



DAVIDSON BOYS BASKETBALL

FALL C.A.T.S. CLIPS

Committed

Aggressive

Tough

Selfless



Head
Coach



Cort
Hamilton

COACH'S CORNER-

Ownership and the "R" factor

With a new year upon us we find ourselves eager to re-focus on a very familiar process. As a staff we continually refer to our core values as C.A.T.S. (Committed, Aggressive, Tough, and Selfless) program members, and challenge all program members to make an effort to apply these actions to all areas of life. These words and letters mean more to us than a catchy slogan on a t-shirt, or ink on a page. At every level in our program we realize the importance of having a shared vision for success. More importantly we realize that having this vision and a unified mission statement is not nearly enough. To reach our goals we must constantly strive to hold ourselves and each other accountable by exemplifying these core values in our daily actions.

At the conclusion of last season, we tasked each and every returning player with the challenge of setting personal goals for growth this summer. We challenged each of them to improve as individuals and to realize that self-improvement by all parties would in turn improve the sum of our overall program. In past editions of the Coach's Corner we have touched on the value we place on our daily journey/process. We genuinely believe the journey/process is where the true victories are realized. The destination/result is simply icing on the cake.

As we aim to improve and refine our process we are continually looking for tools to equip our players with as they face the challenges that the game of basketball and game of life throw their way. Ideally, we aspire to create a scenario where all members of our program from players to staff, take ownership of their personal growth and strive to improve daily. With a focus on maximizing potential and developing a routine of positive practices we are confident we will continue to improve.

Our process the past two and a half years has been centered around a consistent mindset and hard work. We have taken pride in controlling the controllable, doing our job, and playing/living with passion. In an effort to continue to develop our culture and program's language we have adopted one of our districts initiatives of making the "R" factor a consistent component to our daily process. The equation ($E+R=0$), created by Focus 3 and the Kight family, has become extremely popular since their workings with the OSU Football Team (National Champions) and Coach Urban Meyer have become well publicized.

<https://www.youtube.com/watch?v=eeuaglB Eiqw>

Over the years there have been many strategies such as this shared in books and implemented by sports programs, businesses, and schools. Some work better than others, but it is our belief that the key is consistency and application. We believe this specific tool will be very applicable to our young men's lives. As the new year begins we plan to reinforce what our young men are learning in school by applying it to our sport and events that they encounter in their day to day journey. We believe they will benefit by learning to focus on and control their response (R factor) with intent and skill.



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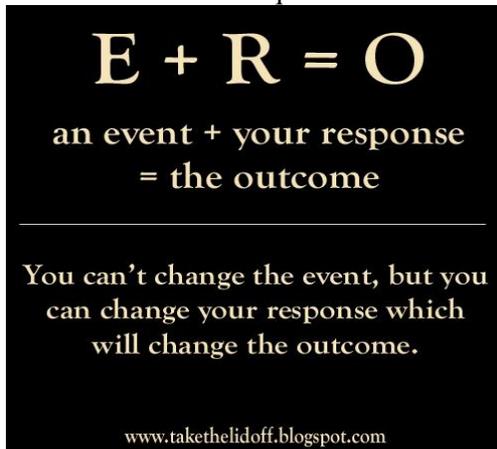
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When our players wrote their off-season goals we had them utilize this equation.



By focusing on the “R” they are taking ownership of their own development and holding themselves accountable. Our findings were that many players had an idea of the (O) outcomes they envisioned, but were not clear on the actions/responses (R) that it would require. Our hopes were to see our summer workouts exhibit the atmosphere of a group of people coming together for the purpose of opportunity rather than obligation. Our expectation was for our players to take moments of adversity on the court and respond to them appropriately throughout our off-season to get the desired outcome. Our belief is that by continuing to reinforce these mindsets we will become a more consistent and mentally tough group of individuals which will in turn yield positive results on the court and in the classroom. The summer did not disappoint and we are looking forward to the year ahead!

