

## NA FALLBALL 2016 WEEK#4 RECAP ACCORDING TO FENNIS DEMBO

Week four is now in the rear view mirror. We had a mixed bag this week with some very good games and a number of large differentials. This week we are starting to see major separation with the teams as well as major separation between talent and productivity. The crowds were large and with the air turning colder the end zone seating was only available on the north side. In one of the most bizarre moments in fall ball history the Pelham Pythons were somehow locked in the game room and all coaches and players had to climb out the window to get the game started. It must have been good luck as the Pythons got their first win of the season. Old friends Teddy Ballgame and Steve Bouda helped out at the scorers' table this week. Enough of the small talk lets' get to the week four games

**CENTRAL CATHOLIC 77 METHUEN 44.** This was a highly anticipated game as both teams have the loudest benches in the league. CC has been on a tear and Methuen has played the hardest schedule to date. A great first 7 minutes and then CC went on a run. Total team effort once again as they hit the Rangers with a lot of looks. Trust me this won't be a 30 point game this winter

**HAVERHILL 59 PEABODY 56.** You have to be my age to remember this being a big matchup in the old Essex County League. Tanners are very much improved and actually led most of the way but the Hillies are playing some great ball and just grinded out another win. Navin Cruz was a man among boys tonight

**WACHUSETT 50 ANDOVER 47.** Pags has Andover playing better but they just struggle to score for long stretches. The Mountaineers also have a great bench coach who is doing a very nice job this fall. Eric Bjorn is the surprise of the fall and he did not disappoint this week. Andover has never been 0-4 in the Fall Ball but before people start throwing dirt in the grave the Warriors are missing huge pieces this fall. Andover forced overtime but Sam Dion hit the game winning three for Wachusett

**PELHAM 61 WESTFORD 58.** Great battle by two teams that have been struggling. Both teams' best players played great. Pythons could not get separation from Grey Ghosts until the final buzzer as freshman Drew Brown hit a three to get the Pythons in the win column

**ST PETER-MARIAN 61 CHELMSFORD 40:** Over at the McDome, The Guardians continued their winning ways with a resounding win over the Lions. SPM got production from every player this week and you have to love how hard these guys play. The Guardians were also the only team to keep Austin Chadwick in single digits this fall

**SALEM 63 TEWKSBURY 56:** Over at the McDome Salem won a close one over Tewksbury. Salem has had the benefit of the early schedule but they are suddenly 3-1. Griffin Curtis and DJ Colleti led the way this week. David Giuggio was terrific this week with 28 points for Tewksbury

**NORTH ANDOVER 80 TRITON 34:** An emotional start to this one as Knights Colin Lee suffered a scary injury and you could hear a pin drop in the gym. When play resumed the Knights dominated the Vikings. For the 3rd week in a row Connor Rogers was the best player on the floor. Will Parsons did everything he could scoring 25 of Tritons 34 points

**LONDONDERRY 57 LOWELL 40.** Disappointed in the effort by the Red Raiders this week. The last two weeks they have not played like they did the first two weeks. Jake Coleman was the best player on the floor once again but the Lancers got production from everyone that stepped on the floor. Coach Matt Welch attempted to make many adjustments for Lowell but in the end this was totally on the players

**NEW MISSION 85 BURLINGTON 50:** The final deficit was 35 but this was a very entertaining game for the first half; but it was obvious the Titans were going to wear down the Red Devils. New Mission is playing even faster than they usually do and they were relentless the entire game.

