



“Lady Warrior Basketball Summer Meeting” 2021

***Coach Kevin Furtado
Head Varsity Girls Basketball Coach
Assistant Coach Chobi Young
Assistant Coach Telesa Kendall
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Walnut Grove Girls BB Twitter: <https://twitter.com/home>

Lady Warrior Basketball Communication System

Communication will be a big part of our success. Here are the following communication “Tree” in our program:

Coach Kevin Furtado: 478-461-4403/ Furtadok57@gmail.com

Head Coach: Contact me at anytime if you have any concerns or questions about our program

Coach Chobi Young: 478-451-9121/ chobi1041@gmail.com

Assistant Coach/Strength Coach- Contact Coach Young about Logistics and practice times/Travel times

Coach Telesa Kendall: 678-207-7257 Assistant Coach/ If you cannot get a hold of Coach Young or myself, contact Coach Kendall.

Jennifer Davis: 678-938-7622- Booster Club President- If you need to know about any events going on in our program, contact Jennifer

Teamsnap: (Central Communication)

Teamsnap is our central communication Hub. Make sure you have all your contact information confirmed on teamsnap.

<https://go.teamsnap.com/7285109/home>





MISSION STATEMENT: *To Inspire our Community and Build Better Women through Basketball (I.O.C.)*

ONE...
Team, game, goal, direction...
TOGETHER!

#ROWTHEBOAT

#RUNANDSTUN



“Row the Boat” Culture



Creating Elite Culture: ENERGY-SACRIFICE-DIRECTION

“It’s a never-give-up mantra that has to do strictly with life or adversity or handling success, never giving up, and it means a few things. When you row a boat, you’re rowing, don’t ever look at me and paddle. That’s completely different. We’re rowing. Your back is to the future, which is something you cannot control, nor can you see. You have to **trust the person in front of you**, that you’re looking at, that they’re doing their job and rowing at the same speed, same efficiency as you are. But that’s the future, you can’t control that. You don’t know if there’s rocks, water falls, stormy seas, you don’t know what’s ahead of you. You’re rowing in the present, which is the only thing you can actually control, and the only thing you can actually have an impact on. You either choose to take your oars and put them back in the boat and stop, or you put them back in the water and continue to go. But you’re looking at the past, which is the only thing you can actually learn from. But you can’t change.

“There’s three parts to rowing a boat: **there’s an oar, there’s a boat and there’s a compass**. The oar is the **energy** you bring to your life, your family, your team, your spiritual life, your personal life, your social life. It’s the energy. Energy breathes love. If you love something, you’re going to put a lot of energy into it.

“The second part is the boat. The boat is the **sacrifice**. What are you going to give up for something that you never had. The more you sacrifice, the more you give. Our program is about two things: **servicing and giving**. The more you give, the bigger the boat gets, the more people you can put in it and the sturdier the boat gets. You can go through any waterfall, any storms, you can fall off waterfalls, you can do a lot more when you have a sturdy boat. But there’s going to be people that want to put holes in that boat. There’s going to be people that want to throw you out of that boat eventually as a coach or player.”

“Then last but not least, the **compass**, which is the most important part for our young people, and that’s who you surround yourself with. Your compass is the **direction** of where your boat is actually traveling. But your traveling in the direction of people that you’re actually surrounded by, and you’ve got to be OK with your circle getting smaller as your life goes on by the decisions you make.”

CORNERSTONES: COMPETE-TOUGHNESS-MUDITA

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COMPETE

Competitive drilling simply means that every drill used in our practice session is in the form of a game or a challenge. If the game is not won, or the challenge not met, the players have to run, jump or put forth some type of physical effort for not having succeeded. We want the following results from implementing this competitive motivation system:

1. We will get a 100 percent effort from each player in every workout throughout the entire season- which is the real secret to consistently developing championship teams.
2. We will utilize our practice time more effectively. The timing of each drill will automatically set up a time schedule for our workouts.
3. We will find our teams scoring more and more frequently right at the buzzer. The timing of all of our drills will make our players extremely conscious of the clock, and thus create in them a very real sense of what can actually be done in three seconds, five seconds, etc.
4. Most importantly, we will find our team winning close games more consistently. Since the implementation of competitive practice drills into my program, my win percentage has risen to winning 85% of our games the last 3 years.

TOUGHNESS

TPW: "Tough Players Win"

In our world, at the end of the day it is pretty simple; either you worked harder than your opponents or you got out worked.

