

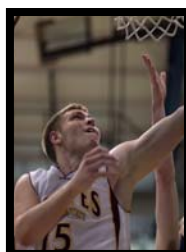
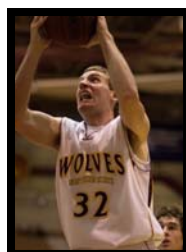
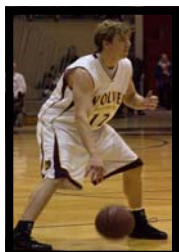
Northern State University

2007-2008 Men's Basketball Newsletter

NCAA-Division II

Go WOLVES!!!

Aberdeen, South Dakota



From Coach Meyer's Notebook—A Summer Camp Wrap Up

Finding your PAUL, BARNABUS, and TIMOTHY.

The Wolves have concluded perhaps their best summer of basketball camps in terms of teaching campers the skills of the game (and life) and in bonding together as a team.

Campers came from locations as far away as New York, Georgia, and Texas. Dobyns-Bennett High School of Kingsport, Tennessee brought 22 players for the Perimeter and Post Position Camp and the Boys' Team Camp. (Last February, they became the winningest high school basketball team of all time, earning their 200th win.)

In camp, we talk a lot about finding "your Paul, Barnabus and Timothy". Your Paul is someone older than you. He's been down the road before, and from his past experiences, can offer you valuable help in your maturation process. Your Barnabus is someone your own age, who has similar interests, and will hold you accountable. He helps you to do the right thing and helps you make good choices in your life. Your Timothy is someone who is younger and needs your help and ability to teach them the proper fundamentals of life...and in our case, basketball.

The Northern State Wolves basketball camps allow our players to fill these roles in a variety of ways. They are the older role models for the younger campers, they teach values and model proper behavior for the older campers, and they learn a lot about life from the older coaches who come to Aberdeen to work in the camps.

A great example would be Mark "Raging Bull" Sleggs who has worked in our camps for over 20 years. He travels each year from Jamestown, New York because he loves kids and the game. There isn't a Wolf around who has not felt the impact of Mark's personality and example of excellence.

It has been a great summer of teaching and that is what it's all about.

—Coach Meyer

August 10, 2007
Volume 2, Issue 1

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COACHING FOR COACH MEYER

By Steve Smiley, Assistant Men's Basketball Coach



CAMPS— As always, the summer camp experience was tremendous for our players and staff. Working camp is a great team-building experience for our players. Being around each other almost 24 hours a day for 16 straight days in June and then 13 more in July allows the players to learn more about their teammates and to also learn how to teach the game to the campers.

As Coach Meyer always tells the guys, "You learn 95% of what you can teach to somebody" so our players were forced to 'learn' the game themselves.

We were fortunate enough to have many outside coaches observe and work in the camps, and they really enjoyed working with our players. Many of them mentioned that our guys really enjoyed being around each other and had fun teaching the game, which is a tremendous compliment.

The campers also had a great time. We work with a wide age range of campers throughout the summer (ages 6-18) and each camp is different, so there were different highlights in each.

But, the top highlights from the summer probably would have been the following; The Annual Wolf-Dog Classic, Watermelon Roast, William James Day extravaganza, the dribble moves improvised "Slam-Dunk contest", and as always, rhythmic claps.

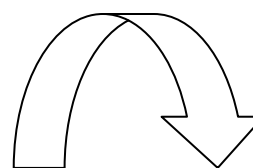
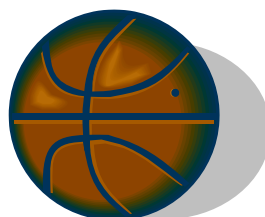
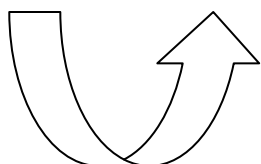
THE TEAM—This year's team is an exciting group of players. Our biggest strengths should be our experience and our depth.

We only lost one senior from last year's squad, and we are planning on the return of some key players who were injured last year, so we should have a lot of depth. We also have 5 seniors that have been around the program for along time, so the experience is also there.

Some keys that will be very important for us this year will be how well we defend, how well we rebound, and having a consistent inside game.

Over the past few months, we think our guys have done a really good job of becoming more of a team. We had a lot of youth last year and many of our players were stepping into new roles on the floor, and it took a long time for everybody to figure out roles. With almost everybody returning this year, we feel that we should be able to hit the floor running.

Coach Meyer's focus as always will be for our guys to play hard, play smart, play together, and to be fundamentally sound.



AND SPEAKING OF STRENGTH



By Derik Budig, Strength and Conditioning Coach



This year, we've certainly had some disappointments, but with each disappointment, we have also had encouragement. Each year the team dynamics change and you have new leadership, players, skills, and talent. This year is no different. I am encouraged with how our team has developed not only in the weight room, but also outside of it in terms of leadership, intensity, expectations and accountability. This year I met with each individual player and I walked away with two things:

- 1 - Our commitment level within our system is stronger than ever.
- 2 - Our desire to grow physically and mentally is stronger than ever.

