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ISBN 0-918894-28-X



April 4, 2013



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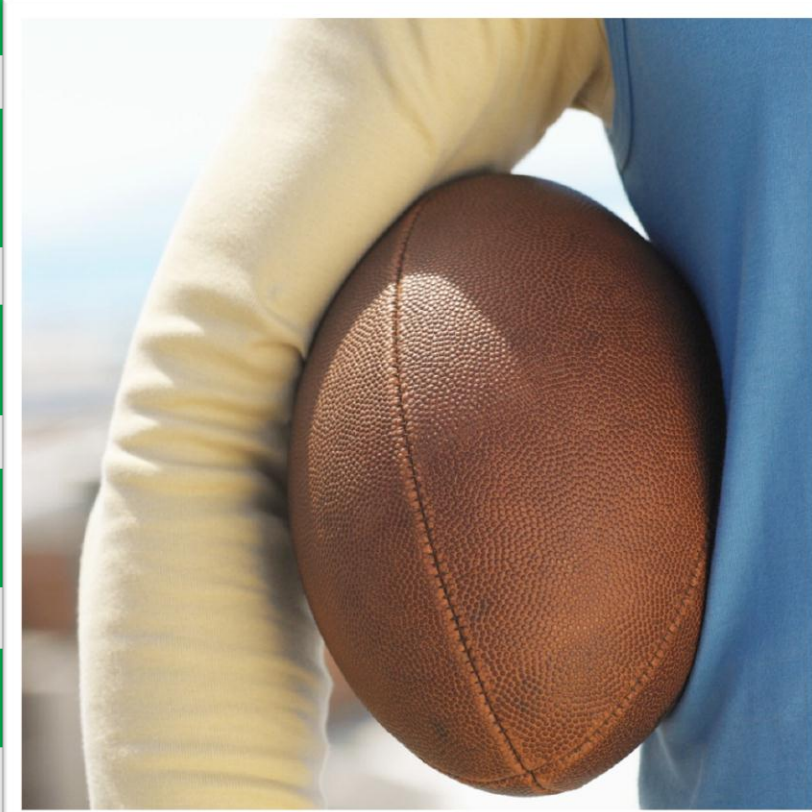
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BEARS

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LETTER FROM

Dear Readers:

First, I wanted to thank all the readers of Sports Fan. Thanks for picking up this magazine and taking the time to read it. Thanks for sending in all the letters. Keep sending them in. Hopefully this magazine has helped, inspired, and interested readers into sports.

Secondly, I want to explain the purpose of my magazine. The topic of Sports Fan is all sports because I believe everyone has a sport that will appeal to them. A sport is just one of the many enjoyments of life. They can take your mind off more stressing issues. By covering more than one sport hopefully Sports Fan allows you to have insight on many perspectives. More perspectives give a reader more opportunities to be inspired or interested in sports. Sports are not only a healthy way to spend time they can be very fun. To play sports you must have the right mind set. This magazine is also for bettering yourself, others, and your team. These components are important in all team sports. While attending and playing sports you can make friendships. Sports are not only competitive they are supposed to be a fun activity. This magazine is for all the readers who love any kind of sport.

Creating this magazine was not as easy as I thought. I had many struggles and I was able to solve most of them. I chose to do digital magazine so I had to scan all the paper copies of ads and miscellaneous I bought. Making deals was easy, but actually doing them was sometimes difficult. It was a pain to find the time. Furthermore, at the same time as Deadline we were also doing our Society Project in Social Studies. Since I am in Spanish I do not have a help period which I would have majorly benefited from. I used time in smart start and ELT to try to make up for not having a help period. The computer I have at home was a Mac which

doesn't convert with the PCs at school. Basically, I would have type them at home and then put them into templates at school which took away time. Another issue was receiving the documents I needed for each deadline. The last major problem was I lost my financial records. Thankfully, Ms. Miller printed another one out for me. Thanks Ms. Miller! Still I had to find all the people I made deals with and record them again. However, I managed to work out all of my struggles.

My successes included learning computers skills, enhancing my proofreading skills, and using my time wisely. During Deadline Ms. Miller taught me many computers skills. For example she taught me a lot about scanning, editing, and Dropbox. Ms. Miller introduced me to a very valuable tool, Dropbox. In addition my computer editing skills are much better. I am now very associated with Microsoft Word and Dropbox. These skills will be very useful in the technology-developing 21st Century.