At Walnut Grove, we have made relentless effort part of our DNA, and here is why: *great effort can overcome poor execution, but great execution cannot overcome poor effort.* **Toughness and effort are the foundation of our success.** I place a premium on relentless effort because in all my years coaching, I've never been disappointed after a game if my team out worked its opponent.

MUDITA

MUDITA: "Being Happy for someone else"

"The TEAM is more important than me"
"I am Because We Are"

For Example: If a player gets subbed out she comes and gives high 5's to her teammates, sits down and then she should be the first one cheering for her teammates. This is "mudita"



What is a Lady Warrior Basketball Player?



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One of the ways we accomplish this is by embracing what we call **the grind**.

Being Elite is not about how talented you are. Being Elite is about how tough you are. To achieve anything great in life, you have to fight for it. Every day. The grind is mental and physical. In fact, it is more mental than physical. Physical ability is important, but it will only take you so far. You won’t be achieve excellence until you train your mind to take you there.

The principle of relentless effort applies to everyone, not just basketball players. Here’s the not-so-hidden secret for achieving extraordinary success: clarify what you really want, then work as hard as you can for as long as it takes. Toughness can achieve things that talent by itself can never accomplish.

Success is cumulative and progressive. It is the result of what you do every day. Both successful and unsuccessful people take daily action. The difference is that successful people take action **Above the Line.**

For every goal you are pursuing a process is involved. There is a pathway you must follow. To achieve your goals you must commit to the process with daily Above the Line behavior. Not just once or twice, but repeatedly over time. Success is not achieved by an occasional heroic response. Success is achieved by focused and sustained action. All achievement is a series of choices. The bigger the achievement, the longer the series and more challenging the choices.

Goal clarity is essential, but so is the process clarity. For every goal you have set, be exceptionally clear about the process necessary to achieve the desired outcome.

Sometimes it’s a grind. Sometimes tedious and uncomfortable things are required for success. And that means doing what needs to be done even though you don’t feel like it. It will be uncomfortable, maybe even for long stretches, and it will be tempting to settle for an easier way that is more convenient and less difficult. But don’t compromise. Don’t give up. **Step up and embrace the grind.**

Relentless effort (not talent or intelligence) is the key to achieving great things in your life.

Struggle is part of the process. It is hard and often painful. But it’s also necessary, because it’s in the struggle that great things are achieved.

Do you decide what to do based on what is comfortable and convenient, or based on what is productive and necessary? Following your passion isn’t always 100 percent pleasurable. Sometimes it means doing things you don’t want to do for the sake of achieving your goals.

If you want to win in the future, you must win the grind today. And then tomorrow and the next day and the next.

Many people give up – they compromise – must too easily when life gets difficult. Be the exception and step up to the challenges you face. The grind is when it gets tedious, tiring, and difficult. But that’s what separates the Elite from the Average.

Lady Warrior Workout Video Clips

<https://youtu.be/cFq8ZDix3jw> (Resistance Dribbling drill)

https://www.youtube.com/watch?v=P_9eAZ_6I7M (2-Ball Mikan drill) Dana Davis

<https://www.youtube.com/watch?v=f32UV-HmwXc> (3 Line Hop shooting drill)

<https://www.youtube.com/watch?v=YdAY4hrCCEM> (2 Ball Pickups drill)

<https://www.youtube.com/watch?v=np1O-HKGzNQ> (2 Foot Power Mikans drill)

<https://www.youtube.com/watch?v=aPbtydxfnT8> (Line shooting drill)

2021-22 Critical Path Goals

ONE...
Team, game, goal, direction...
TOGETHER!

2021-22 WALNUT GROVE GIRLS BASKETBALL “CRITICAL PATH” GOALS

Belief

If we as Coaches, parents, fans and players believe that Walnut Grove Girls Basketball can achieve greatness, it will surely happen. This belief must be put into action. Champions are made from March until November. The effort we put in from now to then will determine our success for next year, and the years to come. Through a positive, selfless, ME Second Attitude, GREAT THINGS WILL HAPPEN.

