

# LEGACY

## NEWSLETTER



Development is not just about working harder. It is about training in an environment that challenges players to think, compete, and grow every day.

### // Inside Legacy This Week

At Legacy, every session is designed with purpose. From game-speed reps and live decision-making to building confidence under pressure, our focus is helping athletes grow beyond their current role. We are not just developing basketball players. We are building complete athletes who can think the game, compete with confidence, and continue improving year after year.

## Join the Legacy Community

Follow Legacy Basketball for athlete highlights, development insights, training updates, and upcoming opportunities throughout the season.

Instagram: @legacyprepbasketballacademy  
Email: info@legacypba.com





## **ATHLETE SPOTLIGHT** **Marcuz Sandiongco • Grade 6**

Marcuz Sandiongco made a major impact on the Legacy Basketball program this season through his confidence, natural skill, and leadership as a young point guard. Marcuz consistently stepped into important responsibilities for the team and became a key part of the offense throughout the year.

What stands out most about Marcuz is the confidence and pace he plays with. He attacks the game aggressively, handles the ball with composure, and embraces the responsibility of leading teammates on the floor. Throughout the season, he showed tremendous growth in learning how to run a team-based offense, make stronger decisions with the ball, and improve his overall shot selection.

Marcuz's development became especially noticeable during the playoffs, where he delivered the strongest performance of his season with 21 points, 16 rebounds, and 4 assists, setting highs in all three categories. His ability to rise to the moment reflected both the confidence he built throughout the year and the work he consistently put into improving his game.

Marcuz represents the type of athlete we love developing at Legacy: competitive, coachable, confident, and eager to grow. The progress he made this season was exciting to watch, and we are looking forward to seeing how his game continues to evolve in the years ahead.



## **ATHLETE SPOTLIGHT**

### **David Ramirez • Grade 9**

David Ramirez has made a strong impression in his first season with Legacy Basketball through the consistency, effort, and maturity he brings to the program every day. From early morning skill sessions with older athletes to extra time spent developing his game outside of practice, David has continuously looked for opportunities to improve and challenge himself.

What stands out most about David is his motor. Every drill, rep, and possession is approached with full effort and focus. That mindset has translated into real growth throughout the season, especially with his three-point shooting, where his confidence and consistency have continued to improve.

David has also taken major steps as a communicator and teammate. During the second half of the season, he became more vocal, more engaged, and more present both on the court and from the bench. He embraced the program standard that communication acts as a sixth player on the floor, and his leadership in that area continued to grow throughout the year.

David represents the type of athlete Legacy looks to build: accountable, hardworking, coachable, and committed to development. The progress he has made is a direct reflection of the work he continues to put in, and we are excited to see where that growth takes him next.



## ATHLETE SPOTLIGHT

### Miksa Reid • Grade 10

Miksa Reid has established himself as a key leader within the Legacy Basketball program through his consistency, competitiveness, and team-first mentality. As a Grade 10 athlete, Miksa brings a versatile skill set that allows him to impact the game in multiple ways, whether that means handling the ball under pressure, playing inside when needed, or stretching the floor as an outside scoring threat.

What separates Miksa is the way he approaches both competition and leadership. He is a vocal presence on the court, consistently communicating with teammates and supporting their development through positive feedback and accountability.

His energy and competitiveness remain constant in practices and games, and he continues to set a strong example through the way he works every day.

As a member of the U15 Provincial Team, Miksa played an important role through consistent scoring, rebounding, and overall impact on the floor. His ability to contribute in multiple areas of the game reflects the versatility and consistency he brings to the team. Miksa represents the qualities we value most at Legacy: leadership, consistency, coachability, and a commitment to growth. We are proud of the progress he continues to make and excited to see what's ahead for him.



## **ATHLETE SPOTLIGHT** **Abdu Ahmed • Grade 11**

Abdu Ahmed has made a major impact on the Legacy Basketball program this season through his leadership, maturity, and continued growth on and off the court. Throughout the year, he has developed into a reliable presence for the team, leading by example through his work ethic, composure, and willingness to support those around him.

What stands out most about Abdu is the respect he has earned from his teammates. Multiple players regularly look to him for guidance, encouragement, and leadership, which speaks to the type of presence he brings to the program every day. His ability to stay composed, lead confidently, and support others has made him an important part of the team culture this season.

Abdu also delivered several big moments throughout the year while helping lead the 2009 boys team to multiple wins. One of his most memorable performances came during the Alley-OOP tournament, where he led a comeback victory by scoring 12 points in the final two minutes of the game to help secure the win.

