

OVERTIME WITH B&B BASKETBALL

ACADEMY



WELCOME TO OUR NEWSLETTER!

In this newsletter, we had the privilege to interview Fort Lewis Women's Head Basketball Coach Taylor Harris, Chatfield Head Girls Basketball Coach Jordan Laczkowski and two of our current girls basketball coaches. Also, we highlighted two of our girls players, Penny and Jacy, who recently committed to play college basketball at Western Colorado University.



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The newsletter's logo and borders are pink this month in honor of Breast Cancer Awareness.

- Breast cancer accounts for about 30% of all new cancer cases in women each year in the United States.
- About 13% (about 1 in 8) of U.S. women are going to develop invasive breast cancer in the course of their life.
- About 85% of breast cancers occur in women who have no family history of breast cancer.
- Breast cancer is the most commonly diagnosed cancer among U.S. women.

Be sure to schedule your annual mammogram and encourage your friends and family to do the same.

For more information about breast cancer, visit <https://www.nationalbreastcancer.org/breast-cancer-facts/>

B&B UPDATE

We just want to take a moment and say THANK YOU to all of our players and their families for an unbelievable fall basketball season. We had 22 boy's teams, and 10 girl's teams compete over these past 2 months in the JPS Fall League and the JAM Fall League. As a program we played over 300+ games, and we could not be more proud of the effort and attitudes all our teams portrayed. We honestly feel all of our players improved and are primed to have a great winter basketball season.

We also want to take a moment and say THANK YOU to all our B&B Coaches, and their hard work and commitment over these last 2 months. We ask a ton from our coaches, and as everyone knows, most of our coaches coach more than just 1 team, so they are putting a ton of work in. We have no doubt that we have the BEST coaches and role models leading your kids. We cannot thank all of our coaches enough.

Finally, we just want to wish all of our players the best of luck as they head into their upcoming seasons. We look forward to showcasing a lot of our athletes over these next couple months!

Go Academy!

Amy, Michael & Stephen Bahl

FALL LEAGUE CHAMPIONS



High School Upper Division Champions



4th Black Champions



9th White Champions



5th Black Champions



10th/11th Middle Division Champions



8th Black Champions

TAYLOR HARRIS



We had the honor to interview Taylor Harris, the Head Women's Basketball Coach at Fort Lewis College. During the interview, we talked about his coaching career, his time with B&B, why mental health is important and the things he looks for when recruiting players.

We hope you enjoy the insights that Coach Harris talks about!

Coaching Career

I started my coaching career as a boy's varsity assistant coach at Chaparral High School from 2007-2009. I then transitioned to the college level at MSU Denver from 2009-2015, starting as a student manager and working my way up to assistant coach. Then I was the women's assistant coach at Regis University from 2015-2019 before getting my first head coaching position at Miles Community College in Montana from 2019-2021. That's when I came to Durango as the head coach at Fort Lewis College in 2021! I started with B&B towards the very beginning, and it was an incredible experience for me to gain head coaching experience. However, so much of what I learned from Michael and Stephen involved how to run a practice and how to run and manage a camp. Those are valuable skills for a coach to have. Michael and I were assistant coaches together at MSU Denver during the day, and Michael, Stephen, and I were B&B coaches at night and on the weekends. Our lifelong friendship really formed throughout those years, and that's what I'm really most grateful for. I'm not going to kid myself; if it wasn't for B&B, I wouldn't be where I am today. My relationships with Michael, Stephen, and Amy have helped me get every job in this profession!



Coaching on the men's side for six years at MSU Denver was incredible. I was taught what goes into winning at the highest level. I gained lifelong friendships and really became socialized as a coach. To be a part of winning is something that really is a separator in this profession, and I was around it a lot while at MSU Denver. The opportunity to go to Regis was an incredible one, as it was my first chance to be a full-time assistant coach, and it was on the women's side. Through my time coaching girls in B&B, I found that my true calling was empowering and leading women.



Mental Health

Mental health is at the forefront of athletics and society right now, and for good reason. For so long, athletes were taught to “push through” and “leave everything at the door.” However, we have a program philosophy that empowers our athletes to truly take charge of their mental health. One way we promote this is by normalizing counseling as a wonderful experience instead of a shameful one. Taking a day off (mental health day) when things are really weighing you down. And creating a campus-wide culture where we create safe spaces and conversations to really feel okay talking about and exploring how we feel. To us, this approach to mental health is what we do every day!

