



NA FALL BALL 2015 WEEK # 8 RECAP

ACCORDING TO FENNIS DEMBO

We have now closed the book on the 8 week regular season. Time for everyone to gear up for the 20 team playoff that will crown the **King of Fall Ball 2015**. This was a beautiful week for fall ball and we almost opened the barn doors again but a coach thought the slight breeze would affect the shooting. Do I dare show Coach K what the league is shooting overall with the barn door closed? The annual Coaches Appreciation Day Buffet catered by Terry Holland and Stacheys Pizza was great as usual. The **Londonderry, SJP and Tewksbury** staff take home the badge for most plates eaten. Lets' look one more time at week 8 before we start preaching **WIN OR GO HOME** starting Monday.

CENTRAL CATHOLIC 50 BILLERICA 40. The Raiders played some inspired basketball going out big on the Indians right from the start. Josh Bradanese went to the bench early with two fouls and Billerica guards struggled against CC pressure. Indians made a comeback late but it was too much to overcome and CC wins by 10. Ian Carmichael and Steven Hajjar were terrific for the Raiders. Josh Bradanese scored 12 and had 12 rebounds for Billerica

ANDOVER 62 NEW MISSION 61. The enigma Golden Warriors with a great win tonight. The Titans slept through this game and blew the opportunity to be #3 seed (They dropped to 6th) Brandon Witten had 17, Jon Rodrigues 14 and Devon Beasley 11 led Andover. Charlie Mitchell led New Mission with 14. The effort was not there for the Titans and the result shows. Andover will be good this winter (it's a lock)

SALEM 57 PEABODY 49. This was a see saw affair as both teams had their runs. Both teams played well at times and then both teams had numerous brain cramps. In the end Salem escapes late with an 8 point win. Griffin Curtis had 18 points and 9 rebounds for the blue devils. Christin Teehan had 13 for the Tanners. These two teams will greatly benefit from everyday coaching

LOWELL 66 CHELMSFORD 56. The Red Raiders stop the bleeding with a 10 point win. Chelmsford competed the whole game as they do every week but the Lions had no answer for Alex Rivera who had 27 points and 7 assists. Andrew Linehan had 13 points and 8 rebounds to lead the Lions. The question is what Lowell squad will mentally and physically show up for playoffs. The Lions will be ready regardless of opponent.

METHUEN 60 PELHAM 44. This was another back and forth game and the final score is not indicative of how close this game was. It was a 3 point game with 4 minutes left. Keegan Lannon was very good defensively and had a team high 15 points. Dante Rivera was very good with 10 points and 8 assists. Keith Brown earned every one of his 27 points to go along with 6 rebounds. Love teams of humble and hungry players.

TEWKSBURY 65 LAWRENCE 58. The Red men knocked Lawrence from the unbeaten ranks with a solid 7 point win. Lawrence really struggled in the last 4 minutes of the game trying to execute the same set and missing free throws. Tewksbury always finds a way to win. Tenaglia 26 and Derrah 19 led Tewksbury and Juan Felix Rodrigues was very good with 19 points for the Lancers. This could be a Finals matchup.

ST JOHNS PREP 73 LONDONDERRY 40. The Eagles put it together this week and got a total team effort in its rout of Londonderry. Danforth, McNiff, Buresh, and Relihan led a balanced attack for the Eagles while Matt Corey had a game high 16 for the Lancers. Have the eagles made enough changes? Be patient Londonderry it's a learning curve.

NORTH ANDOVER 60 WACHUSETT 39. The Mountaineers went out to a 14-4 lead before the Knights started playing pace and space. The Knights earn their 4th straight win by playing complete team basketball. Robbie Coumoudgian had a game high 24 to lead the Knights while Tyler Burgess had a team high 16 for the Mountaineers. Rematch set in round of 16

HAVERHILL 60 TRITON 44. Haverhill earned their second win of the season with a 16 point win over Triton. Navin Cruz 16 and Mike Battaini 14 were the 1-2 punch for the Hillies while Will Parsons and Adam Baletsa had 10 each for Triton. Triton must decide to play every possession and Haverhill could surprise

WESTFORD 78 ST PETER MARAIN 57. Grey Ghosts finish 6-2 with a strong win over SPM. The big four of Coffey 25, Hartmann 21, Hughes 15, Glidden 11 were very good tonight. TJ Darten once again led the Guardians with 21. Two teams nobody wants to face in the playoffs as the Guardians can compete with anyone and the Grey Ghosts can be flat out scary at times



WEEK 8 RESULTS

METHUEN 60 (KEEGAN LANNON 15)

PELHAM 44 (KEITH BROWN 27)

TEWKSBURY 65 (NATE TENAGLIA 26)

