

# OVERTIME WITH B&B BASKETBALL

## ACADEMY

### WELCOME TO OUR NEWSLETTER!

In this newsletter, we interviewed Zach Telles, Head Boys Varsity Coach at The Academy High School, along with two of our current coaches, Sean Laczkowski and Chris Reading. Cohen Edmondson, a B&B player who recently signed with MSU Denver, is highlighted in this issue.

### THANKSGIVING CAMP RECAP

B&B Basketball Academy would not be here if it was not for the tremendous support we receive from our community. We had over 280 athletes and 30 coaches attend our Thanksgiving Camp in November! We are beyond grateful for everyone who has allowed us the opportunity to work with your loved ones. We are currently gearing up for our Holiday Camp and New Years Shooting Camp later this month! Be sure to scan the QR codes in the camp schedule section for more details.



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# B&B UPDATE

**We hope everyone had a safe and peaceful holiday break and was able to spend time with family and loved ones. With the winter basketball season in full throttle, it's important to keep things in perspective. All of our families and athletes have made sports a big part of their lives.**

**A lot of sacrifices go into athletics from both the athlete and parent/loved ones involved. Never go a moment without showing appreciation and gratitude for the people in your life who take care of you and provide you with opportunities.**

**To all our Youth Basketball Players; Don't let the Winter Season be an excuse for not getting in the gym on your own and focusing on improving your strengths and weaknesses! Youth basketball is all about improving your game and increasing your skill set to demand a bigger role on your team. Keep working! Winning and losing doesn't define your growth!**

**To all our High School Players; Whether you made the team you were aiming for or fell a little short, don't let it define you. It's inevitable that, during your career, you will come across both success and failure. Your response and your inner dialogue to those situations should be the same: "I have to get better. I'm not satisfied." Let your situation motivate you to want more!**

**All of our B&B Basketball Academy Coaches will be out this winter watching and coaching as much basketball as possible. We will try to attend as many games as we can! We are so excited to see everyone play and develop. We will definitely be highlighting both Youth and High School players this winter!**

**Go Academy!  
Amy, Michael, and Stephen Bahl**



# ZACH TELLES



We were honored to interview Zach Telles, Head Boys Varsity Coach for The Academy High School. Zach has coached with B&B for four years, working our camps and coaching our high school teams.

“Zach and his brother Alex were some of our very first B&B Basketball Academy players. Zach and the entire Telles family hold a very special place in the Academy family. Zach has become one of the best young coaches in the state. His work ethic and love for his players and the game of basketball are very evident in his coaching. It takes a special person to become a coach, and we couldn't be more proud of Zach, and we know the future is very bright for him.” - Michael Bahl

## EXPERIENCE WITH B&B

While I never played for a team for B&B, I was lucky enough to be one of the very first players to work with Michael and Stephen when they would do skill sessions on Sundays throughout the year. I attended those sessions every Sunday that were available from 2008-2013 and they turned me into the player I ended up being by instilling in me a work ethic and desire to be the best I could. These sessions gave me an insight on the level of player I needed to be and the work I needed to do in order to play at a college level. Michael and Stephen pushed me to levels, at the time, I didn't know I could get to and continuously motivated me to put in hard work every day to get better and better by each session. They were putting me through college workouts while I was 13-18 so I was ready for what colleges expected and how hard each day would be. Without those skill sessions and the lessons they taught me, I would not have been able to play in college.



## HIGH SCHOOL SEASON

The thing I'm looking forward to the most this season is to continue to grow the culture of my program with the players who have been with me for their entire high school career. This senior class is the first freshman class I had when I took over for The Academy 3 years ago and they have helped me build something I'm very proud of and something they should be proud of as well. I'm also excited to keep developing these young men into great players and people. We have a handful of B&B players in the program and it is always so great to see how far they come from playing in both programs.



## ADVICE FOR ATHLETES

My advice for any player wanting to make themselves better or reach the next level is to work hard and control what you can control. I know it may seem very basic and cliché but hard work is really the only thing that you can make sure separates you from anyone else. Someone may be taller, more athletic, in a better situation but only you can work harder than the next person. Controlling the controllable things in your life is just as important because then you do not distract yourself from comparing yourself to other people or things and can focus on being the best you can be.



## COACHING IMPACT

Playing for B&B showed me how to motivate players and how hard to push kids to help them find that desire and love for the game that Stephen and Michael helped me find. As I said before, I wasn't "in game" coached by them but their ability to give me more of a one on one type of coach/player relationship showed me how I wanted to be guided and what would be successful for others like me. I have countless drills and lessons I can teach while being blessed to have so many resources I can go to and use to better myself as a coach and a lot of that is due to my time working out with B&B.



