

# BT HOOPS NEWSLETTER

Volume 1 Newsletter 6



## From the Sideline:

I hope everyone is enjoying summer. It was a great summer for BT Hoops. Players committed to improve on the court, in the weight room, and by coming together as a team. I am very fortunate to be able to coach these young men. I am very optimistic about the future and am excited to get back to work in a few weeks!

A few weeks ago I attended a teacher workshop in Tampa about helping students learn skills to be successful. During one of the presentations one of the leaders presented a concept called "Knowing your Why." I was very intrigued by this statement as it really is the focus of all that we do. During the conference we had to answer why we teach and/or coach. It was a great exercise because it forced me to focus on my purpose as a teacher.

### "My Why"

First off, I love being around young people. I am passionate about helping students achieve success and become the best that they can be. I value the impact of teaching/coaching and understand the values that basketball can teach. Values such as integrity, appreciation, unity, passion, and relentlessness are all values that are present in basketball and in life. Basketball is a vehicle that can be used to help teach these life lessons. My job is to help our players learn the importance of being on a team, create a positive impact on others, balance academics with basketball, and be leaders in the classroom. My mission is to help young people pursue excellence in all that they do.

During one of our last practices I challenged our players to reflect on why they play basketball. I challenged them to really think about their why and their purpose on the team. I believe that knowing why you do something allows for one to keep their perspective on what is truly important as well as motivate one to truly do their best.

### Book Club

I really enjoyed reading and discussing Teammates Matter with our varsity basketball team. I was very pleased with our discussion and think it will really help us grow as a team!

### Priorities

I talked with the guys the last day of summer practice about priorities. I do believe that it is important to have balance. I love guys wanting to be in the gym but do think that time away is beneficial. I hope these guys are finding places to play or shooting at the house. When school starts in a few weeks, we will continue strength training and conditioning.

As always, I am extremely grateful for the opportunity to serve Bartram Trail as basketball coach.

Enjoy the rest of summer!

-Coach Teuscher

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