



OCTOBER EDITION



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Sheridan College Men's Basketball

"Let the Games Begin"

Finally, the games are here! All of the preparation, all of the hard work in the weight room, all of the individual workouts and conditioning sessions, all of the grueling pre-season practices, have finally culminated in the beginning of the regular season and actual games. Of course, our guys will continue to work hard in the weight room and in practice throughout the duration of the year, but it is finally time for us to play in some games and learn where our team is currently at, and what we will need to constantly improve upon to be the best team that we can possibly be at the end of the year.

We've had a lot of encouraging moments in our opening games. Our guys are playing hard, we're getting production from many players at all of our positions, and we're improving during each day.

The key is that we continue to

work hard in practice and continue to learn. There is a tendency for teams to relax in practice once the games begin, and to not really improve from day to day and week to week. This is something that we constantly address with players and we hope that they are mature enough to understand that we have a long ways to go. Sometimes it's a tough thing to lose games early in the season, but it can be an even tougher thing when your team wins a lot of games early, because they will relax in practice and forget why they are winning in the first place; namely, because they were committed to working hard in practice before the start of the season. We hope that our team will continue to stay focused, win or lose.

If our team continues to work hard, I truly believe that we have a chance to be a special team this year. We have all of the ingredients necessary to be

a championship-level team if we will stay focused both on and off the court. Only time will tell, though...

Keep following us on our new website, www.scgenerals.com, our Facebook page, and through our Blog! We want to make sure you stay up to date with our program!

Until next time, Go Generals!



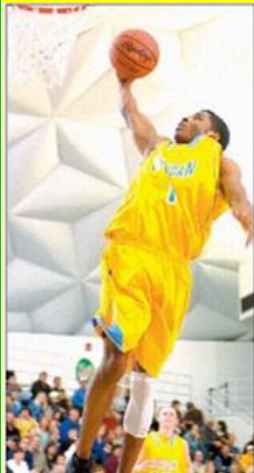
Head Coach
Steve Smiley

Recap of 1st National Bank Tourney in Powell, WY

The Sheridan College Generals dropped their first game of the season this past weekend at the 1st National Bank Invite in Powell, WY against the College of Eastern Utah. Sheridan jumped out to a 7 point halftime lead 32-25 but could not keep the positive momentum rolling in the second half as CEU would lead by as much as 15 points in the second stanza. Sheridan slowly saw their lead decrease and CEU's increase as SC's offense became stagnant and unproductive. With nine minutes left in the game the momentum swung back into Sheridan's favor as the

Generals began to mount a comeback. The Generals cut CEU's lead to 4 points with little over a minute left but ran out of time as CEU would drain free throws down the stretch to seal the victory. Freshman guard Kendrick Morse led the way for the Generals with 16 points followed by Antoine Proctor and JR Cadot who each dropped in 14 points. Idris Lasisi came off the bench to add 9 points. Jarrell Crayton led the Generals in rebounding as he snatched a team high 6 rebounds. For the game the Generals shot 50% from three point land draining 10

of 20 attempts, but could not overcome the foul deficit and the differential in the free throws made and attempted in the game. CEU went 29-37 from the charity stripe and SC managed just 12 attempts, making 9 of them. With the loss the Generals dropped to 3-1 on the year. The next night the Generals responded with a decisive 115-71 victory over Montana-Western. Leading the way for the Generals once again was Kendrick Morse with 20 points. Sam Iwueke added 16, Antoine Proctor had 15 and JR Cadot and Idris Lasisi each added 14 points.



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



Generals Get First Win on Road 89-86

The Sheridan College men's basketball team opened the 2009-10 campaign in Williston, ND this past Sunday vs. the Williston State College Tetons. Fans in attendance could tell that the Generals had some first game jitters as they turned the ball over, missed free throws and gave up lay-ups at a feverish pace to start the game. Williston State jumped out to a 44-34 halftime lead, led by point guard Charlie Chapman who had 11 points in the first half, and Luke Martinez who poured in 10 points in the first stanza. Williston capitalized on 10 offensive rebounds in the first half, which allowed them to take 14 more shot attempts than the Generals in the first half. JR Cadot scored 9 points in the first half for the Generals and Steven Ivory Jr. had 6 points. The Generals had 16 turnovers at halftime and were getting out rebounded by 6, a true sign that they were still working out the kinks.

The second half started just like the first as Williston in-

creased their lead to 16 points (58-42) 4 minutes into the 2nd half. At this point the Generals finally woke up and began to play basketball. A few stops and steals strung together allowed Sheridan to crawl back to within 10 with twelve minutes left. The furious charge was led by sophomores Antoine Proctor and JR Cadot along with freshman Jarrell Crayton. Crayton who did not score in the first half finished the game with 12 points and 7 rebounds. The game was tied at 76 with 4 minutes left and the Generals proceeded to finish off the Tetons at the free throw line after holding them without a field goal until 30 seconds left in the game. Williston made one last charge down 6 (87-81) with one minute left but did not have enough fire power to surpass the Generals. Two free throws with 19 seconds left from Crayton pushed the Sheridan lead back to three points and that was all she wrote.

JR Cadot finished the game with a team high 22 points and 9 rebounds (5 offensive), while Antoine Proctor finished the game with 18 points and 4 rebounds. Steven Ivory Jr. came off the bench to record 8 points, 7 rebounds and 3 steals. Freshman point guard Kendrick Morse had a solid game as well scoring 10 points on 3 of 4 shooting and dishing out 3 assists. Sheridan finished the game +14 on the rebounding margin (49-35) including 20 offensive rebounds. In a game that featured 68 foul calls and nearly 93 free throws shot between the two teams, Sheridan came away with 34 points from the free throw line going 34/50. For the game Sheridan shot 44% from the field and a dismal 23% from behind the arc. Although Sheridan finished the game with 28 turnover they forced Williston into 22 of their own and scored 22 points off of those turnovers. With the victory Sheridan moves to 1-0 on the season.