**ST JOHNS PREP 60 LAWRENCE 54:** This was a very good game between two of the leagues' best. Lawrence led for  $\frac{3}{4}$  of the game before the Eagles went on a run with 6 minutes left. Their defense and execution in the last 5 minutes was their best all fall. Nate Hobbs was very good and Lawrence Juan Felix Rodrigues was special



GAME OF THRONES FANS KNOW –

WINTER IS COMING

### WEEK 3 RESULTS

CENTRAL CATHOLIC 77 (KEVIN FERNANDEZ 15)      METHUEN 44 (ANDREW MARCELINO 17)  
HAVERHILL 59 (NAVIN CRUZ 25)      PEABODY 56 (JUNIOR ESTRELLA 26)  
WACHUSETT 50 (ERIC BJORN 17)      ANDOVER 47(TIM KALANTZAKOS 9) OT  
PELHAM 61 (KYLE FRANK 28)      WESTFORD 58 (JON GLIDDEN 24)  
SALEM 63 (GRIFFIN CURTIS 24)      TEWKSBURY 56 (DAVID GIUGGIO 25)  
ST PETER-MARIAN 61 (SHEMAR SIMS 12)      CHELMSFORD 40(KYLE SWEENEY 11)  
NO. ANDOVER 80 (CONNOR ROGERS 14)      TRITON 34 (WILL PARSONS 25)  
LONDONDERRY 57(JAKE COLEMAN 18)      LOWELL 40 (ALEX RIVERA 18)  
NEW MISSION 85 (CHARLES MITCHELL 16)      BURLINGTON 50 (WILL MELANSON 13)  
ST JOHNS PREP 60 (NATE HOBBS 20)      LAWRENCE 54 (JUAN FELIX RODRIGUES 32)

**NEXT WEEKS SCHEDULE: PLEASE REFER TO WEBSITE [WWW.NAFALLBALL.COM](http://WWW.NAFALLBALL.COM)**

**TEAM OF THE WEEK:** Nominees are **CENTRAL CATHOLIC, NEW MISSION, LONDONDERRY, SJP** and **NORTH ANDOVER**. This week we are giving the slight nod to **NEW MISION** over **CENTRAL CATHOLIC**. Titans are scary right now. They needed to adjust after close win over Londonderry last week and it showed. Everybody producing. Coach Grace back on the sidelines and they are playing fast and with a complete sense of urgency on every possession. Congrats **TITANS**

**GAME OF THE WEEK:** Some really nice games this week. **Wachusett OT win over Andover** on Sam Dion's three pointer. **Pelham win over Wachusett** on Drew Brown's buzzer beater and a fun **Haverhill/Peabody** dogfight were all very good but **SJP VS LAWRENCE** was what we call Big Boy Basketball. Very exciting game with two teams that are playing very well and could hoist the McEvoy Cup in November. Great way to end week 4

**DO YOUR JOB WINNER WEEK #4 WINNER:** The nominees are **KEVIN FERNANDEZ, JUNIOR ESTRELLA, NAVIN CRUZ, JOEY NUTTALL, KYLE FRANK, DJ COLLETI, CONNOR ROGERS, COLE BRITTING, KEVIN NUNEZ, JUAN FELIX RODRIGUES**. The list is very good and we can make a case for any of the nominees but this week we have to once again go with co-winners. **PEABODY JUNIOR ESTRELLA and NORTH ANDOVER CONNOR ROGERS**. Junior is a guy that has become more efficient this year with his scoring and this week scored 26 but it is his relentless rebounding that epitomizes DO YOUR JOB. This week he had 16 boards. Connor will probably

be a nominee every week but this weeks' line is staggering as the heart and soul of the Knights  
14 points 7 assists 9 rebounds 5 steals, 1 charge taken and some very impressive defense.  
Congrats Connor and Junior

**PLAYER OF THE WEEK:** The nominees are **KEVIN FERNANDEZ, CONNOR ROGERS, NAVIN CRUZ, KYLE FRANK, GRIFFIN CURTIS, JAKE COLEMAN, CHARLES MITCHELL, NATE HOBBS, JUNIOR ESTRELLA, JUAN FELIX RODRIGUES, DAVID GIUGGIO**. It's hard for us to give the weekly award to someone on the losing end but **Estrella, Rodrigues and Giuggio** were very impressive this week. **KYLE FRANK** played his best game ever in my opinion. **KEVIN FERNANDEZ** drives the CC armada. **CHARLES MITCHELL** gets buckets, **CONNOR ROGERS and NAVIN CRUZ** flirt with triple doubles on a weekly basis, **GRIFFIN CURTIS** is the leagues' leading scorer and **NATE HOBBS** is going to be special but tonight the cream of the crop is **LONDONDERRY JAKE COLEMAN**. Best player on the floor. Statistically he had 18 points 6 assists and 14 rebounds but the key here was how he was able to do whatever he wanted and made it look very easy. He has become basketball strong and extremely crafty. **CONGRATS JAKE**

