

KENMORE EAST BOYS' BASKETBALL RECORD BOOK

STATISTICS FROM 1959 - 2022

1986-87 Class A Semi Finals

1987-88 Class A Quarter Finals

1988-89 Class A Quarter Finals

1990-91 Class B1 Section Finalists

1992-93 Class B Sectional Champs

1993-94 Class B1 Semi Finals

1998-99 Class A2 Semi Finals

2006-07 Class A1 Semi Finals

2007-08 Class A1 Semi Finals

2010-11 Class A1 Semi Finals

2021-22 Class A2 Quarter Finals



“Once a Bulldog, ALWAYS a Bulldog”

“BASKETBALL”

Basketball is the All-American and the All-Pro: It's a rag-tag kid shooting a worn-out ball through a broken rim; it's the guy who plays forty minutes and the guy who just hopes to get in the game.

Basketball is pep bands, cheerleaders, pom pom girls, and vast arenas packed with howling fans. It's long hours of practice before empty stands. It's adulation and recognition; it's a coach hollering at your every mistake. It's joy, ecstasy, and triumph, but it can also be sadness, sorrow and dejection. Basketball is fun; but it is also blood and toil, sweat and tears, basketball banquets and half-time expectations and its memories are endless.

Basketball is America. It's hot dogs, popcorn, and the Star Spangled Banner. It's folks listening to their favorite team on the radio; it's youngsters imitating every move of their favorite players. It's national championships and three-on-three in the school yard. It's rich people and poor people, it's black people and white people; it's big people and little people.

Basketball is all of this and a whole lot more! Most important of all is that you have a chance to be a part of it.



Bob Knight

DEFENSE

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F	S
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I	L
V	S
E	

DISCIPLINE

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S	L
I	L
V	S
E	

Transition Skills

Footwork

Balance

Positioning

Anticipation

Toughness

Attitude

Concentration

Hands

DESIRE

Commitment

Determination

Perseverance

Attitude

Hard Work

Vision

Recognition, awareness

Quickness, speed

Stamina, strength

Shooting

Ball Handling

Dribbling

Passing, catching

Cutting, moving

Timing

Setting picks

Sacrifice

Teamwork

KENMORE EAST BOYS BASKETBALL

Best “Bulldog” Teams

'85-'86	S. Parr, D. Peterson, S. Tetter	15	4	.789
'87-88	J. Badgley, A. Heacock	15	4	.789
'73-'74	M. Clark, T. Minneci	16	6	.727
'74-'75	R. Adams, P. O'Brien	14	6	.700
'86-'87	D. Peterson, T. Ruhland	14	6	.700
'93-'94	S. Campas, S. Karstedt, C. Tag	16	7	.695
'64-'65	B. Witkowski	12	6	.667
'71-'72	B. O'Donnell	12	6	.667
'88-'89	T. Travis, D. Woods	14	7	.667
'00-'01	C. Robey	14	7	.667
'84-'85	B. Moline, T. Ogden	13	7	.650
'92-'93	M. O'Bryan, S. Karstedt	16	9	.640
'07-'08	A. Johnson, C. Martin	14	8	.638
'90-'91	M. O'Bryan, A. Rojek, G. Welgoss	14	9	.608
'75-'76	S. Calak	12	8	.600
'76-'77	D. Kessler, G. Tetter	9	6	.600

