

BASKETBALL

A GAME OF LIFE

< Dedicated to
the 2013 U13 Champions >

THE
CLIPPERS

"LOB City"



① Chaos

- complete disorder + confusion
- Behavior so unpredictable as to appear random, owing to GREAT sensitivity to small changes in conditions

We will create chaos + make the opponent uncomfortable.

② Quit

- To give up or resign; let go; relinquish

"Something we never do" - JOHN

③ Effort ↗ matters! wins + losses count.

1. A vigorous or determined attempt.

"wins and losses come a dime a dozen ... effort - Nobody can judge effort ... effort is b/w you and you."

"you get one chance in life ..."

~~BY~~

- Ray Lewis

④

Preparation

→ the action or process of making something ready for use or service, or of getting ready for some occasion, test or duty.

prepare for greatness ... it is not given out - it is taken ... p263

⑤

Heart

A human organ that pumps blood through the circulatory system by rhythmic contraction and dilation.

It is synonymous w/ The Most IMPORTANT PART OF SOMETHING.

Being emotional.

Being kind + generous.

Caring deeply.

PASSION

"Hearts + Smarts"

⑥

Brotherhood.

- Fellowship
- An association of men united for a common purpose

The Clippers are a brotherhood.
We work together to become a great team. 10 hearts as 1, & ~~we~~ we cannot be stopped.

⑦

Believe

- Accept something as true.
Feel sure of the truth of it.

When you believe, great things can happen. But you have to believe 1st.

8. Unselfish

willing to put the needs or wishes of other's before one's own.

when everyone on the team cares about each other and puts the others' needs ahead of their own — that's how you go from a good group to A GREAT TEAM. It's another level than what the average person does.

9. Find a Way

work until you figure solution.

Get the answer

Reach your goals + dreams

Do what they say can't be done

You can find a way to do anything you want in life! There is always a way! You may

have to work hard to get there,
but there is a way!

⑩ mental toughness

Being willing + able to muster
a complete effort w/out know-
ing in advance the outcome.
This makes the difference between
winning + losing in life, not
just b-ball.

- do it now, don't procrastinate
- feel you can always do better
- always think there is a
better way to do something
- Think Positive

11. Knowing

ADJ • suggesting one has knowledge or awareness that is secret or known to only a few

NOUN • The state of being aware
- smart
- intelligent

We said it's good to believe.

But it's better to KNOW.

Think positive, have confidence,
Know you will do well...

Know you will find a way...

Know you will succeed.

⑫ Trust

◦ firm belief in reliability, truth, ability or strength of someone or something
AKA FAITH, CONFIDENCE

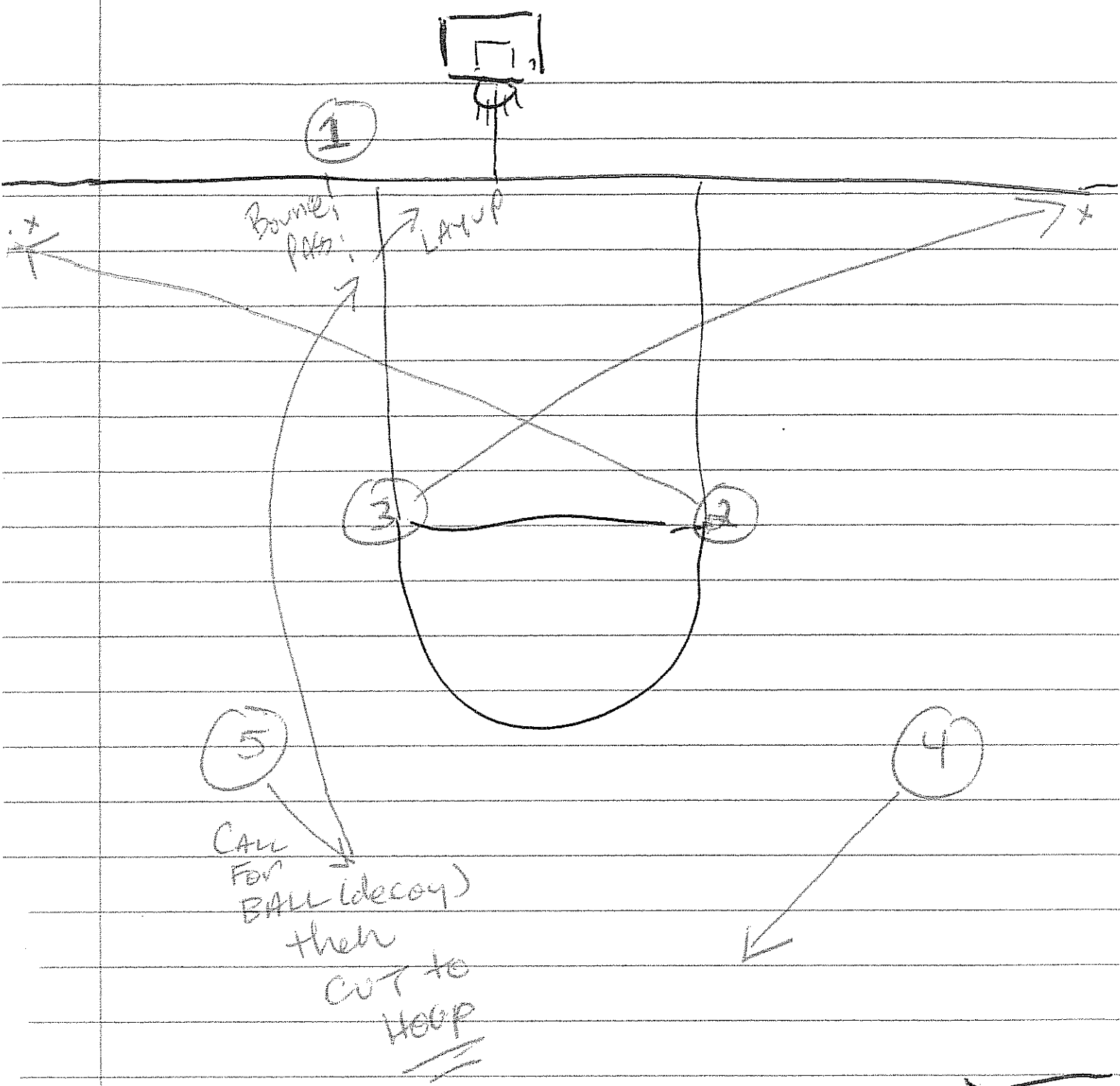
GREAT Teams in sports + in life trust each other + have FAITH that good things will come.

