



DAVIDSON BOYS BASKETBALL

Committed

Aggressive

Tough

Selfless

NOVEMBER C.A.T.S. CLIPS



Head
Coach

Cort
Hamilton

COACH'S CORNER

With the changing of the season comes an added sense of urgency from our staff and players as we prepare for the 2014-2015 regular season. Throughout the fall players from various levels worked tirelessly to improve their abilities. A MAJOR emphasis was placed on skill work and quality of repetition during individual improvement sessions.

Here at Davidson we take pride in our player development. In order for our program to be prepared for success on an annual basis our players program wide (grades 3-12) must commit to refining their individual skills. We ask everyone that is a part of our program, from players to parents, to **TRUST THE PROCESS!** Player development focuses on a progression of fundamental skill breakdown leading to competition specific training with an intensity level that simulates game conditions. Along with improving our skill base we see these workouts as an opportunity for players to build individual self confidence. **B**, you must demonstrate abilities to yourself and others consistently over time. We as **CATS** focus on the everyday details, challenges, and opportunities knowing they accumulate and lead to bigger things down the road.

Self-confidence in one's own ability to help players maintain positive emotions, enhance concentration, and become the very best at whatever role they have within the team and program. Below are a few important concepts we incorporate when teaching our shooting fundamentals:

SHOOTING

Players should be shooting the ball with the following basics in mind:

- Alignment
- Mechanics
- Distance
- Consistency/Quality

Everything aligned on shooting side of the body (proper alignment and balance). Guide hand acting as just that with no interference on release or rotation of the ball. Our footwork emphasis is on teaching the one-two step. The shooting elbow is aligned with the middle of the rim. We teach high extension from the shooting hand on the release of the shot. We also emphasize gaining a feel for the ball coming off the index and middle fingers of shooting hand last, creating a consistent rotation and soft high arching shots. Appropriate range when practicing is an expectation for our younger **CATS** with emphasis on body balance and consistency. The self discipline to repeat quality game speed repetitions is vital to becoming a good shooter.



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C.A.T.S. in the Community

CATS high school players recently enjoyed an after practice team breakfast at the Wildcat Excellent Adventure. Highlights included Dommy Defense's costly pancake turnovers being quickly made up for by his dominating performance in the CUPCAKE EATING CONTEST.



YOUNG C.A.T.S.

Hilliard Weaver's 8th grade team participated in the 2nd Annual IBT Academy Middle School Preview. The talented young men below represented our program well and came out victorious in a solid team effort vs. Gahanna.



Senior Spotlight-Sr. Jay Peterson



Jay is a 5'9 senior guard that will be expected to provide leadership at the guard position. Heading into this year Jay has set three goals for the hardwood. He plans to become a vocal leader. He is committed to putting his teammates in good scoring situations with solid penetration and excellent decision making. He is focused on helping the team earn an opportunity to compete for Conference and District Championships. Jay noted a sense of urgency among he and his fellow teammates, "The everyday approach is solid, we are focused on the process and focused on improving our work ethic every day." Jay's plan after high school is to attend a four year college and major in marketing and sports management. When not in the gym and classroom Jay enjoys hanging out with friends watching sports and his favorite movie Space Jam.



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Looking Back

The Wildcat Boys and Girls Basketball players and some staff participated in a challenging and intense workout October 24 lead by members of the Ohio National Guard. The 5:30 a.m. workout was a great team builder and opportunity for us to support one of our own MATT WATERS who signed on to join the National Guard after graduation. Our young people didn't just complete the boot camp, they finished our pre-season strong!



Midnight Madness November 25th

Click on link below for a PREVIEW

<https://vimeo.com/112319076>



TICKETS FUNDRAISER



Enter for your chance to win!

DETAILS

- Boys Basketball program will be selling a chance to win *two (2) lower bowl tickets* to the November 29th, *Cavs vs Pacers* game.
- Cavs tickets are located in Section 113, Row 28, Seats 7 & 8.
- The drawing will be held during the Midnight Madness event on November 25th.

HOW TO WIN

- The participant drawn at Midnight Madness must make a free throw to win the Cavs tickets.
- To enter the drawing, buy a \$5.00 ticket.

** If the buyer cannot be present for the Midnight Madness event or does not want to shoot, they must specify who will shoot for them by writing their shooter's name on the back of their ticket(s).*

***Special THANKS to alum Michael Drobnick (below) for the donation of the tickets to our program. One of many Special Alums.**



Quote of the Month

“Success is not OWNED it is RENTED- and rent is due EVERY DAY!”-Rory Vaden



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Spirit Wear

CATS Hoops has partnered with BSN Sports to offer WILDCAT BASKETBALL apparel. Go to my TEAM SHOP and order yours now through November 30th.



Staff Spotlight

Youth Travel Director Ted Paris has been a key contributor to the ongoing development of our youth program. He and his wife Lesley have a daughter Kendyl and son Ryan in our district. His knowledge and passion for the game are great assets to our program. THANKS TED!



Middle School Flex Team Added

The creation of the Weaver FLEX team was based on the fact that many young players develop at different rates both physically and in skill areas. Our staff recognizes and understands the need to develop players as individuals that are not all coming to us at the middle school level with the same skill set, physical maturity, and/or experience. Our program understands that the overall measure of a successful program is the entire body of work and ultimately the finished product that we display at the Varsity level on a consistent basis. The developmental grades 3rd-10th are all part of the process of developing the competitive program that we all are working tirelessly to establish and maintain. We look at all of these levels as snapshots contributing to an overall album that defines our Davidson program and are excited to add another opportunity for CATS to develop and enjoy the great game we play.

- Important Dates:
- Nov. 25th Midnight Madness
 - December 2nd First MS Games
 - December 9th First HS Games

Follow us on twitter for updates, schedules and more @HDCatsHoops and on our CATS webpage at: www.hdcatshoops.weebly.com