

# OVERTIME WITH B&B BASKETBALL

## ACADEMY

### WELCOME TO OUR NEWSLETTER!

In this newsletter, we interviewed six high school players (Carson Keach, Caiden Braketa, Keegen Balistreri, Mia Alfaro, Taylor Ellington and Colleen Monahan). All these players currently play Varsity for their respective high schools and are making a major impact on their programs on and off the court! Also, we highlight two of our current coaches, Trace and Van Lindemann.

### MLK Jr. Day Camp/Winter Season Update



This month, we held our 2nd Annual Martin Luther King Jr. Day Camp. We had over 100 kids join us for the one day camp who were eager to compete and most of all have fun! Also, our Winter Feeder Season is coming to a close here shortly as playoffs are approaching. Each team and player has shown tremendous growth in their skills since the day we started. Looking forward to a strong finish in our winter season.

### Spring & Summer Tryouts

Below, you will find all the important information regarding our team tryouts that will be held this month. A link will be posted to register!



### CONTENT IN THIS ISSUE:

- [Team Tryouts](#)
- [High School Player Spotlights](#)
- [Meet Our Coaches](#)
- [Upcoming Camp Schedule](#)
- [Follow Us!](#)

# SPRING & SUMMER TRYOUTS

The anticipation is building as we approach our Spring and Summer Tryouts – a thrilling moment we've been eagerly awaiting! The excitement is high for this upcoming AAU Season, and we can hardly contain our enthusiasm. These tryouts mark the beginning of a journey filled with passion, dedication, and the promise of a remarkable AAU basketball season. We're thrilled to witness the talent, commitment, and teamwork that will unfold as athletes showcase their skills. Get ready for an unforgettable season as we embark on this exciting journey together!

To register for these tryouts, please follow this link:  
[bandbbasketballacademy.org/content/341/Tryouts](https://bandbbasketballacademy.org/content/341/Tryouts)

We cannot wait to see everyone at tryouts! Finish your Winter Seasons Strong!

**Go Academy!**

**Amy, Michael and Stephen Bahl**

# TRYOUT DATES



## **BOYS 3rd, 4th & 5th GRADE**

5pm - 6:30pm on February 29th

## **BOYS 6th GRADE**

7pm - 8:30pm on February 29th

## **BOYS 7th GRADE**

5pm - 6:30pm on March 4th

## **BOYS 8th & 9th GRADE**

7pm - 8:30pm on March 4th

5pm - 6:30pm on March 5th

## **BOYS 10th & 11th GRADE**

6:30pm - 8pm on March 5th

9am - 10:30am on March 9th

## **GIRLS 3rd, 4th & 5th GRADE**

5pm - 6:30pm on February 29th

## **GIRLS 6th & 7th GRADE**

7pm - 8:30pm on February 29th

## **GIRLS 8th GRADE**

5pm - 6:30pm on March 4th

## **GIRLS 9th, 10th & 11th GRADE**

8pm - 9:30pm on March 5th

10:30am - 12pm on March 9th

REGISTER HERE: [www.bandbbasketballacademy.org/content/341/Tryouts](http://www.bandbbasketballacademy.org/content/341/Tryouts)

# TRYOUT DATES



**MARCH 10TH AT LEGEND HIGH SCHOOL**  
**\*GIRLS ONLY\***

4TH - 7TH GRADE

1:00 - 2:30PM

8TH - 12TH GRADE

2:30 - 4:00PM

**REMINDER: ALL THOSE PARTICIPATING IN THIS TRYOUT WILL PRACTICE IN THE PARKER/LEGEND AREA! ALL TRYOUTS & PRACTICES WILL BE LED BY COACH PITZ, HEAD GIRLS VARSITY COACH AT LEGEND!**

REGISTER HERE: [WWW.BANDBBASKETBALLACADEMY.ORG/CONTENT/341/TRYOUTS](http://WWW.BANDBBASKETBALLACADEMY.ORG/CONTENT/341/TRYOUTS)

# CARSON KEACH



Carson Keach is a Senior guard at Ponderosa High School. The 6'3 guard leads his team in assists and steals per game. His Ponderosa squad is currently 12-5 overall.

**Stats: 15.4 PPG, 4.9 RPG, 4.3 APG**

## Senior Leadership

“I lead my team by being vocal and up lifting those who were down on themselves. I trust all of my guys with every shot, move, etc. that they take. We practice like we play so I know what our potential is. I make sure we stay focused with a clear head.”

## Experience with B&B

“B&B has been an amazing experience for me. The practices are way better than any practice I’ve ever been to. It works on skill development at game speed helping us for when the whistle blows. The coaches have 100% confidence in everyone on the team so I never felt scared to make a mistake or to give input on what I’m seeing or feeling.”



# TAYLOR ELLINGTON



Taylor Ellington is a Senior guard at Green Mountain High School. She currently leads her Green Mountain team in Points per game and Steals per game! Her squad is currently 11-4.

**Stats: 9.1 PPG, 4.2 RPG, 2.9 APG**

## **Most Memorable High School Moment**

“The most memorable moment in my high school career is making the Varsity team freshman year. From that, winning a league championship and making it to the final four back-to-back years was a memory that I will never be able to forget. Being able to be a part of and play in those games as a freshman and sophomore is an extremely unforgettable moment.”