Recruiting Advice

Number one: have great grades. Don't let your grades shut doors for you. We have really high academic standards, such that I rarely recruit an athlete if their GPA is below 3.5. Our expectation in our program is that our student athletes have a 3.5 GPA, so knowing that they've accomplished that before really helps us. After that, I'd just recommend that athletes wanting to play at the next level just relax and realize that everyone's recruiting journey is different. Just like when you're making popcorn, all the kernels pop at different times, and everyone gets their offers or finds their school at a different time. Social media creates unneeded pressure; it creates a desire to get likes on a post over truly finding the best place for you. And whether you go to a high-major D1 or a D3 that has the right major for you, you'll still get the same amount of likes!



In potential recruits, I truly look for someone who has aligned their core values with our program. You have to have a desire to be excellent in the classroom and make good decisions off the court. This job is too fragile to recruit athletes that could put our jobs in jeopardy through their decision-making. After that, a desire to spend time with their team more than anyone else is important to us. Our team spends at least one night every week together in a team bonding activity. And finally, someone who realizes that there's more to life than basketball. Basketball may be what we all do, but it is not who we are. We have a duty to serve our teammates, our community, and our families, and we do that by our actions off the court way more than on the court. Our program is very different, and it's not for everyone, but we're okay with that!

Another piece of advice I'd offer those being recruited is to make sure you know what you want and the environment you work best in. Don't try to force it, either. If "ball is life" and you don't need relationships with your coaches and teammates, that's okay! Just make sure you don't go to a program where they spend a lot of time together. If you want to go to college and party, that's okay! Just make sure you don't go to a program where they have rules against that. As you talk to colleges, you'll hear things that are important to their program (if not, ask them), and you need to make sure you're aligned with as many of those things as possible. If you do that, you'll have the greatest chance to be successful!



JORDAN LACZKOWSKI



We were fortunate enough to interview Jordan Laczkowski, Girls Varsity Head Coach for Chatfield High School. She is entering her second year as head coach. Jordan has been a part of our program for seven years. In her free time, Jordan enjoys playing with her dog, Leo.

“As a coach we touch a lot of lives and I’m grateful to be a part of so many amazing young athletes lives!”

What was your experience like playing for B&B?

“My experience playing for B&B was very beneficial. When I found B&B going into my Sophomore year of high school, I was excited to learn from the Bahl family. B&B taught me a number of things. However, I think the biggest learning point I had from them is that shooters shoot and have to have confidence when they shoot. They also taught me ways to score around the rim within the motion offense. B&B is who helped me get better for the college level and be able to get offers.”



How did that experience mold you into the coach you are today?

“Today, this has molded me into a coach that strives to advocate to all athletes, shooters shoot. There’s a time for the 3-point shot but if you can shoot from anywhere on the court (layup, runner, mid-range, 3-point) that is a hard player to lock down. These are the players I strive to build.”



What excites you most about being the Head Coach for Chatfield this year?

“This year, I am excited for the development I have seen within our program. Since Summer Leagues to current, we have been working in the gym getting ready for the 2023-2024 season. We only graduated 3 seniors from last season and have many returning players. I am looking forward to great battles versus our league opponents, our travel tournament to Arizona, and being able to see teammates become family.”

What advice do you have for athletes wanting to play at a higher level?

“My advice to any athlete wanting to play at the college level that being a 1 versus 5 player isn’t always what coaches need. They need the piece of the puzzle that fits with their program. There is so much more to being recruited than scoring the most in your program. Don’t get me wrong, keep scoring! But also find some weakness you have and start mastering those aspects as well. My advise to any athlete wanting to make a higher team, keep working. Coaches notice who is working outside of the gym time we allot for practices. Push yourself outside of your comfort zone. Making mistakes means you are pushing yourself. If you aren’t pushing yourself, you aren’t getting better and you are only playing comfortably. Be willing to push yourself.”

MEET OUR COACHES



RACHEL CALIGA

Hometown: Littleton, CO

Playing Career: Regis University ('99-03)

Coaching Career: Regis ('03), Dakota Ridge ('04-07, '08-10, '12-13, and '17 -21), Sacramento club team ('06), Johnson and Wales Asst. ('10-12) and CBC ('11-13), 1 year with B&B

Hobbies: Puzzles, playing card and board games and watching shows.

