



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

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Fun Activities for Boys and Girls

LAST CHANCE REGISTER NOW FOR SUMMER CAMPS

August 14-16—Boys/Girls 5-8 years
@ Lovers Lane United Methodist Church 9am-12pm

REGISTER NOW FOR FALL LEAGUES (click for more info)

70% OF OUR 2011 PLAYERS MADE THEIR SCHOOL TEAMS

Leagues played at Plano Sports Authority (2 locations)

Practice locations vary by team. Contact us for more details.

Click here to download league sign-up forms now.

**You must sign up through ATTACK! Basketball to
reserve your spot on one of our teams. Do not pay PSA directly.**

DEADLINE FOR SIGN-UP IS AUGUST 15TH

REGISTER NOW FOR FALL SKILLS TRAINING

CLICK ABOVE TO DOWNLOAD THE FLYER

Click here to register now.

Check out our latest YouTube Skill Videos at ATTACKBBALL

Visit ATTACKBBALL ON FACEBOOK

**BASKETBALL TRAINING AND
SPORTS CONDITIONING
FOR ADULTS OR CHILDREN**
**CERTIFIED PERSONAL TRAINER
AND FORMER PROFESSIONAL
BASKETBALL PLAYER CHARLIE
MILLER**
**AVAILABLE NOW FOR INDIVID-
UAL SESSIONS**
**Individual focus, weight/
strength/skill goals**
**Personal attention and custom-
ized plans,
personal coaching and expert
assistance**

"My son has gotten so much
better already since he has been
working individually with Char-
lie. At his last game he was on
fire because he had done Char-
lie's drills. ... Sabrina

**Individual/Small Group
Training**
Great Gift Idea!

A Message From Coach Charlie



Hope you have enjoyed the Summer Olympics. I am always amazed by the incredible stories of success and achievement by these athletes, their teams and countries from all over the world. Many of them show that practice, persistence and a positive attitude are the basics for becoming a world-class athlete. On page two you can read about Wilma Rudolph a young woman who overcame incredible odds to be a successful athlete largely by persistence, practice and dedication. Although she started as a basketball star in school, before she graduated she became an Olympic medalist. There is still time for you to train or attend Skills sessions which will help improve your performance in time for School Basketball team tryouts and help you in other sports. Playing a variety of sports is a great way to stay in shape all year long and constantly improve your physical abilities while having fun, learning teamwork and responsibility. The most important thing is to establish some goals and work towards achieving your personal best. This is one of the most important things you will learn in life to help you live successfully and happily.

PERSONALIZED ATTACK GEAR AVAILABLE

**Watch the
ATTACK WEBSITE
For our catalogue.**

We will offer personalized
duffle bags, water bottles,
T-Shirts, and more.

CONTACT
Meredith@attackbball.com
for pricing.

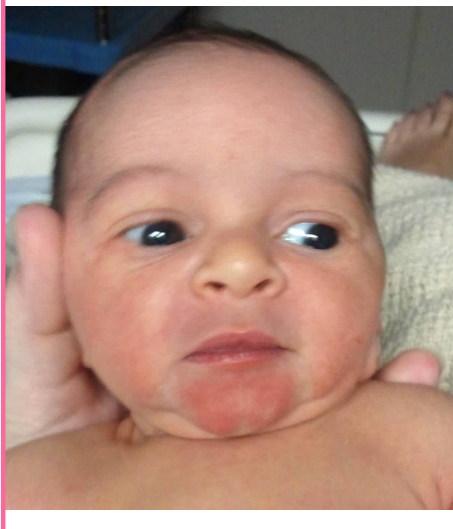
To remove your name from our mailing list please click here type UNSUBSCRIBE on the subject line and send. Thank you.
Questions/Comments email us: Newsletter@attackbball.com or CALL 214-223-7865



Future ATTACK! BBaller Olivia Miller Arrives in July

Olivia Rae Miller

Born in time for the Olympics on July 20, 2012 at 3:46pm. 5 pounds 11 ounces and 20 inches of unstoppable energy.



"It's a game! Have fun!"

Basketball and other sports for youth are fun and challenging but they should not be a source of frustration and stress for the players or their parents. Young bodies need to develop a variety of skills, coordination, strength and endurance; while young minds need to develop positive attitudes about themselves, training, sports and persistence. This takes years, not days or months, and is part of growing up. When you set the bar of expectations too high young people may become frustrated and incorrectly believe they are failures, rejecting sports and even physical activity. People learn best from success and doing something fun makes them want to do it again. Think about the Olympic athletes. It has taken years of training, practice and dedication for their success plus a positive attitude about themselves, sports and competition. These positive attitudes carry over into all aspects of their lives.

LAUGHTER IS GREAT MEDICINE: Two NBA Referees were walking through the countryside when they noticed some tracks. The first Ref said, "Deer tracks?" The second Ref said "No, I think they are bear tracks." However the conversation ended suddenly when a train hit them.

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Against All Odds

What chance for success would you give a girl born the 20th of 22 children who contracted infantile paralysis from polio at age four? She wore a brace on her left leg and foot (which became twisted as a result) until age nine. Add to this bouts of scarlet fever, whooping cough, chickenpox and measles! What if her large family was supported by her father, a railway porter, and her mother as a maid? Does that sound like a road map for success as an athlete?

It is the story of [Wilma Rudolph](#) who at age 12 finally shed her handicap and began playing basketball like an older sister. Between basketball seasons where she set state records for scoring and leading her team to a championship she trained in track. By the age of 16 she earned a spot on the U.S. Olympic track and field team winning a Bronze medal in the 4x100m relay to show her high school classmates. She went on to win Gold's, was named Woman Athlete of the Year, met President John Kennedy and is in two Halls of Fame. [Read more here:](#)

BASKETBALL FACTS



U.S. sets a new record for the most points in a single game at the 2012 Olympics 156 to 73 over Nigeria. Carmelo Anthony leads the team to victory averaging 20.7 points per game in the small forward position. In 14 minutes he scored 37 points, also another new world record.