



TRIBE HOOPS NEWSLETTER

Inside FUHS Boys Basketball

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A Message From Coach Kamrath:

Greetings Fullerton High School basketball families, alumni, and community. I hope that your families and friends are doing well and staying healthy. It has been almost a year since we have put out our last Fullerton basketball newsletter as many of us have been dealing with much uncertainty due to the pandemic.

As our program has been through times when we are practicing (in zoom, inside the gym/weight room, then outside, with changing regulations & precautions, on and on) and being shut down by the pandemic, we have done our best to continue to develop our players within the safety guidelines given to us by our school district, county, and state. We still have hopes of getting the chance to compete again some time soon.

"Teamwork is the beauty of our sport, where you have five acting as one."

- Mike Krzyzewski

Even though our practice situations have been inconsistent, we are still progressively moving our program forward and helping our players develop skills, habits, and qualities that will contribute to their success in the future. This past fall our booster club supported our student athletes in participating in a virtual leadership and mindset training with Jeff Becker from Passion4ball (see more information on another page in this newsletter). We also held a virtual free throw-a-thon that raised \$8,651.90, donating \$1,730.38 of that total to Pathways of Hope in Fullerton as part of a community service project.

We hope to be back on the court soon in our new facility, which by the way is going to be one of the best around, playing in a more normal competitive environment. We especially want to get back into those Fullerton uniforms so our seniors can finish their 4 years of high school basketball the way they are supposed to.

Yours in Tribe Hoops,

Erik Kamrath





VIRTUAL FREE THROW-A-THON RESULTS

The Tribe held a virtual “Free Throw-a-thon” under the CDC Covid-19 restrictions in December. Players from our program sent in videos of themselves shooting free throws at home or at the park. They raised donations from family, friends, and neighbors. These donations raised over \$8500 and our program gave a donation of just over \$1700 to the Pathways of Hope in Fullerton as part of a community service project.

The top fundraisers were:

- Aidan Guillen - \$2,160
- Mason Uhm - \$1,654

The top shooters were:

- Mason Uhm - 404
- Jayden Blunt - 390

Virtual Free Throw-A-Thon
Fundraising Results
Total Raised: \$8,651.90
Donation to Pathways of
Hope in Fullerton: \$1,730.38



Old Spaghetti Factory Fundraiser

After Valentine’s Day, you can continue to show love to your family and FUHS Basketball by ordering online from Old Spaghetti Factory! Use the code: BASKETBALL at checkout, and 10% of your pre-tax purchase will be given to support the FUHS Boys Basketball Team! Keep the love going on any or all of the days, February 15th, 16th, and 17th!

Let’s Eat Out!

ONLINE FUNDRAISER BY THE OLD SPAGHETTI FACTORY

Place your online pickup or delivery order from
The Old Spaghetti Factory at OSF.com using the code:

BASKETBALL

to help support the **FUHS Boys Basketball Team**.

When you order online: February 15th - 17th

Use the code at checkout and we will donate 10% of your total purchase (pre-tax) to help support the FUHS Boys Basketball Team.

Share this email and Let’s Eat Out for a good cause!
Fundraiser only available when you order online at OSF.com.

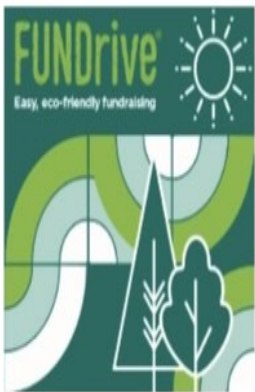
We’re sorry, we cannot accept dine-in guests for this fundraiser.





SAVERS FUNDRIVE

Our program has another fundraiser going around this month. It's time to start spring cleaning. We are collecting clothes and household textiles in hopes of reaching our goal of 5 bags per person. Any donations and help is greatly appreciated. Please see below for more details.



FUNDrive® Coordinator

Christina Guillen
(714) 809-8009
cguillen1@live.com

Our Goal: \$800

5 bags per person
0 boxes per person

Fundraiser Dates:

02/02/2021 - 03/20/2021

Clean out your closets for Fullerton Basketball Fast Break Club!

Our mission in the Fullerton Boys Basketball Program is to create an environment that will allow our athletes to grow as a team, as players, and most importantly as people.

Success on and off the floor is a result of establishing a mentality that we can achieve more together if we use our individual talents to help one another. By donating your gently loved items you are helping to fund our program to provide this experience for our boys! Contact Christina at 714.809.8009 for add info.