LAWRENCE 58 (JUAN RODRIGUES 19)

ST JOHNS 73 (SPENCER DANFORTH 12)

LONDONDERRY 40 (MATT COREY 16)

NORTH ANDOVER 60 (ROB COUYOUMJIAN 24)

WACHSUETT 39 (TYLER BURGESS 16)

CENTRAL CATHOLIC 50 (STEVE HAJJAR 16)

BILLERICA 40 (JOSH BRADANESE 12)

ANDOVER 62 (BRANDON WITTEN 17)

NEW MISSION 61 (CHARLIE MITCHELL 14)

SALEM 57 (GRIFFIN CURTIS 18)

PEABODY 49 (CHRISTIAN TEEHAN 13)

LOWELL 66 (ALEX RIVERA 27)

CHELMSFORD 56 (ANDREW LINEHAN 13)

HAVERHILL 60 (NAVIN CRUZ 16)

TRITON 44 (WILL PARSONS 10)

WESTFORD 78 (PAT COFFEY 25)

ST PETER MARIAN 57 (TJ DARTEN 21)

FINAL REGULAR SEASON STANDINGS HAVE BEEN UPLOADED TO SITE

NUTS AND BOLTS:

- Thanks again to Stacheys for the COACHES APPRECIATION BUFFET
- Player Appreciation Day will be held on each of the 20 teams next scheduled games. At the conclusion of game please send PLAYERS ONLY to the kitchen where they will get a slice and a drink
- It's Win or go Home starting Monday. If a player has not played in any of the previous 8 games he is ineligible to play in the playoffs
- Reminder NO SHIRT NO PLAY
- With the playoffs starting parents, fans etc. DO NOT SIT IN RESERVED SECTION FOR COACHES
- ALL GAMES NOW ON ARE PLAYED AT THE BARN. THANKS TO BROOKS SCHOOL FOR ALLOWING US USE THIS FALL

ZEBRAS THIS WEEK: RICH NAPS, JULIEN SCOTT, TRACY MITCHELL, TONY ROMANO, RALPH SULLY, PHIL NANGLE, KEVIN BOUTILIER, CHRIS DION, TED SLATTERY, BRIAN SCHAUFENBIL



PLAYOFF SEEDINGS 2015 – complete transparency, no guessing, you earned what you got

1. TEWKBSURY
2. LAWRENCE
3. CENTRAL CATHOLIC
4. WESTFORD
5. BILLERICA
6. NEW MISSION
7. NORTH ANDOVER
8. ST PETER- MARIAN
9. ST JOHNS PREP
10. WACHUSETT
11. METHUEN
12. PELHAM
13. ANDOVER
14. SALEM
15. LOWELL
16. CHELMSFORD
17. HAVERHILL
18. LONDONDERRY
19. TRITON
20. PEABODY

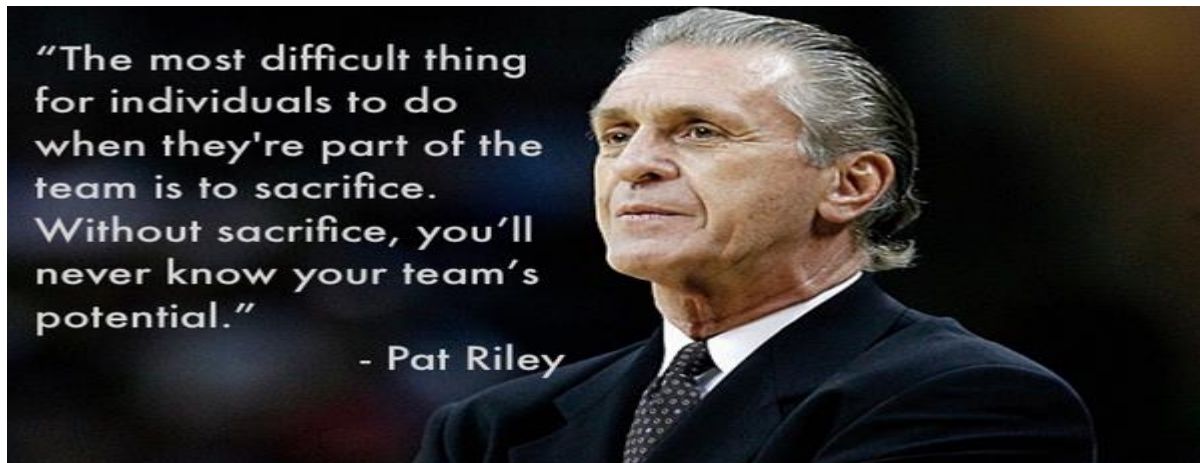
GAME OF THE WEEK: Methuen v Pelham was a good one, Andover upset New Mission but the best game was **TEWKSBURY V LAWRENCE**. Two of our best teams, game of runs, big shots, big plays, large crowd, guys leaving it on the floor, both teams fighting for the #1 seed. On all accounts this was a good one to watch and could very well meet in Finals