GO C.A.T.S. – Coach Hamilton

Summer Recap:

With the 2015-2016 school year carrying over into June this past spring we wasted no time getting started with an action packed June to maximize our coaching days allowed by the OHSAA. Our leaders, specifically our 2017

seniors, did an excellent job of setting the tone for the summer with their tenacity and purpose throughout the month. Our Varsity, JV, and Freshman squads had several opportunities to compete against outside competition and gauge their development. Our current 8th graders also had a chance, in the Dublin summer league, to continue to compete as a unit. The 8th grade group had a productive summer advancing to the quarterfinals before losing to local rival Karrer middle school. The dates of competition provided tremendous opportunities for our young men to begin to establish roles for the coming season. Additionally, the consistent attendance to youth camps, skill, and lifting workouts throughout June and July continues to build the foundation of trust and respect that is such a large part of a successful winter campaign.



The investment in each other this summer was evident and our players and staff had a wonderful time working towards a common cause. Below are a few links to some of our summer happenings!

[Hill and Pool Work](#)

[Team Feast!](#)



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C.A.T.S. in the Community

WE WON THE DAY!

We as a program have a responsibility to be engaged in efforts to help our community off the court and our players and families once again stepped up and volunteered to help with the Duchene Dash. This event is an annual highlight for our players and staff and this year's event was the largest to date.



Kelly Maynard works tirelessly to spearhead the Little Hercules foundation and we look forward to continuing to help her and all the others fight to end Duchenne!

<http://littleherculesfoundation.org/>

Drees and Stimmel Serve Others

This summer our players have shown tremendous effort and hard work in improving themselves on the basketball court. However, between the hoops workouts, lifting, and team camps, we had multiple players find time in their schedule

to travel out of the country and volunteer their time helping communities in need. Two current Sophomores embarked on mission trips aimed at serving others. Jacob Drees traveled to Chisec, Guatemala with members of his youth group from Lifepoint Church for nine days in the beginning of July, and classmate Caleb Stimmel went to Jaco, Costa Rica with members of Northwest Chapel.

The trips were impactful on both young men. Jacob stated, "I wanted to go on the trip because I wanted to help others who don't have the same opportunities as we do here. It really puts life into perspective and shows us how good we really have it. Also, I went so that I could help spread the word of God because most of them have never heard of God or Jesus."



Throughout his nine days in Guatemala, Jacob helped run a Vacation Bible School for kids from four different schools within the area, visited the village they have adopted and continued to help improve in different ways, and interacted and made



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relationships with the people who live there. In reflection Jacob noted, "I enjoyed playing with the kids, talking to the adults in the village, and just seeing how they live. I learned a lot about myself on the trip. I learned that I have it really good, and that I'm blessed to live in the community I live in and be surrounded by people who care for my well-being. I've learned to be more thankful for what and who I have in my life." Although the dates, groups, and trips were not the same for the two of them, Caleb shared many of the same thoughts. Caleb shared what he hoped to accomplish on this mission, "To share the word of Christ with the many people there and also use my Spanish skills in Costa Rica." He also explained expressed that the people and experience were very impactful and provided a valuable time to reflect. In Caleb's own words, "The people I was with and spending time at the beach were highlights of my trip. I learned that I take things for granted because the people there have very little compared to me and I realized how blessed I am. It was great to be able to help others."



As the two enter their Sophomore season, they are living our core values through actions like these. We want to commend these two young men for showing a commitment and selflessness on the basketball court, but more importantly that same commitment and selflessness to help serve and improve the world around them.

2016 Senior(s) Spotlight Jeremy Kenny

Senior Jeremy Kenny is an exemplary C.A.T.S. team leader. When we point to our acronym that represents our core values we as a staff repeatedly refer to Jeremy as an individual that consistently displays commitment, aggressiveness, toughness, and selflessness both on and off the court.

As a junior Jeremy emerged as a key contributor off the bench and made several big plays in the tournament to help us reach the District Final where we fell short to eventual State Champion Westerville South. Jeremy is known on the court for his relentless effort on the boards and his smooth left handed release from the 3 point line.



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This off-season Jeremy has continued to work on his game while placing a major emphasis on his strength training. Jeremy also is a high achiever in the classroom and the community. The son of Joe and Judy Kenny represented his family, our program, and our school at Buckeye Boys State this past summer. Jeremy is an honor roll student and member of the National Honor Society.



