

Dear SB players and parents,

Now that all of our gym time has been approved, I'm happy to announce our final program I have planned for the Fall season.

Starting this Saturday, September 21st we will be running a test prep/ study group on Saturday mornings from 9am-1pm at 145 Stanton Street.

The idea is to run intense basketball workouts in combination with studying for the SHSAT or anything else our players needs to work on for school. It could be homework, a school project or an upcoming test of any kind.

We will do 3-minute sets of intense basketball skill drills followed by hurrying over to a desk to study for 5-minutes and then back to working out again. Players who are coming to prepare for the SHSAT will complete a full practice test on each of the next five Saturdays and will be invited to meet with a professional tutor to review the questions they missed on Sundays between 12-2pm at 10 E 15th Street.

My motivation for this project comes from being exposed to the work of Dr. James Fadigan who holds a dual doctorate in neuroscience and psychology. As part of a career that includes contributing to the drafting of the 1964 Civil Rights Act, serving on two Presidential Commissions on Equal Employment and Setting National Human Resource Standards, consulting Jim Henson during the creation of Sesame Street, and founded Learn to Learn Inc., Dr. Fadigan researched the advantages of applying balance drills and other gymnastics exercises to academic study.

His research shows that if you study while physically stressing the body, the brain better retains information and that test taking becomes easier when the physical stress is removed.

This workout aims to be the SB/ basketball version of what Dr. Fadigan proved to be effective on a balance beam.

As a Bronx Science alumni, I know first hand the benefits of studying for the SHSAT and I've always wanted to find a way to help prepare SB players to gain acceptance into one of NYC's Specialized High Schools.

If you plan to attend in order to prepare for the SHSAT, please email me at [macky@steadybuckets.org](mailto:macky@steadybuckets.org) so I know how many practice tests to bring. If you plan to attend, but bring your own school work, just show up on Saturday morning.

I hope to see you there.

Best,

Coach Macky

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