

SCHOOL EXPRESS



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Basketball

In early December 1891, James Naismith, a Canadian physical education teacher at Springfield College in Springfield, Massachusetts invented an indoor game called basketball. He invented the sport to keep his students from becoming bored during the winter. Naismith wrote the basic rules and then nailed a peach basket onto a 10-foot tall pole. Unlike modern basketball hoops, the bottom of the peach-basket was still there, so after a point was scored, somebody had to get the ball out of the basket with a long stick. Over time, people made a hole at the bottom of the basket so the ball could go through more easily.

The score of the first game of basketball ever played was 1 - 0. There is a sculpture in Springfield, outside where the first game was held. The Naismith Memorial Basketball Hall of Fame is also in Springfield.

Since the rules hadn't been formally written, there was no maximum number of players back then, unlike today. This also meant that there were no set rules to the game; Naismith only observed and changed the rules accordingly.



“I’ve failed over and over and over and over again in my life... and that is why I succeed”- Michael Jordan



State Participation



2015

Ismatt Kaur
Anahat Brar
Navleen Kaur
Prabhjot Kaur Maan
Sahil Bedi
Arya Sharma
Jitesh Bhati

2016

Kismattdeep Kaur
Gunjot Kaur
Tanishq Mehta
Arjun Singh Bal

2017

Kismattdeep Kaur
Lavanya Thakur
Gunjot Kaur
Tanishq Mehta



United World Games (Austria) 2016

17 students of Learning Paths School participated in the UNITED WORLD GAMES in Austria and stood 2nd in their pool. They went to Venice and Vienna too. Games were held in Klagenfurt where students played all their matches. It was good experience where they got the chance to play against Austria, Turkey, USA and Ukraine. The Students took part in U-10, U-12 and U-14 categories.

1. Teknamvir Singh
2. Veer Partap Singh
3. Vedansh Ranot
4. KismattdeepKaur
5. Seerat Gill
6. Manvir Singh Kaler
7. Lavanya Thakur
8. Alayna Dewan
9. Damanjeet Singh
10. Madhav Goel
11. Manit Singh
12. Aryan Mittal
13. P. Prakriti
14. Ismatt kaur Dosanjit
15. Anahat Brar





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“Concentration and mental toughness are the margins of victory” – Bill Russell



“You have to earn your right to win the game with effort and togetherness” – Brad Stevens





Basketball Training in USA (2017)

13 students of Learning Paths School went to Orlando (USA) for basketball training with TNT ELITE HOOP Basketball Academy. The Students also visited New York and many places like NASA, Statue of Liberty, New York City tour and they played friendly matches with Eagle Water High School. It was a great experience to see the Basketball training system and their level of training with different equipment.

- 1. Manit Singh**
- 2. Manvir Singh**
- 3. Teknamvir Singh**
- 4. Kamalpreet Singh**
- 5. Mehtab Singh**
- 6. Gurkaran Singh**
- 7. Gurparteeek Singh**
- 8. Ajayteshwar Singh**
- 9. Kismattdeep Kaur**
- 10. Seerat Gill**
- 11. Lavanya Thakur**
- 12. Amrit Sandhu**
- 13. Ravitej Singh**







Achievements 2017-2018

LPS is running a Basketball Academy in the evening time after the school hours in which around 35-50 students play basketball. Many students have improved their skills and have been selected in the School teams.

- The U-12 Boys Team stood 1st in the Bhagwant Singh Memorial Basketball Tournament 2017.
- The U-14 Girls Team stood 2nd in the Bhagwant Singh Memorial Basketball Tournament 2017.
- The U-14 Girls Team were Runners-up in the St. Kabir Basketball Tournament in 2018.
- The U-14 Boys Team were 2nd Runners-up in the St. Kabir Basketball Tournament in 2018.





School Basketball Teams







Basketball in Outdoor Club

Classes I to X play Basketball in their OUC lesson and around 35 to 40 students from each class play Basketball.

Inter House Basketball Tournament

- **Classes IV & V**
- **Classes VI & VII**
- **Classes VIII to X**





My Experience of Going to USA

The day when our plane landed in USA; I already knew that this wasn't going to be like any other trip.

