

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

Vol. II, Issue 2, Feb. 2012

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Fun Spring Activities for Boys and Girls

SPRING Skill Sessions - Click here for more information.

Sundays - March 25—May 27, 2012

{4-5pm Boys and Girls 5-8, Boys and Girls 9-11} {5:00-6:00pm Boys 12-14, Girls 11-14}

TO REGISTER ONLINE CLICK HERE OR

EMAIL: Meredith@attackBBall.com to register

SPRING BASKETBALL REGISTRATION IS HERE!!

Registration closes February 26th, 2012

Practices begin the week of March 19th, 2012

Click here to see practice locations based on Grade

Games begin March 23rd, 2012

ALL GAMES WILL BE AT PLANO SPORTS AUTHORITY

Game Times: Fridays 6-9pm, Saturdays 3-9pm, Sundays 1-7pm

Pricing based on number of games played and practices

Click here to view detailed pricing

click liefe to view detailed pricing

Check out our latest YouTube Skill Videos at ATTACKBBALL

Visit ATTACKBBALL ON FACEBOOK

A Message From Coach Charlie

Good nutrition and hydration are important to growing children and critical to those involved in athletic programs since they are demanding more energy and performance from their bodies. Load up your body with useful energy (complex carbohydrates and natural sugars from fruit and starches) at least two hours prior to a game. Remain well-hydrated during sports activities to maximize your mental and physical success. It also helps you recover quickly after the game.

Fresh, unflavored water is the best liquid to put in your body, much better than sugar -laden or carbonated sodas which make you feel full at first but then leave you feeling empty and tired later. Eating a well-balanced diet everyday and at least two hours before a game or practice gives your body a chance to digest and process your foods. Fruit is the best source of sugar and an important source of fiber. For more nutrition tips check out these links: MAYO CLINIC CHILDRENS
HEALTH and THE AMERICAN HEART ASSOCIATION and FOODINSIGHT.ORG

Professional
Photographer Jay
Davis has partnered
with
ATTACK! Basketball to
take pictures at



games.
You can buy Action
Shots for \$8 per 5x7 or
\$50 for 10-5x7's.

Personalized UnderAmour Available!

Order your very own personalized ATTACK!

Basketball UnderArmour T-Shirt and/or

Compression Shirt here.
Shirts have ATTACK! on the front and the player's name or nickname on the back. As worn at practices and games by Head Coach Charlie.





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

ATTACK! BASKETBALL HOWLER



HOW ABOUT A SUMMER CAMP?



2012 SUMMER CAMPS

@ Lovers Lane United Methodist Church,9200 Inwood Road, Dallas 75220

Cost: \$150

Ball Handling
Offensive Moves

Shooting Fundamentals

es Passing

Defensive Skills

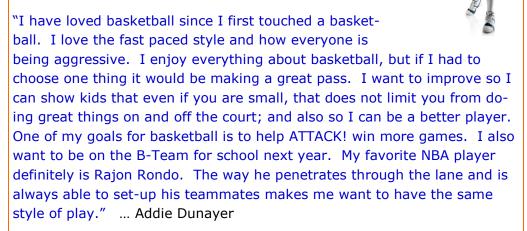
Rebounding

Court Awareness

May 29-31— 9AM TO 12PM— Boys/Girls 12-14 years
June 4-6 — 1PM TO 4PM — Boys/Girls 9-11 years
August 14-16 — 9AM TO 112PM -- Boys/Girls 5-8 years

Each camp will be capped at 60 players

COACHES CORNER - PLAYER SPOTLIGHT Addi Dunayer - Player of the Month



"Way to go Addi! If you keep the current integrity and passion you have toward the game of basketball, all of your basketball goals will become a reality." ... Coach Charlie

LAUGHTER IS GREAT MEDECINE:

What do you do when you see an Elephant dribbling the basketball down the court? -----Get out of the way.

Why did the Coach let the elephant play basketball?

----He already broke the bench.

<u>Visit ATTACK! Basketball Academy on YOUTUBE</u> <u>Like Us On FACEBOOK</u>

BASKETBALL FACTS



SEE THE FREE THROW KING

Andy McGuffin has won countless medals for his free-throw skill once having made over 400 Free Throw's in a row. Listen to how he has become so good at it. He uses an ancient technique called **PRACTICE.** See the Video Here:

ANDY MCGUFFIN FREE THROW KING

The video takes a moment to load, please be patient.

Top NCAA Game of the

Decade Illinois 90, Arizona 89 (OT) -- Regional final, 2005 NCAA tournament. It was the wildest comeback the NCAA tournament has ever seen. Down 15 points with four minutes to go, No. 1 seed Illinois stormed back to send its Elite Eight matchup with Arizona to overtime. The game had been tight through the first 30 minutes before the Wildcats pulled away, seemingly on their way to the Final Four. But some Deron Williams heroics saved the Illini, who would go on to lose in the finals to North Carolina, possibly becoming the best team of the decade to not win the title.

Watch the 4-min. Video Here

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