We Are Collecting

Clothes

men's, women's and children's clothes,
coats, shoes, scarves,
handbags, wallets,
fashion accessories, ties, belts, backpacks, etc.

Household Textiles

bedding, comforters, blankets, sheets, towels
linen, tablecloths, curtains, pillows, etc.

Please gather clothes and household textiles in bags.

All items must be clean and in sellable condition.



FUNDrive® is an eco-friendly fundraiser for nonprofit organizations. Collect gently-used items in your community and FUNDrive® will buy them.

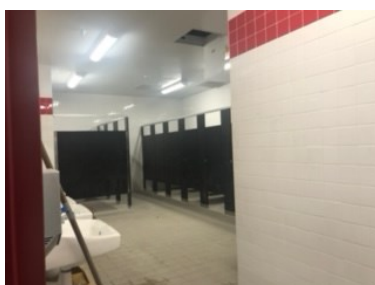
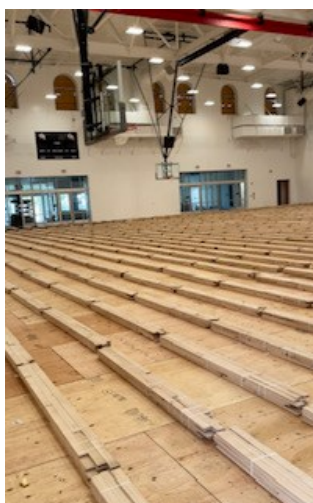
Visit <https://FUNDrive.savers.com> to learn more.





INSIDE THE GYM

Our new gym is making great progress. The floor is set to be laid in the coming weeks and the scoreboards are up and ready. We can't wait to host parents, fans, faculty, and the FUHS student body in our new home, whenever it is safe to do so.



Boys Basketball Incoming Freshman

Spring

- 6-8th Grade One Day Clinic in **April or May** at **Fullerton High School**. Check the website for more information - coming as soon as we know.
- Visit www.fullertonbasketball.com, social media links, or email for details and summer schedule release. Summer schedules are usually available around spring break.

Summer

- Summer High School Camp Parent Meeting - **Thursday, May 6th at 6pm** in **FUHS staff cafeteria** or **virtual in zoom (link will be emailed)**.
- Summer High School Camp - Spirit pack is \$175 - includes uniform, camp, & tournament fees (players get to keep the uniform)
- Freshman **try-outs June 1st-2nd**
- Practices/weight room Monday-Thursday (Times TBD depending on gym availability) Typically around 12-3pm
- Freshman Tournaments – 3-4 weekends in June/July

Website, Social Media, & Email

www.fullertonbasketball.com

Twitter - @FUHSBasketball @CoachKamrath

Instagram - FullertonIndiansBasketball

Coach Kamrath - Head Varsity Coach - ekamrath@fjuhsd.org

Freshman Remind Code - Text the message "@k3g7g8" to 81010 and you will get text message reminders. Use the same code on the app.



2020-2021 COACHING STAFF

Varsity - Erik Kamrath, Josh Siemens, Leon Palmisano

JV - Jacob Rhodes

Frosh/Soph - Richard Perretta, Tracy Nannie

Freshmen - Sammy Jones

Coach Kamrath has added two new members to his staff this year, Jacob Rhodes and Richard Perretta.

New Coaches Bios:

Jacob Rhodes was born in the Bay Area, but grew up in Whittier. He went to St. Paul High School in Santa Fe Springs where he played football, basketball, volleyball, and track. After high school, Coach Jake got his first coaching job at his alma mater at age 19 as a Freshman Boy's Basketball assistant coach. Around the halfway point that season, he took over as the head Freshman coach. His team went on to become Co-Santa Fe League champs. He stayed in that role for 2 more seasons, finishing in second place, then winning the Santa Fe League outright his final year, going undefeated. His next coaching adventure took him to Woodrow Wilson Classical High School in Long Beach where he spent the last 2 seasons. In his first year, Coach Jake's Sophomore team finished in 2nd place in Moore League, running with an 8 man roster the entire season. Last season, his Freshman team went through many ups and downs, but the team had great camaraderie and played hard day in and day out.

