



Established 1972

Bill Larson, Program Director

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Countdown...

22 Days 12 hours 27 minutes

First, best of luck in play-offs...

It has been a wonderful off-season. The continual support of families, coaches, and universities allows me to enjoy the task of joining so many young athletes together to compete at the highest level. As you know, there are many tasks that a director must deal with, and the position of running such a respected program falls back on the people that North Tartan surrounds itself with.

This off-season Director Bill Larson accepted a position on the National AAU executive board. Years of dedication and a national perspective on youth athletics prompted AAU administrators to contact Bill in early December. Bill accepted his role January 1st, 2010.



On another very important note: **Nike** ... enough said!
Presently, there are 20 clubs nationally that hold this ELITE status.

I would like to stress some expectations that North Tartan has. As the season starts in full swing, the coaches, hope that you, as parents, can help in the following areas of importance:

- *Providing nutrition – eat healthy especially prior to games and during tournaments. Drink your fluids and hydrate continuously.*
- *Encouraging good sleep habits.*
- *Giving strong emotional support to your daughter!*
- *Demanding your daughter is at practice and playing hard. This is what our club is known for. Kids play hard, they dive, they work! Our coaches hold this standard. It is the North Tartan Way!*
- *Helping your daughter respond to adverse situations in a positive manner. One off game out of six – is one game. Go get the next one!*
- *Taking a "team" approach to measuring success. The more you win, the more games you play, the more colleges will see you.*
- *Helping enforce our "dress up on game day" policy. Wear your North Tartan gear with pride. It is given to you to look good and feel good. Colleges notice when you have your high school shirt on, and everyone else has the NT = TEAM PLAYER?*
- *Providing unconditional love and support for your daughter*
- *Alerting coaches to problems affecting your daughter*
- *Reminding your daughter that not every aspect of athletics is fun or positive, but the approach one takes to dealing with the negative aspects can be very positive*
- *Lastly, be in shape and shoot your free-throws... players drive up to 4.5 hours one way to get to practice, you do this on your own!*

COLLEGE NEWS...

BIG TEN ALL-CONFERENCE 2010

Alyssa Karel – University of Wisconsin

Kiara Buford – University of Minnesota

Kamille Wahlin – University of Iowa

Nominees for LOWES Athlete of the Year 2010

Amy Beggin – University of New Mexico

Jenny Vankirk – University of Bradley

If you get a chance check out the post game conference given by Iowa State coach Bill Fennelly after their win over Baylor. There are a number of things that I feel help any player realize how they can impact each game. If you can't link to the information below the game was held on Feb 14th, 2010 and can be found on www.cyclones.com

http://www.cyclones.com/mediaPortal/player.dbml?&db_oem_id=10700&id=692498&DB_MENU_ID=&SPSID=46667&SPID=4253&DB_OEM_ID=10700

NEW TO NORTH TARTAN

After two track meets Shaina Burns won seven (7) national championships! She also set the new all-time national record in the pentathlon and tied the all-time national record in the high jump. Shaina is an 8th grader that will be playing on our 13UB team this spring.



Great Numbers (same as Feb. newsletter)

The web site has taken off. We were informed there were 2,916 hits over the three week period since we first launched the site. Paul Voigt pcvoigt@q.com, has been working to add information daily. For the families who have been in our program please feel free to send him any high quality pictures to put on your age appropriate homepage. Also, we would like to experiment with head shots or action photos to place in each athlete's bio. Please, send those to him. We realize many of you sent in a photo with registration but the resolution is not clear when we tried to download them.

Important for Juniors

ACT Test Dates 2010

April 10th, 2010 registration deadline February / early March

June 12th, 2010 registration deadline early May

For all Juniors, (2011) graduates, please make sure you have registered for the test. Score reports are normally mailed within 3-8 weeks after the test date. Please make this a priority.

13U Pre-Season AAU rankings

North Tartan 13U ranked 9th Nationally – now that is impressive!

Schedules / Accommodations

Schedules are set! Through years of travel we make sure we are involved in the most respected and prestigious tournaments in the nation. Each age 11U – 17U has a ton of opportunity and will be competing at the highest level tournaments. Of course, we try to accommodate the needs of all players and keep our wonderful economy in mind.

As we travel North Tartan sets accommodations for each team. Since, we have attended many of these tournaments in the past we find hotels that fit the needs of parents and players. Cost, wireless internet, continental breakfasts, safety, and proximity are just some of the attributes of finding the perfect place for the team to stay. North Tartan realizes that there may be other alternative accommodations that can be set up by individuals but we do prefer teams staying together. Some of the greatest memories from past players is winning a game and enjoying the hotel lobby together later that evening.

Registrations

Thank you everyone for being on time with payments and registrations. It has been a very smooth process since we have received essentially all materials as of to date. If you have not mailed in at least half of the payment please do so immediately. Many tournaments have moved up their registration deadlines and we are completing all of our orders on March 1st. Again, this is greatly appreciated. If you have any questions please contact Andy Jacobson at jacobson_andy@hotmail.com.

- Remember to get your AAU card! (North Tartan Club code: **MNBW6A7KB0**) – **pay the extra \$2**
- Remember to send in your jersey # (top 3 choices), especially if this is your first year with us.
- You can also text me your daughters' jersey numbers of choice – 612-867-5045.

We need the numbers by 3/7/2010

Enjoy your season and we wish you the best of luck!



With a bounce,

Bill Larson
North Tartan

22 Days 11 hours 15 minutes