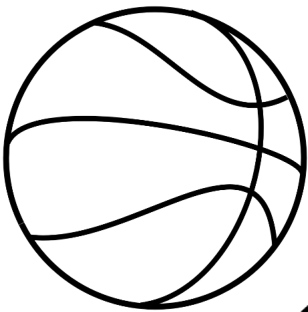


BOYS BASKETBALL: SHOOT YOUR SHOT



The boys basketball team had a close brotherly relationship. Everyone was very uplifting to each other and that helped everyone stay consistent and confident. They got to make many fond memories with each other. Some favorite memories have been making new friends, team dinners, and hitting the buzzer-beater against Kearns in a game. “It feels really good, and I think it’s pretty cool”, said Kelbe Hutchinson (11). Team members most enjoyed the time they spent together and playing defense. The importance of playing defense is trying to stop the opposing team from scoring. When the team faced losses, what helped them stay motivated and positive was showing up to the next practice with a better mentality and more confidence. After wins, the team reviewed what they did good and what they did bad. The team also learned about the importance of hard work and discipline from their wins.



Isaiah Su’esu’e (12) attempting to block an East High School player.



PRACTICING TOGETHER

Practices were a great time for the team to increase their skills and strength. They worked on weightlifting, conditioning, running through plays, and doing layups. Practice also prepared the team mentally by learning what they needed to do. Part of their practice was playing scrimmages. Scrimmages are 5-on-5 full-court games that help the team with playing offense and defense. A coach would usually pause multiple times during a scrimmage to make corrections. Practices helped build the team's spirit and confidence.



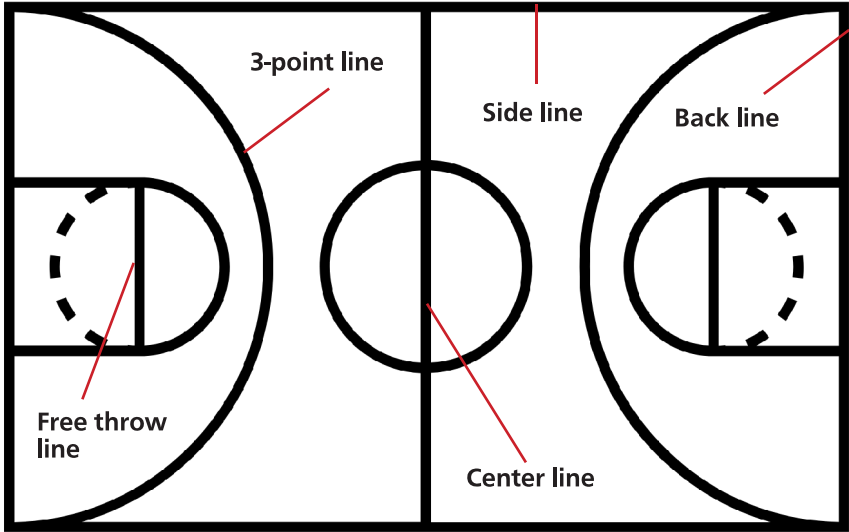
Robert “R.J.” Hansen attempting to snatch the ball from opponent



Charles Pan (11) analyzes the situation.

HOW TO PLAY

Basketball is played between two teams, 5 players each, on a rectangular court. The purpose of the game is to score as many points as you can by shooting a basketball into a hoop and preventing the opposing team from doing the same. The team with the most points in the end wins. Basketball practices motor skills such as shooting, passing, and dribbling. This sport requires muscular endurance, speed, agility, flexibility, balance, and coordination.



“EVERYONE LIFTS EACH OTHER UP AND EVERYONE SUPPORTS ONE ANOTHER.”
Kelbe Hutchinson (11)



Elijah Albertson (10) signals that he is going to pass the ball.



Phillip Ladua (11) looks around for an open teammate he can pass the ball to.



Elijah Albertson (10) defends his hoop from opponent