**STANDINGS:** PLEASE GET USED TO SEEING THE UPDATED STANDINGS ON THE WEBSITE  
[WWW.NAFALLBALL.COM](http://WWW.NAFALLBALL.COM) YES TOTAL TRANSPARENCY TO KNOW WHERE YOU STAND

**ZEBRAS:** In week #4 we had, James Slattery, Julien Scott, Paul Slattery, Ted Slattery, Kevin Boutilier, Ralph Sully, Ken Pigeon, Tracy Mitchell, Brian Gleason, Stormy Napolitano. Zebras did a nice job again this week. Not everyone is going to agree on every call but folks should be pleased with the caliber officials we have week in and week out. Also a very approachable group but please someone get Ralph Sully some gum

**COLLEGES IN THE BARN. WHAT ANOTHER WEEK ON COACHES ROW!!!!** The place was packed on both Monday and Tuesday Night: Thank you **ANNA MARIA, KEENE, SALEM, WESTFIELD, SPRINGFIELD, TRINITY, MT IDA, WENTWORTH, ST JOSEPHS, UNE, EMMANUEL, NORWICH, GORDON, BRIDGEWATER, COLBY-SAWYER, NECC**, The count is now **30 different colleges** that have been in the barn though 4 weeks. Confirmation that 5 new ones are coming in week 5 as well as the usual suspects on coaches' row. Head coach of the ABL's **Worcester ANCHORS** Anthony Leonelli was also on coaches' row

**THE SIGN IN LOBBY WILL ALWAYS LET YOU KNOW WHO IS HERE**

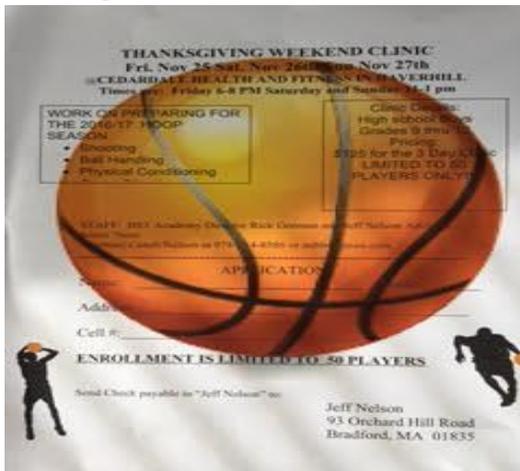
**Every year NA FALLBALL does more to help players get appropriate and realistic college exposure. When we say coaches are here they are here!!!!**

**Nice to see some kids getting REAL exposure IN WEEK 4**

**League thoughts and prayers to North Andover Colin Lee who suffered a season ending ankle injury Tuesday night. Kid had improved so much this off season. He will come back strong next year. Thinking of you Colin**

## NUTS AND BOLTS:

- For parents/fans, schedules and fall ball articles are at the front desk. Please sit in designated areas. You cannot sit on coaches row
- College coaches please see Rick for comprehensive college coaches' package as well as rosters package. These are not for the public, only coaches
- PARKING is in the YC Lot or you can park on Johnson or Milk streets
- Teams you do not have access to YC till 5pm and Brooks till 7:45pm
- Players Know the Rule: **NO 2016 LEAGUE REVERISBLE, NO PLAY, NO NEGOTIATIONS**
- Teams please pick up bench area when game is over
- All live tweets and player of game pics posted on **@fennisdembo87**
- Games need to start on time. Teams coming from a distance, please plan accordingly. **THIS WEEK A FEW GAMES STARTED A BIT EARLY.....BE THERE**
- Volunteer coaches please make sure you know the rules of engagement. See Rick if you have any questions **ESPECIALLY PLAYING WITH 5 FOULS RULE**
- Meeting areas for teams is front and back stairwell, first floor game room and outside



