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Carrollbasketball.com



Carroll Dragons Basketball  
1501 W. Southlake Blvd.  
Southlake, TX 76092  
817-949-5885

Email:  
youngblj@cisdmail.com

## 2008-2009 Season!

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### Special points of interest:

- Dragons Tie School Record for Defensive Points per Game 47.5 held since 1977-78 season!
- Spring League Starts April 2 in Southlake!
- Summer League Starts May 17.
- Dragon Camp Dates June 30-July 2 and July 6- July 9
- Order Practice Gear Today!
- Gyms Closed last two weeks of July to re-surface floors.

Wow, the season was just a blur. We really, really had a blast this season! Our staff already misses our seniors. Cole Balkman, Justin Bosworth, Austin Horn, Kevin Platt, Chris Roberts, Jimmy Ruth, and Hysom Zarroug really embodied the "Dragon Tradition". Each were all about the Team. We really enjoyed coaching these young men and know they will be missed for their leadership on and off the court.

On March 9th we celebrated the Winter Sports Banquet at the Solano Marriot. It was a great evening for all that were involved. Thanks to all the parents who did all the

behind the scenes work in making it a special night. Also, a special Thanks goes to the CABC for the Banquet.

Our "C" Award winner was Senior Hysom Zarroug. Austin Horn was selected TABC Academic All-State. We had nine Varsity players named Academic All-District: Cole Balkman, Jeff Baran, William Brown, Justin Bosworth, Austin Horn, Taylor Howell, Kevin Platt, Chris Roberts, and Jimmy Ruth. Austin Horn was Selected 6AAAAA 1st-Team All-District and Hysom Zarroug was selected 6AAAAA 2nd-Team All-District. Honorable Mention 6AAAAA All-District Selections were Justin

Bosworth, Chris Roberts, and Kevin Platt.

### 2008-2009 Teams Results

Varsity 16-14  
JV 18-11  
Sophs 11-9  
9A 26-6  
9B 27-5

### **Totals 98-45**

### **Tournament Results**

*Six Championships*

*Two 3rd Place*

*Two Consolation Champs*



## Spring League Begins

We are once again hosting Spring League in Southlake. Games will be on April 2, 9, 16, 23 at Carroll Senior High and Carroll High. There are 15 Varsity Teams entered: Carroll, Keller, Heritage, Nimitz, Ponder, Birdville, Irving, Legacy, Fossil Ridge,

Trinity, Decatur, Grapevine, Coppell, Haltom, and Central. 10 JV teams entered: Carroll 1, Carroll 2, Nimitz Birdville, Fossil Ridge, Ponder, Haltom, Keller, Central, and Irving.

Teams will play two games per night on each

Thursday. Varsity Teams will play at Senior HS and JV at High School.

We also will have one JV and Six Middle School Teams participating in the Coppell Spring League. Check Website for Schedules soon!

**Basketball Dates**

- Carroll Spring League– April 2, 9, 16, 23 (Var/JV)
- Coppell Spring League– TBA (JV/MS)
- Metrocrest Summer League– May 17, 20, 27, 31, June 4, 8, 10, 11, 15, 17, 22, 24 (Var/JV/incoming 9th)
- Dragon Basketball Camp– June 30-July 2 grades 1st-9th  
July 6-9 grades 1st-6th



**Metrocrest Summer League**

We will participate in the Metrocrest Summer League again this Summer. It s played in May and June. This league offers our guys great competition. There are 32 Varsity Teams, 48 JV Teams (Small school Varsity), and 32 9th Teams (Small school JV). Games are played all over the Northern DFW Metroplex. Carroll will be able to enter a Varsity, 2– JV, and 2 9th (incoming) Teams. Cost is \$70 Each Team plays 12 games and receives a reversible jersey to wear in games. We will be seeking adults to help coach these squads again this year.



**Dragon Basketball**

**Session I: June 30– July 2 @ Carroll Senior High School Gyms**

8:00-10:00	1st-3rd Grade Boys/Girls
10:00-12:30	4th-6th Grade Boys
1:00-4:00	7th-9th Grade Boys

**Session II: July 6– July 9 @ Carroll High School Gyms**

8:00-10:00	1st-3rd Grade Boys/Girls
10:00-12:30	4th-6th Grade Boys

**REGISTRATION FORMS ONLINE!!!**



**OPEN GYMS**

- Posted on our Website
- Subject to Change without Notice!
- Open to CISD Students
- Bring your own Ball
- Basketball Played in the Winter, but players are made in Summer.

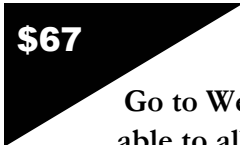
**VARSAITY**



- University of Texas: June 12-14 \$150 each
- Texas A&M: June 19-21 \$150 each

**Contact Coach Anderson for Additional info:**

[anderch@cisdmail.com](mailto:anderch@cisdmail.com)



**Velocity Work-Out Gear**

Go to Website and use form to order. Great Offer! Available to all CISD Basketball Players Future and Past!



## Are you willing to bet on yourself?

Found a great little book by Jeffrey Gitomer the other day titled "Jeffrey Gitomer's Little Teal Book of Trust." It's only a couple of hundred pages, but it's a wonderful book -- one that I'd consider giving to other coaches and players.

Here's a good excerpt from the first part of Gitomer's book:

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Have you ever looked back at a decision you made and scolded yourself, almost punished yourself, for making the wrong decision or realizing you could have made a better decision?

Monday-morning quarterbacks are always correct. They see what could have been done or should have been done on Sunday, and talk about it on Monday as though they could have gone back to Sunday and done it themselves.

People who go back and chastise themselves, or second-guess themselves, for making a wrong decision continue to set themselves up for failure in future decisions simply because they don't trust themselves.

I maintain that your judgment should always be trusted and never be second-guessed. That doesn't mean you won't make errors. That's why they call it judgment.

But I'm challenging you to look at incorrect decisions as lessons, life's lessons.

Mistakes in judgment are the best teachers in the world, and if you choose to learn from them, then you will begin to trust yourself and understand that, correct or incorrect, you were decisive and moved on.

Oh, you may rely on others. Oh, you may be dependent on others. But reliance and dependence are mutually exclusive of trust.

In order to build trust and become a trusted advisor to others, you have to first trust yourself. This means you have to trust your thinking, your wisdom, your knowledge, your judgment, your instincts, your powers of observation, your powers of dedication, your ability to reason, and your ability to discern.

You must be decisive. Trusted people are not wishy-washy. Trusted people do not pass the buck. Trusted people are willing to bet on themselves. It's not "trust me." It's "trust yourself."