TEAM OF THE WEEK: The nominees are Westford, NA, Tewksbury, Andover, and Methuen but the team of the WEEK #8 are the **WESTFORD ACADEMY GREY GHOSTS**. They dispatch of a scrappy SPM team by playing a complete team game. Coffey Glidden, Hartmann and Hughes were big but everybody on team contributed. Don't sleep on WA, Pags will have them ready for the playoff run

DO YOUR JOB WINNER WEEK 8: The nominees BOBBY HARTMAN, MARCOS GERMOSEN, JACK FOWLER, BRENT MCNIFF, KEEGAN LANNON, IAN CARMICHAEL but this weeks' winner is Methuen's **KEEGAN LANNON**. The heart and soul of the Rangers scored a team high 15 points, he grabbed rebounds, got people the ball and did an absolute amazing job on Keith Brown only allowing him 10 points while he was covering him. Keegan epitomizes DO YOUR JOB every week

- **BABY FACES? I DON'T THINK SO!** Methuen's sophomore **Dante Rivera** 10 points 8 assists running the point was very good. NA **Wade Whipple** is a sophomore to keep an eye on. Methuen sophomore **Evan Hardy** with his third straight double digit scoring. **Matt Corey** of Londonderry 16 points and his commitment to board makes this sophomore intriguing and of course CC sophomore **Steven Hajjar** was very good this week. **Alex Rivera** is only a sophomore and could be mentioned every week

PLAYER OF THE WEEK #8 Nominees – **Keegan Lannon (M), Nate Tenaglia (T), Robbie Coumoudgian (NA), Pat Coffey (WA), Brandon Witten (A), Alex Rivera (LOW), Steven Hajjar (CC)**. I never love to go co- players of the week but for the second time this season we have to. Both of these guys were special this week. **ROBBIE COUYOUMDGIAN** 24 points and played great defense on Tyler Dion. The kid has no ego and just plays and **ALEX RIVERA** who had 27 points and 7 assists to help Lowell get back on track. Congrats **Robbie and Alex**



WEEKLY PET PEEVES FOR WEEK #8

MONDAY	TUESDAY
Players giving coaches attitude – sit down now son – show some respect	Over dribbling by guys that can't – get better
Over use of the dribble into bad turnovers – tend to be more of the hyped players, get better & it will be more than hype	Kids that have picked up bad habits and are the only ones that don't know it! wish we videotaped games
Players that hunt shots – learn to shoot – these are called shooting turnovers son	Unwillingness to defend- don't defend you will sit
Sulking on the bench – excuse me is there a reason you should be playing?	Inability to finish with weak hand – work on it NOW
Unwillingness of some kids to be happy for their teammates success	Kids that need to get over themselves and fast,

THE POWER RANKINGS WEEK 8

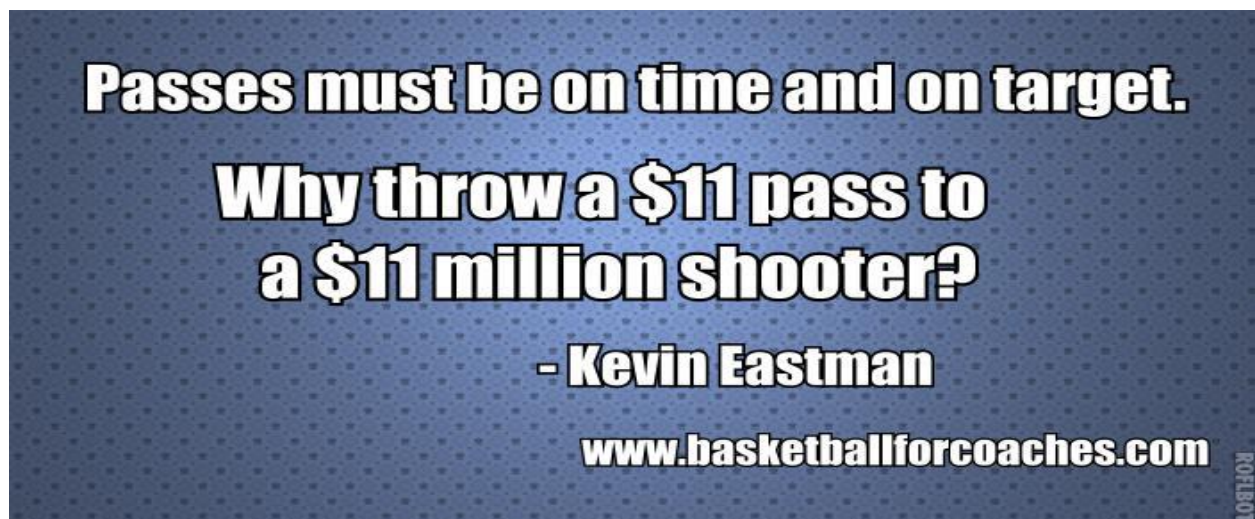
THIS WEEK	LAST WEEK
1. TEWKSBURY 7-1	LAWRENCE 7-0
2. LAWRENCE 7-1	TEWKSBURY 6-1
3. CENTRAL CATHOLIC 6-2	NEW MISSION 5-2
4. WESTFORD 6-2	CENTRAL CATHOLIC 5-2
5. NEW MISSION 5-3	BILLERICA 6-1