He has earned the respect of not only his peers, but his teachers as well with his approach to daily life. Mrs. Hummel (Davidson Math Teacher) had this to say about Jeremy after having him in class and observing him during his time at Davidson, “Jeremy is the kindest most compassionate young man I know. He looks out for his teammates and classmates alike. He works hard in all circumstances to maximize his potential for greatness.” Thank you for your efforts and leadership Jeremy and we look forward to your continued contributions to our program.

C.A.T.S. Youth

Our 2016 Summer C.A.T.S. Camp as well as our Summer Skills Series were the biggest to date! We had 200+ young players in the gym learning the game of basketball and enjoying the competition and comradery. This summer we were fortunate to have back several recent alums as counselors for a variety of our youth development days. Alums Michael Simon, Connor Livingston, and Matt Waters joined us for the youth camp and several of the skills series sessions.



Additionally many of our 2016 seniors stopped by or came in the gym to get a workout in this summer. The connections formed between our youth, current players, and alumni will continually be a priority for our C.A.T.S. program.

Our staff looks forward to a fun-filled fall of development with our feeder program. For anyone interested our youth information can be found on our webpage

<http://hdcatshoops.weebly.com/> or through the Hilliard Schools flyer page.

<http://www.hilliardschools.org/flyers/>



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Alumni

Alum Honored

96 Alum, past coach, and current teacher Mr. Brett Bauer was honored this June as the 2016 Hilliard Davidson Teacher of the year as voted on by the class of 2016. Brett was a key contributor on the basketball court as well as the baseball diamond during his time in a Wildcats uniform. Over the course of his employment here at Davidson Brett has served as a teacher in the business department as well as a basketball and baseball coach. Brett is also heavily involved in the Northwest Columbus Special Olympics program.

Andrea Fogt, Coordinator of Hilliard Special Olympics group summarized some of Brett's specific contributions to the organization over the 10+ years he has volunteered. "Brett currently Co-Coaches the Men's Basketball Team in the winter. He has also been the assistant coach for our Traditional Softball Team, but is currently coaching and playing (#22 pictured below) on our Unified Softball Team as a partner. (5 Special Olympics Athletes and 5 Partners play on each unified team). He has also Co-Coached Ohio Softball Team at Special Olympics National Games in New Jersey in June 2013. They beat out New Jersey for the GOLD medal!"

His selflessness, and daily impact on others is the epitome of what we wish to instill in all of our future C.A.T.S. alums.



When asked about the significance of the 2016 Teacher of the year honor Mr. Bauer received last year Principal Cookson shared, "When the student body selected Mr. Bauer as their choice for the 2015-2016 Teacher of the Year, I was not at all surprised. Mr. Bauer embodies all of the characteristics of a master teacher. For example, Brett's classroom is always alive with energy, he deeply cares about his students and their well-being, and he is a true kid magnet. He can also regularly be seen greeting students as they enter the classroom, engaging in conversations with students about their extracurricular activities, and encouraging students along the path of their high school journey. Brett is dedicated, passionate, genuine, and always has a positive attitude. Davidson students and staff are truly fortunate to have such an exceptional teacher and colleague from whom to learn and with whom to work."

Great work Brett and Thanks for all you do!



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Nate in the News

As many of us followed closely, alum Nate Ebner again made national news with his incredible journey to Rio as part of the USA rugby team. [Ebner an Olympian](#)



We are so proud of Nate, and grateful for the example he continues to set for our young men. Thanks Nate and Go PATS!

13th grade lunch

In July we had our inaugural 13th grade lunch for the most recent graduates of our program. We were very fortunate to find a date where all six seniors from last year's class could join. We enjoyed some fellowship and food at the House of Japan before the class of 16' seniors headed off to embark on the next chapter of their lives. If you missed the "tweet" 16', Senior Luke Mayer was feeling quite adventurous with his eating for the first time in his life.

[HOJ 13th Grade Luncheon](#)

We wish all alums starting a new school year the best of luck and we look forward to seeing you soon!