Favorite WNBA Team: Las Vegas Aces

Favorite Coaching Quotes: "There's no Trying, there's just doing!" & "You will miss 100% of the shots you don't take!"

Advice for Younger Athletes: Be willing to set your teammates up for success as your success will follow behind and be a student of the game!

MADDY HORNECKER

Hometown: Arvada, CO

Playing Career: Ralston Valley HS ('07-12)

Coaching Career: Evergreen HS ('16-23), 6 years with B&B

Hobbies: Coaching basketball, traveling and watching sports.

Favorite WNBA Team: New York Liberty

Favorite Coaching Quote: "I've never felt my job was to win basketball games. Rather, that the essence of my job as a coach was to do everything I could to give my players the background necessary to succeed in life." - Bobby Knight

Advice for Younger Athletes: In the years that I've been coaching the best teams I've had are the teams that are the most selfless and who show up for each other every day. The team that I coached this past year had played together for 5 years. They always wanted their teammates to score and they always showed up for each other. This, accompanied with hard work allowed us to beat teams we had no business beating. Working hard, being selfless, and showing up for yourself and your teammates would be my advice to young athletes. It makes a difference.



COLLEGE COMMITS



Penny Urquhart is a senior at Littleton High School, where she holds the records for assists and 3-pointers. Also, she has been named 1st Team All-Conference twice, as well as an All-State Honorable Mention. She has played with B&B since 6th grade, where she has seen her game grow tremendously. "All the coaches have helped me become a more versatile player and find consistency in my game," Penny said about her time playing with B&B. Her main reasons for committing to Western Colorado were the campus, the coaches, and the way she fits in with everyone there.

"Penny has always been dedicated to the game of basketball ever since she came to our very first practice, as a sixth grader. You can tell she loves the game of basketball, and really understands the game at a high level. Penny has a unique style of playing, an amazing outside shot, passes and looks to make players around her better, and often times, has the ability to play defense and rebound exceptionally well. She is a competitor and will do whatever it takes to win a basketball game! Penny is also an amazing person off the court as well. Her strength is definitely communicating and builds great relationships with her team and coaches. I have really enjoyed coaching Penny the last six years and I couldn't be more excited for her future playing career in college!!" - Coach Amy Bahl



Jacy Chandler is also a senior at Littleton High School, where she has been named a First Team All-Conference player and an All-State Honorable Mention. Jacy chose Western Colorado because “I loved all of the coaches and all of the girls on the team”. She has played with B&B for five years. “B&B has prepared me for college basketball because all of the coaches have pushed me to be the best player that I can be”, Jacy stated. She is looking forward to competing with a new team in college as well as against high-level competition.



“Jacy is an amazing athlete and has pushed herself to become better and better each year! It has really paid off in her playing career so far. Jacy is an all-around player both on the offensive and defensive side. Being a taller guard, she causes a lot of problems also. She is an amazing ball handler and leader out on the floor! She has the ability to shoot the ball from outside, as well as attack the rim at an effective rate. Jacy is an aggressive player but adds a touch of delicacy to the game because she finishes her shot so smooth. Jacy is going to accomplish big things in her future career in college and I am excited to see what she can do. She is an amazing young lady on and off the court.” - Coach Amy Bahl

B&B BASKETBALL

CAMP

FOR BOYS & GIRLS
1ST - 8TH GRADE

THANKSGIVING SHOOTING CAMP

DATE: NOVEMBER 20TH-21ST

@ GOLD CROWN FIELD HOUSE

COST

1st - 3rd Grade: \$75 per camper

9AM - 12PM EACH DAY

4th - 8th Grade: \$150 per camper

9AM - 3PM EACH DAY

HOLIDAY SHOOTING CAMP

DATE: DECEMBER 20TH-22ND

@ COLORADO SCHOOL OF MINES

COST

1st - 3rd Grade: \$100 per camper

9AM - 12PM EACH DAY

4th - 8th Grade: \$175 per camper

9AM - 3PM EACH DAY

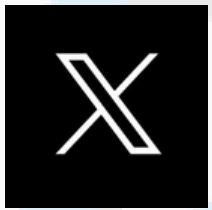
REGISTRATION LINK: www.bandbbasketballacademy.com

FOR ANY QUESTIONS, PLEASE CONTACT US AT

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