



DECEMBER EDITION



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Sheridan College Men's Basketball

Time to Rest, Regroup & Prepare for the Stretch Run

December is always an interesting time of year for Junior College Basketball. With our games ending on December 12th, and not playing again until January 8th, there is obviously some time to reflect and analyze where our team is at right now. The players finish out their academic finals by December 18th, and then head home after that for a 1-2 week break. At our level, I do feel that the break is good in the sense that all of our players are freshmen or sophomores, and the first semester of college is tough for any student. Having as demanding of a schedule as we place on our players for the first 4 months of their collegiate experience will undoubtedly wear them out, so having a small break is good. On the other hand, we obviously have concerns about our players getting out of shape and losing the edge that we've worked so hard to build over the last several months. The key is to have players that are

committed enough to the team and to their own personal development that they will continue to work hard over the break and follow the program that we have provided for them.

It's been a good start to the season for our team, but we have many battles ahead. Right now, we're 10-2 on the year, and we are very excited about the chemistry of our team. Our six sophomores are doing a very good job of leading, and our seven freshmen have acclimated well and are doing great things on the court, too. When our guys report back on January 2nd, we will have only five days of practice before our first game, and then we will play 8 games in a 15-day span, so it is crucial that our guys come back in shape and ready to go. A huge portion of our season will be determined in those 15 days, and we are excited for the challenge. The Wyoming Conference looks to be extremely competitive and

our North Sub-Region 9 will be good, as always.

We hope you have a great holiday season and a nice break to spend time with family and friends. Many times we forget what is truly important in life; the relationships that are all around us. We must always remember, "Success is nothing without people to share it with."

Thanks for your support of the Generals program!



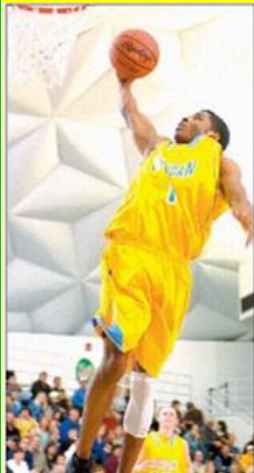
Head Coach
Steve Smiley

Sheridan Defeats Gillette in 1st Ever Meeting

In the 1st ever meeting between two teams in the same district, the Sheridan College Generals worked their way to a 87-83 victory in the Bruce Hoffman Golden Dome. Gillette would jump out to an early 6-0 lead but that would quickly be evaporated and a back and forth slug fest would ensue. Sheridan would hold a slim 6 point lead at the half 44-38, but Gillette would come out of the locker room and rattle off 8 straight points to take a 2-point lead

with 17 minutes left in the game. Neither team could extend its lead into double figures as Sheridan would take an 8 point lead with ten minutes left but could not deliver the knockout blow. In the end the Generals would survive with an 87-83 victory and push its record to 10-2 on the year and 1-1 in the Wyoming Conference. Idris Lasisi came off the bench to lead the Generals with 19 points, going 5-6 from beyond the arc. For the game SC had 5

guys in double figures. Antoine Proctor scored 15 points and grabbed 5 boards. JR Cadot added 14 points and 9 rebounds and 5 assists. Kendrick Morse had 13 points and 3 assists. Jarrell Crayton was the final player in double figures as he recorded 11 points. Sheridan shot 45% from the field and 55% from the land of three. Sheridan will not be back on the hardwood until January 8th as they will enjoy the holiday break.



**Sheridan
College Men's
Basketball
2009-2010
"Tradition
Lives On"**



Generals Sweep Lake Region & Western Nebraska

On the first night of the Sheridan Holiday Inn tournament the Generals faced off with an 8-3 Lake Region State team. Lake Region came into the game riding a 7 game winning streak but that came to an abrupt end as the Generals pounded their way to a 114-80 victory. In the first 10 minutes of the game Sheridan jumped out to a 38-17 lead and never looked back. LRSC cut the Sheridan lead to a manageable 11 points at halftime (51-40) but was never able to cut the lead to single digits. Out of the locker room in the second half the SC Generals put up 40 points in the first ten minutes again to stretch the lead to 91-53. From then on, the Generals would coast to the victory. JR Cadot led the Generals with 24 points, 5 rebounds, and 4 assists. Antoine Proctor added 19 points and 4 rebounds. Sophomore forward Steven Ivory jr. came off the bench to chip in 16 points and 5 boards. Charlton

Wilson had the best game of his career as he was too much to handle inside, pumping in 16 points, pulling down 5 boards and having 3 blocks. Freshman shooting guard Idris Lasisi rounded out the double figure scorers with 14 points. Freshman point guard Kendrick Morse dished out a career high 10 assists in the game. Sheridan shot 56% from the field and 52% from the 3 point line.

