

Your community "Home Office" for Youth

FIRM

FOUNDATION

SPORTS ACADEMIES

Grades 2-4

Player Handbook 2015

Presented By:

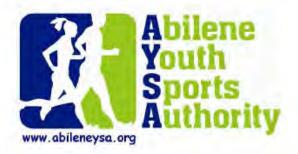


Children's Dentistry of Abilene

Building Character Through Basketball~



AYSA is founded on Christian Principles and exists to promote the highest ideals of teamwork, sportsmanship, honesty, trust and respect for authority with the specific purpose of influencing kids & adults to become better individuals.



FIRM FOUNDATION SPORTS ACADEMIES

"Building a Better Game to Play the Game Better"

FIRM FOUNDATION MISSION

To help your child become a more skilled player and leader in their chosen sport and in the game of life!

- ✓ Kids play sports to have FUN!
- Kids have more <u>FUN</u> with more <u>SUCCESS!</u>
- ✓ Kids have more SUCCESS with better SKILLS and ATTITUDES!
- Kids have better <u>ATTITUDES</u> when they <u>KNOW</u> they are <u>LOVED</u> no matter if they win or lose!

The discipline and perseverance needed to become a better player and leader are also important attributes that can help them overcome difficult tasks or challenges they will face during their lifetime.

SUCCESS REQUIRES DEDICATION, DISCIPLINE, AND PERSEVERANCE! THERE ARE NO SHORTCUTS!

"We are what we repeatedly do. Excellence, therefore, is not an act but a habit." (Aristotle)

FIRM FOUNDATION METHODS

Every week your child will experience:

- Lots of ball-handling and speed drills REPETITON is the key!
- Fun, Competitive Team Drills!
- Numerous Character / Leadership Timeouts!
- Do-at-home practice drills
- LOTS & LOTS of FUN, ENCOURAGEMENT, and LOVE!

OUTUNE

Week 1: Trust Sacrifice Week 2: **Kindness** Week 3: **Peace** Week 4: Joyful Week 5: **Preseverance** Week 6:

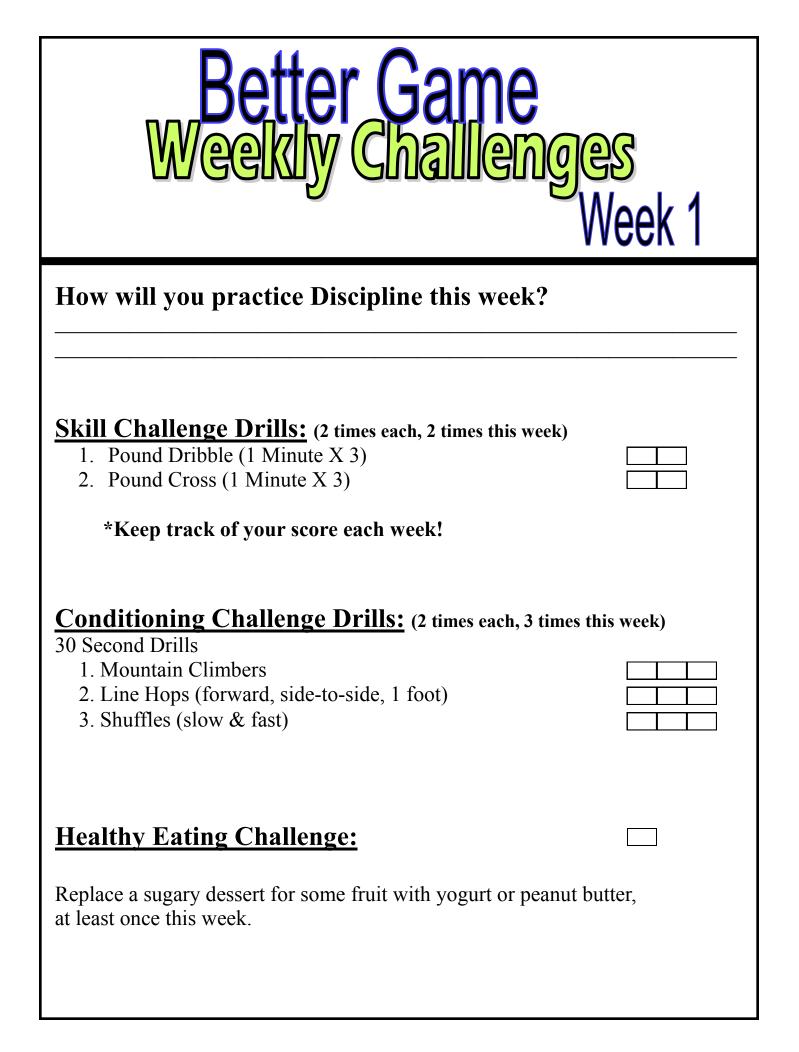
Weeki

Definition: Having a confident expectation of something or someone; hope.

