



SHARK BITES

Thursday, February 7, 2008

27th Annual MIT Basketball Tournament

The Lincoln YMCA Youth Sports Branch will be hosting the 27th Annual MIT Basketball Tournament on **March 8th and 9th, 2008**

All SHARK teams will be participating this year.

Please let your coaches know if you are not going to be available for this tournament.

CONFIDENCE

Confident athletes perform better than un-confident athletes... That's a fact. But what separates the confident athletes from the insecure ones? First of all, you should NEVER believe that confidence is something people are born with. The first step is to know, with certainty, that you can and will become a confident athlete... that you have everything it takes to be a great basketball player... and that you have that tremendous potential inside. It is important to put yourself in a positive, encouraging environment. Take yourself out of places where you feel intimidated. Look for practice grounds and friends that speak words of encouragement rather than criticizing you... Although criticism can be helpful, it should always be constructive.

Taken from newsletter - "www.basketball-drills-and-plays.com"

Hard Work and Discipline

NYAA is not only interested in teaching your child the game of basketball, but also the discipline that goes along with it. One of the ways we instill discipline is in the way we approach our practices. As this does affect the process of teaching other areas of basketball, we do feel it is important and critical in developing the youth as an athlete and a well rounded person. We appreciate your continued support in this matter and we ask that you share with your child the importance of hard work and discipline.

Communication

As a reminder, coaching should be left to the coaches, if there are any questions or concerns, please contact your coach, but you must allow at least 24 hours following the game. If you continue to have concerns, please contact Derrick Vick - 202-9325.

PRACTICE TIMES

Practice schedule will continue as normal

(Additional practices may be announced by coaches)

Lefler Middle School

Thursday

East Gym West Gym

6:00-7:00 4th Boys 5th Boys

7:00-8:00 8th Girls 8th Boys

Dawes Middle School

Wednesday

Court 2

6:30-8:45 7th Boys

NYAA Spring Contact Flag Football

We are preparing for the spring season of Contact Flag Football. NYAA offers contact flag football to youth grades 4 - 8 and instructional flag football for grades kindergarten thru 3rd grade.

Registration forms for the 2008 Spring Contact Flag Football were handed out at all practices last week. If you didn't receive your, you can print off a copy at www.nyaasharks.com.

Coaches will call teams if there will be a practice cancellation. To find out if a game is cancelled, call the YMCA Cancellation Line at 434-9211.

Game Schedule for 2/10/2008

4th grade boys- vs - Norris Titans at LUX1 - 5:00 (2/9/08)

5th grade boys- vs - Waverly Vikes at LH1- 12:45

7th grade boys- vs - Norris Titans at NS5 - 4:00

8th grade boys- vs - Vike Hoops at LH4-4:00

8th grade girls- vs - High Five at LH5- 2:45

Remember to be at the game site 30 minutes prior to game time in full uniform.

SPORTSMANSHIP*SPORTSMANSHIP*SPORTSMANSHIP

We would like to thank our Shark Fans and Family members for continuing to display outstanding sportsmanship