

**2019-2020 YANKTON BUCKS BASKETBALL
REGULAR SEASON STATE CHAMPIONS & NUMBER 1
OVERALL SEED FOR AA STATE TOURNAMENT
17-4 OVERALL
16-4 REGULAR SEASON
6-2 ESD CONFERENCE**





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BY ANGELA



PIVOTAL PHOTO

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Yankton Bucks Basketball

2019-2020



Philosophy: Basketball is a tremendous learning experience that teaches young people valuable life lessons. Our basketball program is based on a simple philosophy: **all players** in the program will be members of a **successful** team and program with the goal of making them better young men.

“**Success** is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable.” John Wooden

WINNING IS A BY-PRODUCT OF THE PROGRAM
AIM FOR GOALS HIGHER THAN 10 FEET

YANKTON BUCKS BASKETBALL

2019-2020

TEAM/INDIVIDUAL GOAL SHEET

OVERALL TEAM GOALS

Become A Better Person
Represent Program Positively
Become A Successful Team
Be Positive Examples For Young Bucks

OFF-SEASON TEAM GOALS

Develop A True Team Commitment
Develop Chemistry/Friendships
Bigger-Stronger-Faster
Skill Development
Develop Team Offense/Defense

IN-SEASON TEAM GOALS

State Champions
State Semi-Finals
Make State Tournament
Win ESD
Host Round Of 16
Beat All Metro Teams

OVERALL INDIVIDUAL

- 1.
- 2.
- 3.

IN-SEASON TEAM

- 1.
- 2.
- 3.

IN-SEASON INDIVIDUAL

- 1.
- 2.
- 3.

***WE MUST ACT LIKE CHAMPIONS EVERYDAY IF
WE WISH TO BE CHAMPIONS SOMEDAY.***

WINNING IS A BY-PRODUCT OF THE PROGRAM

AIM FOR GOALS HIGHER THAN 10 FEET

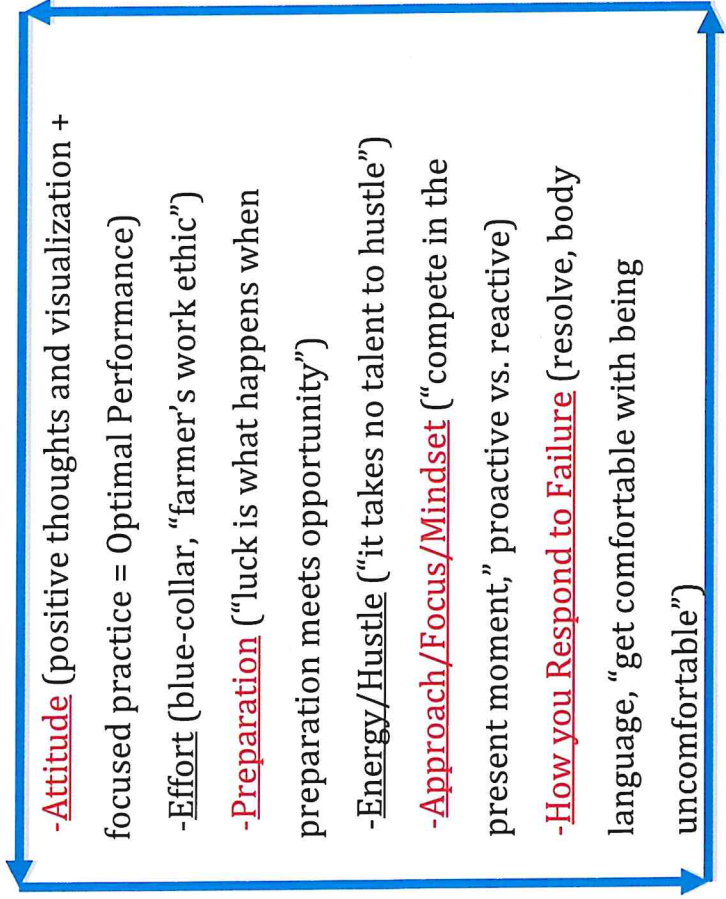


Buck Basketball

“Control the Controllables”

“Focus all your effort on what is in your ability to control.”
-John Wooden

Things Within Your Control (the “Controllables”)



Things Out of Your Control

- Opponent (ranked #1 or #101)
- Performance of Opponent (do not let the scoreboard determine the way you play...compete)
- Calls From Officials (“control your emotions or they will control you”)
- Where you Play (no excuses)
- Critics (do not let an “outsider” negatively influence you)
- Injuries (for injuries that cannot be prevented or avoided, focus on what you can control to heal and recover)

“You cannot control what happens to you, but you can control how you respond to what happens to you.”
-Viktor Frankl

YHS BUCK BASKETBALL

R I S E

The rise upwards can be difficult, surely setbacks will occur, but resiliency, sacrifice and effort will lead you to the top.

We started the slogan RISE because we wanted our program to have championship aspirations. We felt this mindset was needed. With not having won a state boys basketball championship since 1978 and only one Eastern South Dakota Conference title since 1978 it was clear a shift in culture was needed. We came up with RISE because it was clear, neat and to the point. We replaced the I in rise with the number 1 to signify where we wanted to go. That was to the top of the state and conference. Thus we wanted to rise to number 1. We chose Resiliency for R because continuing to stay the course no matter the circumstances was crucial to us not only when looking from season to season but also during the season. Every championship team has a point in the season that they look back on as a turning point. A team needs great resiliency to get over hurdles during a season in order to rise to being champions. We chose Sacrifice for S. All championship teams have everyone on the team who sacrifice for the good of the team. Everyone in the program must be willing to put the team first. No one is bigger than the team or program. No coach, no player, no manager, no parent, NO ONE. It has to be about the TEAM. Lastly, we chose Effort for E. Championships are won day in and day out by putting in the work. There is no trick, no easy fix, no magical play. Championships are won by everyone in the program giving their best effort every day.

R Resiliency

1 ESD-STATE

S Sacrifice-WE over ME

E Effort-Everyday Give Your Best



Make Today Our Masterpiece

Use time prudently-each day, each hour, each minute!

Winning each and every day is how we reach our ultimate goal of being successful. ONE DAY AT A TIME!

1. **Attitude:** Have a great one every day. We are all either giving energy or taking it away. A team full of great attitudes has a great chance to be successful.
2. **Activity:** To produce real results activity must be organized and executed meticulously!
 - a. Failing to prepare is preparing to fail. How we practice is how we play. We all have the same amount of time, what we do with that time determines our level of success.
 - b. Don't mistake activity for achievement. Organization and preparation are vital keys to success. We must understand that our activity must be organized and executed meticulously otherwise it is just like a bunch of children running around on a playground, lots of activity but no achievement. To us activity must produce real results.
3. **Effort:** Give your best at everything you do on a daily basis.
 - a. Give 100% effort. You can't make up for a poor effort today by giving 110% tomorrow. You don't have 110%. You only have 100%, and that is what we want right now.

The beauty is we control these things. Have a great attitude. Be organized and prepared. Give your best effort. Do these things throughout the day in everything we do and we will have made the day our Masterpiece!

Making each and every day our Masterpiece will lead to **continuous growth**. **Continuous growth** throughout the season will allow us to **be at our best when our best is called upon in the post season**.

Making each day your Masterpiece is fun! In order to appreciate true joy and fun one must accomplish something truly difficult and worthwhile. Anything worth-while in life is hard. It should be hard otherwise everyone would do it. It is also best when accomplishing something with those you love. This is why we define fun as everyone working together, as hard as they can, with a positive attitude to achieve a common goal. That is fun!