New Weight Room Completed

In August we got word from our athletic director Mr. Nathan Bobek that our new strength facility was ready for use! As we get geared up for fall workouts the new space and equipment provides us with the opportunity to implement new workouts while also being more efficient with time. Our program would like to send a HUGE thank you to the committee responsible for spearheading the project as well as all of those who have donated time and money to see this project completed. We are very blessed to be in a school community where our athlete's needs are recognized and considered. We are already putting it to good use. Below are a few pictures of the new facility being utilized by our guys.





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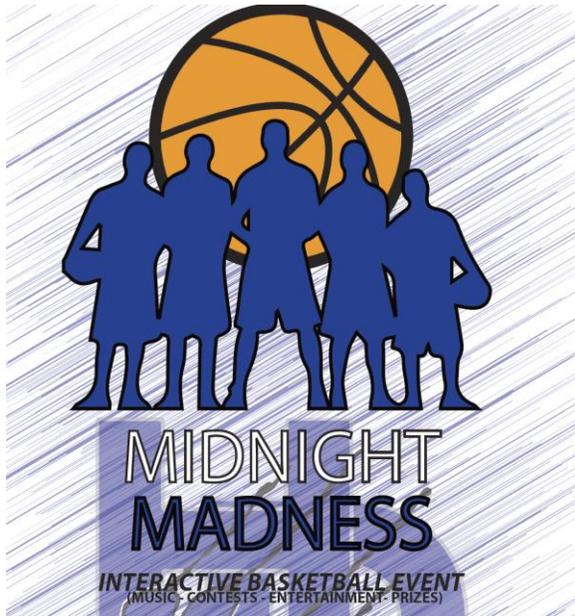
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3rd Annual Midnight Madness 11/22/16

*Raffle/Contest info coming soon including
OSU v. Michigan tickets & Cleveland Cavaliers



Varsity 2016-2017 Schedule (9/JV play before)

Dec 02 Fri 7:30 PM A Urbanna HS
Dec 05 Mon 7:30 PM H Licking Heights HS
Dec 09 Fri 7:30 PM A Dublin Coffman High School
Dec 16 Fri 7:30 PM H Upper Arlington High School
Dec 20 Tue 7:30 PM A Lancaster High School
Dec 29 Thurs 4:30 PM A Bradley High School
Jan 03 Tue 7:30 PM H Olentangy Orange High
Jan 06 Fri 7:30 PM H Central Crossing High School
Jan 10 Tue 7:30 PM H Olentangy Liberty High
Jan 13 Fri 7:30 PM A Westland High School
Jan 14 Sat 7:30 PM H Delaware Hayes High School
Jan 17 Tue 7:30 PM H Grove City High School
Jan 20 Fri 7:30 PM H Marysville High School
Jan 21 Sat 3:30 PM A Hilliard Darby High School
Jan 24 Tue 7:30 PM A Olentangy High School
Jan 27 Fri 7:30 PM H Dublin Coffman High School
Jan 28 Sat 7:30 PM H Thomas Worthington HS
Feb 03 Fri 7:30 PM A Upper Arlington High School
Feb 07 Tue 7:30 PM A Central Crossing High School
Feb 10 Fri 7:30 PM H Westland High School
Feb 14 Tue 7:30 PM A Watterson High School
Feb 17 Fri 7:30 PM A Marysville High School

Fall Fund Raiser

This fall our players and coaches will be selling roosters FUN cards for 10\$ each. Please support our program and enjoy some food and fun at ANY Roosters location. The cards do not expire until 12/31/2017 so be sure to see a player or coach to get your card soon to maximize your savings. We appreciate your support.



Stay Connected

Please stay connected with our program by following us on Twitter @HDCatsHoops and also on the web at hdcatshoops.weebly.com

For all Davidson athletic news click on:
Davidson Athletics Website

GOOD LUCK TO ALL OF OUR FALL ATHLETES!

Important Dates on the Horizon

September 6th first Fall Workout (HS)
September 7th Fall Skills Series Begins (Youth)
September 9th High School Player/Family Tailgate
Youth Travel Tryouts September 27 & 29 7:30-9:00 p.m.
November 4th First Practice High School (Middle School Week Prior)
November 22 Midnight Madness grades 3-12
December 2nd First High School Game