KENMORE EAST BASKETBALL - CAREER SCORERS

	<u>NAME</u>	<u>YEARS</u>	<u>PTS</u>	<u>GAMES</u>	<u>AVG</u>
1.	Mike O'Bryan	1989-93	1,438	88	16.3
2.	Darrin Peterson	1984-87	1,024	59	17.4
3.	Scott Karstedt	1991-94	964	68	14.2
4.	PJ Blanch	2009-12	783	55	14.2
5.	Dante Bono	2008-11	745	53	14.1
6.	Steve Tetter	1983-86	717	58	12.3
7.	Ken Warren	1988-91	705	62	11.4
8.	Darryl King	2004-07	660	59	11.2
9.	Nate Murdie	2015-19	632	65	9.7
10.	Alan Heacock	1985-88	625	57	10.9
11.	Brian Warren	1994-96	605	40	15.1
12.	Pat O'Brien	1973-75	592	41	14.4
13.	Buddy Witkoski	1965-67	591	35	16.8
14.	Damon Woods	1986-89	584	60	9.7
15.	A.J. Sordetto	1994-97	563	58	9.7
16.	Jim Fell	1970-72	562	36	15.6
17.	Rich Barbera	1964-66	548	36	15.2
18.	Gary Welgoss	1989-91	542	43	12.6
19.	Reggie Whatley	1994-97	541	61	8.9
20.	John Oddo	1996-99	538	65	8.3
21.	David Dietrich	1978-81	525	39	13.5
22.	Jim Klein	1962-64	520	36	14.4
23.	Dominic Garcia	2002-04	516	39	13.2
24.	Amari Gordan	2018-20	503	38	13.2
25.	Scott MacKinnon	2000-04	499	69	7.3
26.	Kenny Ruta	1977-80	496	38	13.1
27.	Kevin Whitehead	2005-09	492	66	7.5
28.	Anthony Johnson	2004-08	488	82	6.0
29.	D'Anzo Young	2015-18	486	54	9.0
30.	Tim Minneci	1972-74	466	38	12.2
31.	Greg Tetter	1975-77	451	35	12.9
32.	Dave Kessler	1975-77	451	35	12.9
33.	Peter Askey	1978-81	451	35	12.9
34.	Mark Czechowski	1986-89	449	55	8.2
35.	Joe Notaro	1968-70	448	36	12.4
36.	Rick Adams	1973-75	446	42	10.6
37.	Jakai Daniels	2010-12	441	39	11.3
38.	Peter Lakso	1994-96	437	43	10.2
39.	Dan Lissek	1980-83	435	39	11.2
40.	James Clark	1969-71	434	36	12.0
41.	John Duke	1962-65	432	32	13.5
42.	Reid Greffe	1961-63	430	36	11.9
43.	Dan Brown	1976-78	430	34	12.6
44.	Tom Borschel	1964-66	425	31	13.7
45.	Scott Parr	1984-86	414	38	10.8
46.	Steve Calak	1974-76	413	36	11.5

47.	Jason R Brown	2001-04	411	59	7.0
48.	Ron Weiss	1960-62	404	36	11.2
49.	Mike Clark	1972-74	400	39	10.3
50.	Marcus Diaz	2018-21	398	52	7.3

KENMORE EAST BASKETBALL - CAREER SCORERS

BEST OF THE REST

	<u>NAME</u>	<u>YEARS</u>	<u>PTS</u>	<u>GAMES</u>	<u>AVG</u>
51.	Kahlil O'Neil	2015-18	397	59	6.7
52.	Patrick Clark	1976-78	395	24	16.5
53.	Todd Travis	1987-89	385	40	9.6
54.	Adam March	1996-99	383	44	8.7
55.	Ryan Kirbis	1996-98	372	35	10.6
56.	John Alessandra	2009-11	369	40	9.3
57.	Dominic Ferguson	2017-20	364	40	9.1
58.	Nate Murdie	2015-18	367	44	8.3
59.	Andy Fields	2012-15	358	56	6.4
60.	Kris Boyes	2004-07	355	57	6.2
61.	Mike Doherty	2006-09	354	42	8.4
62.	Adam Geib	2012-14	345	38	9.1
63.	Mekhi Williams	2021-22	344	21	16.3
64.	James Corigliano	1998-00	336	42	8.0
65.	Eric Buggs	2005-06	336	42	8.0
66.	Shane Sweeney	1991-93	333	42	7.9
67.	Derek Mendel	1999-01	327	43	7.6
68.	Chris Robey	1999-01	322	43	7.6
69.	Paul DeSantis	2000-02	318	42	7.6
70.	Pat Schroeder	2011-13	314	37	8.5
71.	Rich Owczarzak	1997-99	312	44	7.1
72.	Isaiah White	1999-01	311	42	7.4
73.	Bill Gersitz	2003-05	309	40	7.7
74.	Mike McDonough	1999-01	307	36	8.5

KENMORE EAST BOYS BASKETBALL

“30” CLUB (OVER 30 POINTS IN A GAME)

