

RICHMOND

BASKETBALL

Games Results for HS Teams

The Varsity and JV teams hosted Parkway Christian HS on Saturday, January 4. The JV team won in convincing fashion to improve their record to 4-1 overall. The Varsity team also beat the visitors, 62-39, improving their overall record to 4-1.

Upcoming Game Action

The varsity and JV teams are scheduled to travel to Marine City on Wednesday, January 8. The JV game will tip off at 5:00pm, with the varsity starting approximately 6:30pm. This game may or may not be rescheduled due to the weather we are facing in the area. We will keep you all posted.

The Freshmen and JV teams will host Capac HS on Thursday, January 9. Freshmen at 4:30 and JV at 6:00. The Varsity team will host Capac on Friday at 7:30 after the Varsity Girls game at 6:00pm.

BSN Team Shop

We are working hard with BSN sports to have the goods you ordered delivered to you (or us at school). We expect delivery of these items any day now, and we will contact you immediately if any of these goods arrive at school.

Transportation Issue February 4

Just letting all our Freshmen parents know that our February 4 trip to Ortonville Brandon will not be a carpool situation. The Freshman team will have a bus to the game, as well as return transportation.

Please Visit Our Sponsors

We are very fortunate to have the generous support of so many local business and organizations. Please take the time to look them up and see what they can do for you and your family! You can find our incredible sponsors on the back page of this newsletter.

Middle School Tryouts Begin!

Middle School basketball (7th and 8th grade) will start tryouts as soon as we come back to school, and tryouts will last five days for each team. Both teams will practice from 3-5pm each day. Students will need to have a physical on file with the main office/athletic office before they are allowed to participate.

Games begin on January 20. The middle school season culminates with an exciting day of basketball on Saturday, March 1, as all conference (BWAC) middle school teams play their last games at St. Clair College!

6 things you can do to maximize your performance during the season:

- 1) **Know Your Role.** *Know your role, accept your role, and most importantly... embrace your role.*
- 2) **Eat well.** Take the time and make the effort to eat regular healthy, nutritious meals whenever possible. You don't have to be perfect, but aim to eat well at least 80% of the time.
- 3) **Sleep well.** Consistently getting 8+ hours sleep and an occasional afternoon powernap (on weekends or days off) can do wonders for recharging your battery.
- 4) **Recover well.** Foam rolling is a type of self-massage that promotes muscular health. Several sessions of foam rolling can alleviate tension and make your muscles more pliable.
- 5) **Study well.** Not just your schoolwork, but studying the game is very important also.
- 6) **Prepare well.** We all know what we need to do to be a better player and student.... Just do it! At the end of the season, you will be happy you did!
- reprinted from www. Strongerteam.com

RICHMOND COMMUNITY SCHOOLS, MENS' BASKETBALL STAFF

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Varsity Coach:	John Baerwolf	baerwolfelectric@gmail.com
Junior Varsity Coach:	Nick Failla	nickfailla1@gmail.com
Junior Varsity Coach:	Ray Pedri	pedrimold@sbcglobal.net
Freshmen Coach:	Mark Ladd	mladd@richmond.k12.mi.us
Eighth Grade Coach:	Jeff Chrostowski	christoff22@yahoo.com
Seventh Grade Coach:	Ken Hooks	khooks@richmond.k12.mi.us

UPCOMING WEEKLY SCHEDULE

Team	Monday Jan 6	Tuesday Jan 7	Wednesday Jan 8	Thursday Jan 9	Friday Jan 10	Saturday Jan 11	Sunday Jan 12
Varsity			TBA	Practice 7-9pm	Capac Home		Practice 1-3pm
JV			TBA	Capac Home	Practice 3-5pm		
Fresh.			TBA	Capac Home	Practice 3-5pm		
Eighth			TBA	Practice 3-5pm	Practice 3-5pm		Open Gym 6-7:30
Seventh			TBA	Practice 3-5pm	Practice 3-5pm		Open Gym 6-7:30
5 th /6 th				Practice 7-8:30		Games at Port Huron	

Notes: Varsity team will always meet 15-30 minutes prior to practice.
JV and Freshmen teams will meet 15 minutes prior to practice.

BE SURE TO FOLLOW US ON THE WEB!

www.richmond.k12.mi.us
[www.twitter.com/rcshoops](https://twitter.com/rcshoops)
www.facebook.com/richmondbasketball

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BLUE WATER AREA CONFERENCE STANDINGS

<u>Team</u>	<u>Overall</u>	<u>Conf</u>
Yale	6-0	1-0
Richmond	4-1	1-0
Algonac	3-2	1-0
Cros-Lex	2-3	1-1
Imlay City	3-0	0-0
Almont	1-2	0-0
Capac	0-5	0-1
Armada	1-3	0-2

Standings Current as of January 7, 2014

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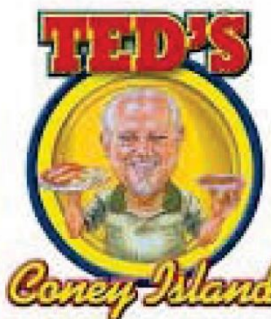
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**Good Luck
BLUE DEVIL BASKETBALL**