

THE STAMPEDE

OFFICIAL NEWSLETTER OF MEMORIAL HIGH SCHOOL BASKETBALL



IN THE NEWS



ATTACK AGGRESSIVELY



COMPETITION



PHYSICALS



HOME VISITS

ATTACK AGGRESSIVELY

A player who attacks aggressively first believes that they can directly impact each play. It starts with their mindset before any physical actions take place. They focus on creating opportunities for themselves because they realize that if they do, not only are they benefiting themselves but their teammates as well. Not only does an aggressive player attack by getting into the paint and making shots, they also attack with the pass and by treating every shot as an opportunity to score through rebounding.

Basketball, moreover life, is about solving problems. We want our players to aggressively attack each problem they encounter and find a solution that fits. The ones that do this best are the ones that make the most plays. It's important to remember that basketball is more about making plays than running them. We want our players to make plays and attack situations aggressively.

COMPETE

When we talk about basketball we usually talk about three skills. The ability to dribble, pass and shoot. I believe that one of the most important skills one can have is knowing how to compete. You can have the other three, but without the ability to compete, you can't maximize them. Often times you will see someone who knows how to compete and isn't quite as skilled get the better of someone who only has skills and doesn't know how to compete.

I was lucky to have the opportunity to coach an incredible competitor for the last four years. Grace Yochum never had a game in which she didn't compete. I'll go one step further, she never had a practice when she didn't compete. Some games were better than others, but it wasn't due to a lack of focus or fear of failure. She relished the opportunity to compete against the best the state and even nation had to offer. That's what sets her apart and if there was one skill that I wish all of our players had it would be that.

The only way to improve how we compete is to compete daily. It's not something you can do for three months and hope to be great at it. You can compete against yourself just as much as you compete against players in other jerseys. You should compete to be the best version of yourself in everything you do.

"The best part of competition is that through it we discover what we are capable of - and how much more we can actually do than we ever believed possible"

— UNKNOWN

PHYSICALS

I have contacted everyone who has not completed the online paperwork. Next I will begin sending out messages for those whom the computer shows we don't have a physical. That doesn't mean that it hasn't been turned in, it just may not be in the system. If you have already completed and I contact you, bear with us as we work to get it into the system.

HOME VISITS

After paperwork and physicals, the next thing is home visits. These are required by SBISD and we will need the following information: Copy of Birth Certificate, Utility Bill and a signed form I will provide for you. More information forthcoming.



Diana Taurasi

One Of The Greatest Competitors Ever