1. PJ Blanch 39.....vs Maritime 12/1/11
PJ Blanch 39.....vs Lakeshore 2/22/12
2. Norm Forness.....38.....vs LaSalle..... 01/08/60
3. Scott Karstedt.....37.....vs Williamsville South.....02/25/94
4. Damon Woods.....35.....vs Buffalo Perf. Arts..... 12/02/88
5. Ron Weiss.....34.....vs Lewiston Porter..... 1962
6. Buddy Witkoski..... 34.....vs Niagara Falls..... 1967
7. Rich Barbera.....33.....vs Tonawanda..... 1966
Mekhi Williams.....33vs North Tonawanda.....1/20/22
8. Norm Forness..... 32.....vs Niagara Falls..... 01/26/60
9. Kris Boyes..... 32.....vs O’Hara..... 12/28/06
PJ Blanch 32.....vs Kenmore West1/17/12
Nate Murdie..... 32.....vs Lew Port..... 12/14/18
Mekhi Williams.....32.....vs Lockport..... 2/9/22
10. David Kesler..... 31.....vs Lockport..... 03/07/77
11. Alan Heacock.....31.....vs Williamsville North.....02/27/87
Alan Heacock.....31.....vs Grand Island..... 01/22/88
Alan Heacock.....31.....vs Buffalo Traditional.....01/26/88
12. Todd Travis.....31.....vs Lockport..... 01/17/89
13. Mike O’Bryan..... 31.....vs Ken West..... 12/29/92
14. David Dickinson.....30.....vs North Tonawanda.....1972
15. Greg Tetter..... 30.....vs LaSalle..... 01/09/76
16. Pat Clark..... 30.....vs North Tonawanda.....02/23/78
17. Mike O’Bryan.....30.....vs Ken West..... 12/27/91
18. Darryl King..... 30.....vs Hamburg..... 02/23/07
19. Dante Bono 30.....vs Grand Island..... 02/11/11
Dante Bono 30.....vs Ken West 02/16/11
PJ Blanch 30.....vs Niagara Wheatfield1/20/12

KENMORE EAST BOYS BASKETBALL

9th and 10th GRADERS TO PLAY VARSITY BASKETBALL

1. John Livingston.....	1960-61
2. John Duke.....	1962-63
3. Ken Ruta.....	1977-78 (last 3 games)
4. Peter Askey.....	1978-79
5. Terry O'Brien.....	1978-79
6. Wally Walek.....	1980-81 (last 9 games)
7. Steve Tetter.....	1983-84
8. Darrin Peterson.....	1984-85
9. Tom Ruhland.....	1984-85
10. Alan Heacock.....	1985-86
11. Mark Czechowski.....	1986-87
12. Damon Woods.....	1986-87
13. Kenneth Warren.....	1988-89
14. Mike O'Bryan*.....	1989-90
15. Scott Karstedt.....	1991-92
16. Reginald Whatley.....	1994-95
17. A.J. Sordetto.....	1994-95 (last 16 games)
18. John Oddo.....	1996-97
19. Scott MacKinnon*.....	2000-01 (last 8 games)
20. Jason R. Brown.....	2001-02
21. Kris Boyes.....	2004-05 (last 18 games)
22. Anthony Johnson*.....	2004-05
23. Darryl King.....	2004-05
24. Kevin Whitehead*.....	2005-06 (last 6 games)
25. Dante Bono.....	2008-09
26. Josh Orta.....	2008-09
27. PJ Blanch.....	2009-10
28. Ryan Williams	2014-15
29. Nate Murdie*	2015-16
30. Kahlil O'Neil	2015-16
31. D'Anzo Young*	2015-16
32. Dominic Ferguson	2017-18 (last 8 games)
33. Lathan Thompson	2018-19 (11 games)
34. Marcus Diaz	2018-19 (last 9 games)
35. Danny Klein	2020-22
36. MyQuan Jackson.....	2021-22
37. Hakin Williams	2021-22

KENMORE EAST BOYS BASKETBALL

TEAM RECORDS 1959-2022

PER GAME

Most points by Kenmore East....	98	vs. LaSalle (68) at Ken East....	02/11/75
Most points by an opponent.....	115	by Niagara Falls.....	12/7/04
Least points by Kenmore East...	24	vs Tonawanda (70) at Tona.....	02/05/60
Least points by an opponent....	25	by Niagara Wheatfield	01/22/82
Field goals attempted by KE....	90	vs LaSalle.....	02/11/75
Field goals made by KE.....	43	vs LaSalle & Williamsville E...	02/11/75
Most free throws attempted by KE	48	vs Lewiston-Porter.....	12/65
Most free throws made by KE....	36	vs Lewiston-Porter.....	12/65
Most points made by both teams	181	vs KE(85) Lewiston-Porter (96)	12/14/18
Most free throw % by KE....	(9-9)100%	vs Canisius.....	01/03/78
Most charges drawn.....	8	vs Grand Island.....	01/09/87
Most 2nd shot attempts.....	20	vs Williamsville E.....	03/04/81
Least points allowed in a quarter	0	vs Niagara Wheatfield.....	01/20/89