## **ANNUAL FINAL TUNEUP THANKSGIVING**

**WEEKEND. PROGRAM WILL SELL OUT FOR 6<sup>TH</sup> STRAIGHT YEAR. Clinic held at Cedardale Athletic Club in Haverhill**

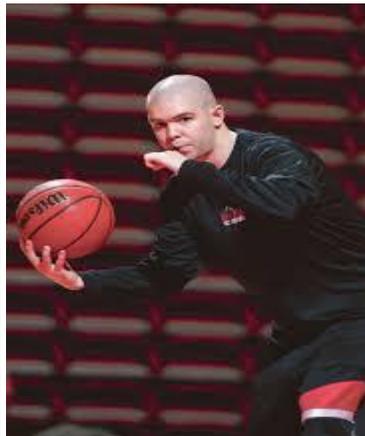
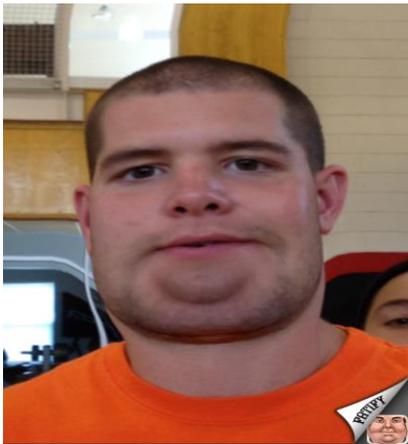


**Emmanuel assistant Matt Streich was a face in the crowd but didn't make friends with the onion heavy Italian sub**

#### **FACES IN THE CROWD ON WEEK #4**

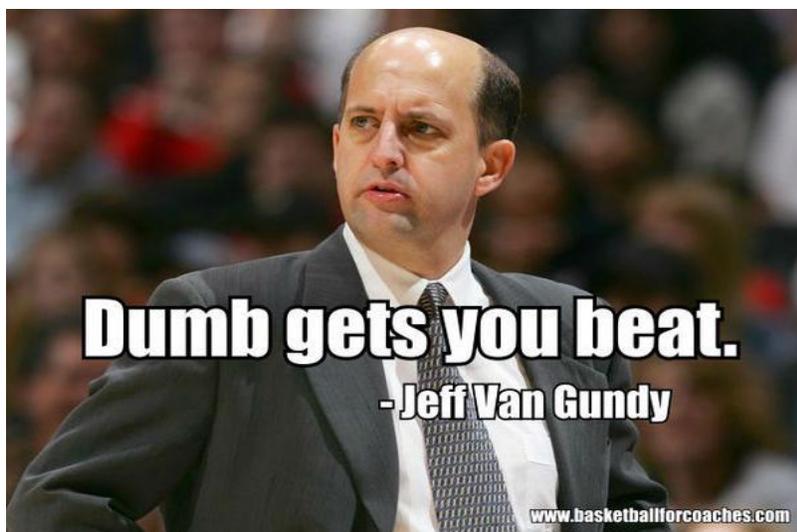
Chris Bramanti, John Bag o' donuts, McElroy, The Parents of NA (wives sit together and husbands sit together – separation of church and state) Mrs. Parsons, Paul Tanglis senior and beautiful granddaughter, The Becky Hammon of the valley- Amy Kenneally, Kevin Murphy builders, The mother of Triton, Teddy Ballgame Schruender, Bobby M and the twins, a frustrated Matt Welch, Alex Rivera mom, The Londonderry full staff, Mr. Britting, The Garafolo's, Mr. Melansen, Phil Conners, Mr. Conners Sr. Steven Grace, Cory McCarthy, Mr. Relihan, Tommy O'Neils parents, Eagle Tribune Bill Burt, Raymond Nunez, The Lomasney's, Rob McLaughlin, The Curtis, former Suffolk star Dean Colleti and better half, Marcus Watson, Charlie Micol, Rick Nault, Anthony Faradie, Uncle Marcelino, Roger Hardy, Mrs. Rivera, Nick Napps, Mr. Mwaurah, Manny Sanchez Sr. The Central Catholic Board of Regents, Dennis Quinn, Mr. Lewis, The Homseys of House of Windham, Mike Larosa, George York, The Smiths, Mr. Keegan, Thad Broughton, Justin Barraso, The Peabody Mall Watch group, The Fendersons, Coach Wane, Mr. Wojitas, Mr. Kim, Pags, Faz, Alan Hibino, The Wittens, Tom Gibbons, The Dions, Father Frank and the bride, Coach Nystrom, Ryan Nystrom, Coach Crowley, New Python coach Mike Larson, The Gliddens, Adam Bramanti, recording artist Mayara, the lovely Lindsay Scarpa YC customer service rep, The NAFD, John Homsey, TJ Scott, Mike Dunham and Mrs. Scott,

