

OVERTIME WITH B&B BASKETBALL

ACADEMY



WELCOME TO OUR NEWSLETTER!

We would like to express our gratitude for the support and feedback on our first newsletter. We will continue to provide valuable content and welcome any suggestions.

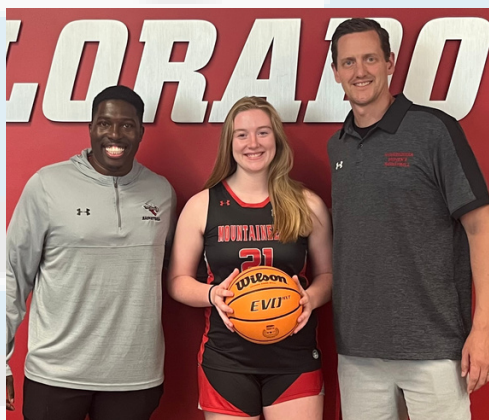
In this newsletter, we interviewed two of our current coaches on the boys side and caught up with former B&B players to talk about their college journeys.

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Congratulations to Penny Urquhart and Jacy Chandler on their commitments to play college basketball at Western Colorado University! Finish your senior years strong!



B&B UPDATE

We hope everyone has had a great start to the 2023-24 school year. We want to take a moment and give everyone an update on what's been going on recently here at B&B Basketball Academy.

We are currently in the middle of our Fall Basketball Season! We have a record number of players and teams, and we could not be happier with the season thus far. We currently have 22 boy's teams, and 10 girl's teams competing. We are very proud of all the hard work that both the boys & girls have been putting in this fall. We look forward to finishing the season strong.

Next, Coach Stephen & Coach Elijah have been doing an awesome job with their skill sessions on Mondays & Thursdays at River Church. These sessions have been a great way for some of our players to get some extra work in and to continue to improve on their skills.

Finally, we are excited to announce each month we will be interviewing two coaches so that our players & families can become more familiar with them. This month, Coach PJ & Coach Elijah are highlighted.

Over the last 14 years, we have had lots of talented kids come through our program. Many have been fortunate enough to play at the next level. We interviewed four of our alumni players, so that everyone can read their stories and be inspired.

We hope everyone enjoys this month's newsletter, and we look forward to getting back out on the court very soon with all of our players!

GO ACADEMY!

Amy, Michael & Stephen Bahl

MEET OUR COACHES



PJ FORREST

Hometown: San Antonio, TX

Playing Career: Florida College ('00-02), Eastern NM University ('03-04), University of Colorado at Colorado Springs ('04-06)

Coaching Career: Texas Tigers Basketball Organization ('07-18), Coached HS ('08-10), Coached MS ('10-12), Graduate Assistant Coach at UCCS ('18-21), Assistant Coach at MSUD ('21-23), 3 years with B&B

Hobbies: Watching Basketball, anywhere I can find a ball bouncing, listening to music, watching movies and TV shows, working out, and cooking

Favorite NBA Team: Detroit Pistons

Favorite Coaching Quote: "Ordinary people learn from their own mistakes. Extraordinary people learn from other's mistakes."

Recruiting Advice: Make a coach fall in love with what you do good. Then get to school and work on the other aspects of your game.

ELIJAH RODRIGUEZ

Hometown: Highlands Ranch, CO

Playing Career: Morningside University ('16-17)

Coaching Career: Student Assistant MSU Denver ('17-21), Graduate Assistant Coach at CSU Pueblo ('21-23), 4 years with B&B

Hobbies: Watching basketball, listening to podcasts, watching sports documentaries, playing video games and golfing

Favorite NBA Team: Denver Nuggets

Favorite Coaching Quote: "The big difference between a really good player and a great player is great players don't get tired."

-Geno Auriemma, UCONN Women's Basketball Head Coach

Advice for Younger Athletes: If you are serious about wanting to play at the next level, put the extra work in. You will have to sacrifice hanging out with your friends or going to the movies to be in the gym for extra work outside of practices. 1% better everyday!



ADAM THISTLEWOOD



YEARS PLAYED WITH B&B: 8 Years

HIGH SCHOOL: Golden

ACCOLADES:

Golden All-Time Leading Scorer

Jeffco Athlete of the Year 2017-18

D2CCA Second Team All-Region 2022-23

COLLEGE: CSU & Colorado School of Mines

MAJOR: Business Administration (CSU),
Computer Science & Space Resources (CSM)

How was your overall experience playing with B&B?

“B&B was instrumental in my development not only as a basketball player but as a person too. Michael and Stephen, and the entire B&B staff, were incredible coaches for me. Through their teachings I learned how to deal with adversity; I learned the importance of hard work and extra hours; I learned the necessity of discipline; I learned the importance of details. Stephen and Michael believed I could be more from the moment I started at B&B.”

What advice do you have for younger athletes wanting to play at the next level?

“You will never ever regret hard work. I have never gone through a workout and said to myself “I wish I didn't do that”. Before or during may be another story, but the feeling of putting in a good workout is one of the greatest pleasures this world has to offer. During my time in high school, I committed to working out more than everyone else. I would go to the gym at 5:00am and get in work with the shooting machine for two hours every morning, then I would go to class, if I had an off period, I would spend it in the gym. I'd go back to class, then after school I would go to the gym again. I may have doubted doing it before or during but never when I was finished. I would push my shooting scores as much as I could. Not leaving till I made 10 in a row from a given spot. And I don't regret any of it.”