⑬ Champion

Preparation, Heart, Belief, Trust, Effort, Mental Toughness, Unselfishness — These are all great things + are keys to success not just in hoops, but LIFE. Even w/ them, though, PRESSURE can overcome them all... except in RARE CASES.

THOSE RARE CASES ARE CALLED CHAMPIONS - which you are!!!

"The INBOUNDS PLAY"



Thank you
COACH CURTIS!

"If it was EASY, it wouldn't be Fun" | Key Points

- Think Positive!
- Believe. Then KNOW!
- Defense wins Championships
- 10 hearts beating as 1 can't be stopped
- Do what you do
- Find a way!!!
- Winning + Losing doesn't matter....
it's EFFORT that matters!
- If you do things right, you usually win
- The things you learn are not just about basketball; More importantly, they are about LIFE.
- "Take them into deep water and see if they can swim"
- Great teams win close games
- It's very difficult to close out a game - never forget that especially if you are losing... the pressure is on the opponent to close it out.
- Champions overcome pressure.
- "Hearts and smarts" are what matters.
- Greatness is not given. Greatness is taken.
- Trust your teammates
- Never be afraid to COMPETE!
- Be a sportsman + good person

- Refs control the game - but they don't control the OUTCOME
 - Great players embrace change
 - MENTAL Toughness = WINNER
 - Great Teams take advantage of GOOD LUCK + overcome Bad LUCK.
 - When you step on the "court" - you give 100%. - in hoops + in LIFE.
 - There will always be people telling you that you CAN'T do something... Believe + Know you CAN in your heart + that's all that matters.
 - You can Always IMPROVE.
 - In whatever you do in life... Have high expectations and work hard to be the BEST
 - Make a Difference
-
-
-

STATS

- 12-1, Champions
- only team with 12 straight wins
- Beat only undefeated team
- Beat every team you faced
- Hornets beat us by 17 week 1;
you beat them by 3 in Final Four...
that's 20 point improvement!
- 2 games where EVERYONE scored
- Won a game when down 4
in final minutes
- won games by 3 or less points
every time it happened
- Held close leads and closed
out games!
- Thrived under pressure
- Did not run up score when
could have - good sports
- won games with players missing
- Never lost when all 10
were at game!!
- Undefeated in 2013
- Only team to win the 13TH game!
- Champions For Life!

Weekly Summary: December 1, 2012

Edward Harding

Sent: Sunday, December 02, 2012 12:33 PM

To: Edward Hardina: [redacted]

Cc: [redacted]

Clippers,

We will always do our best to keep you posted with weekly summaries. Yesterday we met with the boys before the game. Understanding that we had not had a single practice and some of the boys didn't even really know each other (and we didn't know everyone), there were not a lot of expectations and we were using the scrimmage as a way to evaluate the team. Here were the brief goals we outlined before the game:

1. Have fun -- that's what it's all about
2. Do NOT care about winning or losing this game
3. Do not be afraid to shoot -- if you have an open shot, take it
4. Encourage each other as teammates
5. RUN -- we told the boys we were going to run a race today and the other team doesn't even know it. And when you run a race and the opponent doesn't know it/isn't ready, good things usually happen! Run 100% all the time and let us know if you need a break.

Each week we will have a Word of the Week -- this week's word was **Chaos**. If you saw the game, it was pretty chaotic -- but that's what we wanted. We will discuss this before Friday's practice -- but essentially we have the ability to really make opponents feel uncomfortable with the athletes we have -- and that's one thing we are going to try to continue to do and improve upon all season.

After the game, we told the boys how proud we were -- they did everything they were asked to do and they all seemed to have a lot of fun -- there were a lot of Laughs and Smiles in the post-game huddle. The takeaways from the boys were:

- they thought they need to work on layups and shooting
- they thought they played good Defense and Rebounded well
- they thought the other team got really tired as the game went on

They have a good sense of awareness and were pretty accurate in the assessment. Another important note: EVERYONE scored -- that's pretty rare in our opinion -- we were really proud of that, too. As we get to know each other and work as a Team, things will only get better. There is much to learn and we told them that as good as yesterday felt -- they will look back and think that they weren't very good yesterday. We will continue to learn and improve and most of all -- have fun!