On Saturday night the Generals faced Region IX foe Western Nebraska, and what ensued was a heavy weight bout. SC jumped out to a 10-4 lead but Western Nebraska, behind power forward Geddis Robison, would fight back as they went on a 16-6 run to take a 20-16 lead ten minutes into the game. The two teams would trade baskets the rest of the half as both teams could not extend a lead past 4 points. Sheridan held a narrow one point lead at the half

35-34. The punches kept rolling in the second half as this back and forth battle ensued. With ten minutes left in the game neither team could separate as the score was still in favor of SC at 53-52. Using their depth and a pressure defense Sheridan finally broke the Western Nebraska squad and pulled away for an 82-69 victory. A thunderous alley-oop dunk by JR Cadot with 8 minutes left in the game ignited the run. Cadot paced the Generals once again with 22 points and 8 rebounds. Freshman power forward Jarrell Crayton turned in his best game as a General as he recorded a double double with 16 points and 10 boards. Antoine Proctor added 16 points and 6 assists, and Charlton Wilson had a solid game down low as he pumped in 10 points grabbed 4 boards and had 5 blocks. With the win the Generals improved to 9-1 on the year and have now won 6 games

Player Profile: Kendrick Morse—5'8 Point Guard



Hometown: Chicago, IL

Birthday: 7/17/90

Nickname: B

Field of Study: Sports Management

TV Show: Fresh Prince

Sports Team: Cleveland Cavs

Person he looks up to: Mom

Quote: "Concentrate on the ones that love you."

Favorite Food: Chicken Pizza

Musical Artist: Lil Wayne, Guccie Mane

2009-10 Stats

10 ppg

5 apg

3 rpg

55% FG—52% 3pt

Generals Can't Hold on in Casper

A slow start plagued the Sheridan men on the road in Casper Friday night. The home standing T-birds jumped out to an early 17-point first-half lead and carried a 12 point lead into the locker room (41-29). Sheridan gained momentum in the second half and turned that 12 point deficit into an 8 point lead with 5 minutes left but could not hold on down the stretch as Casper would rally back to earn a 4 point victory 73-69. Down three with 20

seconds left freshman point guard Kendrick Morse got an open look at a potentially game tying bucket but the shot would rim out allowing the T-birds to seal the game on the free throw line. Sophomore shooting guard Antoine Proctor led the way for the Generals as he poured in 26 points, 21 of them in the second half, and grabbed 6 boards in 26 minutes of play. JR Cadot added 16 points and 7 boards. Charlton Wilson

was the only other player in double figures with 11 points. For the game Sheridan shot an awful 36% from the field and 18% from three. Although the loss was a disappointment for the Generals the coaching staff was very pleased with their second half effort and their ability to play through some adversity.

Player Profile: Idris Lasisi—6'2 Shooting Guard



Hometown: Leuven, Belgium

Birthday: 10/24/88

Nickname: E

Field of Study: Business

TV Show: Friends

Sports Team: Denver Nuggets

Quote: "Best player = Hardest Worker."

