Volume 3, Issue 5 March 13, 2019



## Special points of interest:

- 2019 Summer Camp Dates registration is open!!!
- Worked with 21 High School programs this fall
- Academy has boys & girls from 47 different high school programs
- Academy will be on Sunday evenings and one day during the week during the winter
- BRAND NEW CAMP ON JULY 15!!!!!

## Inside this issue:

11 Ways to Build Trust	2
Academy	2
Mick Cronin	3
Screws us up	3
Bruce Lee	4



## 2019 APPLETON CAMP DATES!!!

All Fox Valley area camps will be hosted at: Lawrence University, Alexander Gym, 1100 East South River St. Appleton, WI, 54915

	Post Camp 1	June 24 <sup>th</sup>	9:00am- 12:00pm	$5^{th}$ - $12^{th}$	\$45
	Perimeter Skills 1	June 24 <sup>th</sup>	1:00pm- 4:00pm	$5^{th}$ -12 <sup>th</sup>	\$45
-*	Shooting Lab	June 26 <sup>th</sup> -27 <sup>th</sup>	9:00am - 11:30pm	$5^{th}$ -12 <sup>th</sup>	\$75
	NBA Dynamic Scoring	June 26 <sup>th</sup> -27 <sup>th</sup>	12:30pm - 3:00pm	$5^{th}$ - $12^{th}$	\$75
	Post Camp 2	July 8 <sup>th</sup>	9:00am- 12:00pm	$5^{th}$ -12 <sup>th</sup>	\$45
	Ball Handling	July 8 <sup>th</sup>	1:00pm - 4:00pm	$3^{rd}$ - $12^{th}$	\$45
	Competition Camp	July 11 <sup>th</sup>	9:00am – 12:00pm	$3^{\text{rd}}$ - $8^{\text{th}}$	\$45
	Perimeter Skills 2	July 11 <sup>th</sup>	1:00pm - 4:00pm	$4^{th}$ - $12^{th}$	\$45
	Offensive Skill Development	July 15 <sup>th</sup>	9am- 12pm & 1pm -4pm	$5^{th}$ - $12^{th}$	\$85
	Competitive Shooting	July 17 <sup>th</sup> -18 <sup>th</sup>	9:00am - 11:30am	$5^{th}$ -12 <sup>th</sup>	\$75
	Shooting off Screens	July 17 <sup>th</sup> -18 <sup>th</sup>	12:30pm - 3:00pm	$5^{th}$ -12 <sup>th</sup>	\$75
	Youth Skills	July 22 <sup>nd</sup> -23 <sup>rd</sup>	9:00am - 11:00am	K-5 <sup>th</sup>	\$45
	Shooting Camp	July 22 <sup>nd</sup> -23 <sup>rd</sup>	12:00pm - 3:00pm	3 <sup>rd</sup> -12 <sup>th</sup>	\$85
	Ball Handling & Ball Screens	s July 24 <sup>th</sup>	9.00am-12:00pm	5 <sup>th</sup> -12 <sup>th</sup>	\$45
	Ball Handling 2	July 24 <sup>th</sup>	1:00pm-4:00pm	$3^{rd}$ -12 <sup>th</sup>	\$45

Post camp and Ball Handling Camp 1 & 2 are different. You do not need to attend camp 1 to attend camp 2

\*Means Limited Numbers Available (Max 64) \*\$10 discount for each additional camp registration \*Family Discount \$5 per kid but must be mailed in.

On behalf of our coaching staff, I want to welcome you to the 2019 edition of our Fox Valley summer basketball camps. We're excited to continue working with youth players and helping each to develop their games.

Youth Skills Camp- Covering all the essential areas and skills of the game.

**Shooting Camp**- This camp teaches the proper shooting technique.

Shooting Lab \*-Different from our shooting camps, we'll video and analyze shooters technique. (Max 64)

NBA Dynamic Scoring Camp-Emphasizing footwork, attacking defenders, finishing in traffic to help score against talent.

Post Camp-Teaching the essential skills needed to play the post position. Camp 1 & 2 are different. You do not need to attend both.

**Ball Handling Camp**-Covering skills a player will need to effectively handle the basketball.

<u>Competition Camp</u>-This camp is structured around numerous competitions that will improve overall skill and speed of play.

<u>Perimeter Skills Camp</u>-This is a new camp covering intermediate and advance skills of the guard and forward perimeter spots.

<u>Competitive Shooting Camp</u>-This camp focuses on competing while shooting. Every rep becomes game reps.

<u>Shooting off Screens Camp</u>- This camp teaches proper footwork coming off screens and technique to shooting on the move.

<u>Ball Handling & Ball Screens</u>-Learning how to handle the ball while using the ball screen to make plays and score out of it / find open teammates.

Offensive Skills -A new camp this year a 6-hour day which includes Skill development and 3x3 & 2x2 live competition In all our camps, our goal is to match our skill and game-play instruction to every player's vision for self-

improvement. We look forward to working with the youth players in the Fox Valley. As always, players will receive:

Small group and individual instruction from experienced coaches and players.

Strong focus on fundamental skill work, and individual drills to help you improve.

Page 2 Campers Newsletter



Don't put in average effort and claim that you want exceptional results.



## 11 WAYS TO BUILD TRUST

- 1. Say what you are going to do and then do what you say!
- 2. Communicate, communicate, communicate. Frequent, honest communication builds trust. Poor communication is one of the key reasons marriages and work relationships fall apart.
- 3. Trust is built one day, one interaction at a time, and yet it can be lost in a moment because of one poor decision. Make the right decision.
- 4. Value long term relationships more than short term success.
- 5. Sell without selling out. Focus more on your core principles and customer loyalty than short term commissions and profits.
- 6. Trust generates commitment; commitment fosters teamwork; and teamwork delivers results. When people trust their team members they not only work harder, but they work harder for the good of the team.
- 7. Be honest! My mother always told me to tell the truth. She would say, "If you lie to me then we can't be a strong family. So don't ever lie to me even if the news isn't good."
- 8. Become a coach. Coach your customers. Coach your team at work. Guide people, help them be better and you will earn their trust.
- 9. Show people you care about them. When people know you care about their interests as much as your own they will trust you. If they know you are out for yourself, their internal alarm sounds and they will say to themselves "watch out for that person."
- 10. Always do the right thing. We trust those who live, walk and work with integrity.
- 11. When you don't do the right thing, admit it. Be transparent, authentic and willing to share your mistakes and faults. When you are vulnerable and have nothing to hide you radiate trust.



SPRING ACADEMY DATES ARE OUT! Let us know if you are interested!!! Volume 3, Issue 5 Page 3

What screws us up most in life is the picture in our head of how it is supposed to be.





We remember that it is our actions that define us not our intentions.



Page 4 Campers Newsletter



No one charts a
course for
mediocrity, yet it is
still a destination of
choice.



