



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

Vol. II, Issue 5, May 2012

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## Fun Activities for Boys and Girls

### SUMMER BASKETBALL REGISTRATION IS HERE!

**Registration closes MAY 31st - Practice begins week of June 11th**

**GAMES begin June 18th**

**ALL GAMES AT PLANO SPORTS AUTHORITY**

**Game Times: Mondays-Wednesdays 6-9pm**

**Pricing based on number of games played and practices.**

**[Click here to view detailed info & pricing](#)**

### **REGISTER NOW FOR SUMMER CAMPS STARTING IN MAY**

**May 29-31—Boys/girls 12-14 years**

**@ Lovers Lane United Methodist Church 9am-12pm**

**June 4-6 Boys/Girls 9-11 years**

**@ Lovers Lane United Methodist Church, 1-4pm**

**August 14-16—Boys/Girls 5-8 years**

**@ Lovers Lane United Methodist Church 9am-12pm**

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

**[Visit ATTACKBBALL ON FACEBOOK](#)**

## A Message From Coach Charlie



**How to Increase your Running Stamina and Endurance** - Have you ever been running down court and find yourself out of breath and feeling tired? Or maybe halfway through the game you feel like going back to bed? This is a lack of stamina. You can increase your stamina and endurance by adopting two reliable methods for training: Persistence and gradual adaptation. Stick to your plan and slowly build up your endurance. It's not an instant result but comes from persistent training and practice. These are the keys for anyone learning to master anything whether it be Algebra, Basketball or playing the guitar. Results come with time.

**Go One Step At A Time.** Commit to a schedule and gradually build up your jogging or running distance and speed at a comfortable pace. Use a jump rope to warm up. Keep a logbook and chart your progress. Add distance over time and work to gradually increase your average speed by calculating how many yard or meters you are running per minute. Be patient, always stretch before and after training and results will come. Don't try to overdo your capabilities. You could get injured or lots of sore muscles. Neither one is a good motivator for sticking to your program. Be patient with your results. For other methods visit this article from **[Runners World on Boosting Your Endurance.](#)**

## CPR TRAINING & BASKETBALL CLINIC

**June 2nd 1-4:30pm**

**\$40 includes 1 Adult admission to CPR class and one FREE Child Admission to the Basketball Clinic.**



**\$30 for each child admission to the**

**Basketball Clinic ONLY.**

**CPR Class will be limited to the first 15 adults and the basketball clinic is**

**limited to the first 30**

**children. CPR Class is for adults only and the Clinic is for boys or girls 5-14 years of age.**

**Email:**

**[Meredith@attackbball.com](mailto:Meredith@attackbball.com)**

**to reserve your spot(s).**

**Location:**

**Lovers Lane United Methodist Church—9200 Inwood Road, Dallas, TX 75220.**

**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**



## Jumping Higher is a result of careful training

### **ALWAYS WARM UP YOUR MUSCLES FIRST & STRETCH AT THE BEGINNING AND END OF EXERCISE.**

To warm up, jump rope for two minutes. Jog up and down stairs for three minutes then take time to stretch your leg muscles, thighs both front and back, calf muscles, ankles and lower back. Hold stretches for 60 seconds each.

### **EXERCISES TO BOOST YOUR JUMPING ABILITY DO ONLY 4-5 TIMES/WEEK**

**Deep Knee Bends** from standing. Slowly bend at the knees while keeping your back straight. Slowly crouch down as low as possible (it shouldn't hurt) and slowly rise back up. To start due three repetitions of 12 each. Add 1 to each Repetition each week.

**Deep Knee Bend Jumps** from standing. Crouch down quickly, almost touching your bottom to the ground, then explode upwards as high as you can. The moment you land, immediately crouch and launch back up again. Do this 5 times and as you can gradually increase each week by 5 more.

**Toe Raises** --- Stand regularly, feet shoulder width apart, then raise up onto the tips of your toes. Lower back down. Don't just rock up and down, do it slowly (not too slowly) but steadily. Repeat 20 times, then turn your toes all the way out to each side and repeat 30 times, then turn your toes as far inside as you can and repeat 20 more times. This strengthens your muscles in the lower leg. When you are able begin adding 5-10 lbs. of weight.

**Work your Core** - The core muscles in your stomach and back are also instrumental in helping you jump. Be sure to work them also and always stretch out at the end of exercise. Stretching helps reduce soreness later, as well as cramps and stiffness.

## 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:**

St. Peter and Satan were arguing about who, Heaven or Hell, could produce the best Basketball Team. St. Peter argued that surely Heaven would be the winner since it had all the best players, coaches and fans. Yes, agreed Satan but we have all the referees.

**[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

### **INDIVIDUAL LESSONS NOW AVAILABLE**

**Individual focus,  
customized drills,  
personal coaching,  
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**

[Click below for info...](#)

**[Individual/Small Group Training](#)  
[Great Gift Idea!](#)**

## BASKETBALL FACTS



Basketball was made an official Olympic game in Berlin, Germany, in 1936. It is played in the Summer Olympics, every four years and the U.S.A. has won the GOLD 13 out of 17 games.

**[Go USA in 2012 in London!](#)**

### **Personalized UnderArmour 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.](#)