Thank you to Coach Pat for serving as the referee -- outstanding job. And Thank you all for your support and see you Friday for our first practice!

Play Like a Champion Every Day!

Ed and Pat

Weekly Summary: December 8, 2012



Edward Harding

Sent: Sunday, December 09, 2012 2:51 PM

To: Edward Harding

Cc:

Clippers,

This week we played the team considered to be the best in the league. Two coaches joined up, each having 2 sons who were all in the top 15 out of 200 boys in the evaluations. No other team has this depth. They were tough -- also, one of their players fouled out within 5 minutes and they were able to then substitute in better players the rest of the game. Even with all that -- we competed and gave 110% and honestly had our chances to win the game. We have a great group and it's a good thing to play teams like this because that's how you learn and improve. We will file this one away and hopefully get another shot in the playoffs. HA!

The only things we've been able to work on thus far at practice have been the fast break and some defense. The boys did excellent in those areas -- and they will continue to improve. As the season goes on, we will work on other areas including Offensive sets and plays, proper spacing, inbounds plays, rebounding, passing, screening, etc. -- these are things that will develop over the course of the season. Don't worry -- each week there will be improvement and the idea is to put it all together by the end of the year in the playoffs. Patience will be rewarded -- it just takes time to develop everything. We have seen everyone in a couple games now and are starting to sense the chemistry and who will fit well with each other -- we will start to develop set lineups for the quarters and that consistency will help us longer term.

We have goals from Jack -- if everyone else can e-mail me whatever goals the boys come up with -- we will put them together and discuss the next time we have all the boys together. We will also work to help the boys achieve their individual goals during the season.

Thank you everyone for your commitment and enjoy the rest of your weekend!

Play Like a Champion Every Day!

Ed and Pat

Weekly Summary: December 15

Edward Harding

Sent: Monday, December 17, 2012 11:13 PM

To: Edward Harding;

Cc:

Clippers,

We had a great week. Friday night the boys shared their thoughts on the first game the week before. They had a lot of great comments. They told me that they thought Defense was more important than Offense, so we focused on Defense for 2/3 of the practice. The following were the key points:

- (1) we are playing man-to-man defense (this fits with the Chaos theme); learning man-to-man is a key fundamental and we won't move to zone until we master man-to-man and possibly box-in-one or diamond-in-one. For now, it's man-to-man
- (2) before the quarter starts -- everyone goes out and figures out who they are guarding -- the point guard makes sure everyone is matched up correctly -- each boy gently grabs the opposing player's jersey and says "I have #X" so that everyone knows who they have.
- (3) Two goals for our defense: 1. The ball does not get into the paint. 2. We allow no uncontested three pointers. If you do 1 and 2, the only way the other team scores is on difficult shots.
- (4) we worked on six key fundamentals that have to be understood with man-to-man defense: 1. Deny 2. Help 3. Switch 4. "I got ball" 5. "Five" (shifting to the middle when your man is on weak side 6. "shot" (get hand up and yell shot when your player shoots.
- (5) We learned that when the other team scores, it is everyone's fault because we play together -- "5 as 1"

The key thing we tried to improve on is talking. To be a great team, there has to be a LOT OF TALKING TO EACH OTHER and it has to be loud enough to be heard. Each week there will be a talker of the week and they will get to watch the rest of the team sprint at the end of practice. Unfortunately, they all tied for last place on Friday! But we will improve.

We worked on the fast break with a drill early in the practice and at the end. This showed in the game as we made many more layups than we did in the first game.

We worked on layups and just shooting from the block with one hand only to try to make 10 in a row from each side of the rim.

We worked on sprinting and then slowing down and gaining control at the very end so that you make the layup.

Each week we have a key word of the week. So far, they have been:

1. Chaos
2. Quit (something we don't do!)
3. This week's word was "Effort." We emphasized that Wins and Losses don't matter -- it's effort that counts. As part of this, please have your son watch this brief video:
<http://www.worldstarhiphop.com/videos/video.php?v=wshhItIh4Uds35f5HV20> (note that Stanford went on to blow out Minnesota after this!)

The boys are learning and improving and we talked about the importance of being "5 as 1" to become a great team. These words we go over will be important not just in basketball, but in life, and that's what we will try to focus on.

Every boy scored on Saturday and that's indicative of 5 playing as 1.

Thank you and I hope everyone is having fun. See you on Friday!

Note -- we did practice one play on Friday -- it was a play designed to attack man-to-man defense. The other team played zone, so the play didn't really work -- but the boys executed it and we'll talk to them before practice to see if anyone understood why it didn't work. We will work on a zone play and continue to learn and improve.

We also went over positions so that everyone knows all the positions and everyone can switch on offense and play any position and know what to do. This will serve them well as the season progresses.

We hope everyone has a great rest of your week!

Play Like a Champion Every Day!

Ed and Pat

Weekly Summary: December 22

Edward Harding

Sent: Wednesday, December 26, 2012 8:27 PM

To: Edward Harding;

Cc:

Clippers,

Another great week. As is our standard tradition, Friday night the boys started off practice by sharing their thoughts on the first game the week before. We will continue to do this as Reflection is an important part of not only athletics but life.