My experiences in Deadline went pretty well. Everyone I asked to make deals with me accepted them, but some people didn't finish the deals in time for me. Otherwise the work I received was very high quality. Blake Heimmermann came through for me and wrote an amazing 1-2 for me at last moment for 3/3 deadline. Jacob Ubl also finished a miscellaneous for me when Nick Fassbender couldn't give me his miscellaneous due to him being gone. The writing I obtained was so outstanding that I did not need to make many corrections when proof reading. I appreciated the choice between a digital magazine and a paper magazine. Personally, a digital was more suited towards me because I tend to lose assignments quite easily. Dropbox was a huge help because I did not to use a flash drive. Overall I thought my deadline went decent.

THE EDITOR

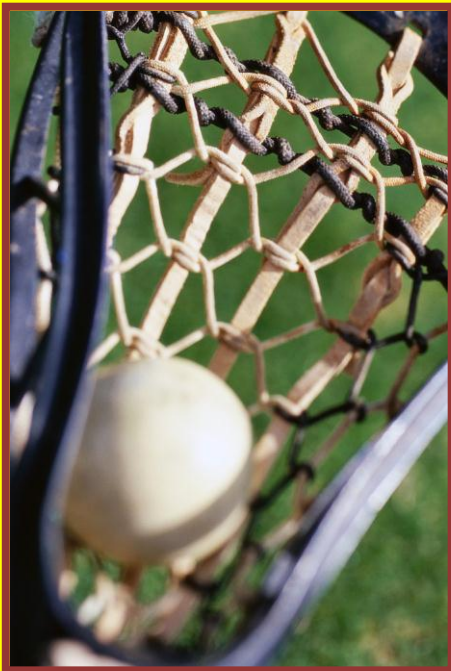
My goal was to give the readers various sports to read about. I believe I accomplished that. I want to thank the readers again for their support. Thank you everyone who contributed to Sports Fan! Thanks Ms. Miller for teaching me so about the technology of this project! Send more letters to influence the magazine and to have your own say. Thank you!



Sincerely,

Mat Kesler

Matthew Kesler
Editor in Chief, Sports Fan



Dear Editor:

I would like to thank you for the amazing sports tips and great stories that your magazine has provided. Every article I read kept me on the edge of my seat. I can't wait to read more. I always recommend your magazine to all my friends that want a great read. Thanks for the best magazine ever.

Sincerely,

Tyler Swichtenberg



Dear Editor:

I have really enjoyed reading your latest article "Football Fury." It has really helped me improve my spiral. Your technique of throwing the ball with a downward motion has really worked. Before this I was throwing incomplete passes all the time. Ever since I've read your article I haven't thrown one. Thanks to this article I will surely make all my friends jealous.

Sincerely,

Garon Dueitt



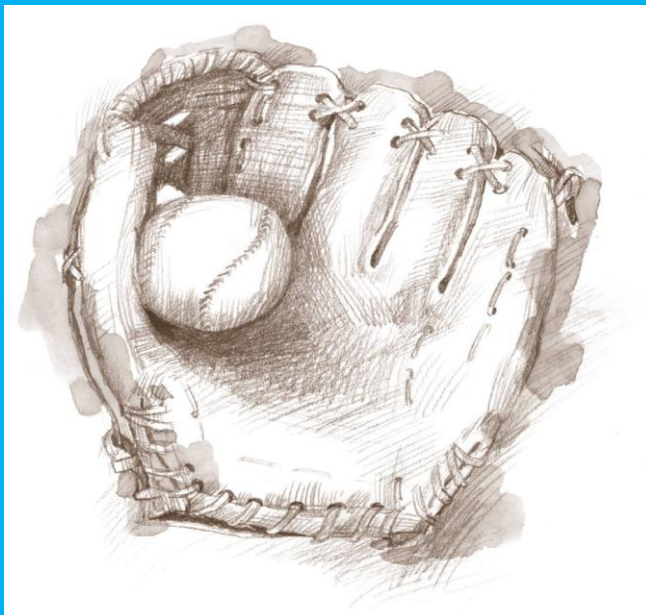
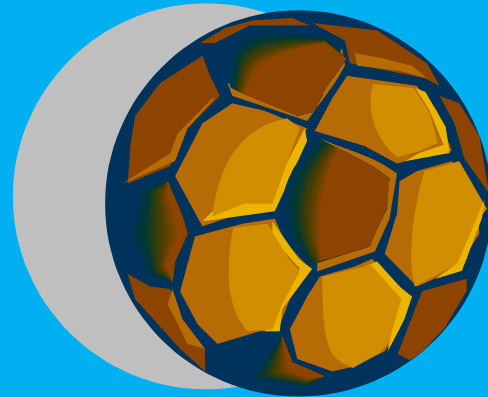
Dear Editor:

Ever since I started playing baseball in little league I was the worst one on the team. I attended all of the batting and throwing camps. I even had a personal trainer but nothing seemed to work.

