



THE HOOP SCOOP

Strengthening Community Through Sport

Spotlight: Mindset Coaching for Select Players & Parents

Training the Mental Game

This season, Great Falls Basketball launched its first Mindset Coaching program in partnership with Ronay Mindset Coaching, led by Coach Mandy, a former Division I basketball athlete and coach from Northern Virginia. Read more about [Coach Mandy here](#)

Great Falls Select Girls 6th, 7th, and 8th grade teams participated in the initial player-and-parent session, with players scheduled for two additional sessions and parents for one more.

Why Mindset Coaching Matters

Basketball places real mental demands on young athletes — pressure, mistakes, confidence swings, and emotional highs and lows. These sessions focus on giving players tools that extend beyond the court:

- Resetting quickly after mistakes
- Building confidence and composure
- Leading with poise under pressure
- Strengthening communication and motivation

Parents also gain insight into how to best support their athletes — learning what to say, and just as importantly, what not to say, during games, practices, and tough moments.

Big Picture Impact

Mindset coaching helps good players perform like great ones by aligning mental preparation with physical skills — not only in sports, but in academics and life. Feedback from parents has been overwhelmingly positive, with many wishing they had learned these tools earlier in their athlete's journey.



Thank You Karen Rewalt for Bringing Mindset Coaching to GF Hoops



Great Falls Basketball would like to thank **Board Member Karen Rewalt** for bringing Mindset Coaching to our girls' program. Karen and her AAU basketball team have worked with Coach Mandy for several years and have seen firsthand the positive impact mindset training can have on confidence, composure, and performance. Her daughter, Payton Rewalt—who was highlighted as a rising star in last month's Hoop Scoop—is one of many athletes who has benefited from these tools.

Karen also applies Coach Mandy's techniques, such as breathing exercises and visualization, in her own professional work delivering keynotes to thousands, underscoring how mindset skills extend beyond sports.

Feedback from parent sessions has been extremely positive, with many parents sharing they wished they had learned earlier what to say—and just as importantly, what not to say—to players, coaches, and referees. We are grateful to Karen for championing this valuable resource for the GF Hoops community.

GF Hoops Youth Leadership Scholarship – 2026

Great Falls Basketball remains deeply committed to the development of our youth—on and off the court. In that spirit, we are proud to continue the Matthew Poyner Youth Leadership Scholarship, first established in 2015, to support college-bound high school seniors from our program.

This scholarship is named **in honor of Matthew Poyner**, a beloved member of the Great Falls community and a former Langley High School student who passed away unexpectedly in 2015. Matt was known for his intelligence, empathy, optimism, and love for life. He was deeply dedicated to his studies, his family and friends, and to giving back to his community. During his time with GF Hoops, Matt served as a player, referee, and coach, embodying the leadership and character this scholarship seeks to recognize.

For the 2026 award cycle, four \$1,000 scholarships will be awarded to deserving high school seniors. Eligible applicants include seniors who have participated in Great Falls Basketball as players, referees, assistant coaches, or head coaches.

Recipients will be selected based on their leadership, service, and meaningful contributions to the GF Hoops community.

Key Dates:

- Application Period Opens: January 17, 2026
- Application Deadline: February 2, 2026

[**MVP Scholarship Form**](#)

Scholarship recipients will be announced during Championship/All-Star Weekend in March (date TBD).
Questions may be directed to info@gfhoops.com

Live Like Lilly Award: Celebrating Sportsmanship, Positivity & Joy

At Great Falls Basketball, sportsmanship is more than a guideline—it's a value that shapes how our players, coaches, and families show up for one another. The Live Like Lilly Award was created to celebrate these ideals and to honor the enduring legacy of Lilliana Joy Kishore.

Lilly was a cherished member of the GF Hoops community, along with her family, serving over the years as a player, referee, and coach. She was known for her genuine kindness, positive spirit, and deep care for those around her. Lilly brought joy to everything she did—especially basketball—and her presence left a lasting impression on teammates, coaches, and friends alike. Tragically, Lilly passed away in 2021, shortly after graduating from college.

Each year, the award recognizes individuals who exemplify positive sportsmanship, support their teammates, respect officials, and bring encouragement to the court—regardless of the scoreboard. Nominees are identified by coaches, referees, and members of the GF Hoops community who witness these values in action throughout the season.

To nominate a player, please complete this form and include a brief explanation of why the individual is deserving.

[**Live Like Lilly Award Nomination Form**](#)

Key Dates:

- Application Period Opens: January 17, 2026
- Application Deadline: February 2, 2026

Live Like Lilly Award recipients are honored during GF Hoops Championship Weekend with a special ceremony and plaque, celebrating their impact on their teams and the broader community.