T-Together

E-Everyone

A-Achieves

M-More



OUR GOLDEN LIST

OUR GOLDEN LIST: PLAYERS WHO STARTED PLAYING AS FRESHMAN AND FINISHED THROUGH THEIR SENIOR YEAR WITH THE BUCKS

- 2012-2013:** Michael Rucker, Andrew Hummel, Kellen Soulek, Sam Wendte, Zach Benjamin
- 2013-2014:** JJ Hejna, Ryan Olson, Lane Sawatzke, Mitch Gullikson, Chipper Granflatten
- 2014-2015:** Brady Hale, Evan Greeneway, Matt Fitzgerald, Austin Johnson, Sam Bisgard, Luke Rockne
- 2015-2016:** Reid Sawatzke, Tanner Frick, Bradley Sorenson, Blake Savey, Keenan LaCroix, Syd Boots
- 2016-2017:** Nate Stephenson, Justin Leader
- 2017-2018:** Jack Wolfgram, Casey Krejci, Cameron Krejci, Ben Jurrens
- 2018-2019:** Rex Ryken, Owen Feser, Miles Carda, Cole Sawatzke, Kierren Luellman, Justin Cap
- 2019-2020:** Cooper Cornemann, Hunter Kotrous, Dylan Horn

YHS BASKETBALL FAMILY: IT IS MORE THAN JUST A GAME

YHS Basketball. It is more than just a game. Hate when people tell us don't take it so seriously "it is just a game." It is not just a game!

Basketball is a way of life to us; our program is family. We use basketball to teach life lessons to the kids we love. It is teaching kids we love that caring about something more than yourself and working for something greater than yourself is a great thing. It is teaching them that working hard is very rewarding and anything worthwhile in this life will take hard work to attain. Learning things like responsibility, accountability, communication, humility and maturity just to name a few. These are things that we develop on a daily basis through the game of basketball. Because if you don't have these things you don't win games. If you don't have people of high character you will not be successful. The kids on this list all have demonstrated that they have high character because that is what it takes to make it through our basketball program for all four years of high school. It is very competitive. There are around 400-450 boys walking the halls of YHS every year and only a handful make it to their senior year being a Buck basketball player.

We love coaching in Yankton because we get to start a relationship with our players when they come to camp as 1st graders. We get to see them go from children to boys to men. This list means the world to us. These are our guys! Guys that we cared deeply about when they played for us and still care about today. We hope with all our hearts for the best for each and every one of them as they move forward in life. These kids are why we coach. These kids are why basketball is more than just a game to us. These kids are why basketball is a way of life for us.

2019-2020 Season Highlights

The Bucks started the season off with a number 2 preseason ranking. On opening weekend, the Bucks defeated Spearfish on Friday night (77-48) and Rapid City Stevens on Saturday afternoon (57-44). Rapid City Stevens would go on to win 15 games and be the number 5 overall seed heading into the state tournament.

In our last game before Christmas break we hosted defending AA state champion Brandon Valley. After falling behind by as many as 9 point in the 3rd quarter the Bucks outscored the Lynx by 17 over the final 12 minutes of the game for a 59-51 victory. The Bucks headed into Christmas break 3-0 and ranked number 1 for the second year in a row.

For the third year in a row the Bucks were invited to play in the Hoop City Classic, formerly known as the Mike Miller Classic. On night one we played Lynn English, Massachusetts; a suburb of Boston, Massachusetts who is coached by former Memphis Tiger great and NBA player Antonio Anderson. Lynn English was the defending state champions in the biggest class in Massachusetts and returned four starters as well as a 6'8 transfer that moved in. The Bucks played their best game of the year and pulled away in the second half for a dominating 63-42 win. Lynn English would go on to be named co-state champions before their state championship game was cancelled due to the COVID-19 outbreak. Lynn English finished the season with a record of 25-2. The Bucks ran into a buzz-saw in day 2 of the classic as we were defeated by Houston-Memphis, Tennessee. Houston-Memphis would go on to qualify for the state tournament in the biggest class in Tennessee before their state tournament was also cancelled due to the COVID-19 outbreak.

After dropping our second game of the year to preseason number 1 Bishop O'Gorman 40-45, the Bucks bounced back to defeat Sioux City East 65-63 in overtime. Sioux City East was 8-0 and ranked number 3 in the biggest class in Iowa at the time. They would go on to finish with a very impressive 19-5 record.

No doubt the Sioux City East win was just what the Bucks needed to get their confidence back before heading to Sioux Falls Lincoln. We controlled the entire game behind a great defensive performance and went on to defeat the Patriots 57-36. Three days later the Bucks backed up their strong defensive performance at Lincoln with one at home against Sioux Falls Washington defeating the Warriors 56-37. The Warriors were set to be the number 4 seed in the state AA tournament.

The Bucks continued their winning ways by defeating the Bobcats in Brookings 83-40 and the Sturgis Scoopers in Fort Pierre 58-29. Next the Bucks headed back to Sioux Falls, this time to take on the Roosevelt Rough Riders. The gym was packed and the atmosphere was electric from the opening tip to the final buzzer. Yankton was able to pull out the win thanks to two clutch free throws from Matthew Mors with two seconds remaining for the 47-46 win. This was a very impressive road win over the number 3 seed in the state tournament.

We were able to take care of Pierre at home 83-56 before heading to Aberdeen for a tough ESD road contest. With the game tied 60-60 with under two minutes to play the Bucks stepped up in the clutch to score the final 7 points of the game and get the 67-60 win.

In this year's throwback classic game, the Bucks took on a different opponent (we defeated Brandon Valley the previous two years) in the Harrisburg Tigers. After a slow start we found ourselves trailing 21-25 at halftime. Yankton came out firing in the second half outscoring the Tigers 41-18 after halftime to win 62-43. It was the ninth win in a row for the Bucks!

Unfortunately, we would see our win streak snapped at 9 as we lost a tough one at Watertown 53-54. Not all was lost though as Matthew Mors was able to break Eric Kline's all time AA career scoring mark!

The Bucks bounced back in a big way by defeating a red hot Mitchell Kernel team 61-40. The Kernels' were coming off a win at O'Gorman in which they scored 80 points and had won 7 of their last 9 games.

The Bucks took their number 1 ranking into the Huron Arena to face the number 2 ranked Tigers. The game turned out to be an instant classic as both teams played at a championship level. The Bucks were ahead by 17 points midway through the

3rd quarter before the Tigers went on a great run to get back in the 3rd game. The fourth quarter was back and forth with both teams making tremendous plays. Tip of the cap to the Tigers on this night for making one more play than we did and beating us 65-67. The Tigers finished off an undefeated season in the Huron Arena at 9-0 but were 7-4 away from the Arena. They were set to be the number 2 seed in the state tournament.

We finished off the regular season with a trip out west to Rapid City. Friday night's game was moved from Saint Thomas More's gym to the Rapid City Civic Center in order to accommodate the expected high attendance. It turned out to be the correct decision as over 3,500 fans attended our game against the number 1 ranked class A and undefeated (18-0) Cavaliers. After leading by as many as 12 points in the second half the Bucks were able to hang on for a hard fought 46-42 win. It was a great bounce back win for the Bucks against a team most were calling the best team in South Dakota going into the game. Saturday afternoon the Bucks took care of business at Douglas by a score of 81-31.

The Bucks finished the regular season 16-4 and the number one overall seed heading into the postseason.

We opened the playoffs by defeating the Sturgis Scoopers at home by a score of 65-39. With the win we punched our ticket to the state AA tournament for the 3rd straight year. It was the first time the Bucks had qualified for the state tournament 3 years in a row since 1976-78. It was also the first time in school history that the Bucks entered the state basketball tournament as the number 1 overall seed (did not start seeding until the early 1980's).