Favorite Food: Grandma's Cooking

Musical Artist: Lil Wayne

2009-10 Stats

10 ppg

3 apg

52% FG

46% 3pt

72% ft

2009-10 Men's Basketball Schedule: Sheridan College

Date	Opponent	Location
Nov.		
1	Williston State	Williston, ND
13	Best Western Tip-off Trny vs. Wyoming All-Stars	Sheridan, WY
14	Best Western Tip-off Trny vs. Otero Junior College	Sheridan, WY
20	Northwest Tourney vs. College of Eastern Utah	Powell, WY
21	Northwest Tourney vs. Montana Western JV	Powell, WY
27	Lions Club Trny vs. Oglala Lakota College	Sheridan, WY
28	Lions Club Trny vs. Rocky Mountain JV	Sheridan, WY
Dec.		
1	Colorado Christian JV	Sheridan, WY
4	Holiday Inn Trny vs. Lake Region State (ND) College	Sheridan, WY
5	Holiday Inn Trny vs. Western Nebraska CC	Sheridan, WY
11	Casper College	Casper, WY
12	Gillette College	Sheridan, WY
Jan.		
8	Central Wyoming	Sheridan, WY
9	Western Wyoming	Sheridan, WY
12	Little Big Horn College	Crow Agency, MT
15	Laramie County	Sheridan, WY
16	Eastern Wyoming	Sheridan, WY
19	N-West Wyo	Powell, WY
22	Miles City	Sheridan, WY
23	Dawson County	Sheridan, WY
30	Central Wyoming	Riverton, WY
Feb.		
2	Little Big Horn College	Sheridan, WY
5	Eastern Wyoming	Torrington, WY
6	Laramie County	Cheyenne, WY
12	Dawson County	Glendive, MT
13	Miles City	Miles City, MT
19	Gillette College	Gillette, WY
20	Casper College	Sheridan, WY
23	N-West Wyo	Sheridan, WY
27	Western Wyoming	Rock Springs, WY
Mar.		
9-May	Region 9 Tourney	North region host

No.	Name	Pos./Event	Ht	Wt.	Yr.	Hometown	High School
0	Kade Ferguson	F	6'6"	200	FR	Newcastle, WY	Newcastle HS
1	Omar McDade	G	6'1"	185	FR	Logan, UT	Logan HS
2	Kendrick Morse	G	5'7"	160	FR	Richton, IL	Rich South HS
3	Bryen Pyles	G	6'0	162	SO	Duluth, GA	Peachtree Ridge
4	Antoine Proctor	G	6'2	176	SO	Washington, DC	Woodlawn HS
5	David Wink	C	6'10"	240	FR	Seattle, WA	Sammamish HS
14	Rage Geringer	G	5'11"	160	FR	Glendo, WY	Guernsey-Sunrise HS
22	Steven Ivory Jr.	G	6'4	196	SO	Milwaukee, WI	Milwaukee North
23	JR Cadot	G	6'5	191	SO	Nassau, Bahamas	C.V. Bethel HS
32	Idris Lasisi	G	6'2"	190	FR	Leuven, Belgium	Sint-Pieterscollege
33	Jarrell Crayton	F	6'7"	200	FR	Bellevue, NE	Bellevue East HS
34	Sam Iwueke	F	6'3	199	SO	London, England	Edison HS
55	Charlton Wilson	C	6'7	295	SO	Rahway, NJ	Linden HS



Sheridan College Generals

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TRADITION



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Announcements

- Check out the new and improved Sheridan College Website @ www.scgenerals.com
- Sheridan is also pleased to announce that a number of their games will be streamed live over the web. Check out the list of games @ http://www.scgenerals.com/videos/live_stream.asp
- Enjoy the time with your family and friends over the holiday season

We're on the web:

www.scgenerals.com

www.Generalsnation.blogspot.com

Wicks' Words

At this point of the season most coaches know what their teams strengths and weaknesses are. Most coaches will analyze stat sheets until their brains go numb. This guy has too many turnovers, this guy cannot shoot, why is he not getting more rebounds? These are just a few of the thoughts running through the heads of coaches around the nation.

Sure you can tell a lot about how well a team is playing by analyzing stat sheets and using formulas to conclude some type of performance index, but does that paint the entire picture? Of course not! There are so many variables that add together to form a successful team. Not only does talent and performance on the court play a role into success but a lot of

success is made by doing things that require little to no talent. Are your leaders doing their jobs off the floor? A lot of players think leadership is a part time job. This could not be further from the truth. Do the upper class men on your team find time to hang out with and get to know your freshmen and redshirts? Or do they think of those kids as the guys on the team that should have to carry the bags and pick up the locker-room? Are you as a coaching creating a culture of servant leadership? How often do the seniors stop by the dorms just to see how the younger players are adjusting to college life or difference in intensity of practice and games.

Once you can get your leaders to start putting others first the

team will come together and everyone's performance will increase. If athletes and players feel as if their role with the team is important they will do whatever it takes to fulfill that role. A coach telling a kid what their role is will not be enough to motivate that individual. Leaders and teammates have to make sure that kid knows they are a piece to the puzzle and without them the puzzle is not complete. If your team can form relationships off the court, there is not doubt they will perform better on the court because they have a vested interest in what happens, and the next time you take a look at that stat sheet you might see those negatives you once saw turn to positives with nothing done on the court.



Assistant Coach

Luke Wicks