



*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](mailto: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**

**Check out our latest YouTube Skill Videos at ATTACKBBALL**

**Visit ATTACKBBALL ON FACEBOOK**

**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.**

## 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](#)

## Personalized Under Armour Available!

**Order your very own  
personalized ATTACK!  
Basketball Under Armour  
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 [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**

# ATTACK! BASKETBALL HOWLER



## HOW ABOUT A SUMMER CAMP?



### 2012 SUMMER CAMPS

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

Cost: \$150

<b>Ball Handling</b>	<b>Shooting Fundamentals</b>
<b>Offensive Moves</b>	<b>Passing</b>
<b>Defensive Skills</b>	<b>Rebounding</b>
	<b>Court Awareness</b>

**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\*\***

### 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.

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



"I have loved basketball since I first touched a basketball. I love the fast paced style and how everyone is being aggressive. I enjoy everything about basketball, but if I had to choose one thing it would be making a great pass. I want to improve so I can show kids that even if you are small, that does not limit you from doing great things on and off the court; and also so I can be a better player. One of my goals for basketball is to help ATTACK! win more games. I also want to be on the B-Team for school next year. My favorite NBA player definitely is Rajon Rondo. The way he penetrates through the lane and is always able to set-up his teammates makes me want to have the same style of play." ... Addie Dunayer

**"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.

**Visit ATTACK! Basketball Academy on YOUTUBE**

**Like Us On FACEBOOK**

#### **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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