KENMORE EAST BOYS BASKETBALL

TEAM RECORDS 1959-2022

PER SEASON

Most points.....	1670	1992-93
Best defensive average.....	47.2	1981-82, 2000-01
Best offensive average.....	71.3	1974-75
Most wins.....	16	1973-74
Least Losses.....	4	1985-86
Best winning percentage	(15-4) 789	1985-86, 1987-88
Highest regular season finish in NFL..	2nd	1985-86, 2007-08
Best season home court record (regular season)	8-0.....	1985-86
Most field goals attempted.....	1386	1973-74
Most field goals made.....	686	1992-93
Best field goal %	45.5%	1974-75
Most free throws attempted.....	530	1980-81
Most free throws made.....	329	1980-81
Best free throw %	(258-361) 71.5%	2011-12
Most assists	374	1973-74
Most steals	330	1992-93
Most blocked shots	138	1992-93
Most rebounds	1020	1973-74
Best rebound average	46.4	1973-74
Longest winning streak (Last 9 regular season games)	9 games	1987-88
Most charges drawn	51	1983-84
Most 2nd shot attempts	268	1992-93
Longest reg. season winning streak ...	13	1986-87
(Last 8 games 1985-86 season & first 5 games 1986-87)		
Most 3 pt. shots attempted.....	395	2010-11
Most 3 pt. shots made.....	98	2010-11
Best 3 pt. percentage.....	34%	2003-04

KENMORE EAST BOYS BASKETBALL

INDIVIDUAL RECORDS 1959-2022

SINGLE GAME

MOST POINTS	39	PJ BLANCH VS. MARITIME	12/1/11
		PJ BLANCH VS. LAKESHORE	2/22/12
MOST FIELD GOALS ATTEMPTED	31	DANTE BONO VS. BENNETT	3/2/11
		PETE ASKEY VS. LOCKPORT	12/5/80
MOST FIELD GOALS MADE	14	RON WEISS VS. LEWPORT	1962
		BUDDY WITKOWSKI VS. LEW-PORT	1966
		RICH BARBERA VS. TONAWANDA	1966
		PAT CLARK VS. LOCKPORT	2/14/78
		PAT CLARK VS. NO TONAWANDA	2/23/78
BEST FIELD GOAL %	100%(9-9)	JOHN ALESSANDRA VS. O'HARA	12/29/09
MOST FREE THROWS MADE	16	DAVID MEYERS VS. N. WHEATFIELD	12/13/68
BEST FREE THROW %	100%(14-14)	NORM FORNESS VS. LASALLE	1/8/60
MOST REBOUNDS	23	HOWIE PEGG VS. TROTT	1/8/74
MOST STEALS	12	KEN RUTA VS. CANISIUS	12/5/78
MOST BLOCKED SHOTS	10	BRIAN WARREN VS. WILSON MAGNET	11/28/96
MOST 2ND SHOTS ATTEMPTED	9	MARK FRANK VS. LOCKPORT	1/5/79
MOST CHARGES DRAWN	5	DAVID CARVER VS. NIAGARA FALLS	1/18/83
MOST 3 PT SHOTS ATTEMPTED	14 (5)	SCOTT MACKINNON VS. KEN WEST	01/31/03
	14 (5)	DANTE BONO VS. KEN WEST	2/16/11
MOST 3 PT SHOTS MADE	6 (9)	SCOTT MACKINNON VS. NT	2/11/01
	6 (12)	PJ BLANCH VS. ALDEN	12/3/10
	6 (9)	TOM VANCURAN VS. O'HARA	12/26/14
	6 (11)	NATE MURDIE VS CSAT	1/18/19
ALL WESTERN N.Y. 1 ST TEAM		MIKE O'BRYAN	1992-1993
ALL WESTERN N.Y. ACADEMIC		TONY KIRBIS	2002-2003
1ST TRIPLE DOUBLE		BRIAN WARREN VS. WILSON MAGNET	11/28/95
		(11 PTS, 17 REBS, 10 BLOCKED SHOTS)	

