

Red Raider Newsletter

VOLUME 1 ISSUE 3

NEWSLETTER DATE

MARCH 24, 2010

2009-10 Award Winners

MOST IMPROVED: Jake Busseuner



HUSTLE AWARD: Bobby Blom



MOST VALUABLE TEAMATE: Frank Vruwink



MOST VALUABLE PLAYER: Dylan Lubeck



2009-10 All Conference Players



**Dylan Lubeck
First Team**



**Joe Ritchay
Honorable Mention**

4 Pillars of the Program



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Head Coach
Dan Witter

*“Individual Commitment to a group effort– That is what makes a team work, a company work, a society work, a civilization work.”
~Vince Lombardi~*

Coaches Corner

After returning from the state tournament every year I sit down and evaluate the common factors of the successes of the teams that are playing in the state tournament.

The common factors of successful teams are:

1. Not turning the ball over
2. Good shot selection and percentage
3. Mental toughness and rebounding on defense.

After talking to a few different coaches, most success comes from:

1. Repetition - Skill development
2. Competition - Play to win

I think if you look at our core beliefs that I talked about during our banquet, they match up with successful programs. These beliefs are:

1. Play great TEAM defense
2. Have great shot selection
3. Avoid mistakes
 - Turnovers
 - Offensive rebounds
 - Dumb Fouls

This summer I will be talking about two things:

Repetition & Competition.

Our High School Camp is set for June 14th and 16th from 6 - 8 at Lincoln High

Our Elementary / Middle School camp is set for June 14 - 17.

Grades 7 - 9 will go from 9 - 11

Grades 3 - 6 will go from 2 - 4

See you all there!

~Coach Witter~

Visit us at: <http://www.lhshoops.org/> or www.wrbb.org

Email Coach Witter: dan.witter@wrps.org





JV Head Coach
Tom Nolan

Our JV team finished out the season 6-14 overall and 3-9 in conference play. I truly enjoyed working with these young men and wish them the best of luck in the future. It is our hope as coaches that our players will challenge themselves in the offseason to reach their full potential for next season. We hope the sportsmanship and teamwork concepts learned here will stay with them and serve them far into the future. Thank you players for all your hard work this season.

*“One man can be a crucial ingredient on a team, but one man cannot make a team.”
-- Kareem Abdul-Jabbar*



*“We have a great bunch of outside shooters. Unfortunately, all of our games are played indoors”
~Weldon Drew~*





Meet the Players



Ben Hofer - Junior

Favorite Food: Burgers

Favorite Subject: Phy Ed

Favorite Non Athlete: Dane Cook

Favorite Athlete: LeBron James

Pregame Ritual: Listen to music



Bob Slovensky - Junior

Favorite type of music: Rap

Favorite Movie: Shooter

Favorite Subject: Social Studies

Favorite Person: Joe Ritchay

Favorite TV Show: Eastbound and Down



Frank "the Tank" Vruwink - Junior

Favorite Food: Rocky Roccoco's

Favorite Type of Music: Polka

Favorite Subject: Lunch

Favorite Athlete: Clay Matthews

Favorite Band: Thousand Foot Krutch

"I want to be remembered as the man who gave all whenever he was on the field."

~Walter Payton





Meet the Players



Taylor “Double Down” Vavrina - Junior

Favorite Food: **Tacos**

Favorite Movie: **Grandma’s Boy**

Favorite TV Show: **Family Guy**

Favorite Subject: **American Studies**

Pregame Ritual: **Think about Task-at-hand**



Derek Olson - Sophomore

Favorite Food: **Tacos**

Favorite Movie: **Role Models**

Favorite Subject: **English**

Favorite Athlete: **Torii Hunter**

Favorite Non Athlete: **Dad**



Alex Wodlarski - Junior

Favorite Food: **Rocky Roccoco’s**

Favorite Type of Music: **R & B**

Favorite Subject: **Math**

Favorite Athlete: **Wilson Kipkeater**

Favorite Non Athlete: **My Ma and Dad**





Future Raiders

6th Grade Red Cage Club Roster

Jaret Williamson
 Jake Elliott
 Derek Krzykowski
 Colton Kuhn
 Isaac Bauer
 Payton Heiman
 Jack Vruwink
 Noah Gust



COACHES: Kurt Heiman and Dale Williamson

6th Grade White Cage Club Roster

Jacob Zellner
 Cameron Tammen
 Dawson Thurber
 Tyler Martin
 AJ Weiss
 AJ Schulze
 Andrew Bohienstengel



COACH: Brandon and Mike Becker





Good or Great?

