

Welcome to this month's ATTACK! Basketball Newsletter. We hope you will enjoy this newsletter and we welcome your feedback. Have a question or something you would like to see included? Please let us know! (Enlarge to 100% or more if needed.)

To remove your name from our mailing list please [click here](#) and type **UNSUBSCRIBE** on the subject line and send. Thank you.

Questions or Comments please [email us](#) or CALL 214-223-7865



*Coaching Players to Success
on the Basketball Court
. . . and in life.*

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Fun basketball training for boys & girls

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**BASKETBALL TRAINING
SPORTS CONDITIONING
ADULTS OR CHILDREN
CERTIFIED PERSONAL
TRAINER AND FORMER
PROFESSIONAL BASKETBALL
PLAYER**

CHARLIE MILLER
AVAILABLE NOW FOR
INDIVIDUAL SESSIONS
*Individual focus, weight,
strength, and skill goals
Personal attention and
customized plans,
personal coaching and
expert assistance*

Summer Skills Sessions

Tuesdays - 5:45 - 6:45 PM

Park Cities Baptist Church

3933 Northwest Parkway, Dallas 75225

Saturdays 11:30-12:30 PM

Campbell Green Rec Center

16600 Park Hill Dr., Dallas 75248

Visit ATTACK! BBALL on [Facebook](#) & [YouTube](#)

CONGRATULATIONS 7TH GRADE TEAM!

The team qualified to participate in the National Tournament through Prime Time Sports at the end of July. Players include: Chris R., Mason A., James M., Ford W., Jackson W., Garrett L., Nick C., John A., Isaiah H. This team has been practicing and playing together for over a year and it is really paying off in effective teamwork and team synergy.

Great job guys!!

**Individual and Group Training Sessions
with Coach Charlie, Brandon or Sheba
are available. Slots are limited!!**

Contact Meredith@Attackbball.com

**Click HERE to view our NEW rates as
of 6/1/14 and our discounts for
multiple sessions per week**



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Coach Charlie's Corner

Summer is here. Time to power-up your skills!

Now is a great time to work on skill improvement. You do not have the pressure of school or school games. You have more time to work regular practices and skill-building into your life. What a waste of time if you spend all summer as a couch potato or squander your time on computer games that are fun but fairly



pointless. The reason it is sometimes said that "**Youth is wasted on the Young,**" is because as adults we fully realize how valuable our time as a youth could have been. We did not have the adult pressures we have today like jobs, families, civic responsibilities, etc. We realize how much richer our lives might have been if we had used our time as children and young adults to learn, grow skills and get on the road to being a master at some things much earlier in our lives. Most successful adults began on the road to success as children. They spent time learning, visiting new places and doing new things as well as applying themselves to those things they really enjoyed and envisioned themselves continuing in later life. Most people do not learn the importance and value of being young and using this time wisely until they become adults when all that free-time is no longer available.

If you want to grow and become better at something you must find time to do that very thing. You should spend time leaning more about it, seeking input from a variety of sources, practicing it and setting goals to achieve certain milestones on your way to success. Is this easy for a child? No...It does not seem to be, but in reality it is perfectly natural. When you learned to walk you kept trying until you did it, and then you kept walking until you could run, and running until you could run fast and jump and on it goes. Improvement and achievement are natural desires so let them work for you by making sure you are focused on those things that count. If basketball is something you would like to excel in and you enjoy playing, then make time in your schedule to practice new skills. Work on making your old skills better. If you dribble well with your right hand, learn to dribble left-handed. If you are an endurance runner, work on improving speed and dexterity in your movements. Make Summer matter!!

"Words can't describe how much my son and I enjoyed the skills sessions. This is what I've been looking for, a program that will help further develop my son in all aspects of the game. We will be back for more!" ... Darren D.

Individual or Small Group Training is available.



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Other Considerations for Practice

Hydration and Nutrition - You can't run a car on empty and you can't substitute canola oil for gasoline. Your body works best when it gets a mixture of different types of foods, especially natural foods with as little processing as possible. A few nuts, plenty of fruits and vegetables, some starches and lean protein are helpful. A balanced diet is priceless. Drinking lots of water every day keeps your body at top efficiency and helps you cool off when you're working out or playing. You will need the energy and muscle fuel as you build strength and lean body mass.

Stretching - can be dynamic or static but be cautious about over-extending yourself before you are warmed up and comfortably stretched out. Work both on the mobility of your joints and stretch your muscles to loosen them and help them relax. Muscles need to work regularly to work effectively and they need to rest between work-outs. Most injuries occur because of over-use or lack of flexibility. Always warm up before and stretch after your workout. This helps the muscle rest and recover before your next workout. Learn to identify tense spots in your body and stretch them out. You'll sleep better too.

Condition your whole body - Always doing the same workout or routine can also be dangerous. Your body works best when it gets to use more muscles rather than a few muscles more intensely. The better you condition all your muscles, the better the ones you need in the moment will be able to respond. Swimming is a great exercise but it also helps you lose moisture without realizing it. Pruney fingers are a sign of dehydration, not that you're shrinking. Replace fluids constantly. Combine running and walking on uneven as well as even ground, this helps to strengthen ankles and knees and improve agility. Include aerobics and strength building work-outs but on different days to allow recovery and growth to occur. Measure your progress!

ARE YOU SLOW ENOUGH?

How slow can you practice a particular movement, such as a jump shot? Learning and practicing your approach steps, ball handling, fakes and shots are all best learned when you start at a low speed. By practicing slowly you can make sure each step is the correct one, each gesture "adds value" to what you are doing, your hands and feet have no wasted or useless motions. By moving slowly, you learn to dribble and move forward without staring at the ball but being aware of your surroundings and what other players are doing. You practice slowly until you do it perfectly, then you can begin to speed it up and continue to speed up as you improve. By doing this you are actually creating a flexible plan within your mind so that eventually, you will be able to move very quickly, at high speed and accomplish all the same moves without needing to think about each one, just like a trained professional. You will respond with lightning speed because your flow has become second nature.





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ATTACK! GEAR AVAILABLE**

Check out the [ATTACK! WEBSITE](#)

**We have personalized duffle bags, shoe bags,
Hoodies and T-shirts, both regular and dri-fit.**

[Go to ATTACK! GEAR PRICES AND ORDERING](#)

ATTACK! S.T.A.R.S.

ATTACK! S.T.A.R.S is raising money for underprivileged kids to participate in our on and off-season basketball programs as well as life skills educational programs.

Contact Meredith@AttackStars.com to donate or find other ways to help. You can do-nate by cash or check through Meredith.

ATTACK! S.T.A.R.S. is a 501c3)so any donations you make are **100% tax deductible.** Thank you in advance for your support of these kids.

Call Meredith at 214-223-7865 to give now or help in other ways.

SINCERITY + TENACITY + ACTION + RESPONSIBILITY = SUCCESS

**ATTACK! BASKETBALL AFTER SCHOOL
PROGRAM IS A "WINNING" FORMULA**

Are you the PTA President?

Do you know him or her?

Are you responsible for putting together after-school programs for Elementary or Middle School?

If so, we can help you and your school!

We take care of the advertising and registration process and provide any necessary equipment.

All we ask is for you to give us access to the school basketball court (preferably inside).

Our after-school program is an affordable way for kids to improve their basketball skills, get some exercise and learn valuable life skills that go along with playing sports.

[Learn more or pass to your PTA friend!](#)

Eat Healthy!



**[ATTACKBALL VIDEO
TWO BALL LADDER
DRILLS WITH
SHUFFLE](#)**