In practice, we continued to work on Defense and Fast Break with some drills that we have been doing since the beginning of the season. Each week, they improve in the drills. The idea is that the things we do in the drills will eventually develop into habits. One thing I really encourage the boys to do at home is to practice the ball handling/fingertip drills. These are the things we do early in practice and time ourselves to see how many we can do in one minute. Having good ball handling skills is one of the most critical things to improve if you want to be a better basketball player. They will dribble better, pass better, catch better and shoot better the more of that they practice these little exercises.

We have to do a better job of communicating with each other. We will try to find a couple drills to work on this -- the passing drill is a good one. There are others we will add in. We will continue to work on Defense communication as that will be the way that they can take their Defense to the next level -- they are already a very, very good man-to-man defensive team in our opinion and based on what we've seen in the league/games.

The word for this week was **Preparation**. We read the definition from the dictionary and talked about "preparing for greatness" -- not just in basketball, but in whatever you do in life. If you want to succeed, you have to prepare. We reminded them that they have been doing an excellent job of preparing to play basketball! But as they move forward, they have to continue to prepare -- we quoted RG3 and here's a video for this week that ties into this: <http://www.youtube.com/watch?v=6GB2Ja2PY7w>

We played a very good team on Saturday. They had a couple of very tall/big players and one very aggressive, athletic player who was a real challenge for our defense. Coach Ed really challenged the boys (especially Tim and Matt) to work hard and not give up against the big guys on the other team. Everyone played well -- especially proud of the effort of Tim and Matt who had to battle against bigger guys in the paint AND be ready to help out on guards driving the ball -- they did OUTSTANDING job (and Tim did it with a broken finger!). Note that we haven't really practiced rebounding -- so ultimately any rebounding "problems" are the fault of one person -- Coach Ed! We will introduce rebounding more going forward -- but the boys did great on Saturday against a big team.

We will continue to focus on Defense -- the boys have told us that Defense is more important, and we like that. Great defense leads to turnovers and fast break points. That's our style of basketball.

One thing we talked about at halftime of the game was "dictating our game." The other team played a very good packed in 2-3 zone defense. It gave us trouble in the first half as we weren't making a high percentage of our jump shots (special shout out to Jack, who did hit a nice 3 pointer and is our leading 3-point shooter at this point in the season!). To start the second half, we said we would not let them dictate the game -- we were ahead and so we would force them to play our game -- more man-to-man and fast paced. As we went into the fourth quarter, the strategy played out and we ended up pulling away in the end. We think we will have some success as the season wears on as many teams just try to play a packed in 2-3 zone and they don't learn how to play man-to-man defense. Our boys will be well-served to know how to play man-to-man and to move and cut and



Weekly Summary: January 5

Edward Harding

Sent: Tuesday, January 08, 2013 10:34 AM

To: Edward Harding;

Cc:

Clippers,

This weekly summary is a difficult one to write as we have had a terrible loss in the Harding family -- my brother-in-law, Pete [redacted], passed away suddenly Sunday evening. Pete has always been a true brother to me. They live in Severna Park and his son, my nephew, is in this same basketball league and played on the team we lost to in week 1. Pete kept the scoreboard in that game and it's the last time I really saw him. He will really, really be missed. Please say a prayer for my sister and her children.

Friday night I will not be at practice and will talk to Pat to see if he can run practice.

The boys had a great week last week and we were really proud of them. The word of the week was Heart. We talked about what "heart" means -- yes, it's an organ in the body. But it's also synonymous with all good things. They know that when you have a big heart -- you care and you do things with a lot of feeling. They know that when you do something with all heart, you do it with positive energy and gusto and 100% effort. We knew we were playing a team that had the best big man in the league -- but we said that one or two big men can't beat all of our hearts playing together! With just 6 players, they really played with big hearts and found a way to persevere through the game -- we were really proud of them, as we know you are, too.

Our game this Saturday is at 12:15 again (at Severn, as always). I will be at the game and we'll continue to build on the great teamwork and chemistry that these boys have developed. As we tell them every week -- it doesn't matter if you Win or Lose these games. There's a bigger picture and if we keep working and learning and improving -- good things will happen and you'll find that you always will win in the long run, regardless of the score on that given day. That's basketball and that's life.

Thank you all for your commitment and all that you do.

Play Like a Champion Every Day!

Ed and Pat

Weekly Summary: January 12



Edward Harding

Sent: Friday, January 18, 2013 10:21 AM

To: Edward Harding

Cc:

Clippers,

Apologies for the lateness of this e-mail. I've been under the weather all week and now am up to about 55% and trying to dig out.

Thank you to Coach Pat for running practice last Friday -- he took them through the usual drills and added extra work on attacking a zone defense -- it was a great practice from what I heard!

Also, as you may have noticed in our last game, we welcomed a new member to the Clippers family -- Drew . Drew has already made an impression and is fitting in nicely with the team. We are excited to have him on board.

The word of the week last week was "Brotherhood." The boys said that they thought it meant "being together," "like brothers," "having your back," etc. They were correct! We talked about the definition of brotherhood: Fellowship; An association of men united for a common purpose. We talked about how the Clippers are a brotherhood -- we all work together to become a great basketball team. We talked about how if we play 10 hearts as 1, we cannot be stopped.

