

## LST OPPORTUNITIES

- Small Groups
- ELTP
- Game Ready
- One on One
- Vertimax
- Customized Training
- Performance Training
- Top Shooting Coaching



To learn more, or to register for a session, please go to our website and purchase a pass (discounts available for DISA Athletes):

<https://loudounsportstraining.com/>

## SPARTAN INDOC IS BACK!



The **Spartan INDOC** furthers the development of training the Spartan Way. These ongoing sessions provide intense trainings that focus on the individual's will to compete. The **INDOC** allows athletes to use their skill-set in a fast-paced practicum without the pressure of game-time situations resulting in the development of Spartan Warriors, ready to battle on our courts.

## FEATURED SPARTANS



Congratulations to 6th Grader Samarth Bhakta, who earned a C.L.A.W.S. Award at Willard Middle School for exemplifying "Exceptional Character".

Way to go Sam! We are very proud of you!

We also want to congratulate the Lady Spartans 2028 for winning the Shots Up Fall



League's Gold bracket. Keep up the good work, and make us PROUD!

## Upcoming Events

- BRIDGEFEEDS/DISA Christmas Cards - December 18, 2023

## QUICK LINKS

- [DISA Website](#)
- [D1 Basketball](#)
- [D1 Football](#)
- [D1 Sports & Athletics](#)
- [D1 STORE / SPARTAN GEAR](#)

## CONTACT US

- [DISA Management](#)
- [Fundraising/Outreach Committee](#)
- [Coaches Committee](#)
- [Team Managers](#)
- [D1 Basketball Group](#)
- [D1 Football Group](#)



## D1 SPORTS &amp; ATHLETICS - BACK COURT NEWS

**"WE CREATE FUTURE LEADERS AND BUILD COMMUNITY WITH A PURPOSE USING SPORTS." ERIC WILLIAMS, DIRECTOR**

DISA stands as Loudoun's Powerhouse in leading the new generation of Spartans into battle against all odds. We develop teams and athletes within a proven program. Today, we hope to bring our spartan philosophy to life within each athlete with no retreat, no surrender and NO FEAR!

## IN THE COMMUNITY



Spartans enjoyed serving in the community during CFC's Fall Fun Festival in Ashburn, VA... **HUGE Thank you!** to all who came and participated!

BRIDGEFEEDS  
THANKSGIVING FOOD  
BOXES DISTRIBUTION

On Monday Nov 20th, our BridgeFeeds partner provided Thanksgiving Dinner boxes (frozen turkey and side dishes) to 130+ families in Loudoun County, including Riverside HS, Belmont MS, Steuart Weller Elem, Newton-Lee Elem, and Seldens Landing Elem recipients.

DISA families participated with others to help support this wonderful cause.

DISA will begin work early next year to develop quarterly programs for our Spartan athletes to participate in and help teach civic responsibility.

2ND BRIDGEFEEDS/DISA  
CHRISTMAS DRIVE

For the second year in a row, DISA is partnering with BridgeFeeds to bless 80+ families in Loudoun county. We are seeking approximately 200 \$20 gift cards from Walmart or Target. (Note: **No** Amazon gift cards because many of our families do not own computers.)

**Cards will be distributed on Monday, December 18th, 2023. (We need all gift cards by December 17th.)**



**All donations are 100% Tax Deductible.**

You are also invited to join us on Monday, December 18th. Our DISA kids will help during the distribution of food boxes, and provide the gift cards to the families, in an envelope with a lovely hand-written Christmas greeting card.

To contribute by buying a gift card(s), bring gift cards to your coach during practice, before Dec 17th, or VENMO: David Holokai at [@dholokai2433](#)

Questions? please email:

[dlsafundraising@d1-sportsathletics.org](mailto:dlsafundraising@d1-sportsathletics.org)

2ND DISA CLINIC  
IN COSTA RICA

**SECOND DISA OUTREACH BASKETBALL CLINIC IN Costa Rica**

**MAY 24-29, 2024**  
(OVER MEMORIAL DAY WEEKEND)

Price per person \$1600.00

Includes:  
• Round-Trip Air Fare  
• Hotel Accommodations  
• Transportation Airport/Hotel/Clinic/All Activities in-country  
• 2-day clinic participation/celebration game  
• Welcome and Last Day Costa Rican Drivers  
• Breakfast and Lunch EVERY DAY  
• Tour to Volcan, Hot Springs, Bath Sanctuary, Coffee/Chocolate Plantation & Rainforest Activity

Our coaches/kids will teach the proper skills and fundamentals of basketball while conveying the principles of teamwork. In addition, the kids will participate in a motivational "Kingdom Vision" devotionals each day, during lunch time, and learn about character development over our two-day clinic!

Payment Information  
You can make your payments here:  
<https://www.disa.org/Default.aspx?tabid=551021>  
Trip cost is 100% Tax Deductible

More Info: Gabby Ramirez 703-927-4727  
[dlsafundraising@d1-sportsathletics.org](mailto:dlsafundraising@d1-sportsathletics.org)  
D1 Sports & Athletics is a 501(c)(3) nonprofit organization

After a successful clinic in 2023, DISA will host an amazing new outreach experience and bring the love for basketball to boys and girls in the capital city of San José, Costa Rica... one more time!

This trip is open to all DISA players/families, specially those kids looking for volunteering opportunities.

Our coaches/athletes will teach the proper skills and fundamentals of basketball while conveying the principles of teamwork.

In addition, kids will participate of a



motivational "Kingdom Vision" devotionals each day, during lunch time, and learn about character development over our two-day clinic!

**WHEN: MAY 24-29, 2024 (OVER MEMORIAL DAY WEEKEND)**

**DISA Costa Rica Missions Trip Info**

**Meeting #2 - Google Meet Link:**

<https://meet.google.com/czi-gbop-uwo>

Or dial: (US) +1 508-938-9496 PIN: 605

633 270#

Wednesday, Dec 13 6:00-7:00pm

TEAM FUNDRAISER  
OPPORTUNITIES!

To help our winter teams raise funds, we have Gift Cards to BriteWash Auto Wash available!

**These are great Christmas gifts for friends and family!**

Each card has a value of \$100. You sell them to your friends and family for \$80, so they get \$20 free of services!

**Your team gets \$20!**

**It is that easy!**



We also have DISA T-shirts (and other items available for sale! Place your order(s) by emailing [dlsafundraising@d1-sportsathletics.org](mailto:dlsafundraising@d1-sportsathletics.org) by Friday, December 1st, and pick up your items during practice, the week of December 11th!

**T-shirts are \$20 each! 20% of your purchase goes to your team!**