Player Profile: Bryen Pyles—6'0 Combo Guard



Hometown: Bronx, NY

Birthday: 2/28/1989

Nickname: B

Field of Study: Sports Management

TV Show: Good Times

Sports Team: Yankees

Person he looks up to: Papa Smurf

Quote: "Attitude determines

approach, approach determines outcome"

Favorite Food: Mexican

Musical Artist: Jay-z

2009-10 Stats

6.5 ppg

2.3 apg

2 spg

Sheridan Pushes Overall Record to 3-0

In the final game of the Sheridan College Best Western Tip-off Classic the Sheridan College Generals faced off with the Otero Junior College Rattlers. Otero jumped out to an early 10-5 lead thanks in part to a dedicated effort on the offensive boards. Shortly after the Generals would wake up and rattled off a 7-2 to tie the game at 12 with 12 minutes remaining in the first half. The low scoring affair would only last so long as Idris Lasisi caught fire and rattled off three straight 3 point buckets in a span of two minutes to push the Sheridan lead to 21-12. SC would carry that momentum all the way through the rest of the first half and take a 40-26 halftime lead. The second half would turn out

to be a dog fight as Otero would not go down without a fight. In second half the Generals could never extend their lead past 14 points but Otero never cut within single digits until the 5 minute mark. A mini 6-0 run with 4:15 left on the clock cut the SC lead to 8 points. Quick shots and costly turnovers plagued SC late but they were able to right the ship and knock down free throws late to take away a 79-68 victory. Sheridan only had one player in double figures as Idris Lasisi poured in a career high 18 points. JR Cadot added 9 points and 10 rebounds. Bryen Pyles came off the bench and scored 9 points. Antoine Proctor added 8 points, while Sam Iwueke and Kendrick Morse added 7 apiece. Jarrell

Crayton, Charlton Wilson, and Kade Ferguson each added 6 points, and Crayton pulled down 7 rebounds. Sheridan shot 23-29 from the free throw line for 79%. Sheridan ended up winning the rebound margin 33-30 and is now outrebounding their opponents by 15 a game.

With the victory SC pushed its record to 3-0 on the year and is averaging 83 points a game while holding there opponents to 67 points. The Generals also have 5 players averaging more than 8 points per game; JR Cadot, Antoine Proctor, Idris Lasisi, Jarrell Crayton, and Sam Iwueke.

Player Profile: Steven Ivory Jr.—6'5 Small Forward



Nickname: Buck

Field of Study: PE & Coaching

TV Show: Sportscenter

Sports Team: Miami Heat

Quote: "It's not what you do, it's how you do it"

Favorite Food: Hot Wings

Musical Artist: Gucci Mane

Hometown: Milwaukee, WI

Birthday: 4-16-1989

2009-10 Stats

7 ppg

5 rpg

75% 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

Men's Basketball
3059 Coffeen Ave.
Sheridan, WY 82801

Phone: 307-674-6446
Ext. 4000 or 4003
Fax: 307-674-3351

TRADITION



Generalsbasketball@sheridan.edu

Announcements

Sheridan College Men's basketballs annual 3pt. Club fundraiser has begun. Applying to become a 3pt. Club member will allow you to get inside access to the Generals program. Donations will help forward the cost for travel, practice gear, training room supplies, meals, and other misc. costs a team encounters throughout the course of a season.

Any donation given will help benefit our program. Typical donations will range anywhere from \$25 to \$100 but we will graciously accept any donation. If you cannot donate at this time please still give us your information so you can become a part of our program!

****All members will receive an e-newsletter**

****Donations of \$25 and above will receive an e-newsletter, a team picture, and a Generals t-shirt.**

****For additional t-shirts add \$12 per shirt to your donation**

For more info email us at generalsbasketball@sheridan.edu

We're on the web:

www.scgenerals.com

Www.Generalsnation.blogspot.com

Wicks' Words

Motivating your players can always be a tough thing at some point during the course of your season. Most players are motivated at the start of the year because they are excited about the new season. They will also be motivated towards the end of the season because of the opportunity to play for a tournament championship. The question is how do you motivate your players during the dog days of the season? I think you can motivate your dedicated players, and the players that believe in the coach, the program, and their teammates. You cannot motivate players who feel no sense of responsibility or commitment to you, your program or their teammates. So you must build a culture in your program that

demands this from their athletes. You must also surround yourself with players that have a passion to improve, that love the game, and believe that the coach is doing the right things to help the team improve. Coaches must stress the importance of every man being their own captain and doing their job for the benefit of the team. Players must learn to respect their teammates and feel a genuine need to perform well for their teammates' sake as well as their own. Coaches also need to stress to their players the importance of looking at things as a blessing, not a burden. If your athletes think of practice as a burden they will not improve and they will become unmotivated because it is human nature to not put

forth your best effort into things you do not like. You must find players that are willing to put forth the necessary hours to learn and improve their skill levels. Getting your athletes to play hard should not be considered punishment to them. You need athletes that crave competition and are willing to do anything necessary to succeed. These are the kids that you can motivate. The culture of your program starts with the head coach. If the chief of the tribe is a butt kicker then the rest of the tribe will take on the characteristics of its leader. Remember your example is the only thing that matters when trying to influence others. Be blessed this holiday season!



Assistant Coach

Luke Wicks