On Friday, March 13th the SDHSAA made an announcement that they were suspending the state basketball tournaments due to the COVID-19 outbreak. On Friday, March 27th the SDHSAA board of directors held a special meeting to consider what to do with the state basketball tournaments. Through discussions with the SDHSAA staff including; President Dr. Dan Swartos, Assistant Executive Directors Jo Auch and Dr. John Krogstrand it was decided that the state tournament would be held the week of June 15-20. On Monday, April 6th following Governor Noem's announcement of school being cancelled the rest of the year, Dr. Swartos followed suit and cancelled all remaining activities for the year. This effectively cancelled our state tournament and ended our season.

YANKTON HAS 52 WINS THE PAST THREE SEASONS. THIS IS THE MOST WINS FOR ANY PROGRAM IN BOYS AA OVER THE PAST 3 SEASONS. 52-17 OVERALL.

ESD Final Standings

1. Huron 7-1
2. **YANKTON** 6-2
2. Watertown 6-2
4. Brandon 5-3
4. Aberdeen 5-3
6. Harrisburg 3-5
6. Mitchell 3-5
8. Brookings 1-7
9. Pierre 0-8

2019-2020 State Tournament Qualifiers

1. **YANKTON**
2. Huron
3. Sioux Falls Roosevelt
4. Sioux Falls Washington
5. Rapid City Stevens
6. Bishop O'Gorman
7. Brandon Valley
8. Rapid City Central

2019-2020 Buck Basketball Awards

Letter Winners* Denotes How Many Letters a Player Has Received

Seniors: Cooper Cornemann*** Hunter Kotrous** Dylan Horn*

Juniors: Matthew Mors***** Aidan Feser** Trevor Fitzgerald*

Sophomores: Jaden Kral*

Freshman: Michael Mors* Rugby Ryken*

Managers: Lauren Bruening*** Leila Schumacher*** Quentin Moser** Jerry Kosmatka*

Captains

Cooper Cornemann, Hunter Kotrous & Matthew Mors

Stat Awards

Leading Scorer: Matthew Mors 408 Points-19.4 PPG

Leading Rebounder: Matthew Mors-173 Rebounds 8.2 RPG

Leading Assists: Matthew Mors-65 Assists 3.1 APG

Leading Steals: Matthew Mors 46 Steals 2.2 SPG

Leading Blocks: Matthew Mors 30 Blocks 1.4 BPG

Leading FG %: (minimum 50 attempts): Hunter Kotrous 59-106 56%

Leading 3 Point %: (minimum 20 attempts): Cooper Cornemann 38-93 41%

Leading FT %: (minimum 25 attempts): Cooper Cornemann 49-62 79%

Team Awards: Varsity

Most Valuable Player: Matthew Mors **Best Defensive Player:** Aidan Feser & Trevor Fitzgerald **Best Offensive**

Player: Cooper Cornemann **Most Representative:** Dylan Horn **Most Improved:** Hunter Kotrous & Jaden Kral

Team Awards: Junior Varsity-Sophomore

Most Valuable Player: Jaden Kral & Rugby Ryken **Hardest Worker:** Dylan Prouty & Kaden Luellman **Most Improved:** Joe Gokie & Mikey Mors

Team Awards: Sophomore-Freshman

Most Valuable Player: Mac Ryken **Hardest Worker:** Cody Oswald & Luke Bernatow **Most Improved:** Tyler Sohler & Drew Ryken

Individual Awards

SDBBCA Academic All-State: Dylan Horn & Lauren Bruening

ESD All-Conference: Cooper Cornemann & Matthew Mors

SDBBCA AA All-State 1st Team: Cooper Cornemann & Matthew Mors

SDBBCA AA Player of the Year: Matthew Mors (3rd Time)

Argus Leader First Five/Second Five: Matthew Mors 1st Five & Cooper Cornemann 2nd Five

Argus Leader Player of the Year: Matthew Mors (2nd Time)

Gatorade Player of the Year: Matthew Mors (2nd Time)

MIDCO SPORTS AA Player of the Year: Matthew Mors (2nd Time)

Sanford Pentagon/KeloLand Media Group: Player of The Year: Matthew Mors: 3rd Year Being A Finalist

South Dakota AA All Time Leading Scorer

Matthew Mors: 2,127 Points

Friend of the Program

Scott Kooistra

Yankton Buck Basketball Records

Team Records:

Most Points-Single Season: 1750-1974
Highest Average Per Game: 73.0-1974
Most Points-Single Game: 92-1974
Best FG%: 49.1%-1990-91, 1993-94
Best Freethrow %: 74.0-2019-2020
Most 3 Point Field Goals Attempted: 505-2018-19
Most 3 Point Field Goals Made: 188: 2018-19
Most 3 Point Field Goals %: 42.9%-1989-90
Best record: 23-1-1973-74

Individual Records:

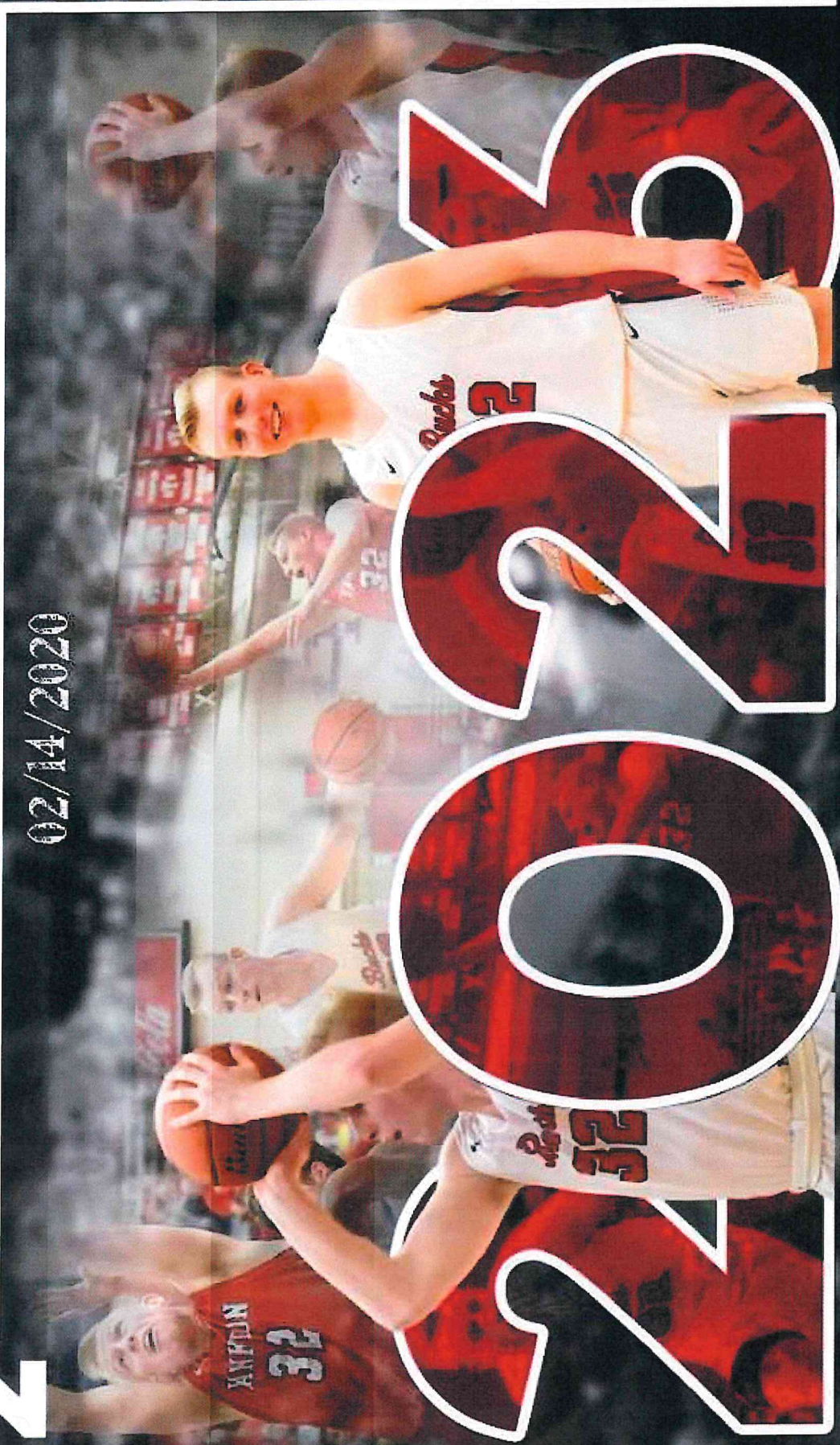
Most points-game: Matthew Mors 45-2018-19
Most points-season: Matthew Mors 585-2017-2018
Highest scoring average single season: Matthew Mors 24.4 2017-2018
Most points-career: Matthew Mors 2127-2015-
Most rebounds-game: Chad Nelson 25-1974
Most rebounds-season: Chad Nelson 387-1973
Most rebounds-career: Chad Nelson 1197-1971-74
Most steals-game: Jason Nelson 9-1995
Most steals-season: Jason Nelson 65-1995
Most steals-career: Jason Nelson 193-1992-95
Most assists-game: Mark Ryken 11-1990-91
Most assists-season: Mark Ryken 169-1990-91
Most assists-career: Jason Nelson 285-1992-95
Block Shots Game: Matthew Mors 5-2019
Block Shots Season: Matthew Mors 44-2018
Block Shots Career: Matthew Mors-113-2015-
Most 3's made-game: Tate Pesicka 9-2004-05
Most 3's made-season: Tate Pesicka 62-2004-05
Most 3's made-career: Matthew Mors 212-2015-
Best FT %-season: Steve Diekmann 86.9-1989-90
Best FT %-career: Steve Diekmann 82.1 (165-201)-1989-91
Best FG%-season: Colton Iverson 65.9-2006-2007

