

**December 15,  
2019**

## **Sun Prairie Boys Basketball Update**

### **A Message from the Coach:**

Two long road trips and two good wins for our team this past week. I was proud of how we stuck together during a tough situation at Beloit and really took control in the second half. Parker hung tough with us but again, we faced adversity and got the job done.

This week we have another good test on Friday in Janesville Craig. I look forward to seeing how our boys prepare this week.

Thanks for your time and your continued support of the team,

**Coach Boos**

### **Important Dates:**

**December 20th**  
vs. Janesville Craig  
\*Parent's Night

**December 28th**  
vs. Milw. Bay View

**Practice Schedule 12/16-12/21**

<b>Team</b>	<b>Varsity</b>	<b>JV</b>	<b>Freshman</b>
<b>Mon</b>	<b>Practice 5:30-7:30PM</b>  <b>Weights after practice</b>	Practice 3:30-5:30PM	Study Table/Weights 3:10-3:50  Practice 4:00-6:00 pm @CHUMS
<b>Tues</b>	<b>Practice 3:30-5:30PM</b>	Practice 3:30-5:30PM	Study Table/Weights 3:10-3:50  Practice 4:00-6:00 pm @CHUMS  Team Photos 4:15PM
<b>Wed</b>	<b>Practice 5:30-7:30PM</b>  <b>Captain's Meeting at 5PM</b>	Practice 3:30-5:30PM	Study Table/Weights 3:10-3:50  Practice 4:00-6:00 pm @CHUMS
<b>Thurs</b>	<b>Practice 3:30-5:30PM</b>	Practice 3:30-5:30PM	Game @ Beloit Memorial Red @ 5:45 White @ 5:45 Bus Departs 3:45PM
<b>Fri</b>	<b>Game vs. Janesville Craig 7:15PM</b>  <b>Parent's Night</b>	Game vs. Janesville Craig 5:45PM  Parent's Night	Study Table/Weights 3:10-3:50  Practice 4:00-6:00 pm @CHUMS
<b>Sat</b>	<b>Practice 8:00-10:00AM</b>  <b>VR Game 11AM @ Janesville Parker</b>	Practice 8:00-10:00AM	Game @ Janesville Parker Red @ 1:00 White @ 1:00  Bus Departs 11:15AM

### Varsity Holiday Break Tentative Schedule

December 23rd	10:00-Noon
December 24th	8:00-10:00AM
December 25th	Off
December 26th	4:00-6:00PM
December 27th	8:00-10:00AM
December 28th	Walk through 10:00-Noon  vs. Bay View 7:15PM
December 30th	8:00-10:00AM
December 31st	10:00-Noon
January 1st	TBD
January 2nd	8:00-10:00AM
January 3rd	1:00-3:00PM
January 4th	8:00-10:00AM

#### 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.** Want to instantly improve their performance? Improve their sleep and nutritional habits. When your child’s performance is struggling, before you tell them to start working harder or you criticize the coach, reflect on whether you are helping or hurting them in their most critical areas of peak performance. Don’t believe me? Check out this [video](#) or this [article](#). As parents, we are the #1 influencer on our kids’ diet and sleep habits, and without proper sleep or nutrition, it is *impossible* for them to compete close to their potential.
  
2. **Praise effort; celebrate achievement.** Want to improve their performance *and* their chances of success later in

life? Well, parents are also the #1 influence on the development of their mindset! We want our children to seek out and thrive on challenges (i.e., growth mindset), not avoid challenges and be afraid of failure (i.e., fixed mindset). So, in moments of achievement—or even failure—we need to be very intentional in the way we communicate our approval. I've written about the impact of this research [before](#). The bottom line is this: We can celebrate the win and achievement, but we must also communicate that we are proud of them for the teammate they are, and the effort they give, not just the points they score, or the minutes they play!

3. Let them fail. What struggles *really* matter? In Episode 90 of the [Coaching Culture Podcast](#), guest Heath Eslinger encourages coaches and parents: *“Stop saving kids from the struggle. We have to allow kids to struggle in the areas that matter the most.”* Struggling with their jump shot or swing does not *really* matter; relationships and responsibilities do! Failure is the best teacher, but we have to let our kids experience it in these areas. Does this mean we let them fail alone? No, it means we let them figure it out as we walk with them through the experience. What's that look like? By [listening and asking questions](#). [Here](#) are some practical ways to support and empower them in their struggle.
4. Establish, communicate, and enforce boundaries. Playing sports is a privilege. Practice is an opportunity to get better. My parents never had to beg, plead with, or complain to me about doing my schoolwork or chores. They established some standard non-negotiables, and they enforced them by pulling me off the team multiple times during my athletic career. Sometimes, it even cost the team, but I was the one who made the choice to not do my work, and so I needed to experience the consequences for my poor choices. Eventually, I figured it out!

*“We change our behavior when the pain of staying the same becomes greater than the pain of changing. Consequences give us the pain that motivates us to change.”*

—[Henry Cloud](#)

5. Love them. *“I just want them to be happy.”* I hear this a lot. It’s a problem that I’ve written about more [here](#). I know every parent loves their child, but sometimes, the way we love them isn’t the best. Sometimes, our efforts to help or motivate them are really hurting them. We all have our struggles as parents, and areas we can work on. I’m not saying you or I are bad parents; I’m just saying we can all be *better* Let’s work on it!

I’ve got workshops for coaches AND sports parents! [Learn more](#) and [book your workshop today!](#)

Also, you can check out some more of my articles for parents at [ThriveOnChallenge.com](#) and be sure to follow my friends at [ilovetowatchyouplay on Facebook](#). They’ve got so much good content to help us be better parents!

## Contact Information

### Varsity

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### Junior Varsity

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### Freshman

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### Trainer

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