We invite everyone in our community to honor Lilly's legacy by remembering what matters most:

Be Positive. Play With Joy.



**Did You
Know?**

Wilt Chamberlain never fouled out of an NBA game.

The GF Hoops Basketball Challenge Starts January 24th!

All players, referees, youth coaches/assistant coaches and statisticians currently registered in the 2025-26 GF Hoops Winter House and Select Leagues are eligible to participate.

Activities include: Full Court Timed Layup Race, Hot Shot Shooting Contest, Three-Point Shooting Contest + Other Fun Events.

Only \$10 TO PARTICIPATE

To Register:

Venmo \$10 to @CoachShu
Enter Name and Grade under
"What's this for?"

No fee for spectators!



Cash prizes for winners!
Who will win the coveted
GOLD basketball and
bragging rights this
season?

Mark Your Calendars

Gender/Grade	Date	Location	Time
Boys 3	Sun, Jan 25th	Aldrin ES	10:30am-12pm
Boys 4	Sat, Jan 24th	Aldrin ES	3:30pm-5:30pm
Boys 5	Sat, Jan 24th	Aldrin ES	1:30pm - 3:30pm
Boys 6	Sat, Jan 24th	Aldrin ES	9:30am - 11:00am
Boys 7	Sat, Feb 7th	Aldrin ES	11:00am - 1:00pm
Boys 8	Sat, Feb 7th	Aldrin ES	1:00pm - 3:00pm
<u>Boys 9/10</u>	Sat, Jan 24th	Herndon HS	2:00pm - 3:30pm
<u>Boys 11/12</u>	Sat, Jan 24th	Herndon HS	3:30pm - 5:30pm
Girls 3	Sun, Jan 25th	Aldrin ES	3:00pm - 4:30pm
Girls 4	Sat, Jan 24th	Aldrin ES	11:00am - 12:30pm
<u>Girls 5/6</u>	Sun, Jan 25th	Aldrin ES	5:00pm - 6:30pm
<u>Girls 7/8</u>	Sat, Feb 7th	Aldrin ES	9:30am - 11:00am

You won't want to miss this highly popular event!

The GF Hoops Swag Store Is Open!

Rep Great Falls Basketball with official gear—plus don't miss our exclusive 50th Anniversary collection, available for a limited time only.

Perfect for players, families, coaches, and fans.



[SHOP NOW](#)



**Did You
Know?**

Michael Jordan famously left basketball in 1993 to play minor league baseball, returning to the NBA in 1995 with his iconic "I'm back" announcement.

A Great Turnout for Girls' Youth Night

GF Hoops was proud to partner with **Langley High School** for another exciting **Girls' Youth Basketball Night**. Youth players packed the stands, proudly wearing their jerseys, cheering on the Saxons during the Langley's exciting game against Washington-Liberty.



These nights help connect younger players with the next level of the game, inspiring them while strengthening ties between GF Hoops and our local schools. A great night of basketball—and even better community spirit.

Many Thanks to **Langley**
High School Varsity
Girls Coach Amanda
Baker for sponsoring GF
Hoops girls.

Upcoming Events | Calendar Highlights

Date	Event
1/17/26	High School Senior Scholarship Application and Live Like Lily Award Period Opens
1/19/26	FCPS Student Holiday – gyms closed
1/24/26	Hoops Challenge Begins
1/29/26	FCPS Student Holiday - gyms open
1/30/26	FCPS Student Holiday - gyms open
2/9/26	High School Senior Scholarship Application and Live Like Lily Award Deadline
2/14/26	Final Week of House League Games All Grades, K/1 program ends
2/15/26	Spring Clinic and Summer Camp Registration Begins
2/16/26	FCPS Student Holiday – gyms closed
2/17/26	FCPS Student Holiday - gyms open
2/20/26	GF Hoops Volunteer Appreciation Night
2/21/26	GF Hoops March Madness Tournament Games Begins
3/7/26	Final Weekend - Championship and All Star Games
3/7/26	MVP Awards Presentation
3/8/26	Live Like Lily Awards Presentation
3/9/26	Spring Clinics Begin
3/16/26	March Madness Challenge



Follow us on Social Media

Fun Fact:

The shortest player to ever play in the NBA (Muggsy Bogues 5'3") blocked 39 shots

Langley Boys' Basketball

•Youth Night•

Please join us on February 5th

Langley vs Herndon

7:30 pm – Varsity



- Youth boys wearing jerseys get in free!
- Prizes & giveaways!
- Games at halftime

Come support the Freshman (4:30pm) and JV (5:45pm) teams as well. Entry is free for boys with local youth jerseys but giveaways, prizes and halftime games will only be during the Varsity game. Concessions will be available