BIGGEST DROP: BILLERICA 5-8

BIGGEST RISE: WESTFORD 6-4

OUTSIDE LOOKING IN: NORTH ANDOVER 5-3

IT'S NOT WHAT YOU DID LAST WEEK, LAST SUMMER OR WHAT YOU MIGHT BRING NEXT WEEK, IT'S WHAT YOU DID THIS WEEK



FACES IN THE CROWD WEEK #8

Olympic high jumper Phil Connors Sr., The Tewksbury Board of Selectman, Sean Derrah, Phil Connors, Bill Brinklow reading lips, Mrs. Tenaglia and daughter, Charlie Micol and the entire Lions coaching staff, Mr. Beattie, Mr. Linehan, Raymond Nunez, Meet the Pelham Browns, First couple of Pelham Mr. & Mrs. Frank, Matt Regan, Epping Head Coach running laps at the postgame, Mr. Nystrom, Debbie and Marc Bradanese and first born ERock, Josh Bradanese girlfriend, The Frawleys, Mrs. Baltayan, Roy Nickerson, Bobby M, Peabody Tanners sports wagon, Justin Barrasso. Junior Estrellas girlfriend, The Wittens, The Kalantzakos, former NE Patriot Derrick Beasley, Stacheys delivery guy, Alan Hibino, Mrs. Buresch, The Danforths, The

O'Neils, The Connollys, The SJP coaching staff past and present, Shawn Conrad, Luke Richards, Kevin Bettencourt, David Brown, David White, Anthony Faradie, new Methuen assistant, Billy Hart, Paul Tanglis, Paul Tanglis Sr, Rob McLaughlin and father, Dean Colleti, Mr. Curtis, Ken and Barb, Mr. Gott and vocal Mrs. Gott, Orlando Romero's family Tom Gibbons, Myles Couyoumjian, the Romanos', Fowlers, Rosenthals, Cincerulli's and Rogers of North Andover, Zach Wolfgang, The Martins, the Lee's, Johnny Bag o donuts Mcelroy, Lawrence legend Dan Halloran, Rick Nault, The CC Board of Trustees, the Carmichaels, Mike Grillakis, Lance Petka, Kevin Fernandez, Sam Lara, Big Jim Zenevitch, The extended Whipple family, Madeline McCoy, Compass cleaning service, Matt Curran, Lisa Lannon, Keegan Lannon Father Frank, Roger Hardy, Sgt. Mejia, The Rivera clan, Mrs. Scott, Jerry Dizzazzo, The Parsons, Coach Clay, Dan Letarte, Cory McCarthy, Mr. Jordan, Nick Napps, Pags, The Hartman's, The entire Londonderry staff including Mike Larosa, The Brittings, Colemans, Coreys, Atty Hajjar, Kevin Pettway, The Bertrands, Bill Burt, Jim Connolly, Will Hommonnay and father, Ryan Cain, Jim Emerson, Mike Kimball, Alex Larosa, Mike Dunham, Tewksbury Woman's Club, Coach Dion, TCU legend Tracey Mitchell,

FASHION OF THE WEEK: Bill Burt was dressed as a male librarian this week. Jersey Jim Connolly with the weekly hip grampa look, Richie Naps had the tight sweatpants going, Methuen Rangers were wearing odd head bands, Mrs. Witten always dresses fashionably, Pepe Lepu had the under armour head to toe look going, Dan Halloran had the same outfit he wore running for office back in '88. One older gentleman was wearing white socks with dress outfit (That by the way is illegal even for cats over 75), Marc Bradanese had the nervous dad outfit going. We also had a number of folks wearing the last days of summer shorts and shoes combo, Mr Linehan was rocking the lettermens' jacket. Tom Gibbons had the nice coaches' attire going and does anyone wear a pair of flip slops with socks better than David Brown of Methuen. We had no clear winner but kudos to the coaches who wore baggy sweatpants to the buffet so they could load up. We are hoping for great looks over the next three weeks of playoffs

HE SAID THAT? NO HE DIDN'T SAY THAT DID HE?