Then I read your article. Now I'm the best one in the league. I did everything you said to do. Just by reading your article I corrected my batting motion. Every other game I hit a home run. I can even throw up to seventy-five miles an hour. I even threw a couple no hitters this season. After each game I think of what I did wrong and read your article. Then I try to correct what I did. Most of the time I am able correct it to perfection. Thank you for writing this article to let me pursue my baseball career!

Sincerely,

Max Broeniman



Dear Editor:

Sports Fan is the best magazine in the entire world. I had my family read it and they loved it too. Your magazine provides information and fun at the same time. I feel like there's a T.V. in my head when I read your magazine. I just wanted to thank you for brining joy to my life.

Sincerely,

Nick Draeger

Learning the Basics

By: Blake Heimemrmann

This article is for the people who do not know one little bit of information about the sport of football.

First off, football requires a great amount of athleticism. In order to get in shape to be a successful football player, football players must work out daily, eat a lot of protein, and get a good sleep every single night. If a football player cannot meet those expectations, they might as well say goodbye to the sport.

A football team is split into three sub-teams: offense, defense, and special teams. They all have an important part in the game. Each team consists of eleven team players. The eleven offensive players are the wide receivers, running backs, center, left and right tackles, left and right guards, a tight end, and quarterback. A quarterback has the ball every play. He throws the ball to the wide receivers or hands the ball off to the running backs. There are usually three types of running backs: fullback, halfback, and tailback. They all play similar roles, which are trying to run the ball past the defense to score a touchdown. Sometimes one of the running backs blocks for quarterback or goes out for a quick pass. The offensive line blocks the defense line and helps the quarterback, running back, and wide receivers do their jobs. The center is the most important lineman because he gives the ball to the quarterback every play. The wide receivers and tight ends are very similar. Both positions require good agility, blocking skills, and great catching skills. They both go out for passes and catch the ball to run and get a touchdown.

The defense is the most important part of football. The defense has 3 waves of lines. The first line is lined up against the offensive line. The second line is the

linebackers and cornerbacks. The third and final line is the safety. The safety is the person who makes sure nothing gets past him. The objective for the defense is to not let the other team score.

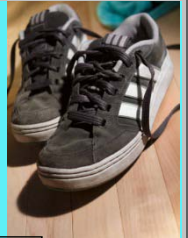
Finally, the special teams are the part of the team that provides and receives the kickoffs. A kick off happens in the beginning of every half. There are two halves in each game. A kickoff also occurs after every touch down scored and the team that kicks off is the team that just got a field goal or touchdown. A field goal is worth three points and happens usually on the fourth down. A touchdown is worth six points and can happen on any down. A down is a specific amount of time you have to get a touchdown before giving the ball back to the other team's offense. That is also known as a turnover. After scoring a touchdown, the team has two options. The first is to kick the extra point, which has the kicker come kick a field goal worth one point, or have the offense stay out and score another touchdown worth only two points. That is known as a two point conversion.

These are just the basics of football. Football is a great sport once you begin to learn the rules, guidelines, and plays.





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How to do a Back Flip

By: Jacob Ahles

In many sports you'll see professional athletes doing all kinds of tricks. One of the most common is the back flip. This is not as easy as it looks and takes a lot of practice. It can be very dangerous if not done correctly. I broke how to back flip into three main steps, the jump, the flip, and landing. These steps are broken up into numerous techniques used in the flip.

To start the flip, it is very important to get as high as possible. To do this, start by standing on your toes with your arms and hands out in front of you. Next, dip down into a squat while swinging your arms down and back. It is extremely important to use your arms to get as much momentum as possible one mistake is to fall too low in the squat. This prevents power in the jump; it's critical to find a sweet spot in this position for maximum power. Then while keeping all of these steps fluid, swing your arms up and explode from the squatting position. For the backflip, the most important thing is to get as much height as possible. Of course, this is still only a small part of the entire flip but, is the part that sets you up for the rest of the flip.