Yankton Buck Basketball Individual Career Scoring List

1. **Matthew Mors: 2019-2127**
2. Chad Nelson: 1974-1668
3. Tate Pesicka: 2006-1164
4. Colton Iverson: 2008-977
5. Jay Smith: 1986-949
6. Steve Diekmann: 1991-927
7. Bob Stransky: 1954-925
8. Dennis Lokken: 1965-857
9. Jason Nelson: 1995-850
10. Dan Dickes: 1976-842
11. Jerry Lawson: 1967-830
12. Steve Krier: 1976-815
13. Randy Gross: 1978-809
14. **Brady Hale: 2015-770**
15. Bill Whisler: 1958-766
16. Jay Sohler: 1982-738
17. Dennis Jones: 1970-719
18. Mark Haugland: 1974-708
19. Roger Smith: 1964-670
20. Tony Overbaugh: 1987-638
21. **Cooper Cornemann: 2020-634**
22. Pete Johnson: 1966-596
23. **JJ Hejna: 2014-592**
24. Scott Nedved: 1998-565
25. Lance Wipf: 1993-555
26. Jud Bertsch: 1989-551
27. Wes Holmgren: 1964-544
28. Brad Gaulke: 1998-529

32 YANKTON BUCK BASKETBALL

02/14/2020



SDHSAA CLASS AA SCORING LEADER **MATTHEW MORS**

Yankton Bucks

Varsity
 Junior Varsity
 Sophomore
 Freshman (C)

[Print Roster](#) |
 [Export Roster](#) |
 [View Team Schedule](#)

Wh.	Dk.	Name	Ht.	Pos.	Grade	Head Coach:
1	1	Dylan Prouty	5'9	G	10	Chris Haynes
2	2	Kaden Luellman	5'9	G	11	Asst. Coaches: Jason Savoy, Grant Rolfes, Tyler Slate, Matt Decker
3	3	Trevor Fitzgerald	6'0	G/F	11	Managers: Quentin Moser, Jerry Kosmalka
4	4	Rugby Ryken	5'10	G	9	Statisticians: Lauren Bruening, Leila Schumacher
5	5	Aidan Feser	6'0	G/F	11	Ath. Trainer: Trevor Woods
10	10	Joe Gokie	5'9	G	10	Strength/Cond.: Mark Roozen
11	11	Cooper Cornemann	6'2	G	12	Cheerleaders: Tatum Hohenthanner, Brooklynn Wintz, Izzy Wintz, Allie Bose, Chloe McDermott, Milena Nedved, Abby Newman & Bucky Marisa Stephens
13	13	Michael Mors	6'4	F	9	Superintendent: Dr. Wayne Kindle
14	14	Cody Oswald	6'2	F/C	9	Principal: Dr. Jennifer Johnke
21	21	Dylan Horn	5'10	F	12	Ath. Director: Ryan Mors
23	23	Jaden Kral	6'3	F/C	10	School Colors: Red/Black
24	24	Tyler Sohler	6'0	F	9	School Song: Trio From the Land of Gold
32	32	Matthew Mors	6'7	F	11	
34	34	Max Raab	6'2	F/C	10	
35	35	Hunter Koitrous	6'10	C	12	
40	40	Colton Potts	6'2	F	10	



BUCKS JV Season/Player

Version 2.9.8 (1)
4/22/20, 9:13 AM

Teams League	All opponents		Season		2019-2020: Bucks Bar		Date		All games								
	Type		Type		Date		All										
Scoring																	
Player	G	PTS	P/G	FG%	2FG	2FG%	3FG	3FG%	FT	FTA	FT%						
1 Prouty	15.0	76	5.1	43%	10	26	38%	18	38	47%	2	3	66%				
2 Luellman	17.0	73	4.3	50%	16	30	53%	13	28	46%	2	3	66%				
4 Ryken	17.0	127	7.5	33%	26	49	53%	22	94	23%	9	15	60%				
10 Gokie	17.0	48	2.8	36%	8	23	34%	9	23	39%	5	9	55%				
13 Mors	17.0	156	9.2	49%	50	93	53%	14	37	37%	14	22	63%				
14 Oswald	17.0	46	2.7	42%	20	42	47%	0	5	0%	6	13	46%				
15	14.0	53	3.8	44%	2	10	20%	14	26	53%	7	10	70%				
20 Grotenhuis	2.0	0	0.0	0%	0	1	0%	0	2	0%							
22 Katzchegarow	6.0	2	0.3	33%	1	1	100%	0	2	0%							
23 Kral	16.0	146	9.1	53%	51	87	58%	6	19	31%	26	43	60%				
24	13.0	30	2.3	28%	5	21	23%	4	11	36%	8	10	80%				
34 Raab	17.0	101	5.9	43%	26	51	50%	9	30	30%	22	32	68%				
40 Potts	16.0	32	2.0	71%	15	21	71%				2	3	66%				
Unassigned	3			50%				1	2	50%							
Total	17.0	893	52.5	44%	230	455	50%	110	315	34%	103	163	63%				
Non-Scoring																	
Player	G	AST	A/G	BLK	RBO	RBD	RBT	R/G	STL	S/G	DFL	FL	TURN	+FL	+TO	-BLK	TIME
1 Prouty	15.0	7	0.5		11	16	27	1.8	11	0.7		11	4				27:50
2 Luellman	17.0	10	0.6	1	0.1	2	17	1.1	7	0.4	20	10	10				32:00
4 Ryken	17.0	17	1.0		13	37	50	2.9	22	1.3	10	19	19				29:00
10 Gokie	17.0	6	0.4		3	9	12	0.7	14	0.8	19	4	4				
13 Mors	17.0	15	0.9	3	0.2	25	41	66	3.9	28	1.6	33	24				32:00
14 Oswald	17.0	7	0.4	1	0.1	22	28	50	2.9	8	0.5	23	11				24:50
15	14.0	4	0.3		5	9	14	1.0	6	0.4	6	8					
20 Grotenhuis	2.0					1	1	0.5									
22 Katzchegarow	6.0				3	3	3	0.5	3	0.5	3	3					
23 Kral	16.0	13	0.8	2	0.1	16	43	59	3.7	22	1.4	22	15				4:10
24	13.0	3	0.2	1	0.1	7	12	19	1.5	12	0.9	17	11				
34 Raab	17.0	13	0.8	6	0.4	7	34	41	2.4	19	1.1	38	15				4:10
40 Potts	16.0	4	0.2	2	0.1	7	18	25	1.6	5	0.3	22	6				
Unassigned																	
Total	17.0	99	5.8	16	0.9	118	268	386	22.7	157	9.2	226	127				154:00