KENMORE EAST BOYS BASKETBALL

INDIVIDUAL RECORDS 1959-2022

PER SEASON

MOST POINTS	490	MIKE O'BRYAN 1992-93
BEST POINT AVERAGE	23.47	PJ BLANCH 2011-12
MOST FIELD GOALS ATTEMPTED	343	DANTE BONO 2010-11
MOST FIELD GOALS MADE	(330) 179	DARRIN PETERSON 1986-87
BEST FIELD GOAL %	(115-182) 63.2%	RICK ADAMS 1974-75
MOST FREE THROWS ATTEMPTED	212	DAVID DIETRICH 1980-81
MOST FREE THROWS MADE	150	DAVID DIETRICH 1980-81
BEST FREE THROW %	(36-41) 87.8%	SCOTT KARSTEDT 1984-85
	(29-33) 87.8%	CONOR HOAR 2014-15
MOST CONSECUTIVE FREE THROWS	26	DAVID MEYERS 1967-68
MOST REBOUNDS	295	KEN WARREN 1990-91
BEST REBOUND AVERAGE.	14.0	KEN WARREN 1990-91
MOST STEALS	93	MIKE O'BRYAN 1992-93
MOST ASSISTS	191	TIM MINNECI 1973-74
MOST BLOCKED SHOTS	68	SCOTT MORRIS 1993-94
MOST 20 REBOUND GAMES	3	MARK FRANK 1978-79
MOST 2ND SHOT ATTEMPTS	73	MARK FRANK 1978-79
MOST CHARGES DRAWN	27	DAVID CARVER 1983-84
MOST VARSITY GAMES PLAYED IN CAREER	88	MIKE O'BRYAN 1988-91
MOST TIMES SCORED 20 PTS SINGLE GAME	14	DARREN PETERSON 1986-87
		SCOTT KARSTEDT 1993-94
MOST TIMES SCORED 20 PTS CAREER	36	MIKE O'BRYAN 1992-93
MOST 3 PT SHOTS ATTEMPTED	(50)183	DANTE BONO 2010-11
MOST 3 PT SHOTS MADE	(183)50	DANTE BONO 2010-11
BEST 3 PT PERCENTAGE	(19-38)50%	JOHN ODDO 1998-99



BASKETBALL

The Bottom Line

FACE IT: Nobody owes you a living.

What you achieve or fail to achieve in your lifetime
is directly related to what you do
or fail to do.

No one chooses his parents or childhood
but you can choose your own direction.

Everyone has problems and obstacles to overcome
but that too is relative to each individual.

NOTHING IS CARVED IN STONE,
you can change anything in your life,
if you want badly enough.

Excuses are for losers:

Those who take responsibility for their actions
are the real winners in life.

Winners meet life's challenges head on,
knowing there are no guarantees,
and give it all they've got.

And never think it's too late or too early to begin,
Time plays no favorites
and will pass whether you act or not.

TAKE CONTROL OF YOUR LIFE,
Dare to dream and take risks...
Compete.

If you aren't willing to work for your goals
don't expect others to.

BELIEVE IN YOURSELF!

Lessons From Coach Wooden

By Steve Jamison

During the 1960s and 1970s, John Wooden coached the UCLA Bruins to a record-setting 10 NCAA Division I titles. Winning championships and breaking records, however, were not Wooden's top priorities as a coach. In his playbook, education was first, basketball second and socializing third.

The UCLA and NBA superstar Kareem Abdul-Jabbar, a three-time PARADE all-American, remembers Wooden's message. "What Coach taught was in sync with what my parents believed-namely, knowledge is power," says Abdul-Jabbar. Knowledge is what you use to get ahead throughout life."

Wooden's players have gone on to become doctors, lawyers, dentists, ministers, businessmen and teachers. Now 87, he continues to share his message at schools, seminars and in his book *Wooden*, which we worked on together. Remember, he says:

- NO TEAM HAS EVER PLAYED A PERFECT GAME. It's impossible. But *striving* for perfection is not. You have the power to do that. And when you do, you become a winner regardless of the score.
- THE FINAL SCORE IS NOT THE "FINAL SCORE." There is nothing wrong with the other person or team being better than you are, so long as you do everything possible to prepare for the challenge ahead. The score can never make you a loser if you've done your best.
- MAKE EACH DAY'S PRACTICE A MASTERPIECE. Don't think you can work twice as hard tomorrow to make up for a sloppy effort today. If you have it within your power to work twice as hard, do it now. This is true in both basketball and life.



"never cease trying to be the best that you can be," says John Wooden

Success is peace of mind
which is a direct result of
Self-satisfaction in knowing you
did your best to become the
Best you are capable of becoming.

