

# Raiders Newsletter

VOLUME 91

NEWSLETTER DATE  
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**Head Coach**  
**Dan Witter**

**“Building a  
foundation  
for success”**

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## RED RAIDER BASKETBALL NOTES

Coach Witter's thoughts on the off-season and our basketball program:

I have said this many times over the last 12 years, our program is here to provide opportunities and direction for our players to improve and take their skill level to a higher level. Whether in the gym or the weight room, or kids have opportunities to improve.

Two words I am focusing on this off-season: opportunity and development.

Championships are not won or lost in the off-season...but...championships are won or lost because of the off-season.

3 things to get better at:

- Shooting
- Ball Handling
- Physical Strength

For the remainder of this academic year and throughout the summer, you will have multiple opportunities to significantly improve your basketball skills and your physical strength (i.e.: speed, jumping, power). Your success this next season directly correlates with what you choose to do with these opportunities.

### SENIOR PLANS

Congratulations to our seniors who not only had a tremendous basketball season, but also an outstanding academic career. Your actions on and off the floor will serve as a foundation in the years to come.

- Frank Vruwink - Michigan Tech
- Bob Slovensky - MSOE (Milwaukee School of Engineering)
- Joe Ritchay - UWSP (University of Wisconsin Stevens Point)
- Dylan Lubeck - UW La Crosse
- Alex Wodlarski - Service (Air Force)
- Jake Bassuener - UW Stout
- Tim Quick - Upper Iowa
- Ben Hofer - Mid-State
- Tyler Leverance - Mid-State/UW Marshfield





## OPEN GYM SCHEDULE

May and June - 7:00 P.M Start Time

- |                  |                |
|------------------|----------------|
| May 23 - East    | June 6 - East  |
| May 25 - Lincoln | June 8 - East  |
| May 30 - Lincoln | June 22 - East |
| June 1 - Lincoln | June 29 - East |
| June 6 - East    |                |



**“I’m a great believer in luck and I find the harder I work, the more I have of it”**

**-Thomas Jefferson**

## WEIGHT ROOM OPPORTUNITIES

- TABATA Workouts
- Grades 7-12
- Monday-Wednesday-Friday Lincoln High School weight room
- 3:10 P.M - 3:40 P.M
- No cost!
- See Coach Witter for the summer schedule

## 2011 SUMMER BASKETBALL CAMPS

High School Camp

For all boys entering 10th-12th grade.

Monday, June 13<sup>th</sup> – 6:00-8:00 P.M

Wednesday, June 15<sup>th</sup> – 6:00-8:00 P.M

Boys Camp Grades 2-9

Monday, June 13<sup>th</sup>-Thursday, June 16<sup>th</sup>

9-11A.M Players 6-9

2-4P.M. Players 2-5

Any questions or to get a brochure, contact Coach Witter

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