As Coach Pat pointed out after the game -- they really played like a brotherhood on Saturday. Every player scored -- a rare feat in this league. It takes a great team to get everyone to score and we told the boys they are becoming a great team.

The boys also showed great sportsmanship during this game. First, we didn't run up the score. Second, a special shout out to Cian -- Cian was due for an extra quarter -- but he gave it up for Jack to let Jack play 3 quarters. That showed great sportsmanship and heart -- something a *brother* would do! Thank you, Cian.

And Thank you all for your commitment and all that you do. Practice tonight and we will work on bringing Drew up to speed and focusing on Defense and Defensive Rebounding. Our Defense is the key -- it creates turnovers and fast breaks -- we will continue to work and improve on team defense.

Play Like a Champion Every Day!

Ed and Pat



Weekly Summary: January 19

Edward Harding

Sent: Friday, January 25, 2013 8:56 AM

To: Edward Harding;

Cc: ;

Clippers,

Late again -- no excuses!

A great week last week -- we missed Coach Pat on Friday and Saturday as he was enjoying a trip with his son Jack to look at colleges. Jack is receiving offers to play football -- he is an outstanding student athlete and we wish them much success in their selection process! Hopefully it was a terrific trip!

Practice was good -- not great -- but that was because I was still at about 55% on Friday night. The boys were at 100% and they did a tremendous job. We worked on defense, fast break, passing and shooting -- also got a scrimmage in with the Wizards at the end of the second hour.

The word of the week last week was "Believe." The boys said that they thought it meant "hope," "think something is true," "Faith", etc. We talked about the definition of Believe: "Accept as true. Feel sure of the truth of something." We talked about how they can do anything they want to if they believe it. We want to believe we are a great TEAM. We want to believe that we play the best defense in the league. We want to believe that everyone on our team is going to score every game. We want to believe that we can get better every day. The only better level than Believing is Knowing -- we will get to that later in the season!

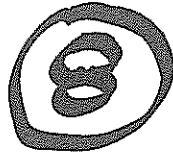
The boys are believing and they did a great job in the game (another dominating effort!). We think they are continuing to improve each week, and that's the key. I also want to point out that there is a \$10 reward for taking a charge in a game. I thought Cian took a charge -- they called it a block. It was an outstanding effort by Cian and a smart play -- the refs called a lot of fouls on us, but that's OK. We tell the boys that if they foul out, that just means they were in the action and making things happen! Overall, they are playing smart defense -- we just had a ref who liked to blow the whistle.

Practice tonight -- if anything changes I will send an e-mail out.

Thank you, as always, for your continued commitment and support!

Play Like a Champion Every Day!

Ed and Pat

Weekly Summary: January 26

Edward Harding

Sent: Friday, February 01, 2013 9:25 AM

To: Edward Harding

Cc:

Clippers,

Last week was disappointing as far as we didn't get to practice. We are looking forward to getting back out there tonight! We are going to work on fundamentals and Defense, as always -- but also on screens and some offense skills.

The game was another great one for us. The word of the week last week was "Unselfish." The boys said that they thought it meant "sharing," "giving something up for someone else," etc. We talked about the definition of Unselfish: "To put the needs or wants of others ahead of your own." We had them look at the person next to them, and we talked about how if you care about your teammates and look out for them ahead of yourself, and everyone else does the same -- well, then you have something special and have what it takes to be a great team. We talked about what that means on the court -- making the extra pass; talking to each other; helping on defense if someone gets beat; letting someone else play the extra quarter if it makes sense depending on the situation. We talked about what it means OFF THE COURT -- doing nice things for people; opening the door for others; etc. We talked about in life, as they move forward, in whatever they decide they want to do with their future -- if they surround themselves with people that are unselfish, then that is a recipe for success. We talked about how the average person does not think this way -- and that's why we can be a great team in this league if we act unselfishly and they can be great people in the future and find success if they live that way.

We saw a great example of unselfishness in the game. We wanted everyone to score. We worked so that everyone did score! Then after the game we find out that Tim didn't score. Tim never said one word about scoring during the game or that he hadn't scored. We pointed out that this is unselfishness at it's best! And that's why Tim is a great leader on the team.

FOR THE FIRST TIME WE HAVE A TALKER OF THE WEEK. CONGRATULATIONS TO CIAN. He was talking all game especially on defense and that's what it takes to go from very good to great! Everyone will give him 20 push ups or sprints before the game, we'll see.

Also congratulations to Chase -- he took our first charge and earned \$10. Cian has had several close calls that could have been charges. We feel he is ready to earn his \$10 very soon!

Finally, congratulations to every boy for working hard and improving -- they are getting better every week!

And, as always, Thank you, for your continued commitment and support -- you make it happen.

Play Like a Champion Every Day!

Ed and Pat

Weekly Summary: February 2

Edward Harding

Sent: Sunday, February 03, 2013 11:33 AM

To: Edward Harding;)

Lob City,

What a great week.

Practice

Friday night we had a great practice -- worked on fundamentals, a new passing drill (that was tiring!), a couple new shooting drills, a new "game" that works on rebounding/scoring/toughness, and finished with a game of Knock Out (the boy's choice) -- congratulations to Drew for representing the 7th grade and beating all the 8th graders! Thank you also goes out to Collin for joining us at practice and working with us. At practice, one thing we talked about was: Great teams win close games. It was funny that Saturday turned out to be a close game! We talked at practice about how you want to play better teams and be challenged -- blowing teams out by 25 points is nice, but to get better and find out what kind of team you really are, you want close games. We certainly had one yesterday. Additionally, we knew we would be without Chase (who was on his Confirmation Retreat this weekend), and that everyone would have to play different roles and step up as a team.