# MEET OUR COACHES



## SEAN LACZKOWSKI

**Hometown:** Littleton, Colorado

**Playing Career:** 4 years Chatfield High School

**Coaching Career:** 9 years at B&B Academy

**Hobbies:** Golf, TV shows, and coding.

**Favorite NBA Team:** Denver Nuggets

**Favorite coaching quote:** "A good coach can change a game. A great coach can change a life." - John Wooden

**Advice for Younger Athletes:** Focus on being the best version of yourself every day. Set goals and work hard to reach them. Don't be afraid to fail; failure is only permanent when you stop pursuing the goal. Finally, enjoy your time as an athlete. Enjoy spending weekends playing sports with your friends and being able to spend time with your family. Be appreciative of those moments. Too many times in life we as people are too worried about the future. Be grateful for the present and for the people surrounding you in your life.

## CHRIS READING

**Hometown:** San Diego, CA

**College Attended:** Cornell University

**Coaching Career:** Youth Sports (Rec, Comp/Club Circuit, RV High School) for 18 years, Basketball for 17+ years, Football for 4 years, and Softball 6 years. Coached with B&B for 11 years.

**Hobbies:** Music (I had the privilege to record in Nashville), traveling, hanging out with my family, skiing, puzzling, and watching movies.

**Favorite NBA Team:** Los Angeles Clippers

**Favorite Coaching Quote:** "Attitude and Effort are the only things you can control! Be Great at both!"

**Advice for Younger Athletes:** Play because you love playing the game! All good players have skills, but how you apply/enhance those skills are what will set you apart. Do your job and STAR in your role! Whatever it is, make a positive impact! Don't worry about being the best, just do your best each and every day and the rest will take care of itself.



# COLLEGE SIGNEE



Cohen Edmondson, Senior guard from Lewis Palmer High School, has signed to play college basketball at Metropolitan State University of Denver next fall. During his junior season, he averaged 14.2 points per game along with 3.3 rebounds and 1.1 steals. While playing for B&B this summer, Cohen averaged 18.1 points per game along with 3.2 rebounds while shooting an impressive 47% from the field and 42% from three. Good luck in your senior season Cohen!

## Why MSU Denver?

I chose metro state for a couple of reasons. First, they were very supportive of me in my decision to serve a two year mission for my church. The coaches are awesome and I feel I have a great relationship with them. Also, they value me as a player and what I bring to their team. The campus is great along with the facilities. Overall, I feel I fit well with their play style and the coaching staff. I am super grateful for the opportunity to play at Metro and excited for what is to come.

## What are you looking forward to in your senior season?

I am most looking forward to becoming a better leader this year and making my teammates better. I am excited to see what we can do this year having more speed and shooting. I want to put ourselves in the best position to play for a state championship and am looking forward to embracing that leadership role in making my teammates better and myself better.

“The thing that impresses me about Cohen is his love for the game and his desire to improve. Cohen LOVES basketball. A lot of players just like playing games. They only like the 5v5 component of basketball. That's why a lot of players plateau in high school. Not Cohen. Cohen improves every season. Cohen loves the grind. Cohen loves and understands the process of what it really takes to be a college player. Cohen works tirelessly on his craft outside of team practices and games, and that is why he had success and why he will have a bright future playing college basketball. I couldn't be more proud of him!” - Stephen Bahl





# B&B BASKETBALL

# CAMP

## HOLIDAY SHOOTING CAMP

@ COLORADO SCHOOL OF MINES

DECEMBER 20TH - 22ND

### **COST**

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

9AM - 12PM EACH DAY

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

9AM - 3PM WEDNESDAY & THURSDAY

9AM - 1PM FRIDAY



SCAN TO REGISTER

## NEW YEARS SHOOTING CAMP

@ LEGEND HIGH SCHOOL

DECEMBER 27TH - 29TH

### **COST**

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

9AM - 12PM EACH DAY

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

9AM - 3PM WEDNESDAY

9AM - 1PM THURSDAY & FRIDAY

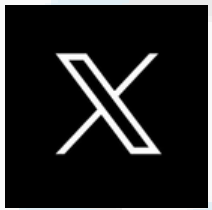


SCAN TO REGISTER



# 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!



[@bandb\\_academy](https://twitter.com/bandb_academy)



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