BUCKS SOFTBALL Season/Player

Version 2.9.8 (1)
4/22/20, 9:15 AM

Teams	All opponents		Season		2019-2020: Bucks Ba:		Date		All games										
	League		Type		All		All		All										
Scoring																			
Player	G	PTS	P/G	FG%	2FG	2FG%	3FG	3FG%	FT	FTA	FT%								
1 Prouty	15.0	112	7.5	39%	22	45	19	58	32%	11	15	73%							
4 Ryken	1.0	5	5.0	20%	0	1	0%	1	4	25%	2	4	50%						
10 Gokie	15.0	115	7.7	38%	17	44	38%	18	47	38%	27	43	62%						
12 Ryken	13.0	21	1.6	34%	5	12	41%	3	11	27%	2	3	66%						
13 Mors	1.0	9	9.0	66%	3	4	75%	1	2	50%	0	1	0%						
14 Oswald	14.0	84	6.0	46%	25	52	48%	4	10	40%	22	33	66%						
15 Ryken	15.0	173	11.5	42%	35	72	48%	23	64	35%	34	50	68%						
20 Grotenhuis	5.0	4	0.8	40%	2	5	40%	0	3	0%	1	3	33%						
22 Kotschegarow	4.0	7	1.8	25%	3	9	33%	0	3	0%	1	3	33%						
23	1.0	11	11.0	50%	4	9	44%	1	1	100%									
24 Sohler	14.0	76	5.4	38%	24	55	43%	5	21	23%	13	23	56%						
25 Schelhaas	9.0	11	1.2	30%	3	5	60%	0	5	0%	5	8	62%						
30 Slowey	0																		
31 Cadotte	2.0	6	3.0	50%	0	2	0%	2	2	100%									
33 Ness	0																		
34 Raab	15.0	105	7.0	39%	21	46	45%	15	46	32%	18	26	69%						
40 Potts	15.0	52	3.5	44%	21	43	48%	1	6	16%	7	10	70%						
41 Busskohl	2.0	4	2.0	100%				1	1	100%	1	1	100%						
42 Carlson	4.0	0	0.0	0%	0	1	0%												
44 Teichrow	0																		
50 Vangerpen	4.0	4	1.0	66%	2	3	66%												
51 Bernatow	0																		
Total	15.0	799	53.3	40%	187	408	45%	94	281	33%	143	221	64%						
Non-Scoring																			
Player	G	AST	A/G	BLK	B/G	RBO	RBD	RBD%	RBT	R/G	STL	S/G	DFL	FL	TUR%	+FL	+TO	-BLK	TIME
1 Prouty	15.0	6	0.4			6	20	26	1.7	13	0.9		14	13					
4 Ryken	1.0	1	1.0			1	1	1	1.0				2	3					
10 Gokie	15.0	5	0.3			5	18	23	1.5	20	1.3		19	12					
12 Ryken	13.0	1	0.1			5	5	10	0.8	2	0.2		5	3					
13 Mors	1.0	1	1.0			2	4	6	6.0				2	1					
14 Oswald	14.0	8	0.6			1	24	33	4.1	11	0.8		38	8					
15 Ryken	15.0	4	0.3			2	7	34	4.1	2.7	23	1.5	26	20					
20 Grotenhuis	5.0					2	1	3	0.6				2	2					
22 Kotschegarow	4.0	2	0.5			3	4	7	1.8	1	0.2		2	1					
23	1.0	3	0.2			1	4	5	5.0	1	1.0		2						
24 Sohler	14.0	3	0.2			13	30	43	3.1	13	0.9		27	13					
25 Schelhaas	9.0	2	0.2			3	5	8	0.9	2	0.2		1						
30 Slowey																			
31 Cadotte	2.0					1	1	1	0.5				1	1					
33 Ness																			
34 Raab	15.0	4	0.3			14	33	47	3.1	14	0.9		33	5					
40 Potts	15.0	6	0.4			8	16	33	4.9	3.3	3	0.2	27	15					
41 Busskohl	2.0												1						
42 Carlson	4.0					1	1	1	0.2				2	1					
44 Teichrow																			
50 Vangerpen	4.0					1	0.2	2	0.5				2	1					
51 Bernatow																			
Unassigned																			
Total	15.0	43	2.9	12	0.8	101	229	330	22.0	103	6.9		208	100					



BUCKS VAR Season/Player

Chris Haynes

Version 2.9.8 (1)
4/22/20, 9:12 AM

Teams	All opponents		Season		Yankton Bucks		Bucks Ba:		Date		All games								
	League	Type	2019-	2020:	2019-	2020:	2019-	2020:	2019-	2020:	All	All							
Scoring																			
Player	G	PTS	P/G	FG%	2FG	2FGA	2FG%	3FG	3FGA	3FG%	FT	FTA	FT%						
1 Prouty	5.0	3	0.6	20%	0	1	0%	1	4	25%									
2 Luellman	5.0	4	0.8	50%	2	3	66%	0	1	0%									
3 Fitzgerald	21.0	83	4.0	44%	24	44	54%	9	31	29%	8	12	66%						
4 Ryken	21.0	63	3.0	39%	8	11	72%	14	45	31%	5	6	83%						
5 Feser	21.0	64	3.0	38%	19	45	42%	5	17	29%	11	19	57%						
10 Gokie	5.0	10	2.0	57%	2	2	100%	2	5	40%									
11 Cornemann	21.0	313	14.9	45%	75	151	49%	38	99	38%	49	62	79%						
13 Mors	17.0	37	2.2	28%	8	22	36%	6	27	22%	3	8	37%						
14 Oswald	5.0	0	0.0																
21 Horn	18.0	47	2.6	47%	9	21	42%	7	13	53%	8	9	88%						
23 Kral	20.0	96	4.8	51%	27	51	52%	9	19	47%	15	27	55%						
24	2.0	4	2.0	100%	1	1	100%				2	2	100%						
32 Matthew Mors	21.0	408	19.4	47%	110	187	58%	34	115	29%	86	110	78%						
34 Raab	3.0	4	1.3	66%	2	3	66%												
35 Kotrous	21.0	149	7.1	51%	56	105	53%	3	9	33%	28	35	80%						
40 Potts	2.0	0	0.0																
45 Bruder	3.0	2	0.7	25%	1	4	25%												
Total	21.0	1287	61.3	45%	344	651	52%	128	385	33%	215	290	74%						
Non-Scoring																			
Player	G	AST	A/G	BLK	B/G	RBO	RBD	RBE	RBT	R/G	STL	S/G	DFL	FL	TUR	+FL	+TO	-BLK	TIME
1 Prouty	5.0	1	0.2			1	2	3	0.6	1	0.2	2	2						
2 Luellman	5.0	2	0.4			1	1	1	0.2	1	0.2	2	2						
3 Fitzgerald	21.0	16	0.8	1	0.0	19	31	50	2.4	18	0.9	32	16						
4 Ryken	21.0	13	0.6			8	33	41	2.0	10	0.5	16	8						
5 Feser	21.0	17	0.8			27	31	58	2.8	33	1.6	44	14						
10 Gokie	5.0			1	0.2	2	2	2	0.4	2	0.4	2	2						
11 Cornemann	21.0	41	2.0	3	0.1	23	65	88	4.2	29	1.4	43	37						
13 Mors	17.0	9	0.5	3	0.2	6	15	21	1.2	8	0.5	11	11						
14 Oswald	5.0	2	0.4			2	2	2	0.4	1	0.2	2	2						
21 Horn	18.0	6	0.3			6	6	12	0.7	4	0.2	14	9						
23 Kral	20.0	8	0.4	2	0.1	30	35	65	3.2	11	0.6	20	6						
24	2.0					1	1	1	0.5			1							
32 Matthew Mors	21.0	58	2.8	29	1.4	35	137	172	8.2	45	2.1	34	34						
34 Raab	3.0					1	2	3	1.0			3							
35 Kotrous	21.0	11	0.5	16	0.8	40	69	109	5.2	9	0.4	40	23						
40 Potts	2.0	1	0.5			3	3	3	1.5			4	1						
45 Bruder	3.0					1	1	1	0.3			4	1						
Unassigned																			
Total	21.0	185	8.8	55	2.6	197	435	632	30.1	172	8.2	268	163						