You can't run the same play 10 times when the last 9 didn't work – Fennis Dembo

I think we are coming back to scout tomorrow night so we can get another night of the buffet – SJP Staff

He literally picked 5 fouls in 5 minutes – Coach Bobby

I am on a diet so my son will stand in for me at the buffet table – Richie Napps

Phil Connors father just jumped higher than any other 60 year old guy, the man is bouncy – Scorers' Table

This ref is just guessing on block/charge calls – anonymous

I need you to explain the strength of schedule math – **Marc Bradanese**

I guess his AAU program doesn't require him to play defense – **By more than a few coaches**



PLAYOFF DATES TO KEEP IN MIND

MONDAY NOVEMBER 9TH – (4) GAMES PRELIM GAMES SEEDS 13-20

TUESDAY NOVEMBER 10TH – (4) GAMES OF THE ROUND OF 16

MONDAY NOVEMBER 16TH – (4) GAMES OF THE ROUND OF 16

TUESDAY NOVEMBER 17TH – (4) GAMES QUARTERFINALS

MONDAY NOVEMBER 23RD – (3) GAMES SEMI FINALS & FINALS

AWARDS TO BE GIVEN OUT

CHAMPIONS – TJ MCEVOY MEMORIAL CHAMPIONSHIP TROPHY

LONG SLEEVE CHAMPIONSHIP SHIRTS

REEBOK GIFT CERTIFICATES

RUNNER UPS – BILL MOECKEL MEMORIAL 2ND PLACE TROPHY

LEAGUE MVP – PAT CONNOUGHTON MOST VALUABLE PLAYER TROPHY

ANNOUNCEMENT OF FALLBALL 2015 – ALL LEAGUE TEAM (PAPER AWARD)



WHO BROUGHT IT IN WEEK # 8 – BRING IT EVERY WEEK IT'S NOT ROCKET SCIENCE

As mentioned previously Central rising sophomore **Steven Hajjar** was very good this week with 16 points and 7 rebounds. **Ian Carmichael** continues to do all the little things that helps his team win 7 points, 8 rebounds and 4 blocks all the while being the rim protector and leader on defense. Ian is one of the most underrated players in the league but boy has the college coaches taken notice. **George Grillakis** just grinds every week. This week 9 points, 4 assists and 6 rebounds. **Tanahj Pettway** scoring is down but doing other things that people don't think are sexy enough but I do, running the point he had 5 points 2 assists and 5 rebounds to go with 3 nifty steals. **Colin Bradanese** is a work in progress and has to adjust to the speed and physicality of the varsity game but does contribute in scoring, tonight with 10 points. Safe to say not a great night for **Josh Bradanese** as the early foul trouble sent him to the bench and he struggled shooting this week but with that said still one of the elite players in this league and still scored 12 points to go with 12 rebounds. Josh college recruitment is off the charts. **Alex Frawley** brought it this week with 9 points and 5 rebounds. **Joe Perrotta** had 11 points but needs to know what he can't do with the dribble against better players. Billerica had 23 turnovers, shot 25% from three and 23% from two. You are not going to win many games with those stats.

Andover with a great win this week. The Golden Warriors shot it well and kept their turnovers down **Brandan Witten** shot it very well with 17 points. **Timmy Kalantzakos** brought it this week with 9 points, 7 assists and 3 rebounds. **Devon Beasley** hit the game winning pull up in the lane but was solid all game with 11 points and 6 assists. **Jon Rodrigues** with a good one 14 points, 3 assists and 7 rebounds. **Kevin Labrie** contributed 4 points and 4 rebounds. I have to keep it real, a bad night for New Mission. Most guys didn't even seem mildly interested. **Charlie Mitchell** was one guy that did all he could with 14 points 5 assists and 4 rebounds. **Ty Lee** had 13 points 6 assists and 4 rebounds. **Isaiah Laurent and Traehe Quales** scored 11 and 10 respectively but both could have had 30 each last night. They need to recognize advantages more. Free throws and turnovers hurt the Titans but I think this was an extreme wake- up call.

