

OVERTIME WITH B&B BASKETBALL

ACADEMY



WELCOME TO OUR NEWSLETTER!

In this newsletter, we interviewed Amy Bahl, Head Girls Varsity Coach at Ralston Valley High School and Girls B&B Director, along with two of our current coaches, Terry Nickels and Jeff Ogden.

HOLIDAY CAMP RECAP/WINTER SEASON UPDATE

B&B went out with a bang in 2023! To close the year out we had over 370 athletes attend our Holiday Christmas Camp. It was our largest camp to date! We also coached over 80 games in December with all our Winter Feeder and B&B Club Basketball Teams. The Winter Season is in full swing and we cannot wait to get back on the court in January.

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1st-3rd Grade Holiday Camp



4th-8th Grade Holiday Camp

B&B UPDATE

HAPPY NEW YEAR!

As we reflect back on 2023 and gear up for 2024 it's important that we show appreciation to everyone who has made this past year so special for B&B. We would be NOTHING without all the incredible Families, Coaches, and Athletes who support our program.

We believe that Success is always fueled by Attitude and Effort. When you have consistent effort paired with a positive attitude, real changes can start to occur. You can begin to transform your life into whatever you desire. The Success of B&B is built upon Attitude and Effort. We are extremely lucky that all our Players, Coaches, and Families buy into this messaging.

We cannot wait to see where our program goes in 2024.

Go Academy!

Amy, Michael, and Stephen Bahl

AMY BAHL



We were honored to interview Amy Bahl, Head Girls Varsity Coach for Ralston Valley High School as well as the Girls Director of B&B.

In this section, we look into Amy's playing career at Fort Lewis & overseas, her outstanding coaching career, how her high school season is going this year, camps she has held in Sweden, coaches that have impacted her and why she coaches! We hope you enjoy all the amazing things Amy has shared with us!

PLAYING CAREER

I picked Fort Lewis for college because I knew it would be a good fit for me. I saw the opportunity to be an impact player right away, and I was able to have an amazing playing career there! I started all four years and was an All-RMAC First Team conference player all four years. What was most exciting was how a new group of freshman came in with me, and we changed the program around. We beat teams the school had never beat before; we produced a winning record; and by my junior year, we had won our conference and made the National Tournament. By the time I finished at Fort Lewis, I had a total of seven records, but currently only a couple remain. I am still the All-Time Leader in Points and Rebounds and made the Fort Lewis Hall of Fame in 2015.

After my college career, I was able to continue playing professionally in Umeå, Sweden, for four years. It was an incredible experience playing basketball in a different country. The culture was different from what I was used to, and it opened my eyes to new things. Seeing new and different perspectives really made me grow as a person and player.





Sweden is an amazing country with great people, and I was able to embrace the importance of building relationships and valuing yourself through the process. But at the same time, I was there to play basketball, and things were approached from a business standpoint. If I didn't perform, then I wouldn't have a job. It was a different kind of pressure, but one I embraced. But I took on the challenge and was rewarded with a successful playing career there as well.

While in Sweden, I started teaching basketball classes with students in elementary school. This is where I started to discover my love for "instructing" the game of basketball. In a country where basketball is not the preferred or favorite sport, I had to show that it was a great sport! A lot of development and skill learning was an everyday "teaching lesson" from the ground up. The kids got better every day, and to me, it was really rewarding to teach a new sport to a group of kids that began to fall in love with the same game of basketball I loved!! I am so thankful I was able to have that experience because it was so instrumental in my development as a coach.

COACHING CAREER

After playing four years at Fort Lewis College, I became the assistant women's basketball coach at Fort Lewis for two years directly after graduating (I coached for two years in college before playing in Sweden). As an assistant, I coached under Head Coach Mark Kellogg (current Head Coach at West Virginia), where I learned a ton. The biggest thing I took away from my college coaching time was to execute the little things well. The little things turn into the big things. Be disciplined and do things the right way. This continues to be my "coaching philosophy" to this day!

After I came home from Sweden, I did some personal training but really missed coaching athletes. I knew I needed to be working with athletes and decided to try high school coaching. There was an opening at Evergreen High School, so I applied and got the job! I began to integrate my system, and each year we got better and better. We just kept building on what we had, and after four years, we made it to the State Championship game. The first year we made it to the finals, and we were so emotionally spent that I knew it would be a tough game to win.





We didn't win, but we built the experience we needed. It made the team see how achievable it could be, and with a little motivation and working hard all year, we won State the next two years!! I had a group of girls that had played together for a long time. Having this group stay together was pivotal, and they were the most coachable girls I have ever coached! They didn't care what I asked or demanded of them; they were bought in, and it paid off! It was an unbelievable experience and one I will never forget.