Goals:

- **22+ Wins**
- **Compete for a Region 8AAAAA Championship Varsity**
- **State GHSA Public AAAAA Final 4**
- **Middle School Team Competes for a Conference Championship on a consistent basis**
- **JV/Varsity Teams have 30+ Participants in the Program**

Commitments:

- **WE WILL IMPROVE DAILY (WE BELIEVE IN THE “PROCESS” MORE THAN THE RESULT)- GET 1% BETTER EVERY DAY!!! (Daily Marginal Gains) “Details”**
- **WE WILL TALK EVERYDAY ON WHAT IT TAKES TO BE A CHAMPION**
- **WE WILL HAVE OUR TOP 10% BRING THE MIDDLE 80% UP TOWARDS THEIR LEVEL OF COMMITMENT**

COACHING STAFF GOALS (Be Truthful)

- 1. Coaches are servant leaders and responsible role models. COACHES ARE NOT BUDDIES OR FRIENDS WITH PLAYERS. Our role is much larger than that.**
- 2. Our coaches believe that players are daughters first, students second and athletes third.**
- 3. Professional and honest in all relationships.**
- 4. Teach each player with respect.**
- 5. Thoroughly communicate role on and off the court.**
- 6. Loyal to each player in public and in private.**
- 7. Evaluate each player’s basketball talent.**
- 8. Guide each player to achieve their goals through leadership and training.**



The “Will”

of A LADY WARRIOR Basketball Player

- I WILL take responsibility for my actions off the court.
- I WILL take ownership of my education.
- I WILL attend EVERY practice.
- I WILL practice hard EVERY DAY.
- I WILL be a great teammate.
- I WILL accept instruction and constructive criticism from my coaches.
- I WILL be happy for the success of the team and my teammates— regardless of my playing time.
- I WILL give a great effort during my playing time.
- I WILL use defeat as a tool for learning and motivating.
- I WILL remain HUMBLE with my successes.
- I WILL wear the WALNUT GROVE colors with PRIDE & INTEGRITY
- I WILL do everything I can to help WALNUT GROVE GIRLS BASKETBALL achieve greatness!

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Summer Development Program

Our summer basketball development program is designed to achieve the following:

- Build our “Culture” #RTB
- Teach individual skill development
- Teach our offensive and defensive system
- Build team unity and chemistry
- Prepare our players on how to “win”
- Teach our “competitive practice system”

Practice Attendance

We expect all of our players to attend our practices during the summer session. Each player will earn a player rating based on the following:

+2 Attend a Practice

0 Excused Absence (Provide reason why she is not attending practice be it family, medical or sickness) Excuse must be submitted to Coach Furtado at Furtadok57@gmail.com early that morning before our practice.

-1 Unexcused Absence (No written explanation for missing)

Practice Dates

All practice dates are on teamsnap

<https://go.teamsnap.com/7285109/home>

May 27 3-5PM WGHS June 16/17 3-5PM WGHS

May 28 3-5PM WGHS June 22/24 10-12 YES

June 7 2-4PM YMS

June 8 1-3PM The Cross Loganville Church

June 9 2-4PM YMS

June 10 2-4PM YMS

June 14 10-12 YES

Scrimmages

You have to “practice” to be able to play in the scrimmages. The coaching staff will assess and evaluate your practice attendance before you will be allowed to play in the scrimmages.

June 11 North Oconee High School 1-3PM @North Oconee HS

June 15 George Walton Academy 12:15PM @YMS

June 18-19 Lady Warrior Shootout TBA @WGHS

June 25 Banks County 11AM @YMS

Practice Gyms

YMS Youth Middle School 1804 Hwy 81, Loganville, GA 30052

YES Youth Elementary School 4009 Center Hill Church Rd, Loganville, GA 30052

The Cross Loganville Church 3275 Tig Knight Rd. Loganville, GA

WGHS Walnut Grove HS Gym

Drivers Transportation

We will need drivers to help transport our players to the following scrimmage:

June 11 vs North Oconee HS (1081 Rocky Branch Rd, Bogart, GA 30622)

Scrimmage/Shootout Helpers

We need helpers for the following: I will send out a google form to sign up

June 15 Scrimmage (Clock)

June 18-19 (Clock) Both Days

<u>Gym</u>	<u>Clock</u>	<u>Time</u>	<u>Gym</u>	<u>Clock</u>	<u>Time</u>
WGHS		9:00	YMS		9:00
WGHS		10:00	YMS		10:00
WGHS		11:00	YMS		11:00
WGHS		12:00	YMS		12:00
WGHS		1:00	YMS		1:00
WGHS		2:00	YMS		2:00
WGHS		3:00			
WGHS		4:00			
WGHS		5:00			