



*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 CAMPS

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](#)

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Professional
Soccer Player
and former
U.S. National
Team member
Dr. Lizy Pilicy
will address

parents and children.

Dr. Lizy Pilicy will be discussing prevention of injuries and fostering healthy nutrition on June 28 from 1:30 to 2:00pm at the Preston Road Church of Christ, 6409 Preston Road, Dallas; and July 12 from 7:00 to 7:30 pm at the Schreiber Memorial United Methodist Church, 4525 Rickover Drive, Dallas.

ADMISSION IS FREE!

A Message From Coach Charlie



Personal training, continuous improvement, working hard for something you really want are values that payoff consistently as long as we remember the fun is in getting there, not the destination. Life is too valuable to waste sitting on the sidelines. You were meant to be in the game, some game, somewhere, whatever your particular game may be. As a certified personal trainer and coach I know what it takes to succeed and to follow your passion. For me it means helping others succeed, to continuously grow and improve and have fun along the way.

Life is too short to allow yourself to become apathetic about enjoying living. Staying in shape, a healthy shape, limber, flexible with enough strength to allow you to continue to enjoy the things you love should be everyone's goal. We are physical beings as well as mental and spiritual beings. We need this balance in our lives.

When you train with me I promise to do my best to help you enjoy your life and the level of health and fitness you desire.

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

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Questions/Comments email us: Newsletter@attackbball.com or CALL 214-223-7865



Plyometric Workouts Help you Explode

Plyometric Workouts or "Plyos" are based on research by the Soviets in the early 1980's that allowed them to excel at many sports activities for the Olympics. The theory behind Plyos is that the muscles and tendons at first stretch such as in the depth jump which creates a natural energy resistance to the stretching motion and are then quickly contracted in the jump itself and then a secondary contraction occurs as the muscles prepare for the landing in order to prevent injury. This energy is then quickly released in a second jump enabling the athlete to go even higher. Plyometric exercises should always be combined with strength training and stretching to build up the stamina, endurance and flexibility of the surrounding tissues and to help prevent injury since much of the energy is generated from the tendons as well as the muscles.

Plyometric training exercises are designed for the individual and adjusted as they progress and advance. A key factor in doing Plyometric training is to advance at a reasonable pace, a planned rate and not to try and rush the results. A proper warm-up and cool-down is always included.

Since individual program training is required we will not prescribe a pattern here but will tell you that the best program will be designed for the individual and include some combination of ankle jumps, vertical jumps, front obstacle jumps, lateral obstacle jumps, power skipping, tuck jumps, hops, multiple long jumps, squat jumps and diagonal obstacle jumps and sprints. These are intense workouts that produce dramatic improvements in speed, quickness and recovery. All valuable on any court.

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: A Lakers fan was trying to find a better, empty seat in the stadium. He spotted an empty seat at half-court. When he asked the man sitting next to it, "Is this seat taken?" The man replied, "This was my wife's seat. She passed away. She was a big Lakers fan." The other man replied, "I'm so sorry to hear of your loss. May I ask why you didn't give the ticket to a friend or a relative?" The man replied, "They're all at the funeral."

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WHAT TO EAT BEFORE YOUR WORK OUT, PRACTICE OR GAME

According to sports nutrition expert Christine Rosenbloom, PhD, RD, CSSD, author and nutrition professor at GSU in Atlanta.

Fueling exercise requires quality carbohydrates, lean protein, heart-healthy fats, and fluids. Your muscles rely on carbohydrate foods like breads, cereals, pasta, rice, fruits, and vegetables for a quick energy source. Protein is needed to build and maintain muscles and for healthy blood cells. Blood cells deliver nutrients and oxygen to working muscles.

Foods provide the gas to the body's engine, and fluids provide the water to your body's radiator. Without these crucial fuels and fluids, your body will have a hard time performing at its best.

The ideal pre-sport meal has five characteristics:

1. Low fat
2. Moderate in carbs and protein.
3. Low fiber
4. Contains fluids
5. Made up of familiar, well-tolerated foods.

The pre-game meal is not the time to try a new food. **Stay clear of fried food (including french fries), greasy burgers, and soft drinks.**

BASKETBALL FACTS



Michael Jordan's underwear is expected to GROSS \$10 Million.

And that's the underwear he has never worn! Eww! GROSS!

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