WINTER 2023 D1SA.ORG

LST OPPORTUNITIES

- Small Groups
- FITP
- 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):

RAINING

https://loudounsportstraining.com/



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 gametime 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 Cold bracket. Keep up the good work, and make us PROUD!

Upcoming Events

• BRIDGEFEEDS/D1SA Christmas Cards -December 18, 2023

QUICK LINKS

- D1SA Website
- D1 Basketball
- D1 Football
- D1 Sports & Athletics
- D1 STORE / SPARTAN GEAR

CONTACT US

- **D1SA Management**
- Fundraising/Outreach Committee
- Coaches Committee
- Team Managers
- D1 Basketball Group
- D1 Football Group

D1 SPORTS & ATHLETICS - BACK COURT NEWS

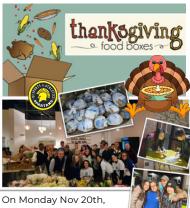
"WE CREATE FUTURE LEADERS AND BUILD COMMUNITY WITH A PURPOSE USING SPORTS." ERIC WILLIAMS, DIRECTOR

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!



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



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.

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.

computers.)

(Note: No Amazon gift cards because many of our families do not own

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@dl-sportsathletics.org

2ND D1SA CLINIC N COSTA RICA



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" devotional 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



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 D1SA T-shirts (and othe items available for sale! Place your order(s) by emailing dlsafundraising@dl-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!