



OCTOBER IS HERE!

It's hard to believe that September is already over! We only have 50 days left until our first practice which will go by in the blink of an eye. Our players continue to put in an amazing "offseason" and I was able to focus on our youth a bit more throughout September. I hope you enjoy this edition of our newsletter.

-Coach Kuhlman

SATURDAY SKILLS FOR YOUTH A SUCCESS

A number of volunteer coaches and players from our varsity teams spent 3 Saturdays in September hosting skill sessions with our 3rd-8th graders. The number of youth attending increased all three weeks, concluding with 16 kids on September 30th. I thought that the players that showed up were able to improve in three main areas:

- Ball Handling
- Shooting Form
- Finishing at the Basket

On September 30th we were also able to have Daniel Makepeace from Pure Intensity Basketball come in and work out our youth players. He is a great resource for us and I look forward to involving him throughout our entire program.

1ST ANNUAL NB BOYS BASKETBALL COACHING CLINIC

One of my primary focuses throughout my first 18 months here as the coach has been to unify our program from Youth in Action, Traveling, Middle School, and High School. I thought that we took great strides in doing that on Saturday, September 30th after youth skills by having our first North Branch Boys Basketball Coaches Clinic.

We had coaches from the high school staff there along with middle school and at least one from each traveling team. The day included:

- One hour with Daniel Makepeace showing different drills that would be great for the youth as well as answering questions from our coaches.
- Ally Hoopman, the new trainer at the high school, showed coaches how to tape ankles as well as answered questions and discussed proper handling of concussions.
- Katie Olson, the new Strength and Conditioning Coach for North Branch, showed age appropriate workouts.
- Myself and Coach Minke were able to show our coaches our offensive/defensive systems.

I was extremely pleased with how it went and hopefully it is something that we can do every year.

"People do not differ in their desire to win; they differ in the price they are willing to pay to win"

- Alan Stein

TRAVELING BASKETBALL INFORMATION

It's hard to believe but traveling basketball is right around the corner. We are pleased to say that we will have a team at each level again this year, from 4th-8th grade. We do have a couple of 3rd graders interested in having a team, so if there is more interest I would be happy to try to put something together, just contact me.

Registrations are due on October 13th so be sure to get those sent in. If you have any questions, feel free to contact me or your traveling coach.

Coaches this year are:

- 4th: Rob Johnson and Jen Barie
- 5th: Josh Beaver, Jon Drill, and Jim Weinkauff
- 6th: Ryan Minke and Bucky Beaver
- 7th: Todd Klein and Kevin Bovitz
- 8th: Sean Huset and Mike Murphy

The amount of time that these coaches put in throughout the year is amazing and we are so thankful.

YOUTH IN ACTION/SATURDAY SKILLS

I am really excited that Scott Whitman will be running what has traditionally been known as "Youth in Action". Along with Community Ed, Scott is revamping the program to put a stronger emphasis on skill development and building fundamentals. We have committed to having varsity players there on the Saturdays that we don't have games and I think this is a great evolution of this program. You can sign up for "Youth in Action" directly through Community Ed.

Cost is \$43 and includes admission to a Timberwolves game. If your son (or daughter) decides not to play traveling, this is a great option.

GET TO KNOW YOUR VIKINGS**Brady Brodin...SR...#11**

What other sports do you play?

Baseball

Who is your favorite teacher?

Kyle Maloney

What is your favorite color?

Blue (**RED** would have been the correct answer)

What is your favorite NBA team?

Timberwolves

What are your college plans and goals?

Attend UMD to play baseball and study engineering

What is your favorite subject?

Physical Education

Chocolate or Vanilla?

Vanilla

Favorite Video Game?

NBA 2K18

Favorite Food?

Fish

Least Favorite Food?

Mushrooms

Coaches Thoughts:

Brady was extremely important for us last year, both with his ability to knock down shots as well as his willingness to play aggressively defensively. He led us in 3 point shots made (2.1/game), points (10.7 ppg), transition points, and deflections. He also had 15 games in double figures including 8 with 15 points or more.

This year we are looking for Brady to continue to be a threat from the outside as well as a player that will compete at a high level on the defensive end.

WRAP UP AND REMINDERS

We have had a crazy September, but I think a highly productive one. Below is a bit about what we have been up to:

- September 15th we had our first football tailgate party and had approximately 40 players and parents show up. I thought it was a great day spending time together before watching the football team defeat Duluth East.
- Saturday Skills for the Youth: As I mentioned earlier, we had 3 Saturday Skill Sessions with the youth and I thought that it was highly beneficial for those players that showed up.
- Our Senior High Fall Ball team is in full swing with practices, Daniel Makepeace workouts, XPlode, and tournaments. We are fortunate to have 3 full teams competing with almost 25 players participating.
- Kody Roettjer walk went very well! I think over 150 walkers/runners participated including a number of basketball players and other athletes from North Branch.

RED TIE EVENT

Below is some information about how you can help out with our Red Tie Event fundraiser coming up later this month. Proceeds go to benefit boys and girls basketball from K-12th grade in North Branch. With last years proceeds we were able to purchase:

- Travel bags for our youth coaches that included basketballs, first aid kits, blocking pads, agility ladders, white board, etc...
- New varsity game jerseys, practice jerseys, and shooting shirts.
- 4 days/week of open gym throughout the summer for 3rd-12th grade.
- Discounted rates for training at Xplode and with Pure Intensity Basketball.
- A chance to hold team building days throughout the year including the Tailgate Party, Basketball Day in North Branch, Youth Practice Day during the season last year, and our Coaches Clinic.
- And much more....

This is a crucial day for the success of our program and I hope to see many of you there!

Red Tie Event: Saturday, October 28th at 6:00pm @ Lent Town Hall

Our annual fundraiser, The Red Tie Event, is quickly approaching and we would love your participation in the event. There are two ways that you can help:

1. Purchase a ticket which includes dinner along with participation in the live auctions, silent auctions, and raffles throughout the night. Tickets are \$50/person.
2. Volunteer the night of. In order to pull off this event, we need approximately 20 volunteers to serve food, work games, help with auction items, etc..

If you are able to help by either purchasing a ticket or volunteering please contact me at 651-270-9312 or kuhlmanalex@yahoo.com