We went to United States of America for special basketball training and having loads and loads of fun with friends and our coach- Nivedita ma'am.

We stayed in Orlando; which is a peaceful town in the state of Florida. The very first day was the starting of an amazing training session at TNT Elite Hoops; with some of the most aspiring and hardworking coaches. The meaning of TNT is very realistic and imaginative---TNT means 'Today Not Tomorrow'.

The 2 main coaches- Coach Gerroid and Coach Nick were two of the most committed, productive and fun people I had ever met. The 7 day training session at Elite Hoops was amazing. We did a lot of hardcore training, learnt much about American basketball, which is a little different from the regular basketball we play, and did a lot of fun tasks and activities. Even our coach- Nivedita ma'am trained hard with us, which was very motivating, because, "Behind every fearless player is a fearless coach."

She also taught us that, "If your coach pushes you, disciplines you, demands the best of you all the time, then this means she really cares."

The hotel we stayed in was also pretty impressive. There was a pool, a gym, and a massive assembly hall.

I still remember the time when we were in the gym and I turned the speed of the treadmill to full and then shouted at the top of my lungs for someone to stop it! And the time when my friend's phone fell right into the pool and she wasted no time and jumped right in to retrieve it. These experiences can never be forgotten.

Then comes my least favorite part---leaving Orlando. The stay there was unforgettable and remarkable.

Our next stop was NEW YORK CITY---one of the most popular and populated cities. We stayed in New Jersey. But during the day time we roamed about on the streets of New York City.

We went to a lot of places in the city like the largest M&M shop in the world, the 9/11 memorial. It was heart throbbing to see the names of all those people who lost their lives in that incident. We also took a ferry to the Statue of Liberty. It was more beautiful in actual than in pictures or movies, it was actually a marvelous wonder.

NEW YORK was awesome but how Nivedita Ma'am managed us all made it even more awesome. Visiting New York was like a dream come true.

My stay at the UNITED STATES OF AMERICA was like a dream come true, totally great and eventful. And I think even all of my friends and everybody who went with us can say so too.

At the end I'm most thankful to my parents for sending me and of course our coach- NIVEDITA Ma'am an extraordinary person, who took the initiative of organizing this trip and making it a huge success.

Lavanya Thakur (VII B)

KISMATT'S BASKETBALL JOURNEY SINCE 2014

Just a flash back as time flies by and here Kismatt stands with a trophy of best player U-14 of a tri-city tournament. The scene is entrenched in my mind: a little girl of class 4 trying to convince me, her mother each day to enroll her for basketball, as her new coach was encouraging her to join. The coach was confident that if she took on the game, she could do really well. After enrolling, she showed a passion for the game which made her attend practice even with a fractured toe! She even managed to play, with her injured toe, in the Inter-House Basketball Tournament and her House came second!

Then the United World Games at Austria brought another leap in her game. The trip brought more understanding and respect for the game after seeing the international passion for it. After this trip, the basketball team was like a big family and the coach Dr. Nivedita like a caring mother, a counsellor and a friend. Of course this trip added a lot of confidence in the players and the U-12 girls emerged as Runners-Up in the Bhagwant Singh Memorial Tournament 2015-16.

This was followed by Kismatt being selected to represent the State, made the captain of the School basketball Team, winning the House Trophy, and being declared the best player in school. Encouraging her best friends to be part of the team, this passion touched heights when parents were forced by players to drop them for morning and evening practice even on Sundays!

The Coach's dedication, the player's passion, the parents' trust and the platform provided by the school for basketball training has been awesome, whether in India or in the trips abroad! If today Kismatt is considered a very good player of Basketball, it is only due to the loving care and dedication of her coach, Dr. Nivedita and the encouragement she has received from the School. Of course, she still has a long way to go, many more heights to achieve and dreams to fulfil. But as a mother I'm proud to say that she is on the right track.

Pawandeep Kaur
(Mother of Kismattdeep VII B)

(THE BASKETBALL TEAM IS NOW HEADING FOR TRAINING TO CANADA IN JUNE 2018)



**Plot No 3, Sector 67 Mohali, Punjab -160062.
Ph: +91 (0172)5134300/08, 9878007553
Email :contact@learningpaths.in**