Word of the Week

As you know, before each game we talk about a word of the week. Yesterday, it was 3 words: **Find a Way**. Adam said this means that when a door is closed, there is a window that can be opened -- I think he had deep meaning, I liked it :). Tim said that you can find the solution. They were on the right track. We talked about how in life people will always tell you that you can't do things. We went around and pointed at each boy and said "they say you can't stop anyone on defense," "you can't score in a game," "you will never make a 3 pointer, you can't shoot," "you can't dribble," "Coach Ed doesn't know what he's doing he can't coach basketball" (some may agree with that as I got some nods!)....but then we told them that there is always a way to do anything. You just have to find it. We talked about how in life there are going to be bad things that happen -- we said that there may even be some things in the game we are about to play that will be bad/won't go our way. But in the game and in life, you just have to Find a Way. It may take hard work and you may have to do some incredible things -- but there is always a way. The boys noted that this related to some of our other words like "quit" (something we don't do) and "heart", etc.

Game

Sure enough, we had a close game and there were a lot of things that didn't go our way. Shots were not falling, some close calls didn't go our way, we didn't get as many turnovers, seemed to just miss a few loose balls that we normally get. The other team wanted nothing more than to beat the Clippers. We talked about that during a timeout. We told the boys that beating us would be the highlight of the season for the Jazz. But the boys said they weren't going to let it happen. We reminded them during the game that it doesn't matter whether we win the game. Just keep giving your very best effort and things will work out. If you lose, who cares? You're still a good team and life goes on. So just relax and play.

At halftime, down by 2, we challenged the boys with a goal to win the 3rd quarter. Well, it was not going well and then suddenly we got it going and made a run to the end the quarter and go up by 4. They won the quarter and we were very proud of that group.

Entering the fourth, we had to call on Clifford, Drew and Jack to step it up and play a big role as the guards. Boy did they ever! Clifford and Jack played outstanding defense on one of the better players on the Jazz. Drew locked down their other point guard. Drew handled the ball wonderfully down the stretch, and Clifford and Jack were there for him on the wings to keep the ball moving. The Jazz gave it all they had, but it was not enough

and somehow our boys Found a Way to win the game.

Post-Game

We said isn't it funny how the things we talk about seem to happen each week??? They laughed. We told them that the coaches didn't do anything. They all need to be really REALLY proud of their performance -- they were the ones on the court and they had to find a way to win this game, a game where things were against them and weren't going their way -- and they Found a Way. That's what life's all about! They remembered what we talked about Friday, too. "Great teams win close games." Yesterday, without Chase, and with everyone having a bit of an off day, the boys still found a way to win a close game -- the most rewarding game of the season in our opinion. And a total team effort. Some key points:

Drew, Clifford and Jack -- outstanding job on defense and bringing the ball up/playing the guard positions -- really stepped up this week!!!! All three deserve huge credit.

Cian and Tim -- typical leadership effort -- shut down their best players when they were in and led us to a big 3rd quarter; we never complain with aggressive defense, even if we get fouls called -- they did a great job

John and Adam -- these guys hustle up and down the court faster than any we've seen -- and we needed it.

Their help defense was critical to keeping the other team out of the paint. These guys are fully engaged every game and we love it.

Fitz and Matt -- wow, as Coach Pat pointed out during and after the game -- these guys had the give and gos and passing going outstanding!!! They are learning and it showed -- very impressed and happy with their play; their rebounding was awesome, too. There must have been 3 or 4 times there were these big crashes with someone hitting the floor -- it always seemed to be Matt -- he was a monster and it made a big difference!

Final Thought

Coach Joe Gibbs used to say that the outcome of close games is usually determined by 5 key plays (or less).

Coach Ed reflected on the game (what he can remember) and here were the big plays:

1. At the end of the 3rd quarter, time was running out. The clock doesn't stop for anything but shooting fouls during 3rd quarter. We had the ball and it went out of bounds. The boys rushed to get the ball to the ref and throw it in. I can't remember who threw it in, but someone threw it in, that person then pump faked and passed to Matt at the free throw line and he hit a shot at the buzzer to end the 3rd. Those were 2 very big points!!! I believe Fitz was key to the play as he was rushing to get the ball inbounds. That intelligence and understanding of the game and clock was just outstanding by the guys on the court.
2. Drew [REDACTED] -- if my recollection is correct, he made 3 of 4 foul shots. We won by 2 points. Foul shots are key! Drew came through in the clutch!

Yes, there were other plays and everyone contributed (it takes the whole team to make the key plays happen) -- but those 2 above were KEY plays. Those things don't happen, and the outcome is different. Coach Pat will correct me if I missed any as I was stressing on the bench :)

Thank you for your continued commitment and support and have a terrific rest of your weekend.

Play Like a Champion Every Day!

Ed and Pat

Weekly Summary: February 9

Edward Harding

Sent: Thursday, February 14, 2013 10:04 PM

To: Edward Harding; _____

Cc: _____

Lob City,

A terrific end of the regular season -- much to be proud of for these boys.