2020 Class AA Boys All-State Team

As selected by the South Dakota Basketball Coaches Association

First Team

Matthew Mors, Yankton, 6-7, F, Jr. — 19.4 ppg, 8.2 rpg, 2.8 apg, 2.1 spg

Kobe Busch, Huron, 6-4, F, Sr. — 15 ppg, 5.7 rpg, 2.8 apg, 1.8 spg

Akoi Akoi, O’Gorman, 6-6, F, Sr. — 14 ppg, 7 rpg

Teegan Evers, Huron, 6-5, F, Sr. — 16.4 ppg, 6.7 rpg, 2 apg, 1.5 spg

Cooper Cornemann, Yankton, 6-2, G, Sr. — 14.9 ppg, 4.2 rpg, 2 apg, 1.4 spg

Tyler Feldkamp, S.F. Roosevelt, 5-11, G, Jr. — 15 ppg, 6 rpg

Second Team

Jackson Hilton, Brandon Valley, 6-4, F, Jr. — 13 ppg, 3.7 rpg, 1.7 apg, 1.8 spg

Gavin Thompson, S.F. Washington, 6-6, F/C, Sr. — 13.1 ppg, 8.6 rpg, 1.2 apg

Caden Hinker, Mitchell, 6-6, F/C, So. — 17.6 ppg, 6 rpg, 2.6 apg

Gavin Terhark, Brandon Valley, 6-9, C, Sr. — 13.5 ppg, 8.4 rpg, 1.4 apg, 1.4 bpg

Max Burchill, S.F. Lincoln, 6-5, G, Sr. — 14.1 ppg, 2.2 rpg

Micah Swallow, R.C. Central, 6-2, G, Jr. — 15.9 ppg, 5.5 rpg, 1.3 apg



2019-20 ALL ESD BOYS BASKETBALL TEAM

Name	Grade	School
Andrew Bergan	12	Aberdeen Central
Reece Burckhard	11	Aberdeen Central
Jackson Hilton	11	Brandon Valley
Conner Geddes	11	Harrisburg
Kobe Busch	12	Huron
Teegan Evers	12	Huron
Nathan Boehrs	12	Huron
Caden Hinker	10	Mitchell
Matthew Mors	11	Yankton
Cooper Cornemann	12	Yankton

**2019-20 HONORABLE MENTION
ALL ESD BOYS BASKETBALL TEAM**

Name	Grade	School
Gavin Terhark	12	Brandon Valley
Evan Falconer	12	Watertown

BOYS BASKETBALL (ESD TEAM RECORD)

1.	Huron	7-1
T2.	Watertown	6-2
	Yankton	6-2
T4.	Aberdeen Central	5-3
	Brandon Valley	5-3
T6.	Harrisburg	3-5
	Mitchell	3-5
8.	Brookings	1-7
9.	Pierre	0-8

THE YANKTON BUCK WAY ON THE FLOOR

MISSION: TO COMPETE TO WIN EACH GAME ONE POSSESSION AT A TIME.

We have talked about our overall philosophy and what our program stands for and what we want to accomplish. We have defined success; we are going to make each day our masterpiece in order to rise to our competitive peak. We have set realistic goals for our team and have trademarks in place to help lead us and keep us focused on controlling what we can control. It all goes hand in hand. As we continue to streamline our philosophy at some point we need to get to the basketball floor or, **THE YANKTON BUCK WAY ON THE FLOOR.**

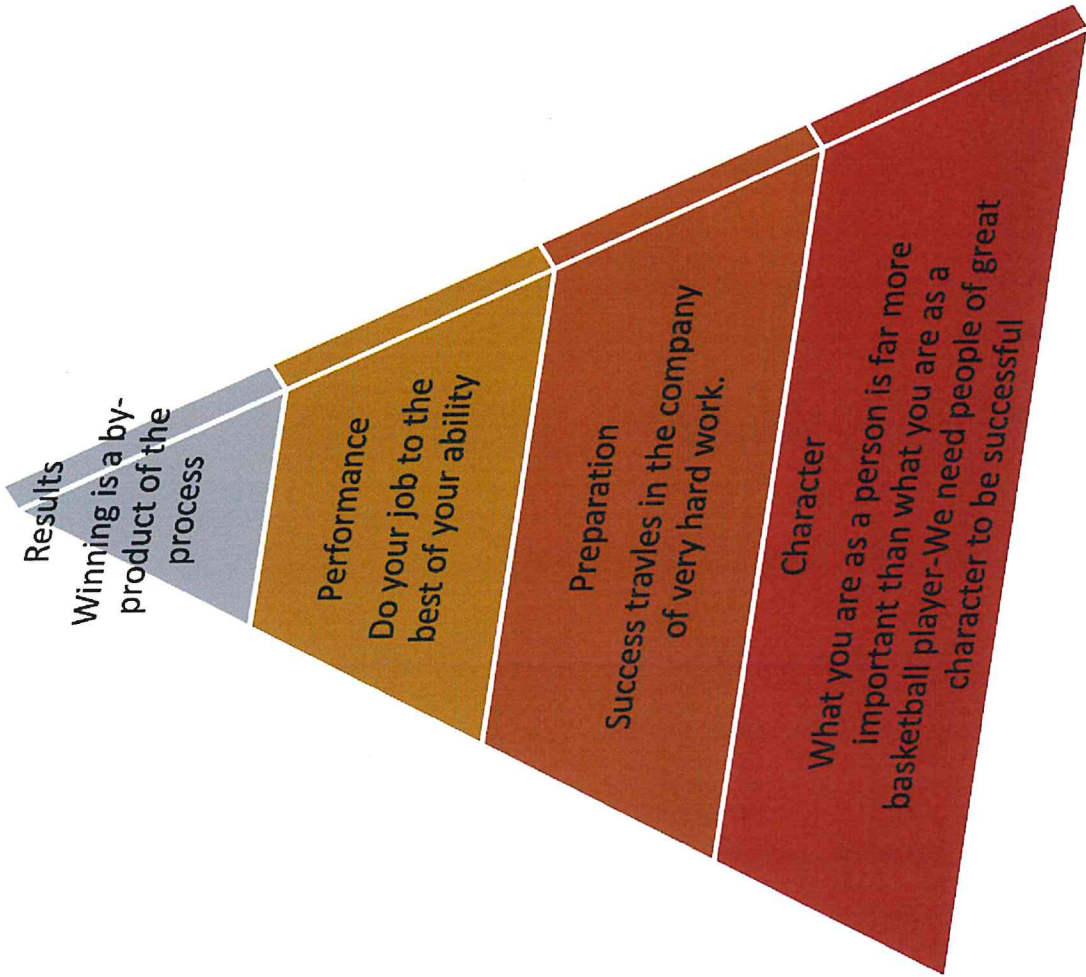
Our mission is to compete to win each game one possession at a time. The game of basketball is a game of possessions. The team that wins more possessions wins the game. There is a lot that goes into winning each possession. It is an ongoing process in everything we do in order to get to the point where we are winning more possessions than our opponents. When we are on the court it is important not to think about the end results or the goals that we have set. We can't think about winning an ESD title or a state championship. We do not talk about these things on the floor. We talk about what we need to accomplish at the given time. The task at hand. That may be coaching 1st graders how to make a chest pass in summer academy or trying to stop the opposing team on the last possession in the state championship game. Either way we need to be locked into what we are doing in that moment and give that moment our 100% attention. That is the process. It all matters.

