

Red Raider Newsletter

VOLUME 1 ISSUE 3

RED RAIDER BASKETBALL

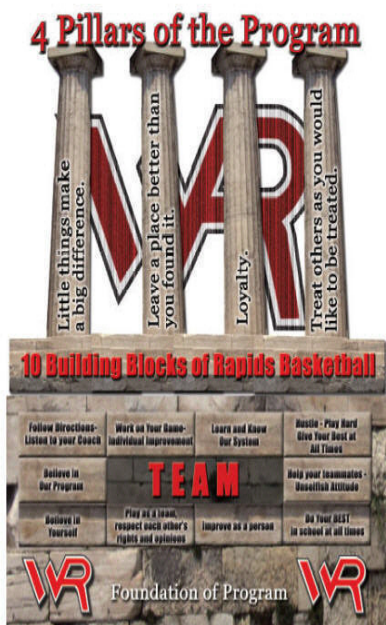
NEWSLETTER DATE

JUNE 16, 2010

Thanks for the memories

Never in my life did I think that I would find a place I would enjoy living so much that I would consider passing up the perfect head coaching opportunity for myself. The city of Wisconsin Rapids proved me wrong. My dream since the end of my playing days has been to be a head coach. I was given that opportunity in the middle of August when coach Rich Fortier resigned and took a principal position in Arbor Vitae- Woodruff. I was left with a tough decision to leave the city where I have a home, a wonderful job, great players and kids, supportive parents, and a wonderful coaching staff to return to the place where I played and grew up to become the head coach. Opportunities like this sometimes only come once in a life time and although I am leaving behind a special place and a special team, I have to take this opportunity to chase the dream I have been working so hard for. Wisconsin Rapids has a wonderful program with one of the top head coaches in the state. To have the opportunity to work with coach Witter shows what it takes to be a successful head coach. The time and effort he puts in behind the scenes when no one is watching is one of the reasons this program is what it is. You have all been so wonderful and I am going to miss the wonderful players that we will have this year. I have never worked with a group of players that are both extremely talented in so many positions while being coachable and good people. Thank you all so much for all you have done to make my time in Wisconsin Rapids so wonderful and so hard to walk away from. Good luck this season, not that you need it!

~Coach Lemmens~



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Coaches Corner



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~*

This is a beginning of school newsletter and a summer wrap-up letter all in one. We ended the summer in late July and I was very pleased with how our kids progressed through the summer. However, championships are not won or lost during the summer, but championships are won or loss **because** of the summer.

The school year is starting this week, that brings us to our pre-season work. Open gyms, weight room, and skill improvement are all important for our preparations for the season. I will be having sign-ups in early September and information will be given out. If you have any questions give me a call or email me.

We are also both (happy and proud) and (sad and disappointed) for Derek Lemmens. He has been named head coach of his Alma Mater-Rhineland High School. He will be an elementary teacher also. We wish him good luck and I am sure Rhineland will be successful in the future.

Coach Witter~

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

Email Coach Witter: dan.witter@wrps.org





Open Gym Schedule

September

Wed - 1 - 7:00 @Lincoln
 Sun - 5 - 7:00 @Lincoln
 Mon - 6 - 7:00 @Lincoln
 Wed - 8 - 7:00 @Lincoln
 Sun - 12 - 7:00 @Lincoln
 Mon - 13 - 7:00 @Lincoln
 Wed - 15 - 7:00 @Lincoln
 Sun - 19 - 7:00 @Lincoln
 Mon - 20 - 7:00 @Lincoln
 Wed - 22 - 7:00 @Lincoln
 Sun - 26 - 7:00 @Lincoln
 Mon - 27 - 7:00 @Lincoln
 Wed - 29 - 7:00 @Lincoln

October

Sun - 3 - 7:00 @Lincoln
 Mon - 4 - 7:00 @Lincoln
 Thur - 7 - 7:00 @East
 Sun - 10 - 7:00 @Lincoln
 Mon - 11 - 7:00 @East
 Thur - 14 - 7:00 @Lincoln
 Sun - 17 - 7:00 @Lincoln
 Mon - 18 - 7:00 @Lincoln
 Thur - 21 - 7:00 @Lincoln
 Sun - 24 - 7:00 @Lincoln
 Mon - 25 - 7:00 @Lincoln
 Thur - 28 - 7:00 @Lincoln
 Sun - 31 - 7:00 @Lincoln

November

Mon - 1 - 7:00 @Lincoln
 Thur - 4 - 7:00 @East
 Sun - 7 - 7:00 @Lincoln
 Mon - 8 - 7:00 @East
 Thur - 11 - 7:00 @Lincoln

**SEASON STARTS
 NOVEMBER 15TH
 5:15 A.M.
 HOOOOORAAAAAY**

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

~Walter Payton





TABATA

TABATA training starts Wednesday, September 9th

You can attend TABATA on Monday, Wednesday, and Friday at 3:10 in the Lincoln weight room

TABATA is a great training program for players of all ages and is a big step in becoming the player you want to be.

Skills Development

Skill development training will be for grades 3rd - 8th

These sessions will improve on basketball fundamentals like shooting, passing, ball handling, and more. After these session players can participate in open gym games.

DATES:

October: 10, 17, 24, 31

November: 7

These sessions go from 6:00 to 6:45 p.m. at Lincoln High School





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~

