

November 24,
2019

Sun Prairie Boys Basketball Update

A Message from Coach Boos:

I loved the energy and enthusiasm in the gym Friday night for Meet the Cards, it's great to be back in season. Thank you for attending. I'm really excited for this season with this great group of young men and to see what they are capable of achieving.

This week we are working on finalizing our Captain's Council by having the players vote for who they believe exhibits the qualities they decided their captain's should exhibit throughout the season, on and off the court. They are:

1. **Positive Attitude**, always picking someone up. Encouraging teammates. Calling up teammates, not calling them out.
2. **Hard Worker**, competes at all times.
3. **Accountable to the team at all times**. Makes decisions in the best interest of the team.

We will also be meeting this week to finalize our team manifesto which will provide our team purpose, team values, and teams standards and expectations. Our goal is to make this a player driven team, not a coach driven team.

Thanks for your support this season,

Coach Boos

Important Dates

November 25th
Srimmage
6-8:30PM
@SPHS

November 30th
vs. Oconomowoc

Weekly Read

The Top 5 Ways to Support Your Child in Athletics

"I've found that what makes children happy doesn't always prepare them to be courageous, engaged adults."

—Brene Brown, Daring Greatly

1. Promote good sleep and nutritional habits.
2. Praise effort; celebrate achievement.
3. Let them fail.
4. Establish, communicate, and enforce boundaries.
5. Love them.

Click [here](#) for full article.

Practice Schedule 11/25-11/30

Team	Varsity	JV	Freshman
Mon	Team Meeting 3:30 in the Health Room 6:00-8:30PM Scrimmage @ SPHS	6:00-8:30PM Scrimmage @ SPHS	Red and White Scrimmage @ Defo Bus leaves at 5 Game starts at 6:15
Tues	3:30-5:30PM Practice Weights after practice	3:30-5:30PM Practice	3:10-3:50 Study Table/Weights 4:00-6:00 pm @CHUMS
Wed	10:00-12:15pm Practice Team Meeting following practice	10:00-noon Practice	4:00-6:00 pm @CHUMS
Thurs	Thanksgiving	Thanksgiving	Thanksgiving
Fri	5:30-7:30PM Practice	5:30-7:30PM Practice	10:00-12:00PM @CHUMS
Sat	10:00-noon Walk-through Vs. Oconomowoc 7:30PM	10:00-noon Walk-through Vs. Oconomowoc 5:45PM	Vs. Oconomowoc Red @ 5:30PM White @ 7:00PM

Contact Information

Varsity

Jeff Boos	Head Coach	jboos@sunprairieschools.org
Michael Boos	Assistant Coach	Mboos@toptiertbasketball.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	jpress@sunprairieschools.org
Leonard Webster	Assistant Coach	Lswebster12@gmail.com

Trainer

Ben Becker		bfbecke@sunprairieschools.org
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