

**January 26th,
2020**

Sun Prairie Boys Basketball Update

A Message from the Coach:

A new semester and a busy week of basketball for our program this week. We had an opportunity to have our Cultural Coach, JP Nerbun from Thrive On Challenge, visit and work with our team. He watched practice, led a team workshop, and spent time with our captains to help them continue to grow as leaders. He watched our game vs Madison Memorial and spent time on Saturday morning working with the coaches. He also observed another varsity practice on Saturday morning. He provided us with some valuable feedback to help grow our team for the rest of the season. I am very appreciative to have JP Nerbun continue to work with our program.

Congrats to the VR team with their two wins this weekend at Janesville Craig. Three Big 8 games this week. It will be important for our guys to get the needed hours of sleep and eat right as they head into this busy week. Please check out the article regarding: *The real reason kids stay up late.*

This year's annual Coaches vs. Cancer Cardinal Challenge basketball fundraiser will be held on Saturday, February 1st during our Janesville Parker game. Sun Prairie Sophomore, Cooper Perry, will be the boys' game honoree. Let's donate and find a cure for cancer.

Have a great week. GO Cards!!!

Coach Boos

Important Dates:

January 28th
vs. Mad. West

January 30th
vs. Beloit Memorial

February 1st
-Coaches vs.
Cancer game
vs. Janesville Parker

February 7th
@ Janesville Craig

Practice Schedule 1/27 - 2/1

Team	Varsity	JV	Freshman
Mon	Practice 5:00-6:30PM Individual Meetings 4:30-5:00PM	Practice 3:30-5:30PM	Study Table/Weights 3:10-3:50 Practice 4:00-6:00 pm @CHUMS
Tues	Game vs. Mad. West 7:15PM	Game vs. Mad. West 5:45PM	Study Table/Weights 3:10-3:50 White Team: Practice 4:00-5:15 pm @CHUMS Red Team: Game Vs. Madison West 5:30pm
Wed	Practice 3:30-5:30PM	Practice 3:30-5:30PM	Study Table/Weights 3:10-3:50 Red Team: Practice 4:00-5:15 pm @CHUMS White Team: Game Vs. Beloit Memorial 5:30pm
Thurs	Game vs. Beloit Memorial 7:15PM	Game vs. Beloit Memorial 5:45PM	Study Table/Weights 3:10-3:50 Practice 4:00-6:00 pm @CHUMS
Fri	Practice 3:30-5:15PM	Practice 3:30-5:15PM	Study Table/Weights 3:10-3:50 Practice 4:00-6:00 pm @CHUMS
Sat	Practice 10:00-12:00PM Game vs. Janesville Parker 7:15PM	Practice Game vs. Janesville Parker 5:45PM	Game Vs. Janesville Parker White Team: 5:30 Red Team: 7:00

Meaning Is Subjective

Self-control 303

January 26, 2020 | Self-Control

Objectively speaking, there's nothing cool about sleep deprivation.

But when I was younger, the early-to-bed-early-to-rise lifestyle *seemed* lame.

In my teens, I thought it was cool to stay up watching late-night talk shows. In my twenties, as a management consultant, I took a perverse pride in getting to the office before dawn and working late into the evening.

Likewise, according to my teenage daughters, there is a certain cachet to staying up too late and arriving to school with a large coffee in hand.

If you have teenagers in the house, ask them how they feel about an earlier bedtime. Perhaps you'll arrive at the same conclusion as a recent study that systematically probed the issue with focus groups of adolescents.

Two themes emerged.

First, teens stay up late on their phones because of FOMO—fear of missing out. One 15-year-old boy said: “As soon as you give into that temptation you're on it for an hour, two hours at least and then—so yeah, I would say it always affects your sleep. And then you're always wondering, ‘What's everyone else doing? Are they speaking to each other? Am I missing out? Should I be on this? Should I be up?’ And then yeah—it affects my sleep.”

Second, teens perceived a social norm of being online and responsive to social media well past a reasonable bedtime. “If the conversation is going good you need to keep it going,” explained a 14-year-old girl. “You can't ignore them or else that's just rude.”

When I read this study, I was reminded of a basic adage in self-control research: meaning is subjective. Human beings of all ages—including our dear

teenagers—are constantly interpreting their situations. Is this a cool thing to do? Is this uncool?

The objective facts of the situation—the effects of sleep deprivation on grades, happiness, and health—hold less sway over our kids’ motivation to get to bed than their subjective interpretation of the situation.

Or, in the words of Shakespeare, “there is nothing either good or bad, but thinking makes it so.”

What’s a parent to do?

If you still think responding to emails all night is a badge of honor...

Try following the advice of author and sleep evangelist [Arianna Huffington](#), who, around the same age I did, learned that nothing is cooler than a good night’s sleep: Work your way back from the time you have to be up in the morning, subtracting how many hours you need to be your best. That’s when you should be in bed with the lights out. Bonus: A fully rested brain will be more effective at work the next day.

If your kids think it’s uncool to go to bed early...

Try giving your teenage daughter or son a reputation-preserving alibi for going dark after dark. My suggestion: “My parents are so strict. It’s totally lame, but they literally take my phone away after 10 p.m.!”

With grit and gratitude,

Angela

Contact Information

Varsity

Jeff Boos (Head Coach)	jboos@sunprairieschools.org
Michael Boos (Assistant Coach)	Mboos@toptierbasketball.com
Michael Riley (Assistant Coach)	mariley@sunprairieschools.org
Nick Fuller (Assistant Coach)	nickfuller23@gmail.com

Junior Varsity

Steve Maselter (Head Coach)	sjmasel@sunprairieschools.org
Charlie Venne (Assistant Coach)	venne_3@yahoo.com

Freshman

Jay Fish (Head Coach)	fishjay2010@gmail.com
Jack Presswood (Head Coach)	jspress@sunprairieschools.org
Leonard Webster (Assistant Coach)	Lwebster12@gmail.com

Trainer

Ben Becker	bfbecke@sunprairieschools.org
------------	--