

Volume 4, Issue 6

April 1, 2020



### Special points of interest:

- Academy has boys & girls from 49 different high school programs
- Academy Springs dates are out!!!
- Camp Registration is open!!!

### Inside this issue:

Kobe	2
Overthinking	2
Frank Martin	3
Teammate	3
Requires 0 Talent	4
Circle The Globe	4

# ELEVATE YOUR GAME BRIAN BUTCH BASKETBALL



## REGISTRATION IS OPEN!!!!



### Fox Valley Summer Camps 2020

#### REGISTER ONLINE AT:

[www.brianbutchbasketballcamps.com](http://www.brianbutchbasketballcamps.com)

Email: [brianbutchbasketball@gmail.com](mailto:brianbutchbasketball@gmail.com)

Follow us on:

Twitter: @BrianButchHoops

Instagram: @BrianButchHoops

Facebook: Brian Butch

On behalf of our coaching staff, I want to welcome you to the 2020 edition of our Fox Valley summer basketball camps. We're excited to continue working with youth players and helping each to develop their games.

#### 2020 Camps:

**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**)

**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.

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

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

**Competitive Shooting Camp**- This camp focuses on competing while shooting. Every rep becomes game reps.

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

**Position-less Camp**- Learning how to play with the ball and without the ball at all 5 positions

**Ball Screens**- 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.

**All Fox Valley area camps will be hosted at: 5000 W. Champion Dr. Appleton, WI 54914**

<input type="checkbox"/>	Youth Skills	June 15-16	9:00am - 11:00pm	K-4 <sup>th</sup>	\$45
<input type="checkbox"/>	Position-Less	June 15-16	12:00pm - 3:00pm	5 <sup>th</sup> -12 <sup>th</sup>	\$85
<input type="checkbox"/>	Ball Handling 1	June 22-23	9:00am - 11:30pm	3 <sup>rd</sup> -12 <sup>th</sup>	\$75
<input type="checkbox"/>	Shooting 1	June 22-23	12:30pm - 3:00pm	5 <sup>th</sup> -12 <sup>th</sup>	\$75
<input type="checkbox"/>	Post Camp	June 25	9:00am - 12:00pm	5 <sup>th</sup> -12 <sup>th</sup>	\$45
<input type="checkbox"/>	Perimeter Skills	June 25	1:00pm - 4:00pm	4 <sup>th</sup> -12 <sup>th</sup>	\$45
<input type="checkbox"/>	Offensive Skills	July 9	9am - 12pm & 1pm - 4pm	5 <sup>th</sup> -12 <sup>th</sup>	\$85
<input type="checkbox"/>	Post Camp 2	July 13-14	9:00am - 11:30am	5 <sup>th</sup> -12 <sup>th</sup>	\$75
<input type="checkbox"/>	Shooting 2	July 13-14	12:30pm - 3:00pm	5 <sup>th</sup> -12 <sup>th</sup>	\$75
<input type="checkbox"/>	Competition	July 16	9:00am - 12:00pm	3 <sup>rd</sup> - 8 <sup>th</sup>	\$45
<input type="checkbox"/>	Shooting Lab	July 16	1:00pm - 4:00pm	5 <sup>th</sup> -12 <sup>th</sup>	\$45
<input type="checkbox"/>	Ball Handling 2	July 20	9:00 am - 12:00 pm	3 <sup>rd</sup> -12 <sup>th</sup>	\$45
<input type="checkbox"/>	Competitive Shooting	July 20	1:00pm - 4:00pm	4 <sup>th</sup> -12 <sup>th</sup>	\$45
<input type="checkbox"/>	Ball Screens	July 23	9:00am - 12:00pm	5 <sup>th</sup> - 12 <sup>th</sup>	\$45
<input type="checkbox"/>	Dynamic Scoring	July 23	1:00pm - 4:00pm	5 <sup>th</sup> - 12 <sup>th</sup>	\$45

❖ **Post Camps**- Camps 1 & 2 are different, Shooting Camps 1,2, & 3 are all different

❖ **You do not need to attend camps 1 or 2 to attend 3**

\*Family Discount \$5 per kid but must be mailed in.

\*\$10 discount for each additional camp registration

Full Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade this fall: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Parent's Name(s): \_\_\_\_\_

City: \_\_\_\_\_

Email: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Circle (1) T-Shirt Size: **Youth:** M LG **Adult:** SM M LG XL XXL

Please make sure you sign and fill out the waiver/consent form on the back of this slip. Thank you!

Make Checks Payable to:  
Brian Butch Basketball Camps  
2169 Sophia Ln  
Appleton, WI, 54913  
[www.brianbutchbasketballcamps.com](http://www.brianbutchbasketballcamps.com)



---

*"You cannot feed  
someone who is not  
hungry!"*

---



**ELEVATE YOUR GAME**

**BRIAN BUTCH  
BASKETBALL  
ACADEMY**



SPRING ACADEMY DATES ARE OUT! SUMMER dates out soon. Can join whenever you would like!!!



## Warren Buffett's "2 List" Strategy: How to Maximize Your Focus and Master Your Priorities

by James Clear

Read this on JamesClear.com

With well over 50 billion dollars to his name, Warren Buffett is consistently ranked among the wealthiest people in the world. Out of all the investors in the 20th century, Buffett was the most successful.

Given his success, it stands to reason that Buffett has an excellent understanding of how to spend his time each day. From a monetary perspective, you could say that he manages his time better than anyone else.

And that's why the story below, which was shared directly from Buffett's employee to my good friend Scott Dinsmore, caught my attention.

Let's talk about the simple 3-step productivity strategy that Warren Buffett uses to help his employees determine their priorities and actions.