Salem and Peabody battled all night and I thought the Tanners were going to register win #1 but Salem did enough down the stretch to earn their third win. **Griffin Curtis** was very good with 18 points 4 assists and 9 rebounds. **Jared Gott** is coming along and can be a big piece of what the Blue Devils need to do. He had 15 and 6 rebounds but needs to move the ball more with his team. **Matt McLaughlin** with 10 points 3 assists and 3 rebounds has really come into his own this fall which is really good news for the Blue Devils. **Connor Greenfield** with 7 and 7 this week. Peabody starting to play team basketball and they are so much better when they do. **Christian Teehan** had 13 points, **John Lawrence** contributed 8 points. Big **Ben Shmase** is coming along 9 points 8 rebounds. **Junior Estrella** is staying with the team concept more and tonight had 9 points and 11 rebounds. **Vasili Stefanopolis** also had 8 points to help the cause. The Tanners will continue to improve by just playing more together every opportunity they get.

Lowell is not dead! After 5 straight losses they rebounded with a solid win over neighbor Chelmsford. **Alex Rivera** was co –player of the week with 27 points and 7 assists. After a slow

start **Sidi Diallo** warmed up and had 16 points and 11 rebounds from the guard spot. **AP Wennah** does his job with 6 points and 8 rebounds. Lowell got some nice minutes out of **Majo Mondejh** with 7 points and 2 boards. **Tim Sousa** is a kid people take lightly but they shouldn't as tonight he scored 10 with 5 rebounds. Chelmsford continues to be led by **Andy Linehan** with 13 points and 8 rebounds. I would like to see Andy develop a floater, runner and pull-up in the lane as you can't get to the rack every time. **Austin Chadwick** continues to be the Lions stud. Austin is physically tough and tonight line 10 points 6 assists and 5 rebounds. **Kevin Sweeney** was good with 10 points and 6 rebounds. **Trey Johnson** surprised with 7 points and 2 rebounds. Lions also got 7 points from **Jared Krueger** and 4 points and 5 rebounds from **Josh Sogode**.

Robbie Couyoumjian was co-player of the week with 24 points, great defense and even better leadership. **Jack Fowler** put the complete game together with 11 points 2 assists and 7 rebounds. **Matt Rosenthal** continues to thrive in this offense with 11 points 2 assists and some solid defense. **Connor Rogers** did not score but had 6 assists and probably double digit hockey assists. So great when a team has a point guard who makes everyone else better. Knights had a total team effort as **Romano, Cinserrulli, Whipple, Lee, Martin and O'Connell** all had moments. **Tyler Burgess** was very good for Wachusett with 16 points and 12 rebounds. **Joey Nuttall** had 6 points, **Ryan Brodin** with a first mention contributed 5 points. Wachusett's best player **Tyler Dion** left game with an ankle injury but should be fine for playoffs.

St. Johns got back on track with a resounding win over Londonderry. **Spencer Danforth** had 12 points and 6 rebounds. **Harry O'Neil** with 6 points and 3 assists. Harry is one of the better big man passers in the league. **Brian Jean Francois** does his job 7 points 2 assists and 4 rebounds. Love his motor. **Brett McNiff** with a solid night with 10 points, 3 assists and 6 rebounds. **Alec Buresh** did a nice job running the point and first mention for **Matt Relihan** who had 9 points and 9 rebounds. Londonderry got a nice performance from **Matt Corey** who scored a team high 16 points and 4 rebounds. **Jake Coleman** struggled from three but the kid is a big time player. Tonight he had 13 points and 3 assists. **Cole Britting** continues to do a nice job running the point.

Tewksbury is the #1 seed and they earned it with a nice win. **Justin Derrah** had 19 points and 7 rebounds and **Nate Tenaglia** scored 26 with 5 assists. The big two didn't shoot well from three but they shot well from two. Tewksbury had some bad turnovers but they did force Lawrence into 23 turnovers. Key stat Tewksbury 13-14 from free throw line Lawrence 1-8. **Gio Champa** had 6 points, 2 assists and 4 rebounds and **Ryan Briggs** had 5 points 4 assists and 2 rebounds. **Juan Felix Rodrigues** continues to be the leagues' biggest surprise as he led Lawrence with 19 points and 5-9 from three. **Kevin Vanderhorst** is a stat stuffer, tonight he had 14 points, 6 assists and 4 rebounds. **Marcos Germosen** did work again 12 points 4 rebounds. First mention for **Cheilin Castillo** with 4 points 5 assist and 3 rebounds.

Methuen vs Pelham was a good one. **Keegan Lannon** was our Do Your Job Winner this week. He had 15 points, 2 assists, 4 rebounds, 3 steals, hit 4 three pointers and held Keith Brown to 10 points when he was covering him. **David Dizzazzo** did not shoot it well but had 7 rebounds.

