

**NEWS ALERT**  
**BREAKING NEWS**  
**NEWS ALERT**

We're pushing back Raffle Ticket drawing to 6/8 so you have time to sell! If you've paid & didn't get them, let me know! While a return timetable is unknown we're making plans to get rolling as soon as we're allowed to do so! We'll keep everyone informed as soon as we know more, until then it is up to you to BE READY! We'll offer outdoor training/practices, leagues, 3 v 3 etc.

When we get into gyms, we'll have PLENTY of events for you to take part in & you'll get a ton of basketball!

Until then, I will release this newsletter once a week; if you are looking for more specific help, email me at: [tlindsey@phdbb.com](mailto:tlindsey@phdbb.com)

For families in need, we have a limited supply of gift certificates for restaurants, email me if needed



Online sites for for FREE at home training!

Sina Hoops Academy  
Live training 3pm daily!  
[instagram.com/sinashoopacademy](https://www.instagram.com/sinashoopacademy)  
(must have instagram)

[pgcbasketball.com](http://pgcbasketball.com)  
PGC is the best b-ball instruction! They offer many online videos on a wide variety of topics



**Rage/PHD Apparel & Uni's are in! Your coach will get them out ASAP! We'll hopefully be wearing them soon!**



**Inside or out, Have a hoop or not, you CAN improve!**

**When this time is over, and we are back on the court, it will be CLEAR who wasted this time and who made the most of it!**

**Time Management:** MAKE A SCHEDULE for your workouts and stick to it. Just waking up each morning planning on working whenever is not realistic. **Failing to plan is planning to fail!**

**Conditioning:** MOST important thing right now! No equipment is needed! If it is nice outside you can do jumprope, longer runs or jogs and mix of sprints along with lateral movement. If only inside do: Burpees, Run in Place, High Knees, Heisman's, Mountain Climbers, Jumping Jacks, etc. you are limited only by your imagination!

**Basketball IQ:** Days when weather is bad, train your brain! Watch old games on youtube, take notes on what you see!

**ICEBERG ILLUSION**  
*Success is an iceberg...*

**Success!**  
THIS IS WHAT PEOPLE SEE

**WHAT PEOPLE DON'T SEE**

- Hard Work
- Persistence
- Late nights
- Rejections
- Criticism
- Sacrifice
- Doubts
- Disappointment
- Dedication
- Risks
- Trials & Errors