ADAM THISTLEWOOD

What has your college experience been like and the biggest difference from high school?

“I really enjoyed my college experience. I was fortunate to play division one basketball at Colorado State University (CSU) for four years, where I got to play in both the NIT and the NCAA Tournament. Because of the COVID pandemic I was given one more year of eligibility and decided to play my last year of college in my hometown at Colorado School of Mines. I had a decent career at CSU, I was known as a shooter, and I did my job well. At Mines I got to impact the game in more ways and had a bigger role. I am thankful for both chapters in my career. I was able to learn a lot from both. Being able to finish my college career at the same school where my parents and grandfather played basketball, not to mention where Stephen played, and where my brother went to school was a dream come true.”



“College is very different than high school. I was lucky enough to win some awards through my high school career, and I was able to distinguish myself in Colorado. When you go off to college you realize everyone on your team and everyone you are playing against is as or maybe more distinguished than yourself. You are now playing with the best of the best. This changes the game completely from high school. Your coaches expect more, the pace of the game is faster, and there are a lot more things going on in your life. Living on my own for the first time and getting used to the schedule may not seem like it impacts basketball, but it does. Being able to adjust and apply the discipline I was able to build in high school allowed me to adjust quickly and make an impact as soon as I got to CSU.”

COURTNEY WRISTEN



YEARS PLAYED WITH B&B: 3 Years

HIGH SCHOOL: Broomfield

ACCOLADES:

4x All-Conference Player

4x Academic All-State Selection

1,000+ Points in Career

COLLEGE: University of San Diego (Junior)

MAJOR: Business Administration

How was your overall experience playing with B&B?

“My overall experience with B&B was amazing. Not only did they develop me as a player, they also developed me as a person. I had the opportunity to explore new positions, which helped me grow in my basketball skills.”

What are your plans after you graduate college?

“I would like to travel, and if the opportunity of playing professionally overseas presented itself, I would highly consider.”

What is the biggest difference from high school to college basketball?

“Learning how to adapt to the speed of the game, and having to adapt to a role on my team as well.”



CARSON NICHOLS



YEARS PLAYED WITH B&B: 1 Year

HIGH SCHOOL: Arvada West

ACCOLADES:

2x Jeffco All-Conference

2023 Colorado All-State

3x All-Colorado Academic Team

COLLEGE: Lawrence University (Freshmen)

MAJOR: Undecided

How was your overall experience playing with B&B?

“My experience playing with B&B was amazing and fun. It was the best club basketball time of my life. From the connections with my teammates and coaches at B&B that I made and still have today, to playing and competing across the U.S, I loved it all, and enjoyed every single moment. “

What has your college experience been like and the biggest difference from high school?

“My college experience has been great, I love being a student athlete at the college level, while living on my own and taking care of myself. The biggest difference from high school so far is the homework load, it’s homework every day no matter what, it just varies on how much and hard it is. On the court the biggest difference is the size, speed and strength of these players, everyone is quick, fast, and strong.”



NATALIE GUANELLA



YEARS PLAYED WITH B&B: 5 Years

HIGH SCHOOL: Monarch

ACCOLADES:

Front Range League POY 2021, 2022, 2023

6A state runner up 2023

1,253 total points in HS career

COLLEGE: Fort Lewis College (Freshmen)

MAJOR: Business Administration

How was your overall experience playing with B&B?

“I had such a great experience in all of my years at B&B. The first season there was when I began to absolutely love the game of basketball and when I knew I wanted to keep playing for as long as I could. Every season I was fortunate to have amazing coaches that I knew cared about me as more than just a basketball player, and teammates that were super fun to be around.”

What do you miss most about high school basketball?

“From high school basketball, I definitely miss my team a lot. I have such an awesome team here too but of course I miss those girls from home because I was lucky enough to play with them all for years and get to know them so well. I also miss the games just because we are not in season yet here but pretty soon, games will be starting for college. I cannot wait!”



NATALIE GUANELLA

What advice do you have for younger athletes wanting to play at the next level?

“For anybody younger that wants to play at the next level, I'd tell them to work hard and be patient. Your coaches will push you in practices and in games but what is going to set you apart is what you do on your own time in the gym, in the weight room, watching film, etc. So work hard always. Patience is something I didn't know I would need so much of in the recruiting process. Not every coach is going to be interested in you and it can get discouraging, but just be patient. If you put in the work and the time, there's a good chance that everything will work out exactly how it should eventually, it may just take time.”



What has your college experience been like and the biggest difference from high school?

“My college experience so far has been great. I think the biggest difference so far is the freedom. There's a lot of free time and there's a lot of things to do but it's up to myself to decide how to manage my time. There's nobody telling me what to do all of the time and it has been really great to prioritize the things that are most important to me like basketball, school, and hanging out with my teammates.”

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

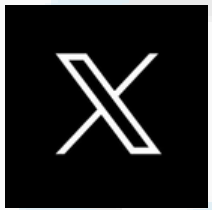
REGISTRATION LINK: www.bandbbasketballacademy.com

FOR ANY QUESTIONS, PLEASE CONTACT US AT

bandbacademy@gmail.com

SOCIAL MEDIA LINKS

Make sure you are following us on all our social media channels so we can continue to grow our basketball community! Please tag us in all your posts!



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