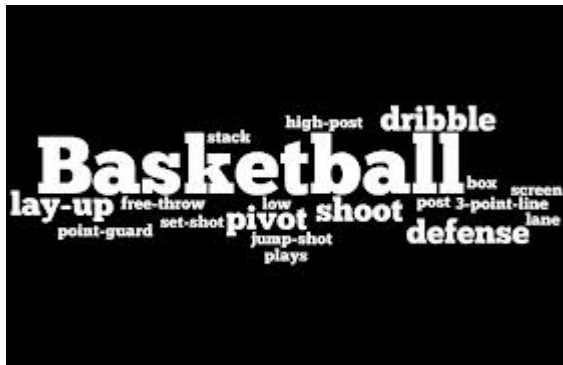
James Ogunjobi continues to impress with 8 points and 6 rebounds. Garbage man **Andrew Marcellino** with 6 points and 8 rebounds. **Dante Rivera** was very good with 10 points, 8 assists and 4 rebounds. **Evan Hardy** contributed 11 points and **TJ Scott** had 6 to help the cause. **Keith Brown** did not shoot it well from 3 but he earned every one of his 27 points as Methuen threw a number of different looks at him. He also had 6 rebounds. **Kyle Frank** had 6 points 3 assists and 4 rebounds. Problem here is Pelham shot 13% from 3 and nobody else stepped up tonight.

Haverhill picked up their second win as the big 3 of **Mike Battaini, Avery Ceron and Navin Cruz** impressed. **Navin Cruz** had 16 points and 5 rebounds. **Mike Battaini** had 14 points and 4 rebounds and **Avery Ceron** scored 11 and had 4 boards. **Joey Fenderson** chipped in 8 and nice contributions from **Deajon Pendleton** with 5 points and 4 boards and **Declin Davis** had 4 and 2 boards. Triton continues to get good performances from **Will Parsons** with 10 points and 8 rebounds and **Adam Baletsa** with 10 points 2 assists and 2 rebounds. I need to see more consistency from the rest of the Vikings. **Connor Henry** did have 7 points and 6 rebounds and **Jack McCarthy** chipped in with 8 points

Westford is our team of the week and everyone contributed but the four of **Coffey, Hartmann, Hughes and Glidden** were huge. **Pat Coffey** has been nominated for MVP of Fall Ball with another 25 point performance. Pat is averaging 22 points a game this fall. **Bobby Hartmann** is another most improved candidate with typical double- double with 21 points and 11 rebounds. **Jason Hughes** with his best game 15 points and **Jon Glidden** ran the point scored 11 and had 4 dimes. St Peter- Marian always puts out a good effort. This week **TJ Darten** once again was leading scorer with 21 points. **Rudy Martinez** was productive with 16 and **James Amarillo** with 11 points 3 assists and 4 rebounds. **DeMarr Langford** had 7 rebounds in the loss.

PEOPLE DON'T
WANT TO HEAR
THE TRUTH
BECAUSE THEY
DON'T WANT
THEIR ILLUSIONS
DESTROYED.

— FRIEDRICH NIETZSCHE



THE WEEKLY RANT – FOOD FOR THOUGHT OR

FOOD FOR THE DUMPSTER....YOU DECIDE

INTERNAL AND EXTERNAL FACTORS THAT CONTRIBUTE TO YOUNG PLAYERS BEING MENTALLY AND EMOTIONALLY FRAGILE!

Emotionally fragile teenage basketball players is nothing new. Over the last 30 years I have watched players experience difficulty in this area as part of growing up. Some type of kids that we talked about in past rants are just emotionally tougher and some are not. What is a growing concern is the extent of emotional fragility that is caused by a number of internal and external factors that is spinning out of control.

A number of kids today are facing internal conflicts that we are seeing play out on the basketball court. Some kids are perfectionists to the point where they cannot accept they are not perfect. Some feel a complete need to please others such as parents, coaches, role models and get very strung out if they are not pleasing those people. Sure we also see high anxiety, low self-esteem, self-conceptualized and non-assertiveness that may be the source of internal conflict. As we have done in the past we will continue to address and assist in this area as parents, coaches and role models and hopefully we will help kids grow. One thing we need to do is accept this is a growing concern and address at the earliest stages.

In terms of external factors we need to first look at two major influences, Parents and what I call OUTSIDE NOISE. In this day and age we are dealing with the Helicopter Parent syndrome where parents are programming, planning, and controlling their child every move when it comes to a lot of things especially their child athletic careers. All good intentions to start but do helicopter parents really see what this might be doing to their child? For the sake of our children, we parents all need to take a deep breath. The intentions might be good but we all need to look at the big picture.