### The Story of Mike Flint

Mike Flint was Buffett's personal airplane pilot for 10 years. (Flint has also flown four US Presidents, so I think we can safely say he is good at his job.) According to Flint, he was talking about his career priorities with Buffett when his boss asked the pilot to go through a 3-step exercise.

Here's how it works...

**STEP 1:** Buffett started by asking Flint to write down his top 25 career goals. So, Flint took some time and wrote them down. (Note: you could also complete this exercise with goals for a shorter timeline. For example, write down the top 25 things you want to accomplish this week.)

**STEP 2:** Then, Buffett asked Flint to review his list and circle his top 5 goals. Again, Flint took some time, made his way through the list, and eventually decided on his 5 most important goals.

**Note:** If you're following along at home, pause right now and do these first two steps before moving on to Step 3.

**STEP 3:** At this point, Flint had two lists. The 5 items he had circled were List A and the 20 items he had not circled were List B.

Flint confirmed that he would start working on his top 5 goals right away. And that's when Buffett asked him about the second list, "And what about the ones you didn't circle?"

Flint replied, "Well, the top 5 are my primary focus, but the other 20 come in a close second. They are still important so I'll work on those intermittently as I see fit. They are not as urgent, but I still plan to give them a dedicated effort."

To which Buffett replied, "No. You've got it wrong, Mike. Everything you didn't circle just became your Avoid-At-All-Cost list. No matter what, these things get no attention from you until you've succeeded with your top 5."

### The Power of Elimination

I believe in minimalism and simplicity. I like getting rid of waste. I think that eliminating the inessential is one of the best ways to make life easier, make good habits more automatic, and make you grateful for what you do have.

That said, getting rid of wasteful items and decisions is relatively easy. It's eliminating things you care about that is difficult. It is hard to prevent using your time on things that are easy to rationalize, but that have little payoff. The tasks that have the greatest likelihood of derailing your progress are the ones you care about, but that aren't truly important.

Every behavior has a cost. Even neutral behaviors aren't really neutral. They take up time, energy, and space that could be put toward better behaviors or more important tasks. We are often spinning in motion instead of taking action.

This is why Buffett's strategy is particularly brilliant. Items 6 through 25 on your list are things you care about. They are important to you. It is very easy to justify spending your time on them. But when you compare them to your top 5 goals, these items are distractions. Spending time on secondary priorities is the reason you have 20 half-finished projects instead of 5 completed ones.

Eliminate ruthlessly. Force yourself to focus. Complete a task or kill it.

The most dangerous distractions are the ones you love, but that don't love you back. [1]

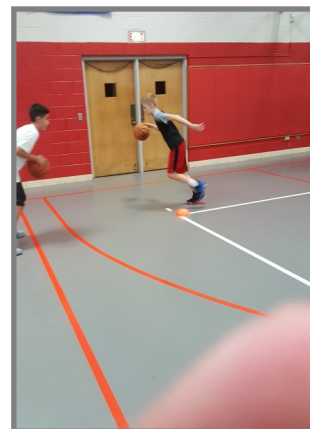


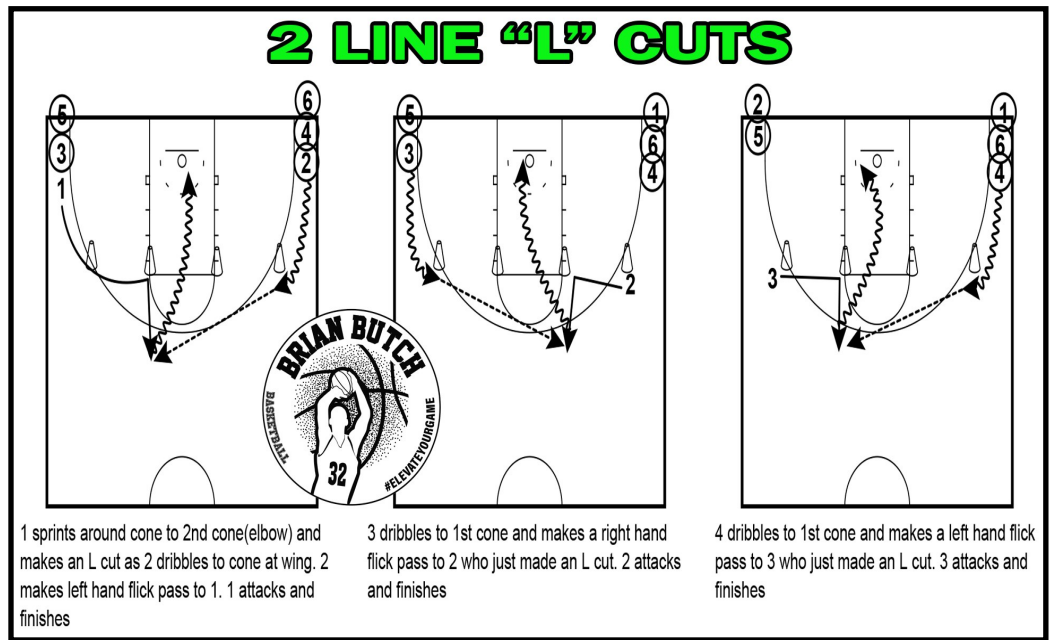

---

*"Every choice you make is a step toward or away from the person you want to become. No single choice will get you where you want to go. Only repeated steps over time in the same direction will move you forward."*

- Shane Parrish

---






---

*“Most people are more comfortable with old problems than new solutions.”*

---



**You can't want the reward  
and not the struggle...**

**You can't want the results and  
not the process...**

**Your struggle determines the  
level of your success!**