be at the competition venue one hour before it starts, or as directed by the club management. The club will not provide transport for the competitions. Players who, for a reasonable cause, cannot attend training sessions are to inform the team manager / coach by phone, e-mail and any other form of social-media.

BEHAVIOUR: Members will be immediately suspended from the club without any right for fee reimbursement following a serious violation of the club rules, damage caused to the sporting facilities and disrespectful attitude towards committee members, coaches, managers, assistants or other parents/children/players. Members will also be held responsible for any damage caused to the premises. Mobile phones are to be kept on silent during competitions and training sessions.

INJURIES/LIABILITIES: Although the participants will be under the supervision of the club's officials or coaches during training sessions and activities, the club does not accept any responsibility/liability for any personal injury or other damages that may be sustained by the participants during the clubs' training sessions, competitions and activities. The club is not responsible for the custody of personal effects of the participants, who are to refrain from bringing any items of a valuable nature for competitions and training sessions.



NURSERIES ATTENDANCE SCHEME

JANUARY 2026 – DECEMBER 2026

Parents whose children attend any sport nursery that is registered with the Regulatory Authority for Sports, are entitled to benefit from the Tax Rebate Scheme.

Tax Rebate Assistance through CFR endorsed by SportMalta:

Parents may benefit from a maximum of €300 tax rebate on their FS3 tax return, for each child attending a sport organization training programme.

Information extracted from:

<https://sportmalta.mt/assistance-schemes/tax-rebates/nurseries-attendance-scheme/>

Application for Tax Rebate Scheme

The sports organization shall send the list of all parents who would have successfully paid the respective membership and provided the details to benefit from the tax rebate scheme to SportMalta's representatives – by sending the list by means of an e-mail to:

assistances.sportmalta@sportmalta.org.mt.

Submission Timeframe

The sport organization shall send the list of membership payments received during a particular year, by not later than the prescribed deadline. Sport organizations must abide by this deadline as SportMalta is bound to send the full list to the tax authority by the deadline imposed by the tax authority.

Should Parents or sports organization representatives require further information, they may contact us on 22036100