



EST. 1972

The Final Countdown... It is March and that means our season is right around the corner. As I look back at the months of preparation for the season, I start to smile about what March 30th is going to look like: High Quality Athletes, High Quality Coaching, and Great families. In 2013, the expectation is very similar to every other North Tartan year... grow as an athlete, compete at the highest level, and win! Looking at each of the 18 rosters and the 184 athletes there is not a doubt that 2013 will be another successful year for our club. So, welcome to the NORTH TARTAN FAMILY!

First Day of Practice March 30th

- First day of practice will be on March 30th. Practice will be from either 10:30 – 12:40 or 1:20-3:30. There will be a WELCOME parent meeting for everyone (all teams) at the High Performance Academy from 12:40-1:20. At this time we will introduce the North Tartan staff, the directors, and answer any questions. It will also be a great time for families to meet all of the coaches and the other families you will spend time with over the next few months.

PICTURES: If you have not forwarded a photo for the web site feel free to send to steck.joshua@gmail.com. Pictures will be taken throughout the first few weeks if needed.

CONTACT INFORMATION: Names of coaches and their contact information is found under team coaches on our site: www.northtartan.com

Coach Jake Kuppe is ready to get started.



WE SUPPLY THE NAME, YOU SUPPLY THE GAME!

MAKE SURE TO WATCH NIA AND BECCA ON T.V.

McDONALD'S ALL-AMERICAN
SCHEDULE OF EVENTS
www.mcdonaldsallamerican.com

February 14 – Team Selection Show on ESPNU,
5pm CST
March 18 – Player of the Year Announcement
(Chicago)
March 18 – McDonald's All American® Games
Day
March 30 – Games Week Begins / Player Arrivals
March 31 – RMHC Visit / First Practice
April 1 – Powerade® Jam Fest
April 2 – Media Day and Players Awards Banquet
April 3 – McDonald's All American® Games



Becca and Nia, we will see you there!

Game is televised on ESPN, April 3rd!

**MINNESOTA
MCDONALD'S
ALL-AMERICANS**

1980

Jim Peterson St Louis Park

1997

Khalid El-Amin MPLS North

1998

Joel Pryzbilla Monticello

2001

Rick Rickert Duluth East

2003

Liz Podomonick Lakeville

North Tartan

Kris Humphries Hopkins

2007

Cole Aldrich Jefferson

2009

Taylor Hill MPLS South

2013

Rebekah Dahlman Braham

North Tartan

Nia Coffey Hopkins

North Tartan

NORTH TARTAN

AAU CARD

Parents make sure to sign up for your daughter's AAU card. This card is essential to cover any incidents / injuries that may occur during the AAU season. You will need to enter the North Tartan club code: XTF68C. The code is essential to link your child with our club and the extra insurance that is carried in and out of state. Also, (and this is a must) make sure to pay the extra \$2 coverage. The extra \$2 will cover athletes at all tournaments whether they are AAU sanctioned or not. Mail a copy of the card to our office.

Skills Night

North Tartan Skills will once again be every Wednesday night in May. Skills will be basketball development and skill performance. Each Wednesday from 6:30 – 8:30, John Hedstrom and a cast of Coaches will provide an opportunity to “fine-tune” skills and GET BETTER! Skills night is free for all North Tartan athletes and will be held at HPA!

Excitement in the GYM...

Parents,

Of course, you are free to drop off your daughter and pick her up after practice. However, please know you are more than welcome to stay around and watch. There is always a lot going on and in the past parents have “stuck” around to get an understanding of the entire North Tartan program.

NORTH TARTAN ALUMNI CAROLYNN MOOS

WWW.CAROLYNMOOS.COM/HOME

Awards and Honors

1997 Nike/WBCA All-America
1997 Parade Magazine First Team All-America
2000 Honorable Mention All-Pac-10
1997 Gatorade Central Region Player of the Year
2000 Honorable Mention Pac-10 All-Academic
1997 Gatorade Minnesota Player of the Year
1998-99 All-Pac-10 Honorable Mention
1997 Sporting News Top Student Athletes in the Country
1997 Bost/Naismith National Player of the Year Finalist

MARCH 10th 2013

Begins @ 12:30

6233 Baker Rd.
Eden Prairie, MN

SIGN UP NOW... 310-600-3320
www.fitt4life.org

YOGA, BALANCE, and HOOPS!

North Tartan
6230 10th St South
Suite 310B
Oakdale, MN 55128

Again, we are excited to get the AAU season off to a great start. We will see you on
March 30th!

Be ready ...

With a bounce,

Bill Larson
North Tartan
651-558-1127

AWARDS

http://www.gophersports.com/sports/w-baskbl/mtt/rachel_banham_759452.html

***cut and paste**

After leading the Minnesota women's basketball team to its best season in four years and claiming the Big Ten Conference regular-season scoring title, sophomore Rachel Banham was named to the All-Big Ten First Team by the league's head coaches, the conference announced Monday. Banham also earned a spot on the All-Big Ten by media voters.

Rookie Shayne Mullaney also earned postseason accolades, as she was named to the Big Ten All-Freshman Team.