## **Senior Leadership**

“At the beginning of this 23/24 season, we set major goals as a team. Goals like winning the league championship and making it to the coliseum. Being a senior on this team means leading and setting a good example for the underclassmen. Everyone on our team knows their roles and what they need to do for us to accomplish these goals so it’s not hard to get people to buy in. Having a team that wants to truly reach these goals makes it easy as a senior to hold everyone accountable for what’s asked of us. By setting these goals at the beginning of the season, we knew that it wasn’t just going to get handed to us, we had to work hard.”



# CAIDEN BRAKETA



Caiden Braketa is a Sophomore guard at Ralston Valley High School. He leads his team in total assists as well as points per game. His RV squad is 12-4 and 11th in the state!

**Stats: 16.9 PPG, 3.6 RPG, 4.1 APG**

## Remainder of Season Goal

“I’m looking forward to seeing how good we can get with Tanner coming back and having Jackson Hansen too. With 3 really good guards, I really feel we can make a good run into the state playoffs this year.”

## Most Memorable Basketball Moment

“I think my favorite basketball moment was last year in the first round of the playoffs when I hit the game winner vs Cherry Creek.”

## Game Improvements

“I have seen my game improve a lot from last year to this year. Being one of the guys this year, my confidence has definitely increased and my athleticism has made major strides.”



# MIA ALFARO



Mia Alfaro is a Sophomore guard at Ralston Valley High School. She is currently 3rd on the team in 3 point percentage while also being a great defender. Her RV squad is 10-6 overall.

**Stats: 6.6 PPG, 1.9 RPG, 2.4 APG**

## High School Career Goals

“My goals for my high school career are winning a state title and to push myself out of my comfort zone. I want to become a better player for myself and my team. An aspiration I have is stepping up as a leader to help contribute and motivate my team. I also would like to continue to keep a competitive spirit and bring energy to the court.”

## B&B Experience

“My experience with B&B has been very enjoyable. I started with the club in 5th grade and have continued to thrive there. I love the coaching staff and community at B&B. I have made many friendships that I value on and off the court. I have been challenged to grow as a player by coaches. Overall, my experience has been very positive.”





# KEEGEN BALISTRERI



Keegen Balistreri is a Sophomore guard at Arvada West High School. He leads his squad in scoring and second in total 3 pointers made. His Arvada West squad is 12-5 overall.

**Stats: 12.2 PPG, 3.8 RPG, 1.0 APG**

## **Strengths & Improvements**

"I would say that my strengths are my scoring ability and my playmaking abilities. Something I need to improve on is not being too hard on myself. I strive for perfection and can be too hard on myself at times."

## **Season Finale Goals**

"My goals for the rest of this season is for my team to keep playing on a roll and keep competing at a high level like we have been for most of the season. My personal goals are to keep playing hard, keep being the best player I can be, keep a level head, and keep being a good teammate no matter what the outcome of the game is."



# COLLEEN MONAHAN



Colleen Monahan is a Freshman guard at D'Evelyn High School. She is 2nd in 3 point percentage while helping her squad to an impressive 15-2 record overall and 7-0 in league play.

**Stats: 4.1 PPG, 2.2 RPG, 1.2 APG**

## Freshman Experience

“It has been a lot of fun, and it is such a great experience for me to be playing with and against so many great players. I hope to keep learning and improving as the season goes on.”

## Playing with B&B

“My experience has been great, and I have had so many amazing coaches from B&B that have taught me how to play basketball the right way. I have had so much fun playing for B&B.”

## Memorable High School Moment

“My most memorable moment so far has been helping my team to win against Kent Denver when we were ranked No. 3 and they were ranked No. 4.”



# MEET OUR COACHES



## TRACE LINDEMANN

**Hometown:** Firestone, CO

**School/Year:** Mead High School, 2018 only played football there. University of Northern Colorado, Junior, Rugby player (captain of rugby team & leading try scorer)

**Coaching Career:** 1 year with B&B

**Hobbies:** Playing rugby, hanging with my dogs, listening to music, and playing video games.

**Favorite NBA Team:** Denver Nuggets

**Favorite Coaching Quote:** "I don't believe in magic, I believe in hard work" - Richie McCaw

**Advice for Young Athletes:** Fall in love with the grind. Only way to separate yourselves from your opposition is to out grind them physically and mentally.

## VAN LINDEMANN

**Hometown:** Arvada, CO

**School/Year:** Football and Basketball at Broomfield HS 2012-2014, Football and Basketball at Mead HS 2014-2016, Football at Ellsworth Community College 2016

**Coaching Career:** 2 years at PRA and Erie High School, 2 years with B&B

**Hobbies:** Watching football and basketball, spending quality time with my two girls, and spending time with my friends.

**Favorite NBA team:** Denver Nuggets

**Favorite Coaching Quote:** "There are only two options regarding commitment. You're either in, or you're out. There's no such thing as 'life in-between'."

**Advice for Young Athletes:** The only thing that you can control is your attitude and effort, so always show up ready to work and apply what your coaches tell you.



# B&B BASKETBALL

# CAMP

FOR BOYS & GIRLS  
1ST - 8TH GRADE

## PRESIDENT'S DAY CAMP

DATE: FEBRUARY 19TH, 2024

@ GOLD CROWN FIELDHOUSE

### COST

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

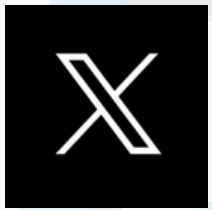
4th - 8th Grade: \$100 per camper for 1 Day  
8am - 2pm

REGISTRATION LINK: [www.bandbbasketballacademy.com](http://www.bandbbasketballacademy.com)

FOR ANY QUESTIONS, PLEASE CONTACT US AT  
[bandbacademy@gmail.com](mailto: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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