KENMORE EAST BOYS BASKETBALL

JUNIOR VARSITY RECORDS 1959 - 2022

CAREER SCORERS LEADERS

<u>NAME</u>	<u>YEAR</u>	<u>PTS</u>	<u>GAMES</u>	<u>AVG</u>
1. MEKHI WILLIAMS	2019-21	493	30	16.40
2. JAKAI DANIELS	2009-10	309	18	17.20
3. GARY WELGOSS	1988-89	303	20	15.20
4. MIKE MCDONOUGH	1998-99	294	18	16.33
5. GREG TETTER	1974-75	286	18	15.89
6. TODD TRAVIS	1986-87	264	18	14.66
7. DANTE BONO	2007-08	263	19	13.80
8. ADAM OWCZARZAK	2005-06	260	20	13.00
9. BOB BOUGHTON	1975-76	251	18	13.94
10. ERIC BUGGS	2003-04	247	20	12.40
11. STEVE TETTER	1982-83	245	18	13.61
12. BRIAN WARREN	1993-94	241	18	13.40
13. DARRIN PETERSON	1983-84	240	18	13.30
FRANK TRIPI	1998-99	240	20	12.00
MARCUS DIAZ	2018-19	240	12	20.00
14. DOMINIC GARCIA	2001-02	238	16	14.80
15. SCOTT PARR	1983-84	234	18	13.00
MARK CARDUCCI	1991-92	234	19	12.31
16. PAT O'BRIEN	1972-73	230	17	13.76
DAVE DIETRICH	1978-79	230	17	13.53
17. PAT CLARK	1975-76	226	18	12.56
18. CHUCK PENDLETON	1969-70	222	18	12.33
TIM HEDGES	1994-95	222	20	11.10
19. LARRY HUGHES	1971-72	218	18	12.11
ALLAN HEACOCK	1984-85	218	18	12.11
20. KAIDEN BALLENTYNE	2021-22	215	20	11.30
21. DAVE PALERMO	1990-91	214	20	10.70
22. NATE MURDIE	2016-17	211	12	17.60
SCOTT KARSTEDT	1990-91	201	20	10.05

KENMORE EAST BOYS BASKETBALL

KENMORE EAST "25" CLUB (25 OR MORE POINTS IN ONE GAME)

<u>NAME</u>	<u>PTS</u>	<u>OPPONENT</u>	<u>DATE</u>
MARCUS DIAZ	38	CARDINAL O'HARA	12/28/18
MEKHI WILLIAMS	36	KENMORE WEST	2/27/21
MARCUS DIAZ	35	NIAGARA FALLS	1/8/19
STEVE TETTER	34	LOCKPORT	2/08/83
GREG TETTER	33	LASALLE	2/11/75
MEKHI WILLIAMS	33	LEWISTON PORTER	2/20/19
TODD TRAVIS	32	GRAND ISLAND	1/07/87
JAKAI DANIELS	32	EAST AURORA	12/05/09
MARCUS DIAZ	31	NORTH TONAWANDA	1/15/19
NATE MURDIE	30	CSAT	1/19/17
NATE MURDIE	29	LOCKPORT	1/23/17
CHUCK PENDLETON	29	TONAWANDA	12/30/69
SCOTT PARR	29	NORTH TONAWANDA	2/14/87
DOMINIC GARCIA	29	NIAGARA FALLS	1/29/02
JAKAI DANIELS	29	IROQUOIS	12/03/09
JAKAI DANIELS	29	GRAND ISLAND	12/18/09
NATHAN MURDIE	28	O'HARA	12/28/16
PAT CLARK	28	LASALLE	1/08/76
NATHAN MURDIE	27	NIAGARA WHEATFIELD	2/03/17
KEITH MACBAY	27	NIAGARA FALLS	12/21/70
LARRY HUGHES	27	KENMORE WEST	2/12/72
PAT O'BRIEN	27	LOCKPORT	1/21/73
MIKE DERME	27	O'HARA	12/08/87
KRIS BOYES	27	GOV. SIMCOE	11/26/04
ADAM OWCZARZAK	27	NIAGARA WHEATFIELD	2/16/06
MEKHI WILLIAMS	27	NORTH TONAWANDA	1/16/20
DAVID CARVER	26	NIAGARA FALLS	1/14/82
JEFF FALK	26	NIAGARA FALLS	12/06/91
TODD SCHRAGEL	26	GRAND ISLAND	1/31/97
MARCUS DIAZ	26	LOCKPORT	1/4/19
CHUCK PENDLETON	25	NIAGARA FALLS	1/07/70
BRIAN WARREN	25	GRAND ISLAND	2/01/94
ERIC BUGGS	25	LEW PORT	1/06/04
MARCUS DIAZ	25	CSAT	12/11/18

