

# 2020 Shoreland Lutheran Jr. Pacer Basketball

## JP B-ball News & Notes: January 11, 2020

### Jr Pacer Basketball Week #14

Dear Jr. Pacer Family,

On Monday, I left practice, marveling at the effort and improvement that all our players had made since day one at tryouts and teams formed. What I love about this group of boys is the attitude and effort displayed on Monday - and for the most part, each practice and game.

Last week I mentioned the importance of attending the practices to know the offenses, presses, press breakers, team defensive schemes, OB plays, etc. Besides team focus, I would like to point out that the coaches also strive to teach proper technique/mechanics of basketball skills.

One technique taught throughout the season is the player's shooting technique. One activity employed by the coaches is the ["shot builder"](#) for teaching proper mechanics of the shot. The players know this as we perform this many times as pre-practice activity before the official start time. In connection with shooting mechanics, the coaches are consistent in providing information on the other aspects of their shooting technique at practices. Still, coaches are only at the trainings, so . . . provided here, you can find another source of good instruction for your son on the following YouTube Channel: ["Shot Mechanics."](#) There are numerous videos available all over the internet, but I found this channel reliable. In addition, there are many videos on the channel, but a few to start with for younger shooters are the [Perfect Release](#), [Rubber Band Jumper Hack](#), and [Avoid Three Shooting Mistakes](#).

Why am I telling all of this to you? At Monday's practice, I sent home two shooting workouts - [Advanced Guard](#) and [Advance Post](#). (Both workouts are for every player.) Most are straightforward, but the ones that were not, we worked on in practice. (i.e., post moves, spin moves) As a coach, two of my favorite pearls of wisdom - and I have many - connected to shooting skills are ***"Individuals get better out of season or outside of practices. Teams get better during practice;"*** and ***"Great shooters aren't born. They spend time in the gym perfecting their technique and getting in repetitions."*** Whether in the driveway, local gym, etc., your son can work through these workouts as an opportunity to accelerate their basketball shooting skills.

Have a great week,

Coach Hahm

Now onto the **Jr.P Week 14 News and Notes:**

Two BIG items to Note for this week:

- JrP8 Games: **TIME CHANGE** and location determined.
  - Game times are 12:35 vs. Tosa East and 1:30 vs. Muskego BOTH on Court #1
  - Location: [New Berlin West High School](#) (We played here earlier in the year)
- SUNDAY, January 17 Practice: **TIME CHANGE - Practice will be 6:00 - 8:00 pm**
  - Shoreland Lutheran Hosts a Robotic Tournament that, with COVID protocols, has extended their end time.

- JrP8 - since games are earlier in the day, practice is not mandatory, but it is an option for more gym time if it works in your schedule.

**FINAL NOTE:** *I know that perfection has come to be synonymous with my Jr. Pacer News and Notes \*Please note dripping sarcasm\*, but WYBLonline.com will have the most up to date information on game schedules and locations, and if the time arises, in case of bad weather - Game status.*

*Please feel free to double-check my infallibility. 😊*

## Upcoming JrP Information:

### 1) January Practice Schedule:

- 7th Grade practice and Shoreland on January 17, 6:00 - 8:00 pm ([8th WYBL Grade Games](#))
- 7th and 8th-grade practice on Monday, January 18, 6:30 - 8:00 pm
- 8th Grade practice and Shoreland on January 24, 4:00-6:00 pm ([7th WYBL Grade Games](#))
- NO 7th and 8th-grade practice on Monday, January 25

#### ■ SHORELAND HS GAMES RESCHEDULED

### 2) Shoreland Open House: Preregister for Shoreland's Open House on January 20.

- [Preregister Link](#) for the Open House

#### LINKS to:

[WYBL Website](#)

[Shoreland Jr. Pacer Practice Calendar](#)

[Slpacers.org](#)

[Jr. Pacer Basketball Facebook](#)

[Jr. Pacer Basketball Twitter](#)

[7th Grade WYBL Standings](#)

[8th Grade WYBL Standings](#)

[7th Grade WYBL Schedule](#)

[8th Grade WYBL Schedule](#)

# THIS WEEK in Jr. Pacer Basketball:

## Sunday, January 10

*7th Grade Games @ Waukesha West High School*

- *3:20 pm and 4:15 pm*

*8th Grade practice 4:00-6:00 pm @ SLHS*

## Monday, January 11

*7th and 8th-grade practice: 6:30 - 8:00pm*

## Tuesday, January 12

*Nothing Scheduled*

## Wednesday, January 13

*Nothing Scheduled*

## Thursday, January 14

*Nothing Scheduled*

## Friday, January 15

*Nothing Scheduled*

## Saturday, January 16

*Nothing Scheduled*

## Sunday, January 17

*8th Grade Games @ New Berlin West*

- *12:35 pm and 1:30 pm*

*7th (&8th) Grade practice 6:00-8:00 pm @ SLHS*

## Monday, January 18

*7th and 8th-grade practice: 6:30 - 8:00pm*

**COACH CONTACT Information:** Please feel free to contact Coach Hahm with questions or concerns about the program. If you need to get in contact with a specific team coach, their contact information is below.

### 7th Grade Coaches and information

Coach Daniel Hahm

Email: [hahmd@slhs.us](mailto:hahmd@slhs.us)

Personal Mobile: 262-442-7020

Coach Ryan Sittig

Email: [rufishing4@yahoo.com](mailto:rufishing4@yahoo.com)

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### 8th Grade Coaches and Information

Coach Shad Smith

Email: [ssmith@dparkers.com](mailto:ssmith@dparkers.com)

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Coach Jeremy Strassburg

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