

Johnnies Hoop Scoop

CHECK OUT OUR WEBSITE!!

WWW.JOHNNIESBASKETBALL.COM

NOVEMBER EDITION 2018

SPECIAL POINTS OF INTEREST:

Good Luck to our football team as they continue their playoff push!

Owen Hazelbaker will sign his NLI today to continue his career at West Liberty!

Chipotle Day- 11/20!!!

QUOTE OF THE DAY:

“Excellence is a continuous process and not an accident “

— A.P.J. Abdal Kalam

What is Grit?

Let's define grit. Grit is the perseverance and passion to achieve long-term goals. Sometimes you will hear grit referred to as mental toughness. Angela Duckworth, a researcher at the University of Pennsylvania, suggests that grit is a strong predictor of success and ability to reach one's goals.

Duckworth's research on grit has shown that...

- West Point cadets who

scored highest on the Grit Test were 60% more likely to succeed than their peers.

- Ivy League undergraduate students who had more grit also had higher GPAs than their peers — even though they had lower SAT scores and weren't as “smart.”

When comparing two people who are the same age but have different levels of education, grit (and not intelligence) more accurately predicts which one will be better educated.

How to Be Mentally Tough

Step 1: Define what grit or mental toughness means for you.

Step 2: Build grit with small physical wins.

Step 3: Build strong habits and stop depending on motivation.

Middle School Update:

The 7th and 8th grade boys basketball teams have kicked off their seasons led by Coach Cannon and Coach Schneider with the help of Coach Barb. The teams have been busy developing their skills, implementing offensive and defensive game plans, and building togetherness. The effort and teamwork has been outstanding to start. It's been fun playing on the larger floor in the new gymnasium!! Both teams kicked off with their first scrimmage on Monday 11/12 against Valley, and the results were all positive with opportunities to build on. The next scrimmage is scheduled for Monday 11/19 against Watkins at JMS. The season gets started with the first game scheduled for Monday 11/26 at home against Heath.

Training Camp –Jon Gordon



Please forward to anyone who may want to check out our newsletter!

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11 Traits of the Best of the Best

1. The Best know what they truly want.
2. The Best want it more.
3. The Best are always striving to get better.
4. The Best do ordinary things better than everyone else.
5. The Best zoom-focus.
6. The Best are mentally stronger.
7. The Best overcome their fear.
8. The Best seize the moment.
9. The Best tap into a greater power than themselves.
10. The Best leave a legacy.
11. The Best make everyone around them better.



What the Best do Better than Everyone Else!
www.TrainingCamp11.com

PLAYER PROFILE

Luke Atwood

Grade:

Junior

Basketball Number:

#42

Favorite Restaurant:

Max and Erma's

Favorite Candy:

Reese's

Best Middle School Memory:

Going to DC

Best Elementary Memory:

Basketball at Recess

Favorite Subject:

History

Favorite team:

Denver Broncos

Hobbies:

ATVS, Friends, and Camping

Favorite Athlete:

Dirk Nowitzki