



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

Vol. II, Issue 11, NOV 2012

Page 1 of 2

**Happy Thanksgiving!**

**THANK YOU  
FOR  
BEING OUR CUSTOMER  
FOR BEING OUR PLAYERS  
FOR BEING OUR SUPPORTING PARENTS  
FOR CHEERING FOR YOUR  
SON, DAUGHTER, BROTHER OR SISTER  
FOR YOUR FEEDBACK  
AND INVOLVEMENT.  
WE WISH YOU A JOYOUS  
AND MEMORABLE  
THANKSGIVING HOLIDAY!**

**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 Charlie. At his last game he was on fire because he had done Charlie's drills. ... Sabrina

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



**A Message From Coach Charlie**

Did you know that **THANKFULNESS** is one of the most healing things you can do for yourself. Research on acutely depressed patients found that the simply act of identifying five things they could be thankful for each day had a significant impact in improving their condition. There is truth in the old saying, "You don't appreciate what you have until it is gone". There is another one that also makes the point.

"The one-eyed man is angry until he meets a blind man." We have so much to be thankful for; simply being alive, for our freedom, for our family and friends, for our ability to walk, run, play and enjoy our physical existence. We can be thankful for the weather cause even the worst days make us appreciate the sunny ones. We can be thankful for bad times so that we appreciate the good ones. This Thanksgiving take time to be thankful and let others know how grateful you are for their being there for you. [Happy Thanksgiving!](#)

**PERSONALIZED  
ATTACK GEAR  
AVAILABLE**

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

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

**CONTACT**

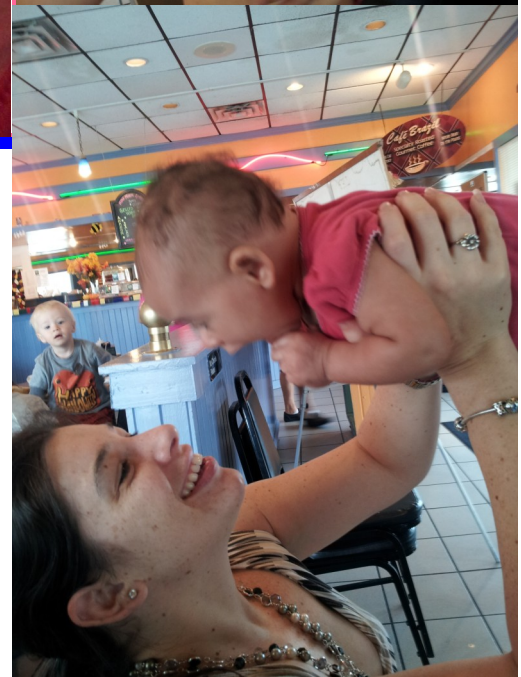
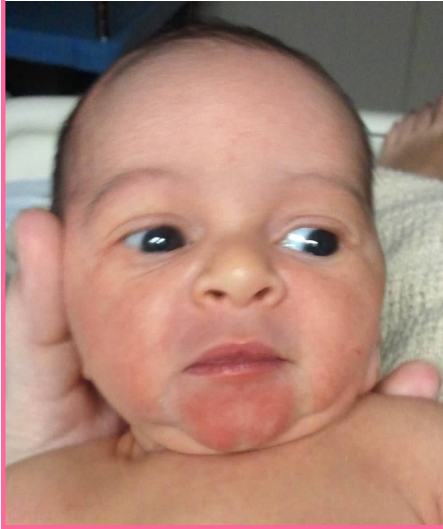
Meredith@attackbball.com  
for pricing.

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



## We are thankful for Olivia Miller's First Thanksgiving!

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



## THANKSGIVING PRAYER FOR BASKETBALL PLAYERS

Lord, thank you for letting me be healthy and able to play basketball to the best of my ability. Thank you for giving me great teammates and coaches who really care about me becoming my personal best. Thank you for my parents, brothers and sisters and friends who support me. Thank you for letting me live in a country that allows kids like me to play basketball and compete in sportsmanlike ways to win. Thank you for good referees and fans. And Lord, if there are any bad referees out there, take care of them and help them see and admit to their errors and if you run across any that are beyond help, could you slightly turn their ankles so we can spot them from their limp?

:-)

[Visit ATTACK! Basketball Academy on YOUTUBE](#)

[Like Us On FACEBOOK](#)

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](mailto:Newsletter@attackbball.com) or CALL 214-223-7865