**FASHION OF THE WEEK:** We had some nice looks going this week with the air turning colder. Fennis' favorite boot looks are making an appearance. A number of folks still wearing the late summer look and we had an appearance by Buffalo Bills Rob Ryan in the barn with flowing grey hair and shorts. This weeks' winner is NA volunteer coach Steve Boudreau with the Oakland Raiders front office look. A pair of new black haggar slacks with pleats, a pair of Italian loafers by Giovanni, black/grey neatly pressed polo shirt. Kid looked pretty good and earned the slice from Stacheys



makeover

coach Bouda before/after



**Week #4 TOP 5 PET PEEVES:** Every week we highlight our pet peeves. Yes we are perfectionists so we expect the game to be played the right way. Effort mistakes are tolerable but many of these throughout the fall will give true basketball people angina

5: **TEAMS and PLAYERS that lay down when things are not going well.** Again in week 4 a few guys need to deal with adversity better. It's a basketball game not a real life tragedy. Put your big boy pants on and compete

4. **PLAYERS who don't recognize personnel.** A number of guys this week are a tad clueless on personnel. When your coach tells you he is a shooter and you need to get out on him, you might want to get out on him. Players need to be smarter on clear tendencies that your opposition has. Understand the game more and play smarter

3. **PASSING,** Such an important skill that it so under taught. We actually have guys that have thrown the ball more into the stands than into their teammates' hands. Trainers, Coaches need to spend more time on teaching passing technique and then applying it to real games

2. **SHOT SELECTION.** We need better shooters for sure but what I am very concerned with is guys that hunt shots take very bad shots and don't get it. Shooting % are not great but some guys actually think being off balanced, not squared to the hoop and chucking at the hoop has an actual legit chance of going in

1. **COMPETE LEVEL.** So many guys can compete at a high level but so many others have no clue how to compete. The ones that compete the hardest are the ones that are hungry and want to hear constructive criticism not unrealistic feedback. If you can't compete you can't play

**GET BETTER.....GET BETTER.....GET BETTER**

**Don't be upset with the results you didn't get from the work you didn't do.**



**WHO BROUGHT IT IN WEEK #4: - THESE GUYS DID!**

Salem has not played the toughest schedule but they are 3-1. **Griffin Curtis** continues to be the leagues' leading scorer with another 24 points. **DJ Coletti** is one of the under radar players in the league that does a lot of things to help his team win. Tonight he had 11 points and some productive play. **Matt McLaughlin** has embraced his role on team and will do whatever it takes to help Blue Devils get the win. Only two points tonight but understands how to play the game. **Trevor Diminico** is another freshman in this league that could have a serious role this winter for Salem. In his debut he had 12 points. **Kyle Poulin** scored six to help the cause. Tewksbury **David Giuggio** is up for most improved player in the league. The kid has become a prolific scorer with another 28 points tonight. **Gio Ciampa** flat out plays. He does so many things for the Redmen as discussed at length last week. Tonight Gio scored 11 with 12 rebounds. **Connor Brinklow** chipped in 5 points and **Adam Pacheco** maybe small but he can score, tonight he had 8 points