Practice

A great practice -- fundamental drills -- broke the boys into groups -- "big guys" and "small guys" -- Pat worked with bigs on inside game drills. Ed worked with smalls on shooting and dribbling (they can dribble with two balls at same time -- doing that makes dribbling with one ball that much easier in the games!). Then small guys challenged big guys to scrimmage -- I didn't even raise that idea -- they did and we liked it! A great scrimmage then more drills then the Wizards asked to scrimmage for last 30 minutes or so -- it was a great night.

Word of the Week

The words of the week this week were: "Mental Toughness." We talked about what that means. Some said it means being mentally strong -- well, that's good. But what does it really mean? We said that it means "being ready, willing and able to muster a complete effort without being aware in advance of an outcome. Putting together your best effort and accepting whatever the consequences." Being mentally tough is how you overcome pressure. We talked about how life is full of pressure -- school, home, work and even sports -- we said there might very well be pressure waiting on the court during the upcoming game (YES there was!). We talked about how mental toughness is the difference between "winning" and "losing" not just in sports but in life. We gave a few examples:

- Mentally tough people are always ready to tackle something new. "Losers" say it can't be done.
- Mentally tough people think positive. "Losers" think and act negative.
- Mentally tough people say "I'm not as good as I could be." "Losers" say "I'm not as bad as other people."
- Mentally tough people say "there has to be a better way." "Losers" say "that's the way it's always been done around here."
- Mentally tough people realize there is no time like the present to get something done. "Losers" are prone to procrastinate and hope it will be better tomorrow.

The boys said they are mentally tough!...Now to prove it.....

Game

First -- Coach Ed missed Coach Pat. In case you haven't noticed, he is a calming force on the sideline! Coach Ed had a nice hour-long dialogue with the Commissioner of Refs during the game (it was all good you just have to believe me on that!). Having Coach Pat will be a blessing!

Sure enough, there was lots of pressure -- we were playing a stacked team -- they were missing their best player, but that doesn't really hurt you when you have 2 of the top players in the league on your team. The Knicks weren't 7-1 because of just one player. We had our hands full.

The referees were calling the tightest game of the season. Chase had 4 fouls in the first half. Cian eventually fouled out. It would have been easy to blame the refs. During timeouts and breaks Coach Ed talked to the boys

about the fact that refs control the game, but not the outcome. The boys were coached to "adjust your game" and find a way to play aggressive but not pick up fouls. They did a great job adjusting in the second half! The boys did that -- we can only coach -- but they DO!

Our boys also know that it is Coach's job to talk to the refs -- their job to play and not talk to the refs. I will talk to refs during game and that's my job. I don't talk to the other team, other coaches, etc. -- I don't yell things at the other team, etc. Our bench didn't make a lot of noise while the opponents were shooting foul shots, etc. Some of this did go on during our game, and I have no problem with it -- we just don't do those type of things. We talk to our players and the refs, and that's OK. Sometimes I hear some commentary from opponent fans after the game, but that comes with the territory (mental toughness, remember!). :)

At the end of the 3rd quarter, we were down 6 or 8 points. Coach Ed asked the boys who was under pressure at this point. Someone said "We are." Coach Ed said -- "no. They are under pressure." Coach Ed told the boys a very important lesson -- "it is VERY DIFFICULT to close out games." Meaning, the pressure was on the Knicks to close out the game -- we were losing -- if we lose, who cares? We're already losing. Handle that pressure and don't worry about the outcome -- just put the pressure on them and see if they are a great team. Keep working hard and you can win the game!

We were losing the entire fourth quarter -- with about a minute left, down 4, we somehow found a way to score 7 straight points to go up 3! Unbelievable? No! Not when you are the Clippers. During the fourth I saw terrific TALKING amongst the boys -- they were playing smart -- double teaming on their own -- staying out of foul trouble -- getting steals (who is this Drev! !!!!!) -- the Coaches owe the players sprints on Friday as they all talked when it counted!Then, The Knicks hit a phenomenal 3 to tie it. Wow.

Then in overtime, a play that may go unnoticed, but not by me! They "win" the tip (their guy out-jumped us and hit the ball), but this guy named Fitz (who played hurt! Lance's tape job was magic!) somehow finds a way to grab the ball from the Knicks and we "WIN" the tip! That play was HUGE. We held the ball and somehow won the game. Fitz grabbing that jump ball is an example of all the things we've talked about all year long! Yes, it was a total team effort and lots of big plays -- that one "little" play was in OT and was BIG.

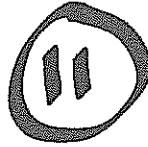
Final Thought

Note -- the last two weeks the boys proved a lot. They first held onto a lead in the fourth and found a way to win without Chase. They then had to overcome a deficit against a stacked team and find a way to win. 8-1. Second best team out of 20 teams. Clearly best un-stacked team. These boys did it themselves and they did it the RIGHT way. Each of you should be very proud of your son. We are very proud of them!

Thank you for your continued commitment and support and have a terrific rest of your Valentine's Day and week.

Play Like a Champion Every Day!

Ed and Pat

Weekly Summary: February 16

Edward Harding

Sent: Thursday, February 21, 2013 8:56 PM

To: Edward Harding; [redacted]

Cc: [redacted]

Clippers,

A great end to the practice season and first playoff victory (in a real battle).