MEKHI WILLIAMS 25
KAIDEN BALLENTYNE 25

NIAGARA WHEATFIELD 3/5/21
GRAND ISLAND 12/10/21

KENMORE EAST BOYS BASKETBALL

JUNIOR VARSITY RECORDS 1959 - 2022

INDIVIDUAL GAME RECORDS

MOST POINTS	38	MARUS DIAZ O'HARA	12/28/18
MOST FIELD GOALS ATTEMPTED	29	NATE MURDIE VS. CSAT	1/19/17
MOST FIELD GOALS MADE	18	MARCUS DIAZ VS O'HARA	12/28/18
BEST FIELD GOAL % (100%)	9-9	DAN BROWN VS. TONAWANDA	1/31/76
MOST FREE THROWS ATTEMPTED	21	TODD TRAVIS VS. GRAND ISLAND	1/08/87
MOST FREE THROWS MADE	16	TODD TRAVIS VS. GRAND ISLAND	1/08/87
BEST FREE THROW % (100%)	13-13	KEITH MACBAY VS. NIAGARA FALLS	12/21/70
MOST REBOUNDS	25	RICH ADAMS VS. NIA WHEATFIELD	1/26/73
MOST STEALS	12	DARRIN PETERSON VS. NIA WHEATFIELD	1/13/84
MOST ASSISTS	11	BILL WELGOSS VS. LOCKPORT	2/18/83
MOST BLOCKED SHOTS	9	LANCE PALUMBO VS. NIA WHEATFIELD	12/07/78
MOST CHARGES DRAWN	6	DAVE DIETRICH VS. NIAGARA FALLS	12/07/78
MOST 2ND SHOTS ATTEMPTED	11	BRIAN KLEIN VS. KEN WEST	2/10/84
MOST 3 PT. FG ATTEMPTED	16	MIKE MCDONOUGH VS. LASALLE	1/22/99
MOST 3 PT. FG MADE	9	MARCUS DIAZ VS NORTH TONAWANDA	1/15/19
MOST POINTS IN A QUARTER	36	VS NICHOLS	12/09/03

KENMORE EAST BOYS BASKETBALL

JUNIOR VARSITY RECORDS 1959 - 2022

SINGLE SEASON RECORDS

MOST POINTS	309	JAKAI DANIELS	2009-10
BEST POINT AVERAGE	17.6	NATE MURDIE	2016-17
MOST FIELD GOALS ATTEMPTED	266	GARY WELGOSS	1988-89
MOST FIELD GOALS MADE	122	GREG TETTER	1974-75
BEST FIELD GOAL %	64%	JOSH ORTA	2007-08
MOST FREE THROWS ATTEMPTED	145	DAVE DIETRICH	1978-79
MOST FREE THROWS MADE	100	DAVE DIETRICH	1978-79
BEST FREE THROW %	80%	MIKE ATTI (32/40)	1996-97
MOST CONSECUTIVE FREE THROWS	16	KEITH MACBAY	1970-71
MOST REBOUNDS	240	RICK ADAMS	1972-73
BEST REBOUND AVERAGE	14.2	RICK ADAMS	1972-73
MOST STEALS	90	GARY WELGOSS	1988-89
MOST ASSISTS	96	CHRIS ROBEY	1998-99
MOST BLOCKED SHOTS	57	CHRIS BORON	1974-75
MOST CHARGES DRAWN	36	DAVE DIETRICH	1978-79
MOST 2ND SHOTS ATTEMPTS	58	TERRY OGDEN	1982-83
MOST 3 PT. FG ATTEMPTED	135	DANTE BONO	2007-08
MOST 3 PT. FG MADE	42	DANTE BONO	2007-08
BEST 3 PT. FG %	54%	JOE CRAWFORD (13/24)	2003-04

What Can YOU do?

A lot of athletes, frustrated by losing or by not meeting their expectations in some other way, end up asking the same question: “But what can I do?” So, here is a brief answer that applies to just about all basketball players.

During games you can sprint more, you can be more active off the ball on defense, you can be more alert, constantly asking yourself what is likely to happen next and constantly expecting a pass or a cut or a shot or a penetration. Also, you can encourage your teammates, bolster their confidence, and remind them of what needs to happen.

In practice you can arrive earlier, work harder, care more about maximizing time, really try to use the time to improve – and then work to get your teammates to take the same approach as you.

Off the court you can talk to your coach and talk to your teammates, keep your goals and your visions fresh in everyone’s mind and keep reminding your teammates of what it takes to reach those goals. It is not enough to have goals, it is important that you have a plan for achieving those goals and that you keep everyone focused on doing the extra things that are necessary for success.

In the off-season you have the best chance to have a huge impact on your future success. That’s when you guarantee your improvement by shooting 500-1000 shots a day (all athletes can improve their shot), by lifting weights (no player is too strong), and by improving your skills with systematic practice and repetition. Once you commit to all that, then get your teammates to do it too. It’s a team game. You can’t afford to mind your own business and hope for excellent, motivated teammates. You have to motivate your teammates and inspire excellence. Go by their houses, call them up, pick them up. Talk to them, work with them, and share your dreams with them. There is so much you can do – and every day counts.