Example: .After Sadie's 8th grade year, the High School Basketball coach met with all the future 9th grade girls and gave them a workout schedule for the summer. The coach asked all the girls to promise that they would do every scheduled workout during the summer and had them sign their names that they would do it. There were many many times during the summer that Sadie didn't want to work out, but she wanted to gain the TRUST of her new coach, so she did every workout.

When 9th grade volleyball started Sadie was amazed at how much stronger she felt and how good she was playing. After the first week of practice the coach told Sadie "You are doing really well. I knew I could <u>TRUST</u> you to do the summer workouts. Congratulations, you made the JV team!"

"Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much." - Luke 16:10



sacrifice

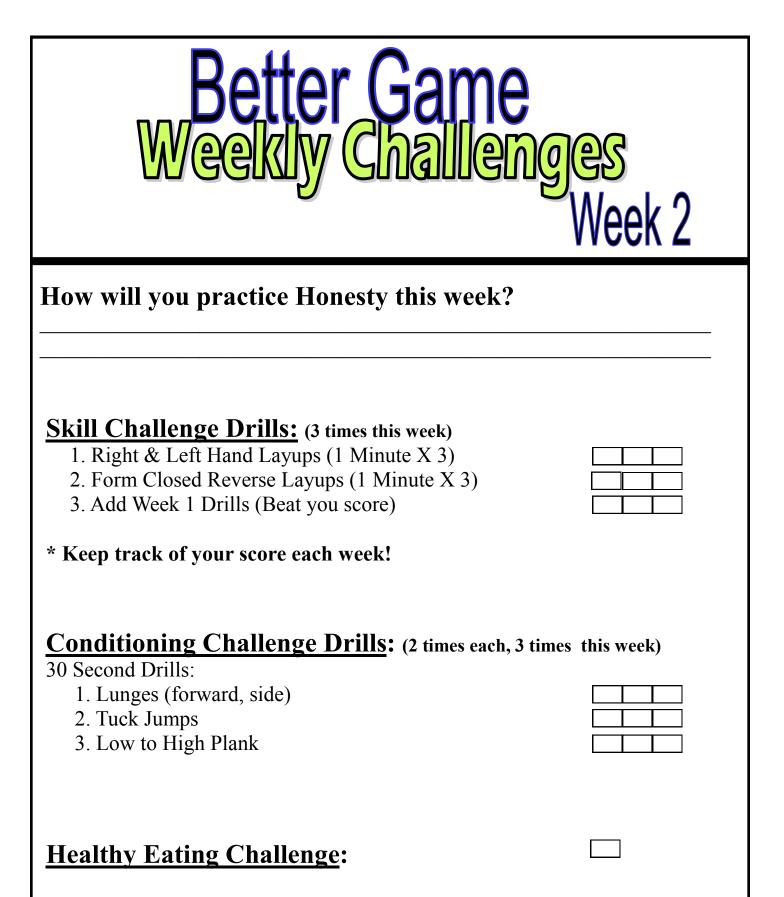
Definition: To give up your own desire, goal or advantage for the sake of something or someone else.

Example: Kate's 7th grade basketball team was really struggling early in their season. Something was definitely off and they were just not clicking.

Kate's coach caught her after practice and told her that she needed her to play Wing instead of Point Guard. Kate LOVED Point Guard and felt like she could even make a college team as one. After thinking about it, she knew she was also one of the best shooters on the team so she agreed to <u>SACRIFICE</u> her personal desires to make the team better.

It worked! After Kate started as wing on the team they went undefeated the rest of the season and won the City Championship. Kate was so glad she <u>SACRIFICED</u> for the team!

"There is no greater love than this, to sacrifice your life (desires) for the good of your friends." - John 15:13



Drink water or milk instead of soda or sugary drinks at every meal this week.

Weeks INTERVIEW OF CONTRACTOR OF CONTACTOR OF CONTRACTOR OF CONTRACTOR OF CONTRACTOR OF CONTRACTO

Example: Michelle was having trouble in her English class writing a paper. She just didn't want to go to practice because she was so upset about her English paper. During practice, Michelle was not in the game and really struggling.