Practice




Coach Chris Chaney led a really fun practice session comprised mostly of drills focusing on key areas: passing, defense, layups, shooting. We scrimmaged at the end and it was noted that Coach Pat looked to have the most fun in the scrimmage that almost never ended! The boys had fun in the final practice and they were very well-behaved and thanked our guest. It was a terrific night.

Word of the Week

The word of the week this week was: "Knowing." The boys had some ideas about what it meant. We said it means "Showing or suggesting that one has knowledge or awareness that is secret or known to only a few people." Also, "The state of being aware or informed; intelligent." Earlier in the season, we had a word "believe." It is good to believe -- and we talked about the one thing that's better than Believing -- that's KNOWING. Know that your man is not going to score. Know that you will get the rebound. Know that you will make the layup. Knowing is a state of mind of complete confidence and POSITIVE THINKING. On Friday, Coach Chris told the boys the key to layups is not being afraid or worried about missing -- but rather thinking positive and telling yourself you are going to make the layups. "Knowing" correlates with this. And it's even more important in life than it is in basketball -- Know that you will pass the test. Know you will get straight As (I never really knew that, unfortunately!). Know you will get accepted into that college. Know that you are the right person for the job! etc. Believing is one thing...but when you Know -- you can't and won't be stopped!

Game

A stressful *one point* victory -- but if it was easy it wouldn't be fun! Brief comments/key plays:

- Drew.  hits a buzzer beater at end of first quarter -- 2 points that win the game
- Clifford  somehow finds a way to get a big rebound against a guy twice his size and kick it to Cian for a jumper -- a rebound and assist that win the game
- Tim  catches the pass, attacks, draws the foul and hits the second free throw with 3.9 seconds left to go up one -- a point that wins the game.

We could list many other key plays -- that's because the boys do all the little things that matter and add up to big things. The unit of Drew, Cian, Matthew (an absolute monster on the boards in this game), Fitz and Clifford dominated their quarters -- that was huge. Chase, Tim, Adam, Jack and John did their normal thing and held on to find a way to win. The bottom line is that these boys trust each other and approach the game from a team perspective -- they play with big hearts and a lot of smarts. In this game, the boys probably didn't know that Chase was at about 50%. But that's the great thing about the Clippers compared to the other teams in this league -- everyone believes in each other and knows to trust one another. And everyone contributes -- with small plays or big plays -- everyone makes a difference. Finally, they have proven over and over that they can *win the close games* (a sign of greatness) and that they live by the words we talk about each week. We have been blessed and lucky to be associated with this group of young men!

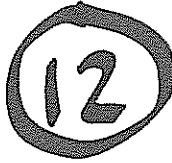
Final Note: We constantly remind them that it really doesn't matter whether we win or lose a given game. Yes, we admit that we will try to win and we compete. But there is a bigger picture -- what matters is how you go about things and handle yourself. If you do the right things, work hard, give great effort, be unselfish, think positive, always work to find a way, etc. -- if you do those things, you usually do win -- and if you don't on the scoreboard that day, it is OK, because you still always will win in the long run in life! We will remind them of this again on Saturday.

Final Note

Game Saturday at high noon versus the Knicks at Severn. Coach Ed should be there -- he notes that he ended up having the Type A Flu (onset was Saturday) and is slowly recovering as this is typed. He prays that it doesn't go through the team and felt he should tell you in case you have any symptoms.

Play Like a Champion Every Day!

Ed and Pat



Final Four

Edward Harding

Sent: Sunday, February 24, 2013 2:20 PM

To: Edward Harding;

Cc:

Clippers,

Great game yesterday. The boys put on a clinic. 42 points (and we held back) and I dont remember 1 that was not a layup or a foul shot. EVERYONE played terrific.

We get our shot to avenge our only defeat on Monday night, 9 PM.

Please email me and let me know if you will be there.

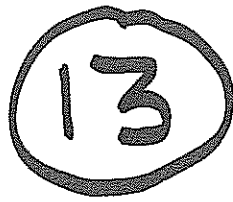
Thanks and enjoy the rest of your Sunday.

Play Like a Champion Every Day!

Ed and Pat

Sent from my iPhone

word of the week was TRUST.



Congratulations

Edward Harding

Sent: Wednesday, February 27, 2013 10:19 PM

To: Edward Harding

Cc:

Lob City,

Congratulations! Your boys learned the word we have been saving: Champion.

Many people play hard, prepare, give effort, are mentally tough, are unselfish, are all heart, are trusting, etc. But Pressure is something that can break all of that. Pressure can overcome all the preparation and toughness except in rare cases. Those rare cases are Champions.

The crowd was against us and was LOUD. Things didn't go our way. The opponent was fierce. They were beating us soundly at one point in the second quarter. Coach Ed was not in the best of moods and was pushing hard. With all that, the boys rose above it all. They are the rare breed: Champions. They deserve all the credit and praise and we hope they enjoyed the season!

Everyone scored and contributed. They became a brotherhood and did things the right way. Again, they are the best of the best and we are blessed to have had such a fantastic group of Champions.

Thank you for your commitment and for all that you do....your boys are a reflection of you and that's where it all starts and ends!

Play Like a Champion Every Day!

Ed and Pat

Sent from my iPhone