On the back of this page is a step by step approach to winning possessions. At the base is character. If you have good kids, who truly care about their teammates and care about the team more than themselves than you have a chance to be competitive. Regardless of talent. If you do not have kids of high character you will never be successful. The team will never reach its full potential. You may still have enough talent to win games but it will not be enjoyable and most likely will lead to turmoil and end in frustration. Character is the foundation of the team. The coaches must lead by example. The veterans on the team must show the younger players and be examples for them.

The next step is preparation. Our team; coaches and players, need to be prepared. As coaches it is our job to get our players prepared. We work our way up through our academy and camps into middle school and finally into high school. It is all development to get our players ready to win possessions on the varsity floor. Properly being able to perform the fundamentals of the game is vital to winning possessions. We need to teach our players how to properly play the game of basketball and demand that they play it to the best of their abilities. We must be prepared in order to win possessions.

After preparation comes performance. Confidence is earned through preparation. If we put in the work, we will be confident in being able to perform to the best of our ability. Every member of the team should be focused on doing everything they can to help us win possessions. Everyone should trust the work that has been put in and execute it on the floor. There should come a peace within from our preparation knowing that we are ready to perform at our best.

Last we have results. Quite simply the results, or in this case, the scoreboard will take care of itself. If we are following our philosophy day in and day out, we truly believe we can live with the final score. We are all competitive and we all want to win every game, but winning every game is not always totally in our control. We truly believe that the scoreboard will take care of itself and we will win our share of games if we follow what we believe in. Winning will be a by-product of the program.



Yankton Buck Basketball Trademarks

WINNING IS A BY-PRODUCT OF THE PROGRAM
AIM FOR GOALS HIGHER THAN 10 FEET

-most taken from Don Meyer NSU Wolves Men's basketball

1. TEAM ATTITUDE (WE BEFORE ME)

Love For Each Other
Trustworthy
Clean Locker Room
Disciplined
Coachable
Unselfish
Huddles
Help Teammates Up
Sprint Off Floor
Know Roles

2. SERVANTHOOD/STEWARDSHIP

Polite
Sportsmanship
Doing The Next Thing Right
Picking Up Trash
Respect For The Game/Opponents
Reading In Elementary Schools

3. TOUGHNESS

Dive On Floor
Take A Charge
Play When Tired
Ball Sureness
Always In A Stance
Block Out Every time
Deflections
Talk

4. FUNDAMENTALS

DEFENSE
Stance/Vision/Position/Talk
Ball Pressure
On The Line Up The Line
Close-outs-High Hands
OFFENSE
Sureness
Triple Threat
Shot Selection
Spacing

5. STUDENTS/TEACHERS OF THE GAME

Notebooks
Camp
Active & Teaching Bench
Teaching In Practice
Young Bucks
Ball Boys

6. COMMUNICATION

Talk
Friendships
Honest
Leadership

7. CONSTANT IMPROVEMENT

Sense Of Urgency
Mindset-Buying In To Program
Weight Room
Attention To Detail
Off-Season Work
Warm-Ups

Yankton Buck Basketball



Offensive Philosophy: Fundamentals are a must. No offense will work without the proper execution of fundamentals (see Yankton Buck Basketball Program Fundamentals.) Our goal is to teach our players how to play the game and let them have freedom to go make plays. We want to get a great shot through proper execution every time we have possession of the basketball. We always want to play inside out and put pressure on our opponent's basket. Attacking the paint by getting post touches, dribble penetration, cuts, screens and offensive rebounds will allow us to shoot a high percentage, get to the free throw line and get into the bonus. Executing our 10 main offensive principals will allow us to get great shots no matter what offense we are running and no matter what defense we are attacking.

Offensive Principals

- 1. Transition:** Attack the basket! Always throw the ball ahead if a teammate is open. First post sprints to the front of the rim. Center the basketball and get wings on each side of the floor. See who can throw the ball into the post.
- 2. Roles:** Everyone brings something to the table. Everyone needs to find and embrace their role on the offensive end. Whether it is a playmaker, scorer, shooter, slasher, screener, combination of one or all these roles. Understanding and executing our roles is mandatory to effective offensive play.
- 3. Spacing:** Offense is spacing. Spacing is offense.
- 4. Ball Movement-Player Movement-Ball Reversals:** Get to the 3rd and 4th side of the floor. Get the defense moving, make the defense guard. Shooting percentages skyrocket when the ball is reversed multiple times. Pass the ball to the open man.
- 5. Recognition:** What are we in-what are they in? Take what the defense gives us-how are we being guarded-do we have mismatches. We must be able to recognize what the defense is in and immediately be organized and attacking.
- 6. Attack:** Attack the basket with great tempo and pace. Be quick but don't hurry. We want to play as fast as we can while still executing our fundamentals properly. Getting open with or without the ball requires constant change of speed and direction.
- 7. Shot Selection:** We want to get the shot "WE" want, not an "I" shot or a shot the opponent dictates. Our offense is not equal. We all need to understand the shots we want being taken by each player-and not taken! Attacking the paint will create open shots!
- 8. Time & Score:** Know the game situation and execute accordingly. There comes a time in the game we want a shot that we CANT miss not a shot that we can make. The correct player or players need the ball in the correct situations. We all must know who and when this is, especially when closing out a game.
- 9. Possessions/Shots:** We want more possessions/shots at the basket than our opponents. Offensively to accomplish this we need to take care of the basketball, get shots and get offensive rebounds on our missed shots. We want to make more free throws than our opponents attempt.
- 10. Chemistry:** Five guys on the same page playing together is the hardest thing in basketball to defend. It is amazing what can be accomplished when no one cares who gets the credit.

*"IT IS AMAZING WHAT CAN BE ACCOMPLISHED WHEN NO ONE CARES WHO GETS THE CREDIT."
-DON MEYER NSU WOLVES BASKETBALL*

Yankton Buck Basketball Program Fundamentals

These fundamentals are the backbone of our play. All players in the program need to be able to properly execute these fundamentals.