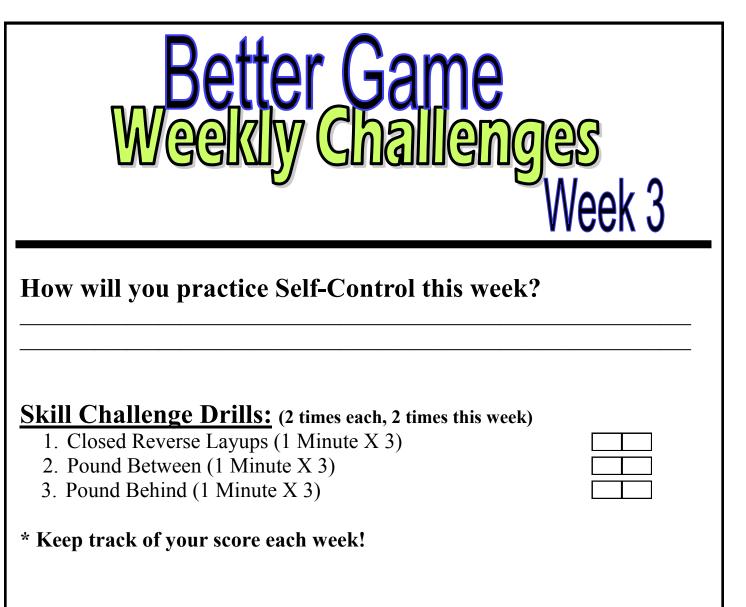
to others.

Bailey noticed that Michelle was having some trouble during practice and wanted to help her. After practice, Bailey went up to Michelle and asked what was wrong. Michelle told her everything about her English paper, and Bailey said she would help her write it and to not give up. With Bailey's <u>KINDNESS</u> Michelle wrote one of her best papers! She got an A+!

Michelle was so thankful that Bailey was <u>KIND</u> and helped her - and that afternoon she was back to doing her best and helping her team on the court.

"Those who are kind benefit themselves, but the cruel bring ruin on themselves." - **Proverbs 11:17**

Vorry weighs down the heart, but a kind word cheers it up." - Proverbs 12:25



Conditioning Challenge Drills: (2 times each, 3 times this week)

30 Second Drills

- 1. Jumping Lunges
- 2. Stair Step-Ups
- 3. Wall-Sits

Healthy Eating Challenge:

Eat a fruit or vegetable at every meal this week.

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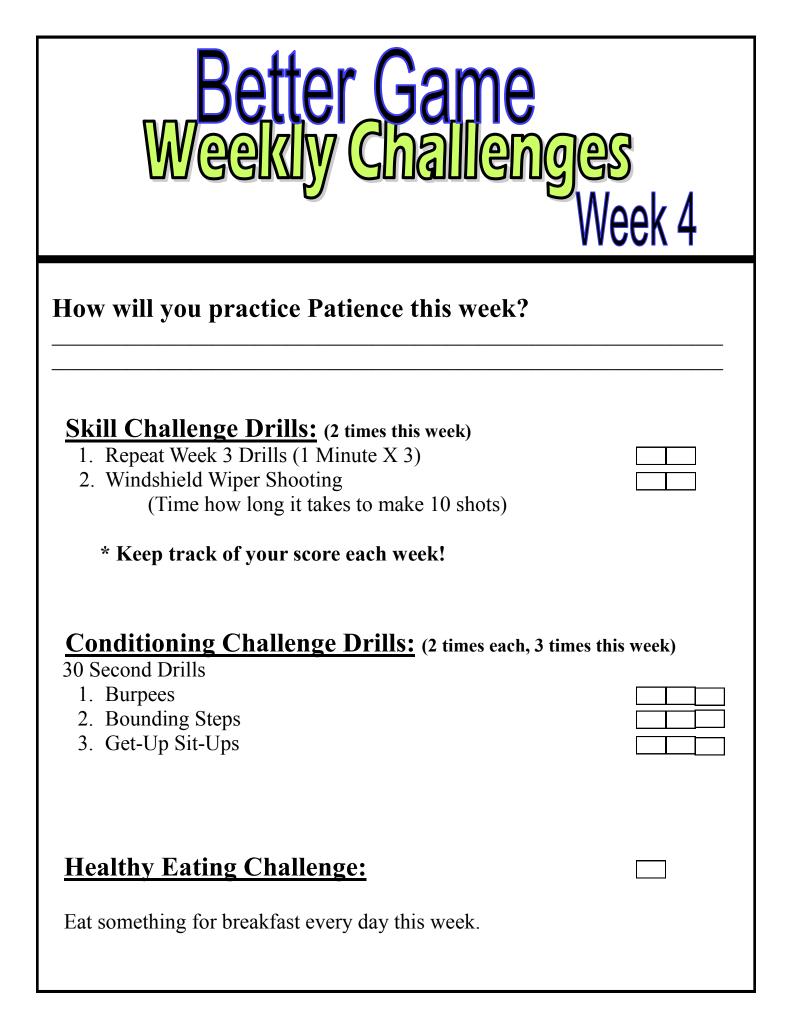
Definition: Having a calmness; not being troubled even in the midst of trials.

Example: .Tucker was playing in the state championship basketball game, the biggest game of her life. Her team was winning by 15 points and were way ahead before starting the next quarter.

The last quarter the game was very close near the end and the crowd was very loud. The last 5 minutes of the game were back and forth, and Tucker felt herself and her teammates getting really nervous. She remembered how much God loved her and that He did not give her a spirit of fear but a spirit of <u>PEACE</u>.

