



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

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Fun Activities for Boys and Girls

REGISTER NOW FOR SUMMER CAMP

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

**BASKETBALL TRAINING AND SPORTS CONDITIONING
FOR ADULTS OR CHILDREN**

**CERTIFIED PERSONAL TRAINER AND FORMER PROFESSIONAL
BASKETBALL PLAYER CHARLIE MILLER**

AVAILABLE NOW FOR INDIVIDUAL SESSIONS

Individual focus, weight/strength/skill goals

Personal attention and customized 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**

Check out our latest YouTube Skill Videos at [ATTACKBBALL](#)

Visit [ATTACKBBALL ON FACEBOOK](#)

Basketball Court Etiquette

When you are playing in a fitness center, public playground or park it is helpful to be considerate of other players. If there is a full court, playing half-court to let others play is the courteous thing to do. Likewise, asking if you can join a game or share the court with someone who is already playing is a winning move.

Your use of common courtesy and respect for other people on or off the court will reward you in the respect and admiration of others as well as helping to make new friends. If you are visiting a facility for the first time look around to see if there are any policies posted on how to share the court, make reservations, etc. Do the right thing.

A Message From Coach Charlie



Summer is a great time to work on your strength, stretching and skills for the next season. While others may be taking it easy since they are not in school, you can use the extra time to add skills and fine tune those you are already developing. You might be able to take your game to a whole new level and leap ahead of your buddies in terms of your capabilities. It takes self-discipline. We have used Project 90 to accomplish this in the past but with the extra time why not make it Project 300. Spending 300 minutes per week or the equivalent of five hours engaged in planned activities that help you build strength, remain supple and loose from stretching and improved skills for the next two months will produce some amazing results by the time school starts again. First, you may find that you are measurably stronger, faster and better in shooting and passing skills. In order to make it effective, keep a logbook of your workouts; track them and your progress daily. Do a variety of activities, routines and workouts to keep it fun. For the best results, get a buddy, relative or coach to work out with you, so you both can track your progress. Most importantly, have fun with what you are doing. Playing a game is exactly that...PLAY...you should enjoy doing it. And let me hear about your successes!! Maybe we will share your story in our newsletter. **Drink lots of water!**

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



Message from Dr. Lizy Pilicy - Friend of ATTACK!

Most sports – especially basketball – involve body contact, fast starts and stops, and positioning that places an unusual amount of strain on the back, hips, knees, ankles and the entire musculo-skeletal system. In a healthy body, every muscle in the body works in sync with the others and movement is fluid. On the flip side, if the body is out of balance, then movement is labored and difficult, some muscles become over-worked, while other muscles are not working at all. Overall, when the body is aligned, the chance of injury is significantly reduced and athletic performance is efficient, accurate, and free flowing.

Chiropractic is a natural health care method that gives special attention to the importance of keeping all the systems of the body functioning efficiently so athletes enjoys peak performance, a minimum risk of injury, and faster recuperative powers. If you or your young athlete would like an evaluation to determine if chiropractic care will help improve athletic performance, I'm pleased to offer a free 10-min consultation.

Dr. Elizabeth H. Pilicy, sports chiropractor & former professional women's soccer player, conducts Discovering Optimal Performance Seminars to educate athletes on techniques for achieving optimal athletic performance. She currently practices locally at Living Well Dallas, TX and may be reached via telephone at 972-930-0260. (<http://www.LivingWellDallas.com>)

COACH CHARLIE DOES INSTAGRAM

Instagram is a free photo sharing program that allows users to take a photo, apply a digital filter to it, and then share it on a variety of social networking services, including Instagram's own. Instagram was initially supported on iPhone, iPad, and iPod Touch; then added support for Android camera phones. It is distributed via the iTunes App Store and Google Play. In its largest acquisition deal up to date, Facebook acquired Instagram (with its 13 employees) for approximately \$1 billion in cash and stock in April 2012, with plans to keep it independently managed.

You can follow Coach Charlie at [cmiller0331](#) and everyone should follow him to learn workout and shooting tips, motivation and more.

LAUGHTER IS GREAT MEDICINE:

Shelby Metcalf, former basketball coach at Texas A&M, recounting what he told a player who received four F's and one D: "Son, looks to me like you're spending too much time on one subject."

Visit ATTACK! Basketball Academy on YOUTUBE
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WHAT TO EAT AFTER GAMES & PRACTICE IS IMPORTANT TOO!

Your body needs help recovering from the exertion and stress of a good workout or game. First, it needs to be hydrated, which should be done to some degree during the activity but also afterwards in replacing the lost fluid and nutrients. Here are some great post game snacks: water. bananas, apples, strawberries, smoothies with fruit, PB&J Sandwich, Chef Salad, Whole Grain or Oatmeal snacks, trail mix, cottage cheese & fruit.

BASKETBALL FACTS



In an American Basketball Association game between the Indiana Pacers and the Dallas Chapparals on November 13, 1967, Jerry Harkness took an in-bounds pass with one second left on the clock and heaved the ball 92 feet and watched in amazement as it went in. Since the shot was beyond the ABA's 25-foot three-point line, the shot counted as a three and gave the Pacers an amazing 119-118 victory. Interestingly enough, Indiana coach Larry Staverman didn't even see the winning shot drop in because he had already started for the Pacers' locker room, convinced his team had lost the game.

MORAL: It's never too late to win the game!