RV SEASON THUS FAR

This year, my high school season has started off really well! We are currently 6-3 and have lost to a couple of tough, top teams in the state. I am glad we have been able to face these tougher teams because it shows where we need to be in order to be one of the top teams in the state. Sometimes I see glimpses of us playing at that level, but we just haven't been able to put it together for the entire game against these top teams. The wins we have had have been great team wins. This year has been an easier transition than last year. Last year was my first year at Ralston Valley, and I had to put in a lot of new things for the girls. The girls also had to learn how I was as a coach, and it was a lot of "learning". This year, we have been able to start where we left off and just try to build on that. They have also learned what to expect in practice and games when it comes to my coaching style and have been playing hard. Once all our pieces fall into place, I think this team can do something special, and we continue to work on getting better every day to hopefully achieve this! I am proud of our start, and I am excited to see how we finish the season off!



CAMPS IN SWEDEN

I have been able to return to Sweden a couple times, where we have put on camps for the youth over there. My old manager, from the team I played for, now runs a younger club. It is really fun to come back and work with the younger kids and expose them to a different style of coaching that they are probably not used to. They always come eager to learn and absorb everything like a sponge that we show them. Last summer, we did a camp where I used to practice and play games. That was such a cool experience, and I really felt like I was giving back to the community that I once played for. And I know the kids really enjoy the experience of American coaches showing and teaching them basketball concepts, drills, and skills!

COACHING IMPACT

One of the best coaches that has impacted me as a coach the most is my husband, Michael Bahl. I am so lucky and fortunate that I have the best resource out there, and I get to see him every day! I have learned a lot from him, and I continue to learn from him every day. He is extremely knowledgeable about the game, and nobody can deny his passion for basketball. The biggest thing I have learned and taken from him is "TO DO YOU". Don't change things drastically (obviously adjustments in a game are made), but your overall philosophy can't keep changing. It's confusing, and you don't want to lose the kids. All the kids that play for us pretty much know what to expect from us. I think that is so important because there are no hidden messages. I love being able to bounce ideas off of him and then hear his suggestions. I'd be lost without him in the coaching world! And he is the best for a go-to play; I've never seen someone have so many plays in his brain. And he can just draw them up at any moment. I can't stress enough how thankful I am for him!



WHY DO YOU COACH?

This answer is easy and simple: I coach basketball because I love it. There are so many highs and lows when it comes to coaching basketball, but it challenges and shapes me each and every single day. It teaches you how to handle and cope with the tough stuff, and it teaches you the rewards of hard work and that it does pay off. What you put into the game of basketball, it will give back! You just have to trust the process, and the rate at which this happens is different for everyone. My goal as a coach is to show kids that it's not always about winning and losing; it's about the process. If you work hard on something and practice it, it will pay off in the future. And that is a life lesson every kid should learn! And for those that don't know, I am also an extremely competitive person. I might be a little intense some times while delivering this message, but it's all out of love!



MEET OUR COACHES



TERRY NICKELS

Hometown: Del Norte, Colorado

Playing Career: Western Colorado (1 year Redshirt)

Coaching Career: Youth Sports ('10-'16), Chatfield HS ('12-'17), Heritage Girls Varsity ('17-'22), Current Bear Creek Girls Varsity Coach and 6 years with B&B.

Hobbies: Time with family, golf and coaching.

Favorite NBA Team: N/A... more of a college hoops fan.

Favorite coaching quote: "Hard work doesn't guarantee success; but without it, you have no chance!"

Advice for Younger Athletes: Work hard on what most consider the "small things". In order to be a better player you need better handles, better footwork and to be a better passer/shooter. Commit to the work that needs to be done on your own...the work outside your time with your team and those coaches. Be better fundamentally and your game will grow and your playing time will multiply.

JEFF OGDEN

Hometown: San Antonio, TX

College Attended: University of Texas at San Antonio

Coaching Career: 20 years coaching high school basketball and training players in San Antonio area and 2 months with B&B.

Hobbies: Spending time with family/friends, lifting weights and basketball.

Favorite NBA Team: Boston Celtics

Favorite Coaching Quote: "One possession at a time"

Advice for Younger Athletes: Embrace uncomfortable situations and show up everyday ready to work on becoming better.



B&B BASKETBALL

CAMP

FOR BOYS & GIRLS
1ST - 8TH GRADE

MLK JR. DAY CAMP

DATE: JANUARY 15TH, 2024

PRESIDENT'S DAY CAMP

DATE: FEBRUARY 19TH, 2024

@ GOLD CROWN FIELDHOUSE

COST

1st - 3rd Grade: \$100 for BOTH camps
\$55 per camper for 1 Day
8am - 11am

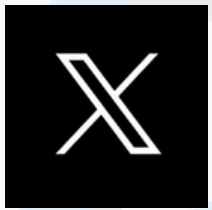
4th - 8th Grade: \$175 for BOTH camps
\$100 per camper for 1 Day
8am - 2pm

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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