Sun Prairie Boys Basketball Update

A Message from the Coach:

I was proud of our guys how they stuck together yesterday against a pretty tough basketball team in Oconomowoc. They stayed the course when they were a little behind and trusted each other during some adversity and pulled out a win. Great way for us to start our season.

I really appreciate everyone's hard work with Salt Delivery on Sunday! We had some challenging weather and the boys rose to the occasion and worked really hard to get all the salt where it needed to go.

This is going to be a busy week for us as we have a home Varsity Reserve game at 6pm on Monday versus Janesville Craig. On Friday we will also face another good test in Madison Memorial.

Thanks.

Coach Boos

Weekly Read

Connecting with Your Child in the Painful Sports Moments

by jpnerbun | Nov 8, 2018

Thrive On Challenge Guest Article from Shane Sowden
Shane Sowden is the Men's Basketball Coach at Briercrest College in
Canada

"Winning is great, sure, but if you are really going to do something in life, the secret is learning how to lose. Nobody goes undefeated all the time. If you can pick up after a crushing defeat and go on to win again, you are going to be a champion someday."—Wilma Rudolp

"I'm really proud of you," I said, as we drove home from the ball diamond for the last time that season. "Do you know what I enjoyed the most about watching you play this season?"

Parenting is difficult. As a father, I am learning to take advantage of the unscripted, unexpected opportunities in our everyday lives to connect and teach my boys important life lessons. That summer day with my 7-year-old was one of the unexpected moments. What started out as just another little league game turned into an unexpected opportunity to connect with my son on a deeper level. I had the opportunity to win the moment by taking a step back and asking myself, "What is the most important message I want my son to learn?". My hope and prayer is that this will be the first of many opportunities to have similar conversations with my sons.

Important Dates:

December 6th vs. Madison Memorial 7:15PM

December 12th @ Beloit Memorial 7:15PM

December 14th@ Janesville Parker
7:15PM

Click <u>here</u> for full article

Practice Schedule 12/2-12/7

Team	Varsity	JV	Freshman
Mon	Practice 5:30-7:30PM	Practice 3:30-5:30PM	Study Table/Weights 3:10-3:50
	VR Game vs. J. Craig 6PM		Practice 4:00-6:00 pm @CHUMS
Tues	Practice 3:45-6:15PM @ Meadow View	Practice 3:30-5:30PM	Study Table/Weights 3:10-3:50
	w meadow view		Practice 4:00-6:00 pm @CHUMS
Wed	Practice 5:30-7:30PM	Practice 3:30-5:30PM	Study Table/Weights 3:10-3:50
			Practice 4:00-6:00 pm @CHUMS
Thurs	Practice 3:30-5:30PM	Practice 3:30-5:30PM	Study Table/Weights 3:10-3:50
			Practice 4:00-6:00 pm @CHUMS
Fri	Game vs. Madison Memorial 7:15PM	Game vs. Madison Memorial 5:45PM	Game vs. Madison Memorial Red @ 5:30PM White @ 7:00PM
Sat	Practice 8:00-10:00AM @ Meadow View	Practice 8:00-10:00AM @ Token Springs	Off

Contact Information				
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