St. Peter-Marian continued its winning ways with a 61-40 win over Chelmsford. **Shemar Sims** scored 12 points and continues to kill it on the boards. **Juan Zorilla** is the Guardians leading scorer and tonight he had 10 points. The captain of the ship is **Bobby Letourneau**. He had only 4 points but his assists, hockey assists and rebounds were very solid. **Andrew B** (8) points and **Keone** (7) also contributed to the win. Chelmsford top scorer **Austin Chadwick** was held to single digits for the first time this fall. Austin who is a kid that is starting to get real recruitment through this league did many other things to help the lions. **Kevin Sweeney** has been productive this fall and tonight had 11 points and 9 rebounds. **Devin Firicano** scored ten with two three pointers

Central out rebounded Methuen 48-21. **Colin Bradanese** had 14 of them and is starting to play more consistently. **Kevin Fernandez** was the spiritual leader with 15 points 4 assists and 9 rebounds as well as showing leadership ability on the floor and off. **Victor Mwaurah** had 9 points 2 assists and 2 rebounds. **Kevin Constant** is starting to produce with more consistent minutes. This week had 10 points and was very athletic. Keep an eye on him folks. **Sam Lara** gets things done with 6 points 6 rebounds and doing a nice job as a screener. **Jose Lara** to me is the key. 5 points 8 rebounds tonight. Once he gets in shape he will start to put up big numbers. **Andrew Marcelino** of Methuen just competes every possession. Tonight he battled for 17 points and 9 rebounds. **Evan Hardy** can stretch a defense and tonight contributed 10 points and 4 rebounds. **Jon Gonzalez** with his first mention tossed in 7 points

Peabody has struggled in this league since they got here but now they compete every night. As mentioned earlier **Junior Estrella** was very good with 26 points and 16 rebounds. **Sammy Batista** is going to be the real deal. Once again he gets it done with 21 points 2 assist and 3 rebounds. **Navin Cruz** was very good this week with 25 points and 11 rebounds. Navin starting to garner some good D3 interest. **Joey Fenderson** was solid with 11 points 4 assists and 6 rebounds. **Josh Wojitas** with his best game of the fall with 11 points 4 rebounds. **Brett Robert** had 7 rebounds

Fennis is a big fan of sophomore **Joey Nuttal** of Wachusett. He had 13 points 4 rebounds and 4 assists. **Eric Bjorn** continues to have a great fall and is a walking double –double. This week Eric

had 17 points and 11 rebounds. **Sam Dion** was very good with 9 points 6 assists and 6 rebounds but his game winning three was the key. **Ryan Brodin** chipped in 5 points 3 assists and 3 rebounds. **Emmet Kim** of Andover was productive with 9 points 2 assists and 5 rebounds. **Mike Makiej** had 9 points and 5 rebounds. **Timmy Kalantzakos** had 9 points and 8 rebounds and **Brandon Witten** had 8 points and 8 rebounds

**Kyle Frank** of Pelham played the best game I have ever seen him play. Terrific on both sides of the ball and played with a real motor. His stat line this week was 28 points 7 assists and 8 rebounds. **Joey Pantaleo** had 9 points 3 assists and 6 rebounds. Freshman **Drew Brown** hit the game winning three but he was very good all game finishing with 12 points 4 assists and 3 rebounds. Sophomore **Blake Woekel** brought it tonight with 8 points 3 assists and 4 rebounds. Westford **Jon Glidden** was very good with 24 points 4 assists and 4 rebounds. **Armen Almasian** was their second best player with 13 points 7 assists and 8 rebounds but the problem is Westford didn't get a third player to step up in this one