After the jump, most people mess up the next step. This step should flow with the jump and is also the actual flip to the backflip. Most people while performing this flip for the first time and with no instruction often lash their head back and try to flip their entire body. This often ends up with a serious head or spine injury. People who do that often also forget the first step too. They forget the whole jumping part so they end up landing flat on their face. So during the jump your knees should be brought up to your chest. This is called a tuck and is exactly that. You should bring your legs up into your chest and your hands should clutch our shins. This again should be completely

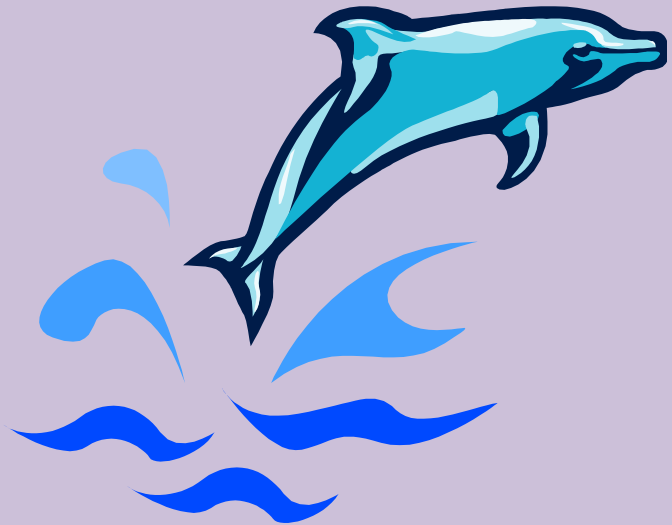
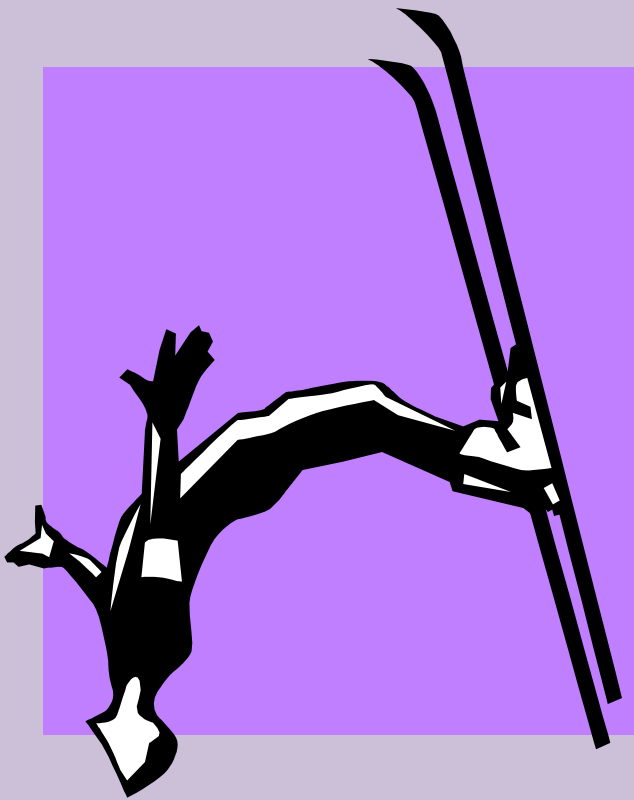
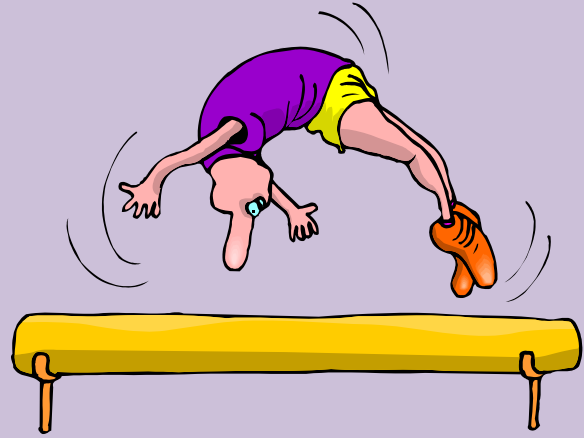
fluid through the entire jump and into the tuck. While bringing your knees to your chest, you should be leaning back while keeping your arms still and not to actually moving them so that your knees just slide right to your hands. At this point you should be in midair and upside down on your back. One tip I learned was to keep your knees apart. This does not affect the flip in any way and prevents you from getting a face full of knee on the next step, spotting and landing