A message from Dick DeVenzio and the Point Guard Basketball College

www.Point-Guard.Net

Attitudes that Build Winners

Sports psychologists have identified the eleven mental attitudes directly related to success in competitive sports.

Drive Drive provides the desire that carries an athlete to success. Dedicated athletes have a strong desire to improve, to compete, and to win. No one gets to be the best without a burning desire to be the best.

Aggressiveness Winners make things happen instead of waiting for them to happen. They take charge, force action, and produce results. They assert themselves strongly, make their presence felt. They thrive on competition.

Determination Determination makes winners. The refusal to quit or accept defeat; the persistence to try and try and try again, the willingness to practice long and hard. Determined athletes are relentless in their efforts to improve and to win.

Responsibility Winners accept total responsibility for their actions. They recognize their own mistakes and the need for change and improvement. They admit errors and will not blame others or make excuses.

Leadership Winners tend to enjoy the role of leader. When leadership is needed, they step forward and take charge. They are dynamic people who like to influence others and take control of situations.

Self-Confidence Self-confidence builds winners. Winners have confidence in their abilities and can act *decisively*. They believe they can successfully meet challenges, handle unexpected situations. They never doubt their own ability.

Emotional Control Successful athletes can handle the pressures of competitive sports. They stay cool, adjust quickly, and are not upset by bad breaks or bad calls. They deliver top performance regardless of the circumstances.

Mental Toughness Mental toughness is a big factor in athletic success. Winners can accept strong criticism and rigorous training from a demanding coach. They recover quickly from setbacks, don't fall apart when the going gets rough.

Coachability Winners respect the coach and the coaching process. They know that coaching is important to their development and progress as an athlete. They are receptive to the coach's advice and follow it.

Conscientiousness Winners have standards of character. They have a deep sense of obligation and know a team must have discipline to be successful. They put the welfare of the team first, don't bend the rules or regulations to suit themselves.

Trust Winners are believers. They accept people at face value, and know that mutual trust is a major factor in building team morale and unity. Trusting athletes communicate and cooperate better with their teammates and coach.

A Poem to Ponder

If you think you are beaten, you are,
If you think you dare not, you don't.
If you'd like to win, but think you can't,
It's almost a cinch you won't.
If you think you'll lose, you're lost,
For out in the world we find
Success begins with a person's will;
It's all in the state of your mind.
Life's battle don't always go
To the stronger or faster man;
But sooner or later the man who wins
Is the one who thinks he can.

"TO ANY ATHLETE"

There are little eyes upon you and they're watching night and day,
And there are little ears that quickly take in every word you say.
There are little hands all eager to do anything you do,
and a little boy who's dreaming of the day he'll be like you.

You're the little fellow's idol, you're the wisest of the wise;
In his little mind about you, no suspicions ever arise.
He believes in you devoutly, holds all that you say and do;
He will say and do in your way when he's a grown-up like you.

There's a wide-eyed little fellow who believes you're always right,
And his ears are always open, and he watches day and night,
You are setting an example every day in all you do,
For the little boy who's waiting to grow up to be like you.

"author unknown"

STAY PSYCHED!!!!!!

KENMORE EAST BOYS BASKETBALL

VARSITY COACHING BASKETBALL RECORDS

1959 - 2022

<u>NAME</u>	<u>YEARS</u>	<u>WON</u>	<u>LOST</u>	<u>TOTAL</u>	<u>PCT</u>
Jack McMinn	1959-1968	59	99	158	37.3
Robert Marafino	1968-1970	3	33	36	8.3
Marvin Matteson	1970-1999	331	256	587	56.4
Jay Robbins	2000-2018	121	247	368	32.9
Jim Badgley	2018-2022	14	59	73	19.4
TOTALS	1959-2022	524	679	1203	43.5

THE RECORD BOOK (FREE THROWS)

<u>PRO:</u>	<u>ATTEMPTS</u>	<u>MADE</u>	<u>PCT</u>
Calvin Murphy, Houston 1980 – 1981	215	206	.958

<u>COLLEGE:</u>	<u>ATTEMPTS</u>	<u>MADE</u>	<u>PCT</u>
Craig Collins, Penn State 1985	98	94	.959

<u>HIGH SCHOOL:</u>	<u>ATTEMPTS</u>	<u>MADE</u>	<u>PCT</u>
Daryl Moreau de la Salle	122	119	.975

<u>KENMORE EAST:</u>	<u>ATTEMPTS</u>	<u>MADE</u>	<u>PCT</u>
Scott Karstedt 1992 – 1993	41	36	.878
Conor Hoar 2014 - 2015	29	33	.878