Abdu represents the qualities we value most at Legacy: leadership, resilience, accountability, and a commitment to growth. We are proud of the strides he has made this season and excited to continue watching his development moving forward.

# **Coach's Corner: At Legacy, We Don't Choose Between Development and Games... We Connect Them**

## **By Coach Marlin**

One of the questions we get all the time, "How much should my athlete be training... versus playing games? That's a fair question. It's easy for programs to lean too far in one direction. Some focus heavily on games, travel, tournaments, and competition. While others focus heavily on training, skills, drills and workouts.

At Legacy, we don't see it as an either/or decision. We see it as a system that needs to work together.

### **Our Belief: Games Reveal...Training Builds**

We look at development through two clear lenses:

1. Games show you where you are.
2. Training determines where you're going.

Games expose, decision-making, confidence under pressure, habits (good and bad)

Training is where we correct, build and expand.

If you only play games, you repeat what you already are. If you only train, you don't know if what your training on will transfer to game situations.

### **Why Players Plateau Without the Right Balance**

We've seen it both ways. Players playing multiple games a week, stay in the same role and don't expand their skill set. Or, not enough development.

The result of this over time are habits become fixed, Confidence is tied to limited roles and growth slows down. They're active, but not growing.

On the other side of this equation is too much training, not enough application which usually results in players that look great in workouts, execute drills at a high level. Although in games they hesitate, struggle with decision-making and can't apply what they've learned in their training...because the training wasn't connected to real game play.

## How We Structure Development at Legacy

Everything we do is built around one goal...make sure what we train shows up in games. Our practices are designed to mirror game situations which support skill transfer to games.

We focus on:

- Game-speed reps
- Live decision-making
- Situational reads

So players aren't just learning skills...they're learning how to use them.

When we play games, we use them as feedback, not just competition. The game is not just about the results...they about information. We look at where players are hesitating, what decisions they're making, what skills are breaking down under pressure, where do we have a gap in understanding of the game. We take what we find directly back to our training to continue to develop individually and as a team.

## We Expand Roles Through Training

Games often limit players to roles.  
Training expands them.

We use training to:

- Develop skills outside current roles
- Build confidence in new areas
- Prepare players for more responsibility

So when opportunities show up in games...  
Players are ready.

## We Build Confidence Between Training and Games

Confidence doesn't come from either one alone.  
It comes from the connection between both.

Players:

- Train a skill
- Apply it in a game
- See it work

That loop builds belief.  
And belief changes performance.



## **This Is Built Into Our Coaching Culture**

Every Legacy coach is aligned on this:

- Training must transfer
- Games must inform training
- Players must be challenged in both environments

We don't separate development and competition.  
We integrate them.

## **What This Looks Like for Our Athletes**

Players in our program:

- Don't just play more—they play smarter
- Don't just train—they apply
- Don't stay the same—they evolve

Because every part of the system is connected.

## **The Question We Want Players and Parents Asking**

Not:

**"Are we playing enough?"**

or

**"Are we training enough?"**

But:

**"Are we doing both in a way that actually drives development?"**

## **Final Thought**

The best players aren't built by choosing between training and games.  
They're built by connecting them.

At Legacy, that connection is intentional.

If you're looking for an environment where:

- Training translates
- Games accelerate development
- Players are built with purpose

Come experience how we do it.





## AUGUST TRYOUTS

TENTATIVE DATES:

August 15 & 16

August 22 & 23

More details and registration information will be released soon.

We are excited to welcome both returning and new athletes into the Legacy Basketball program for the upcoming season.

## SUMMER BUCKET BUILDER CAMP REGISTRATION NOW OPEN

**Development-focused training built for real game growth.**

Legacy Basketball summer camps are designed to help athletes improve their confidence, basketball IQ, and overall skill development through game-speed training and live decision-making situations. Sessions will focus on sharper ball handling under pressure, footwork that creates separation, finishing through contact, shooting mechanics, and gameplay reads that translate directly into real competition.

CO-ED CAMP (RED RIVER COLLEGE SOUTH GYM)

Years 2013, 2014, 2015, 2016

May 20, 25, 27 • June 1, 3, 15

6:00 PM – 8:00 PM

[forms.gle/m15usw2UzCsRH6Zk7](https://forms.gle/m15usw2UzCsRH6Zk7)

BOYS CAMP (RED RIVER COLLEGE SOUTH GYM)

Years 2010, 2011, 2012

June 29 • July 1, 6, 8, 13, 15

6:00 PM – 8:00 PM

[forms.gle/XHusHmxmqaaBXYRp6](https://forms.gle/XHusHmxmqaaBXYRp6)