Apart from basketball, Coach Jake works at Lucille's Smokehouse BBQ in Brea as a server on the weekends. He is also currently taking college classes online, majoring in History. In his free time, Coach Jake loves to watch and support his Dodgers, Lakers, and Raiders whenever they play. He also enjoys going to the movies, reading, and spending quality time with his fiancée Alexis, his daughter Samantha, and his dog Cocoa. He is very thankful to his family and friends who support him and go to many of his games he coaches in. He is also extremely grateful to Coach Damaine Powell from St. Paul and Coach James Boykin from Wilson High School for believing in him, teaching him, and helping him grow into the confident and fiery coach he is today. And lastly, Coach Jake is ecstatic to have the opportunity to work alongside Coach Kamrath this season and he cannot wait to learn what the Fullerton Indians are all about!

Richard Perretta was raised in Whittier. He attended La Serna HS where played football and basketball, often competing against Fullerton HS. He led his varsity basketball team as a captain his senior year also earning Second-Team All League honors. A year after graduating he was offered the freshman coaching job at his alma mater by his coach and mentor Mike Lowe. He would remain there for five years, the last two of which he was the JV coach, winning their league all but his first year. Richard attended California University of Long Beach where he earned his bachelor's degree in Business Management, and is currently considering a career in education where he can hopefully continue coaching. He is excited to start coaching again and is very much looking forward to learning from Coach Kamrath and the rest of the staff.


Off the court Richard enjoys watching and playing sports, snowboarding, live music, and a fancy restaurant. He currently works as a bartender and server at the Dal Rae, an upscale restaurant in Pico Rivera. Richard recently bought a house in La Habra where he lives with his girlfriend Danielle and their dog Harvey.





February 13, 2021

PASSION4BALL



Throughout the year, we have participated in Jeff Becker's Passion4ball Peak Performance Coaching leadership and mindset trainings. Jeff Becker is well-known in the basketball coaching ranks and provided insight on his strategies to create a successful program. Our players and coaches took part in these seminars and trainings. Found below is more about Becker, as well as more about Passion4ball.


**Passion4ball Academy**
Passion4ball Mentors



Jeff Becker

- **Founder and former Co-Owner of Powerhouse Hoops**
- **Former Director of The PHH Facility Basketball Training Facility**
- **Author "Tender Lions: Building the Vital Relationship Between Father & Son"**
- **Lead Director of Chris Paul CP3 Rising Stars All-American Camp & Middle School Combines**
- **Lead Coach Camp Asia Elite Basketball Camp**
- **4 year letter winner at Augustana College**
- **Certified Life Coach**



**Passion4ball Peak Performance**
12 Pillars To Success

12 Pillars To Peak Performance


Mental Toughness
Develop self-awareness to make consistent decisions aligned with individual and program goals.

Present Moment Focus
Self-awareness of the task at hand to perform consistently, while navigating adversity, to reach goals.

Leadership
Ability to build trust and get results while holding yourself and the program accountable.

Culture
Set of beliefs that create an environment which drive behaviors for success.

Accountability
Ability to take control of your own thoughts, emotions, and actions to hold yourself accountable for your own failure & success.



Self-Talk
The ability to practice the conscious and subconscious dialogue that occurs in your mind before, during, and after competition; to improve your confidence and emotions that impact your performance.

Servant Leadership
Become a servant leader to enrich the lives of your teammates and coaches to build a stronger, empowered, connected, and cohesive team.

Goal Setting
Creating and aligning player's goals to team's goals to drive team KPI's to ultimately execute on the team's mission.

Identity
Developing the awareness and belief about who you are and who you want to be, to show up as your best self.

Time Management
Ability to use time and energy in the most effective manner by preparing, prioritizing, and organizing.

Process Over Outcome
Executing plans consistently while focused on the journey, not the destination.

Mental Imagery & Meditation
Evaluating circumstances to create visualization and mental experiences that resemble actual experiences.

CONTACTUS:

- JEFF BECKER
- EMAIL: PASSION4BALL@GMAIL.COM
- PHONE: 708-478-1397

**Passion4ball Peak Performance**
PROGRAM OVERVIEW

Consulting / Coaching



- Team Workshops
- On Campus & Virtual Visits
- 1v1 Coaching w/ Players or Coaches
- Coaching Strategy Calls & Meetings
- Leadership Meetings
- Team Practice Analysis
- Coaching Staff Analysis
- Player Personality Assessments, Quizzes, and Analysis



STAY CONNECTED

Stay connected with all the latest news and updates involving FUHS boy's basketball by following us on social media:



@fullertonindiansbasketball



@FUHSBasketball

For any further questions or more contact information please contact our booster club

- President - Kirsten Hubbard
- Vice President - Enoch Yousling
- Treasurer - Beth & Ruben Reed
- Secretary - Laura Lettieri

Email: fuhsbasketballfastbreakclub@gmail.com

Go Tribe!!