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Coach Frank Allocco, Jr. motivating Prime players between practices

## Program Update

With so many exciting things going on within the ASA family, we have decided to start a newsletter to keep players and parents more informed. The newsletter will also be used to honor former players and coaches as well as highlight all of the exciting things going on within our program!

It has been a great year for ASA and our programs have never been stronger. With our first Winter Program underway we are doing skill sessions twice a week and seeing huge growth in fundamentals involving footwork, dribbling, and shot speed. Player

development has always been the strength of ASA Basketball and participants in our Winter program are really benefiting!

Our Prime teams are well into the second quarter of the program. As always, it's been an intense first few months as the staff reinforces great habits, effort, as well as concentration. As our players get more comfortable they are starting to see great results on the court in practice as well as games!

Please read below for more exciting developments within ASA Basketball!

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## Alumni Success On the Court

The winter is an exciting time of the year as we get a chance to see former ASA players thriving at the high school and college levels. As highlighted on our website, we have around 100 former players playing Varsity basketball, and currently 22 players competing at the college level. Considering how new our "Prime" year-round tournament teams are (first group are current seniors in high school), we expect these numbers to keep growing and growing!



Jordan Ratinho -  
Freshman at USF

[Click here to see a list of our alumni currently playing Varsity, collegiately, and professionally](#)

## ALUMNI SPOTLIGHT:

### **JORDAN RATINHO - FRESHMAN - UNIVERSITY OF SAN FRANCISCO**

Jordan was a standout player on our standard ASA teams in middle school and throughout his high school career. He led his ASA Spring team (no Prime yet) to Reno where they made it to the championship game. Jordan started on the Varsity team at De La Salle as a Freshman, and although he was invited to play for top ranked AAU programs in California as well as nationally, he always remained a part of ASA to reinforce his fundamentals and learn advanced skills to push him to the next level.

Jordan currently averages 22 minutes a game for USF, averaging over 8 points a game and shooting over 50% from the field, as a Freshman! His 3 point percentage, 48.4%, is among the highest in the country. Of course, with his ASA background, he is a standout defender and sets himself apart on that end of the floor!

#### **Quote from Kyle Smith, Head coach at the University of San Francisco:**

*"Jordan Ratinho is a coach's dream. Not only is he a talented player who possesses great skill, he is a humble warrior. His attitude, work ethic, and unselfishness are attributes everyone should emulate. He is willing to do whatever it takes to help his team win. A true throwback."*

#### **Words from Jordan Ratinho:**

*"Playing for ASA and going to Excel camps from a young age really helped me to develop my fundamentals and made me a better player. Coach Allocco and Coach Frankie taught me what it means to compete and how to apply skills I learn on the court to my everyday life. Everything I have learned from them has helped me where I am now at the college level."*

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## ASA Runs Free Skills Clinic

We are proud to have worked with St. Agnes CYO to provide a free skills clinic for over 120 players in their program. On Friday, December 23rd, nearly 20 coaches volunteered their time to provide a great clinic for 3rd-8th grade boys and girls from St. Agnes! ASA is proud to be a part of our community and hope to continue to give back as much as we can.

Players were led through two different dribbling workouts, a lecture and drill breakdown involving shooting technique, and four different stations focusing on game situation shooting drills. Players had a GREAT time and we appreciate all of the wonderful feedback we have gotten from parents!

Thank you again to all of the coaches who volunteered their time to make this possible, and to all of the players who attended we hope you are getting out on your own working on those drills!



Coach Frank Allocco, Jr. speaking to over 100 CYO players from St. Agnes about the importance of the one-handed shooting drill



6th Prime Blue wins a championship, quickly becoming one of the best teams we've had

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## Prime Update

Our Prime teams have been practicing and playing in tournaments since September, and as always improvement has been significant. Our 8th grade class continues to grow as they prepare for high school basketball, with our Blue team playing like the most improved team we've had. We have never had so many players 3rd-5th grade in the Prime program, they are establishing great habits and fundamentals at a young age which will help them immensely as they get older.

We have a tournament this coming weekend for some of our teams, then off to Anaheim for the annual MLK tournament. This is always a great weekend for our players to see some great competition and measure ourselves against the best. Further, the majority of our teams are in the

same gym so our younger players can watch the older teams compete and execute against the best! As always, this is going to be a great opportunity for our players to learn and compete, and also bond with coaches and families outside the court!

**Monday Skill Sessions:** Our 6th-8th grade teams have a third practice a week, which is a skill session in the training room at the Ultimate Fieldhouse. Players go through college level workout, with a half hour on the shooting machines and a half hour of post work, jab series, and shooting off the dribble. Players have been challenged and learned advanced skills and drills which they can take home and perfect on their own. An additional 20 minutes is spent after the workout with player led dribbling drills utilizing one ball, 2 ball, and tennis ball drills.

**Comments from Coach Frank Allocco, Jr.:**

*I have never been more pleased with our program than I am right now. With the addition of the Fieldhouse as our main practice facility, our practices have never been more efficient and organized. Our older players are showing great improvement as we have made a huge investment into skill development this fall and winter. Our younger teams are filled with passionate players, and if they do their part at home they will be special. The "ASA Way" works, and as our players continue to become comfortable with accountability and controlling what they can control, they will reach their potential. Most importantly, they will become responsible young men and be better off in all aspects of their lives!*

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## Ultimate Grind Award Winners

Congratulations to Marco Mata (5th grade Prime) and Nick Yu (8th grade Prime) who both won the "December Grind" award at the Ultimate Fieldhouse. This award goes to players who train at least twice a week for a month with Teohn Connor at the Fieldhouse.

Marco is the only player to get it every month since its inception three months ago!

If you are looking for more basketball, we HIGHLY recommend Teohn Connor, the head trainer at the Ultimate Fieldhouse. Most players who want to play more find more teams, to play more games. Games are great to learn your weaknesses and to learn how to compete, there is no substitute for getting in the gym on your own or in a small group and working hard at your skills consistently! Nobody does this better than Teohn!



Marco Mata, winner of the "Ultimate Grind" award three straight months. Marco has a bright future, he puts the time in!

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## Spotlight Drill Series of the Month

This month we spotlight one of our favorite dribbling drills, Five Dribble Rhythm Dribbling. This is a great stationary dribbling drill which is great for improving a players handle and strength in dribbling. If we could get players to work on this series for just 8-10 minutes a day, the results would be noticeable. Of course, we believe a serious player should be dribbling 15 minutes a day, in addition to finishing around the rim, and games speed shooting. Please see the short video below to learn more about "Five Dribble Rhythm Dribbling".



5 Dribble Rhythm Dribbling

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## Happy New Year!

Thank you for reading about some exciting news and developments within our ASA family! We hope everyone had a great holiday season and we wish you all a Happy New Year. We hope to see your players on the court in 2017!

[Visit our Website](#)

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