At that point, Tucker told herself to calm down, it was just another game, and to relax and have fun. The rest of the game she had an indescribable <u>PEACE</u> and calmness and played her best game ever. Her teammates noticed how much <u>PEACE</u> Tucker had, and they started calming down and playing better too. Guess who won the state championship!

Turn from evil and do good; seek peace and pursue it."



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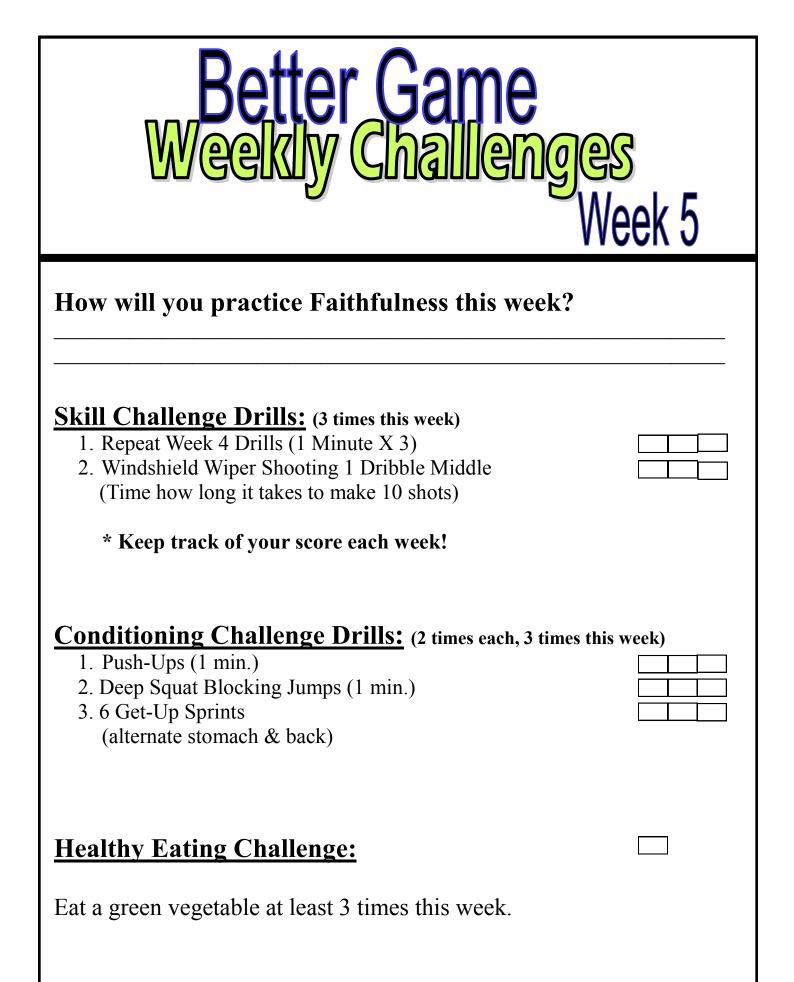
Definition: The emotions of great delight or happiness.

Example: Alex woke with a start and looked at his clock. He had done it again! That was the third time he had woken up early and still had quite a while before school. He just wanted the day to start already!

Today was the first day of after school workout, Alex's favorite time of year. He was very excited and happy.

Ok, maybe he wasn't too excited about going through after school practice but, what made him <u>JOYFUL</u> was that it was basketball season, he would get to play the game with his friends and work together as a team to win!

"Be joyful in hope, patient in affliction, faithful in prayer." - Romans 12:12



Derseverance week6

Definition: Continuing with a course of action or a purpose in spite of obstacles or difficulties

Example: Cody tried out twice for the select basketball team in his home town, and both times did not make the team. While he was sad that he did not make the team he worked really hard with a private coach and tried for his school team. Working hard to reach his goal.

The day of the club tryouts had come again. He watched the guys ahead of him nervously, but when it was his turn he did his absolute best. After the tryout he waited around with all the other guys to see the list.

Before he could look at the list, the coach called him over. He thanked him for trying out again, and told him it was obvious he had worked really hard.

The coach said because of his <u>PESEVERANCE</u> to overcome the disappointment of not making it twice before, he was very happy to tell him he made the team!

"Let perseverance finish its work so that you may be mature and complete, not lacking anything." - James 1:4



How will you practice Humility this week?

Message from AYSA & Your Academy Coaches:

ALWAYS REMEMBER -

There are no shortcuts to becoming a better player, a better teammate, or a better person!

Learn the right fundamentals and put in the work to keep getting better in every area of your life!

NEVER FORGET -

Your value as a person is SO MUCH MORE than what you can do on the court!

"Never get tired of doing the right things!" -2 Thess. 3:13