1. **Teach Them At All Levels**
2. **Reinforce Them Throughout The Season**

Offense

1. Stance: Triple threat looking at the basket.
2. Dribbling: Both hands-ball down-head up.
3. Catch-catch the ball in the air-squared up to the basket or turn and face the basket.
4. Fakes-Foot fakes-ball fakes (shot and pass) quick short hard fakes. (Keep ball off your head)
5. Direct Drive or Cross Over Step
6. Two Foot Jump Stops
7. Pass and Catch with Two Hands
8. Screen Low and Wide-Proper Set Up-Come Off Shoulder to Hip-Low and Quick
9. Post-Wide-Crete Angles-Foot War-90 Degree Arm Bar With Fist
10. Shooting-Hands and Feet Ready-Call For Ball-Balance and Follow Through

Defense

1. Stance: Feet outside shoulders-Butt down-back straight-Arms out-hands up
2. Your Man Has It-Ball You Basket-Call Ball
3. Your Man Doesn't Have It-Ball You Man
4. Push Steps-feet never come closer than shoulder width apart
5. Keep the ball out of the middle-Force sideline and baseline without giving it up
6. Closeout-sprint 2/3rds-breakdown top leg-high hands take away shot-no middle drive
7. One pass away-Deny-On the line up the line-Bluff and Recover technique.
8. Two or More Passes Away-Help-midline-point pistols.
9. Help and Recover-Quick Help Outside the lane-Drop and Rotate.
10. Rebound-Hit can Get.

Transition

1. Ball In Middle-Any Ball Handler Can Lead The Break
2. Sprint the Wings-Stay Wide-Cross if Early**Always Pass the Ball Ahead if Open
3. 1st Post Run to Rim-Ball Side Block
4. 2nd Post Trail-Top Of Key
5. Attack Basket: 1. Penetration 2. Post Entry 3. Skip Pass

1. Defensive Balance: Safety Back-4 Go To Offensive Glass
2. Call Ball-Stop Ball-Regardless of who's man it is-must stop the ball-Do Not Reach-Move Feet
3. Sprint to Ball Level-If you are not level with the ball sprint to get there
4. Find Shooters-Match Up-Not worried about mismatches-make sure all 5 guys are guarded
5. Get Towards the ball-Ball side-on the line up the line-stop penetration-Help side-midline

BUCK BASKETBALL

“Aiming For Goals Higher Than 10 Feet”

Before-During-After Games

Home Games: Game dress during the school day. Arrive at gym at least an hour before we are scheduled to play. Wear travel gear in the gym when not in uniform. If shooting around be in game shorts and game warm-up.

Road Games: Wear game dress during school unless otherwise noted by coaches. Wear travel gear on the bus. Have all work made up and be on the bus at load time. Double check to make sure you have everything (Jersey, warm up, shoes, etc). Bus ride should be quiet. Prepare yourself mentally for the game. Read over your scouting report and watch game film.

Exit the Bus: Always pick up trash, bus should be clean
Tell the bus driver “Thank you”

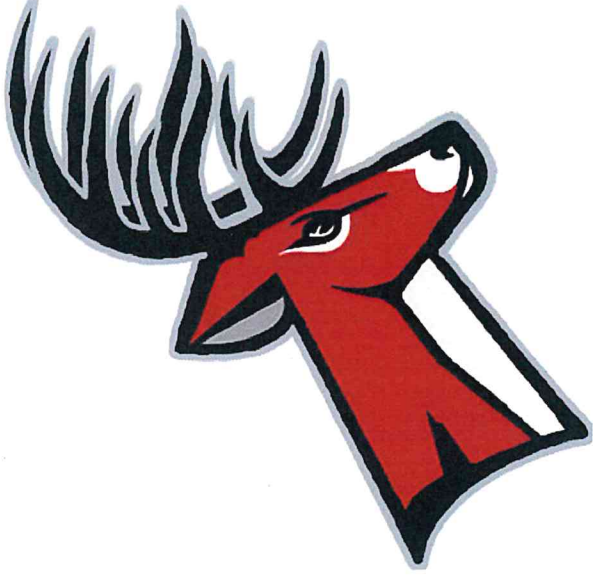
Prior to Game: Sit together when your game is not going on. Pay attention and cheer on your teammates. Never react to the officials or the other team.
Run out of locker room to take floor before game and half time (one of my pet peeves is when teams walk out) Get a good warm-up. Be intense and talking. Talking will get you ready to play.

During Game: Jersey will be tucked in at all times.
If a teammate makes a hustle play, sprint over and help them up.
Positive leadership, coaches will do correcting, you just be encouraging.
Positive body language (no eye rolls, clown faces, or shoulder shrugs will be tolerated).
Raise hand when you foul.
When exiting the game, sprint off the floor, slap five with teammate and tell them who you are guarding.
Sit in the seat closest to the coaches for any feedback.
Look coaches in the eye when they talk to you...Be coachable.
Be active and engaged on the bench.
Huddle during timeouts. Pay attention to what coaches are saying. EYE CONTACT
Have water and towels ready for subs and for timeouts.

After Game: Shake hands and show great sportsmanship whether we win or lose.
Pick up the bench area. No cups/warm ups/towels/etc...
Do not start undressing until after coaches have spoken to you.
Locker room should be clean – no tape, clothes, trash, etc...
Shower and get your clothes on before leaving the locker room.

Represent the community of Yankton, Yankton High School, Bucks Basketball, Your Family, and Yourself in the most positive way possible.

Yankton Buck Basketball



Defensive Philosophy: Fundamentals are a must. No defense will work without the proper execution of fundamentals (see Yankton Buck Basketball Program Fundamentals.) We play an aggressive attacking defensive. Our goal is to force 1 bad shot and get the rebound. Our players use their heart, mind, and proper technique to execute our 10 defensive principals. These principals allow us to mix up defenses and keep the opponent off balance and on their heels.

Defensive Principals

- 1. Transition:** Protect basket. Stop ball. Match-Up. Sprint back-Get to ball level-On the line up the line.
- 2. Stance:** Your man has ball=Ball-You-Basket. Your man doesn't have ball=Ball-You-Man (point pistols).
1 Pass Away=Deny Position (Lead leg and arm up towards the ball). 2 or more passes away=Help Position (Midline). Butt down-Back straight-Knees bent-Head & eyes up-Arms out palms up.
- 3. Pressure the ball:** Put as much pressure on the ball as possible without getting beat. No middle-Force sideline and baseline but don't give it up. Closeout hard under control. Deflections. Defend without fouling. Fouling negates hustle.
- 4. Jump (Run) to the ball:** Run to the ball on every pass. Anticipate the pass-Move when ball is in the air.
- 5. Help:** Ball side. Be active early-discourage offense from attacking. Bluff and Recover. Don't give up a catch and shoot 3. Dig/help on post entry.
Weak side. Help outside the lane-wall up-put in jail. Middle help on post.
- 6. Rotations:** Help the helper. Sink backside to baseline-zone up. Talk and Go-closest to ball takes it everyone else rotate and match up.
- 7. Screens:** Guard man off the ball. Stay towards the ball and defeat screen using proper technique depending on what screen is being set. Be physical and aggressive and beat your man over the screen. Defender guarding screener needs to stay towards the ball and provide help-protect the basket first.
- 8. Ball Screens:** 1. Hard show and recover-guard over the top on all wing ball screens. 2. Level off and recover-guard over the top on middle ball screens.
- 9. Post Defense:** Early pick up. $\frac{3}{4}$ front. Scoot steps-jump to ball-block cuts. Get off body-make offense score over you-take away baseline move. Double Team.
- 10. Rebound:** 5 guys on defense. 4 guys on offense. Step to man-make contact-go get ball. Man on perimeter step to man-look to make contact-go get ball.

"WE MUST ACT LIKE CHAMPIONS EVERYDAY IF WE WISH TO BE CHAMPIONS SOMEDAY."