The bigger concern for me is the growing problem of what former NBA star Keith Van Horn calls **DPD** (Delusional Parent Disorder). Keith's definition is "parents who have false or unrealistic beliefs or opinions about their children even when confronted with facts". Is there genetic makeup that forces parents to feel their child are always better than they really are? I don't know! Is it bad to have an over inflated view of their child? Is it a factor in leading kids to be emotionally fragile? I think it is, I think unknowingly we wind up putting pressure on our children. Some parents then quietly or not so quietly undermine coaches about role, playing time or daddy goggle issues and to me this is unacceptable. How many of us as parents have had those postgame conversations in the car on juniors' performance under the disguise I am just talking to my child. This behavior instills in kids a belief they are not living up to **OUR** standards. A bit of a suggestion here, take off the daddy goggles or at least Windex them from time to time. Be aware of the signs of the DPD, although not recognized in the medical community as a real condition I think it should be. Lets' agree we all love our children and we need help from time to time. I also want you to know this all passes by so quickly, sit back enjoy your sons game because it's over in a heartbeat. In the end for parents this issue comes with initial good intentions unlike the **DREADED OUTSIDE NOISE**.

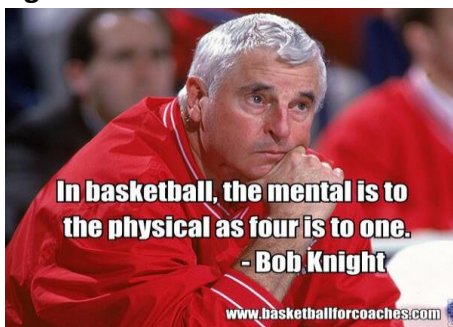
The biggest problem causing this issue is Outside Noise. These are people that are giving the young players unrealistic evaluations, feedback, advice and putting so much pressure on kids that they don't know how it is truly affecting kids. I do, every week I see players down here on the verge of tears and sometimes in tears because of this. Players with not a lot of parental influence I can almost expect to see it and it makes my skin crawl but I am shocked with the parents that are involved who have complete blinders on when it comes to emotional anxiety of kids. We have players that were told incorrectly they were better than they are, struggling because they are sometimes not playing or playing much. Some kids have been told they are a certain position which they are not or a role they are not. Some kids believe if they are not playing varsity by their freshman/sophomore year they are a failure. How sad is that???? On the other side, this unrealistic approach has made some kids become arrogant and less than a team player. What these kids don't know is I have seen this movie many times and the ending is always the same! I had three different conversations with coaches this week about kids and parents not knowing anything about "ones ceiling" It is great to have dreams, goals and you should try to reach them but at some point the writing is on the wall and you need to become more realistic. Believe me there are some great folks out there who are the best for your boys to be around and then there are some really bad people out there. Do your homework. I repeat do your homework.

What can we do about outside noise?

1. **Parents, take a more active role in this process**, take off daddy goggles and think about the total big picture. Your son's career is like a candle in the wind, your relationship is a lifetime joy

2. **Outside Forces MUST be realistic**, don't just tell kid/ parents what they want to hear but inform them on what they need to hear. If you really care about the kid, then this is very easy. Work with all those working with the kid. If you can't, get out of the way
3. **High School coaches** your hands are tied to a certain degree but not completely. Be a part of the process and the solution. Be realistic at all times and as we have talked many times; we are making progress in this, stay the course
4. **Groups which rank players** agree not to rank any kid under the 9th grade. If you are going to still do it see a kid 10 times before you rank and take a couple of classes on human development.
5. **All those that care about the kid** help them understand how to deal with the stressors. Learning coping skills. Adolescent and teen years are hard enough lets' not make it harder
6. **Parents** if you are going to talk about the game talk about the game; not critique your sons play. Parents don't live through your sons. You had your day; sit back and watch your son play and grow
7. **Players** Don't buy the hype, stay hungry and humble, be the best that you can be. The world is not instant gratification, work for it. Trust the Right People, Then Trust the Process
8. **All**, do your homework on the outside voices, ask questions, get answers, find the best fit for you and find the fit that values the total you
9. **Grass root hoops**, you are a very valuable piece, understand this problem and vow to be part of the solution not part of the problem
10. **Parents** support your sons high school coach, they know what they are doing
11. **Players** "WHO ARE YOU WHEN THE APPLAUSE STOPS?" Don't wait till it stops to find out the answer
12. **Players /Parents** be happy for the successes of your / son teammates
13. **Enjoy The Game! Enjoy the Experience and remember at the end of the day it's a game**

The list could go on and on but you get the gist. This is a timely rant for NA Fall Ball. I receive numerous texts, emails and personal contacts on this. We need to keep working, Rome was not built in a day but trust me we are slowly making moves in the right direction



DON'T GET TOO HIGH, DON'T GET TOO LOW.....ITS FALLBALL