North Andover **Connor Rogers** as mentioned earlier was co – DO YOUR JOB WINNER THIS WEEK. **Matt Rosenthal** is getting things done in a quiet way. This week Matt contributed 11 points. **Nick Cinserulli** could be a guy to stretch the floor this year as he scored 14 points. **Chim Ogwuru** continues to contribute in the fast break offense with 7 points and 3 assists. **Jack Fowler** (9) points and **Wade Whipple** (8) points also helped the cause this week. All we can say about Triton this week is **Will Parsons**. Kid did everything he could scoring 25 of 34 points and corralled 10 points. He did have 10 turnovers but that had more to do with how he was trying to make things happen with no real help.

As mentioned earlier **Jake Coleman** was our week 4 player of the week. **Cole Britting** had 7 points 4 assists and 8 rebounds. **Dakota Bertrand** with his best game ever at Fall Ball with 16 points and 5 rebounds. The sophomores **Ethan Garafolo** 7 points and **Ethan May** 6 rebounds are going to be very good. **Cam Champa** came off the bench to score 8 points and grab 5 rebounds. Sorry can't write too much about the Lowell squad this week but **Alex Rivera** continues to be their best player but he needs help and fast. This week he had 19 points 4 assists and 6 rebounds

New Mission is flat out the best team after four weeks. Same cast of characters, same production, same intensity, same compete level **#SAMEPAGE Charlie Mitchell** 7 points, 4 assists 6 rebounds, **Charles Mitchell** 16 points 4 assist and 7 rebounds, **Shaq Muray** 7 points 5 rebounds, **Kevin Nunez** 15 points 9 rebounds **Darrious Odom** 9 rebounds, **Alex Delarossa** 18 points 7 rebounds led the way. WE>ME. Burlington did a nice job in first half against Titans. Guys that produced this week were **Mike DeMartins** with 10 points 5 rebounds, **Will Melansen** 13 points 8 rebounds, **Mariano Rodrigues** 9 points 5 rebounds and **Sean Hanley** with 8 points and 4 rebounds

**Juan Felix Rodrigues** maybe the smoothest scorer in the Fall Ball. The Lawrence junior scored 32 points and got 8 boards in tough loss to SJP. **Jaden Castillo** with a first mention had 13 points

3 assists and 4 rebounds. **Miguel Camacho** had 6 points and 4 rebounds. For the Prep it starts with **Nate Hobbs and Tommy O'Neil**. Nate was special tonight with the best dunk of the fall and 20 points. Tommy O scored only 7 but got 9 boards and altered many a Lancer shot. **Jack Connoughton** had 7 points and **Nick Reardon** contributed 8 points to help the Eagles stay undefeated

**BEST FALL BALL DUNKERS:** The Holy Trinity of FALLBALL DUNKERS was Pat Connoughton, Romeo Diaz and Justin Reyes. Nate Hobbs may force us to change the name to the Four Horsemen



**POWER RANKINGS – AFTER WEEK TWO WE ESTABLISH THE WEEKLY POWER RANKINGS. YOU NEED TO BRING IT EVERY WEEK. I REPEAT EVERY WEEK!!!**

THIS WEEK	LAST WEEK
1. NEW MISSION 4-0	1. NEW MISSION 3-0
2. ST JOHNS PREP 4-0	2. SJP 3-0
3. CENTRAL CATHOLIC 3-1	3. CENTRAL CATHOLIC 2-1
4. ST PETER MARIAN 4-0	4. LAWRENCE 2-1
5. LONDONDERRY 3-1	5. ST PETER-MARIAN 3-0

**OUTSIDE LOOKING IN: LAWRENCE 2-2, NORTH ANDOVER 3-1,**

**THE WEEKLY RANT: FOOD FOR THOUGHT OR FOOD FOR THE DUMPSTER.....YOU DECIDE**

## Is Rebounding Not Sexy Enough?

So after four weeks of fall ball I am a bit concerned about the overall state of rebounding. Everyone wants to score the ball. Everyone wants to have the ball in the hands where they either show off a tight efficient handle or in many cases sloppy over dribbling resulting in some very bad turnovers. Each week I try to highlight the guys in this league that embrace doing the dirty work of banging and fighting for rebounds. We do have some very good rebounders in this

league but it would surprise you that some of our best rebounders are guards not forwards. So lets' take a look at the Rebounding landscape