That's the line St. Mary's head coach Randy Bennett and assistant coach Kyle Smith used to inspire Omar Samhan when he was a freshman. Samhan, a 6-foot-10 center who plays his final scheduled home game tonight in McKeon Pavilion, needs 25 points to break the school's season record of 614, set by Eric Schraeder in 1998-99.

Three years ago, though, Samhan was simply a redshirt freshman trying to find his way.

"I remember thinking in my freshman year, 'Man, I hope I score 614 points in my career,' " Samhan said recently.

Good or great?

Bennett and Smith had gotten the line from ESPN's Doug Gottlieb, who said it at a St. Mary's camp. Samhan put together a solid freshman season, averaging 9.2 points and 5.6 rebounds per game, and Bennett and Smith wanted to turn solid into something special.

Samhan began going to the gym at 6 a.m. to shoot for an hour and then lift weights for another hour before heading to class. Smith usually accompanied him in those early-morning sessions.

"The night before," Samhan said, "I'd text coach Kyle, 'Are we going tomorrow?' and he'd just text me back, 'Good or great?' and I knew that meant we were on. 'I'll see you at 6.' "

Samhan, a self-described "overweight high school kid who wasn't really recruited," improved his game and his confidence in those workouts.

"It got to the point," Samhan said, "where I was working so much, I was like, 'I deserve it more than a lot of these other guys.' That's how I felt."

"He works as hard as anyone I've ever met," junior guard Mickey McConnell said.

Samhan also probably is as demonstrative on the court and talkative off it as anyone McConnell has met.

"Omar's an extrovert, he's social," Bennett said. "He's got a little Muhammad Ali to him."

As McConnell put it, "He has a knack for getting under people's skin a little bit."

After spending the previous two seasons somewhat overshadowed by his best friend, forward Diamon Simpson, and guard Patty Mills, Samhan unquestionably has become the Gaels' leader in 2009-10.

"Every game is just so special," Samhan said, "just to be on this team with guys who are more than willing to let me be the leader, and look up to me.

"It's a great responsibility, but one that I truly enjoy."



Ball Handling

Go hard in these drills and always work to get to the next level by pushing, not pacing. These can be done in 5 to 10 minutes from your driveway, garage, basement, or anywhere with a hard surface. Add movement and anything that you feel will make your drills game like. Keep crossovers low with your body between the ball and the defender. When you change directions, plant and explode.

1 Ball Dribbling

- Pound w/ R & L; Higher, lower, kill
- Crossover
- Between the legs
- Behind the back
- Spider Dribble
- Figure 8 Dribble
- Around one leg dribble
- Machine Gun dribble (bounce between legs)
- Kill the grass
- Dribbling w/ movement
 - Crossover
 - Between the legs
 - Behind the back
 - Spin
 - Inside out
 - Drive-back out-explode forward
 - Combination dribbles
- 10 second timings
- Obstacle course (Anything around the house, garage, yard, etc... can become part of an obstacle course to dribble through)

2 Ball Dribbling

- 2 ball same varying ball height
- 2 ball alternate w/ varying heights
- 1 high 1 low w/ switching
- Push pull
- Stir the pot
- 1- 2 Cross
- Tag/ 2 ball figure 8
- Single leg 2 ball
- Dribbling w/ movement
 - Full speed 2 ball same/alternate
 - Crossovers

1 Ball No Dribbling

- Around the R & L leg
- Figure 8
- Around the feet
- Around the waist
- Around the head
- Climb the ladder (3 feet, 3 waist, 3 head)
- Between leg passes front to back
- Between leg passes side to side

Shooting

Working hard to simulate a game, but always being aware of using good form. Shooting drills should be started at a walk through speed and slowly increased to ensure that you are not starting any bad habits such as not squaring up, fading away, or using your guide hand. Form is extremely important so always spend some time working on form.

Shot Fake

- Stay low, only the ball comes up, don't bring the ball down to the waist, sell the fake by making it look like your shot.

Pivot

- Your pivot foot should be opposite of your shooting hand. This allows you to step into your shot with your shooting foot.