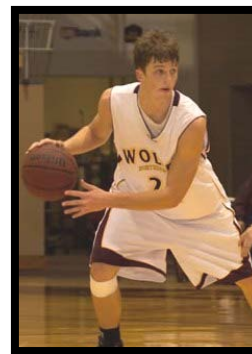
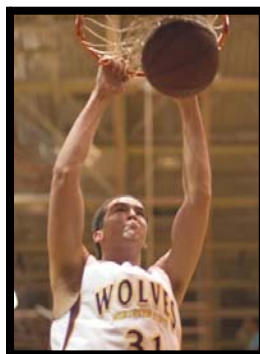
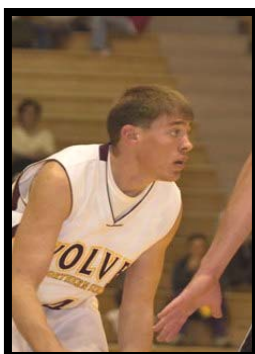
Our guys got together and decided to start pre-season conditioning two weeks earlier this year, which means we start August 14th as a TEAM. The normal start date would be around September 1st. That is a huge sacrifice because they have to cut two weeks out of their summer vacation. So I am encouraged with how this year's team is taking shape.

Each player senses a need to be tougher. There are so many intangibles that play into a tough player way before they step on the court and we try to develop that pre-season. Here are a few variables we cover and stress:

- Absolutely no bending over during a training session
- No Cowards (no whining, complaining, moping, sulking allowed)
- No sitting down at any time
- Constant encouragement (don't be selfish)
- 100% effort and intensity



As you can see we do not focus on how much we can bench or squat. NO - that isn't important to me, what's important is developing our players from the inside out! If we want to be the strongest team physically then we have to start by developing extraordinary mental toughness, only when we reach a strong mental toughness can we start then gaining strong physical toughness. So on August 14th I will be ready and willing for us all to begin developing our mental toughness so you can enjoy watching our physical toughness October 15th!



2007-2008 Northern State University Men's Basketball Schedule

November

<u>3</u>	<i>University of Iowa (Exhibition)</i>	<i>Away</i>	<i>TBA</i> *Closed to ALL FANS
4 th or 5 th	Marquette University (Exhibition)	Away	TBA
10	Blacks Hills State University (Exhibition)	Home	7:00 pm
15	Mount Marty College	Home	7:00 pm
20	University of North Dakota	Home	8:00 pm
23-24	Wachs Super Eight Classic Graceland University Lake Superior State University Minnesota State University Moorhead	Home	8:00 pm
26	Jamestown College	Home	7:00 pm
30	Upper Iowa University	Home	8:00 pm

December

1	Winona State University	Home	8:00 pm
7	Southwest Minnesota State University	Away	8:00 pm
8	Wayne State College	Away	8:00 pm
11	Briar Cliff University	Home	8:00 pm
15	Augustana College	Away	8:00 pm
28	Midland Lutheran College	Home	8:00 pm
30	Colorado Christian	Home	2:00 pm

January

4	Concordia University St. Paul	Home	8:00 pm
5	Minnesota State University Moorhead	Home	8:00 pm
11	Bemidji State University	Away	8:00 pm
12	University of Minnesota, Crookston	Away	8:00 pm
19	University of Mary	Home	8:00 pm
25	Winona State University	Away	8:00 pm
26	Upper Iowa University	Away	8:00 pm

February

1	Wayne State College	Home	8:00 pm
<u>2</u>	<u>Southwest Minnesota State University</u>	<u>Home</u>	<u>8:00 pm</u> Parents Night
8	Minnesota State University Moorhead	Away	8:00 pm
9	Concordia University St. Paul	Away	8:00 pm
<u>15</u>	<u>University of Minnesota, Crookston</u>	<u>Home</u>	<u>8:00 pm</u> Senior Night
16	Bemidji State University	Home	8:00 pm
23	University of Mary	Away	8:00 pm

March

1	NSIC Playoffs – 1 st Round	TBA	TBA
7	NSIC Semifinals	TBA	TBA
8	NSIC Championship	TBA	TBA
15-18	NCAA Regional Tournament	TBA	TBA
26, 27, 29	NCAA Elite Eight	TBA	TBA

***The University of Iowa has said this is CLOSED to ALL fans. Only players and coaches will be allowed in the arena.**



Home of the Wolves!

Northern State University
1200 S. Jay Street
Aberdeen, SD 57401
605-626-2230
randy.baruth@northern.edu

Newsletter Contact
Karen Hall
9633 Hollow Tree Drive
Lincoln, NE 68512
402-423-2574
E-mail: karen2hall@hotmail.com

About this newsletter...

Summer is almost over and most of us are probably in full swing with "Back to School". Several of you are employed with the schools in your area and you all deserve a lot of credit and thanks for those jobs that you do.

We certainly enjoyed that little time with Levi between camps this summer, but he was anxious to get back to his Wolves teammates/family. He enjoyed kicking back for a couple of weeks, but he started to get bored after awhile. Maybe life back home just isn't as stimulating as it is 'running with the pack'! He found that many of his old friends have new interests and are busy with their lives, too. It could be that our "kids" have grown up.

It's just a few months until basketball season and soon the team will be hard at it. As always, our expectations are high and we can't wait to see how the team's hard work had paid off.

I'm pretty excited, but saddened that we are entering our last year. The time has gone by very quickly. I'll be trying my best to get a few of these newsletters out again this year. If there's something you want more info on or have an idea for an article, let me know.

Hope you've all had a GREAT summer! See ya soon! -Karen

See us on the WEB!!

<http://www.iss-lnk.com/nsu/index.htm>



ANNOUNCEMENTS

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GYPSY DAYS

&

HOMECOMING

OCTOBER 6TH, 2007

∞

**Details coming soon for
Men's Basketball Parent and Family
Get-Together in November**