1. Willingness vs Unwillingness to go after rebounds and mix it up. In many cases it is as simple as that. The best "consistent" rebounders in our league have the mindset and tenacity that every rebound is theirs, where others tend to be the passive bystanders more than willing to let others get dirty
2. Technique/Skill Development concerns. You can tell the kids in this league that have been actually taught the skill of rebounding. These kids were taught by trainers/coaches who probably read George Raveling "War on the Boards" multiple times. Footwork, Contact, Release points, Anticipation as well as reiterating the mindset of what it takes to grab a rebound. The problem is the kids that have been taught are not a majority and it needs to be for teams to win
3. Complete lack of boxing out. This to me is interesting and unacceptable. Our tallest players in this league in many cases have always been our tallest players and they think they can still just reach higher for a rebound than others. The embarrassing sight this fall is watching a 5'7" guard out rebound a 6'4" forward. Following up on point #2 the skill of boxing out must be taught more. As a strong believer in film and with technology the way it is kids should you tube all the great different type of rebounders over the years.
4. You are not a good rebounder if your stats only show good numbers against smaller teams. We have a handful of kids whose rebounding stats are skewed. You not a strong rebounder if you average 3 rebounds against kids your size and average 13 rebounds against kids 6-8 inches shorter. This is simply realistic math!
5. Where is the level of compete? Look at Michigan State and other programs at all levels that are year in and year out good rebounding teams, they are usually the teams that have competition/war drills in practice that are so intense that rebounding in the game is actually a piece of cake. We are in a day in age that we are not holding kids accountable for compete level. We all have to be better here
6. Our best rebounders are our guards!!! Now before everyone says well it's a guard day and age, not so. In our league 6 of the top 10 rebounders in this league are guards. One of the other three up until a growth spurt last year was a guard. Two others in the top 10 who are relentless rebounders Shamar Sims and Junior Estrella I can also make a case they are big guards. We do have many forwards in this league that must become better rebounders especially if that might be the only reason that get them on the floor
7. Mindset! Mindset! So people who know me well, know that I am a diehard believer in mindset. So following up on point #1 our best rebounders are Gio Ciampa at 12.3 RPG and Navin Cruz at 11.7 RPG. Both of these guys have the mindset that they must board for their team to succeed. Gio plays with mostly guards but Navin knows he must board because his forwards are not aggressively going after boards. In fairness Navin minutes per game is substantially more so he has a chance to get more rebounds than other teammates. Mindset is flat out key to wanting and being a good rebounder

8. Secondary Leaping. A few different terms for this but this is also key. Estrella, Sims, Eric Bjorn, Andrew Marcelino and Kevin Nunez to name a few are at a different level here and that is a clear advantage to grabbing boards. Some joke that a couple of guys know their shot is going to miss so in terms of secondary leaping for offensive rebounds maybe true, maybe not the reason but either way I love the relentless attack as long as they are not forsaking good shooting technique first
9. Growing in to ones body and maturation process: The late great Rick Majerus spoke at length that big kids take longer to be comfortable with their body and being aggressive with their body. 30 years of coaching and teaching and I see this a lot. The good news it usually comes for most.....but not all
10. Some kids will never be good rebounders: Following up to #9 we can talk all we want about the subject but at the end of the day there are just some kids that will never want to or be good rebounders. Unless they do other things well they may have a hard time getting on the floor

As with every Weekly Rant we could go on at length on the subject with other really good points but the challenge for us and the players is that we need to teach the skill more, we need to set expectations, we need to compete more and we need to hold players accountable

**DON'T GET TOO HIGH, DON'T GET TOO LOW... IT'S FALLBALL**