Shooting keys

- Feet square to the hoop
- Shooting foot slightly forward
- Knees bent
- Elbow under the ball
- Guide hand on the side for balance only
- Up and out with your shot (don't throw at the hoop)
- Snap the wrist on your follow through
- Shoot to make, don't shoot to not miss (that's deep)

One Man Drills

- Spot shooting (great way to start your workouts)
 - Start short and work your way out
 - Make sure you bend knees and jump
 - Have a goal (don't miss 2 in a row)
- Toss to yourself
 - Square while your catching so you can go right up.
 - Make sure to maintain proper shot form
 - Try to quicken your release time
 - Work from all directions
- Toss to yourself w/ alterations
 - Shot fake then shoot (keep low)
 - Shot fake, separation dribble, pull up
 - Shot fake, separation dribble, crossover, attack
 - Shot fake, separation dribble, step back, shot
 - Jab step, shot
 - Jab step, shot fake, Attack
 - Jab step, Attack, Crossover, Finish

One Man Shooting Cont...

- Me vs. Lebron
 - Game to 11
 - Simulate game experiences at game speed
 - Make=1 for you/ Miss = 2 for Lebron
- Mikan
 - Alternating layups from side to side
 - Add 30 sec timings
- Reverse Mikan (same concept with reverse layups)
- 2 ball Mikan (This will make you Amphibious)
- Obstacle course shooting: Set up garbage cans, chairs, etc.
 - Pull up jumpers
 - Finish at hoop
 - Step backs
 - Combination moves
- Free throws
 - Don't leave the gym until you make 3, 4,5 in a row depending on how good you are. Remember this number should increase.

Partner Shooting Drills

- Partner shot
 - Work on getting open
 - Partners give a good pass
 - Simulate game situations
 - Don't always pass from under the hoop, give multiple angles.
 - Rebounders don't let the ball touch the ground.
- Partner Drives
 - Attack the hoop
 - Partner can challenge
 - Partner can foul to build toughness
 - Absorb contact / then shoot


Competitive Contests

Understand the key word competitive in the title. Push each other and play to win because hating to lose makes you work harder to win. Do the little things like box out, cut hard, and play great D. All the little things simply become the one big thing so get the job done. Want a Conference Championship more than All Conference.


- 1 on 1
 - Limit Dribbles / Avoid the Shaq move
 - Make aggressive attacking moves
 - Pass the ball out to improve closeouts
 - Finish with a box out.
- 21
 - Play with a purpose
 - Don't make it into a three point rebounding contest.
 - Tip in on Free throws resets score
 - 3 free throw max
- 2 on 2
 - Work on spacing/maybe only use one side of the court to simulate game
 - Work on 2 man game (give and go, pick and roll, pick and pop, post and relocate)
 - Don't always start from the top of the key
- 3 on 3
 - Offense has advantage so work on D intensity and communication.
 - Take pride in rebounding, defense, and making the extra pass.
 - Don't always start from the top of the key
- 4 on 4
 - You can finally go full court
- 5 on 5
 - Play competitive basketball where everyone wants to win and do the little things.
 - When you stop playing hard, STOP PLAYING
- Tip in (like H-O-R-S-E)
 - Miss a make +1
 - Get tipped +1
 - Air ball +1
 - Great opportunity to learn to read the ball
- H-O-R-S-E or P-I-G or whatever
 - You know the rules so stop it
- Lightning
 - Hey it works on that pressure shot!
 - Losers run
- Free throw knockout or contest to 10 or other #
 - Feel free to talk to the other player, but simulate the game by staying in a rebounding area
- Post and Passer
 - Can do it with 3 people or more
 - Post O and Post D with passer(s)
- Spot shooting
 - Pick a shot and shoot until you make 10
 - 2 teams with 2 balls each
 - Have a punishment for losers
 - Rotate spots
- Odd number?
 - Make a 3 on 2 game with extra O and later on extra D. This goes with other combos.
- Be creative and work your weaknesses



Rapids Cage Club Finding Success

 Congratulations to the 5th grade team for their 1st place finish at Nekoosa on February 27, 2010!



 Congratulations to the 8th grade team for their 1st place finish at Tomah on February 20, 2010!



 Congratulations to the 6th grade red team for their 1st place finish at Nekoosa on February 20, 2010!



 Congratulations to the 7th grade red team for their 1st place finish at Stratford on February 6, 2010!





Program Objectives

- Promote the philosophy, values, and vision of the entire Wisconsin Rapids boys basketball program.
- Compete at the highest level possible in order to challenge players to reach their full potential.
- Develop sportsmanship and teamwork to promote positive attitudes both on and off the court.
- Encourage fun and enjoyment of the game.



“If you don’t invest very much, than defeat doesn’t hurt very much, and winning is not very exciting.”

~Dick Vermeil~