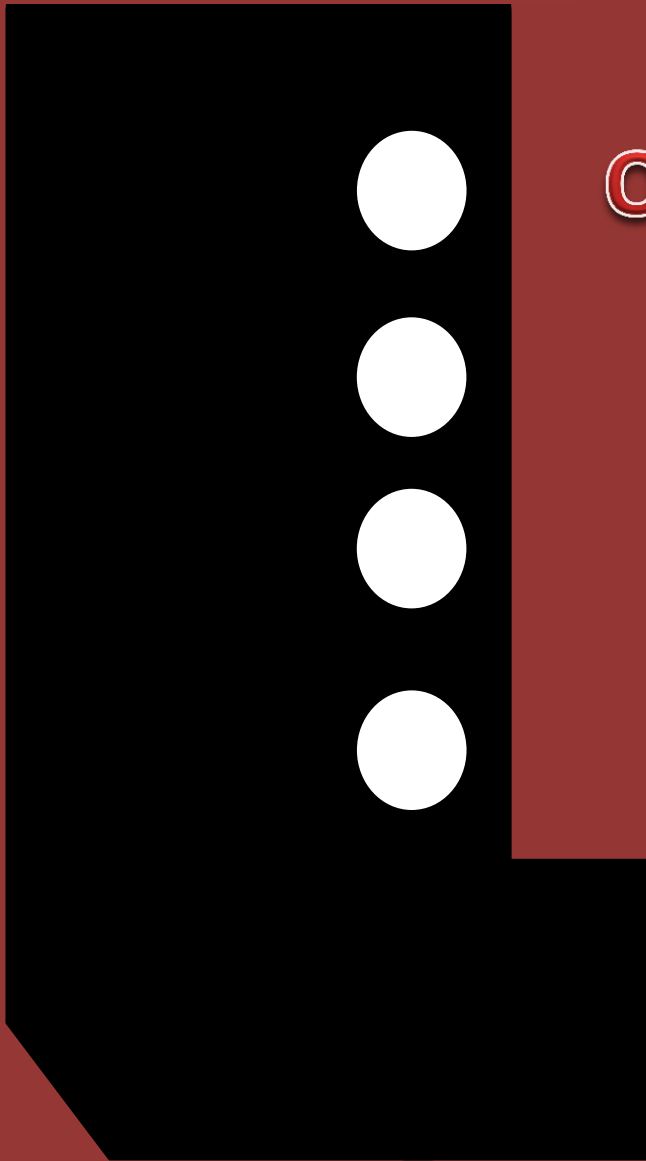
At this point you're almost done but, don't just get the landing over with. At the beginning of this flip, it is hard to tell exactly where you would land especially on your first try. This is why it's important to have plenty of space. At this point while you're still just rounding your flip, you should already be looking for the ground and how to land. The land will come hard and fast. So you should always wear comfortable shoes and practice on a softer ground meaning not concrete. Also as soon as you start spotting your legs should slowly be released out of the tuck to reach out for the landing. Now, in a perfect flip you should land exactly where you started but that's not likely to happen on your many attempts especially if you can even make it this far. This is fine when practicing. You will eventually be able to perfect this.

Always remember to use your arms for momentum. Along with that, remember to get as much height as possible, tuck, and sight your landing.

Most beginners tend to start by jumping off of a high surface. This is a great way to start and eliminates the need for most of the first step but is important not to land where you started. Or, if you don't want to use a high surface try a slight slope this gives the same effect but does require more jumping. As I said before the landing can come fast and hard, so don't use hard surfaces. A common place to practice is a

beach. This gives you a slope and is great because of the soft sand. Also as a beginner some people practice their flip with a partner. To do this your partner holds out their arm to help support your back and uses their other hand help you rotate in the flip. And lastly, even though this is not a sport, it is still important to stretch. This includes warming up by doing some practice jumps and which helps to maximize your height. Hopefully this provides some guidelines and advice for back flipping.





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VS.



The Mindset of a Champion

By: Nathan Lichtfuss

We've all heard that you need to have the will to win. We've all heard that all you need to do is believe and you can do anything you want. We've heard the saying "mind over matter." There are percentages people say that it is sixty percent mental and forty percent physical to win. Others say it is eighty percent mental and twenty percent physical to win. What does this mean? What makes a champion different from all the other athletes training for their sport?

The percentages sixty/forty and eighty/twenty are what people say is the formula that makes a true champion. People agree that the formula for a champion always consists of having a strong mindset over the physical capability and strength. Champions do need a specific body type for each sport, however. Winners need to be physically fit. This doesn't mean that if two people have exactly the same qualifications for a sport they both will succeed. One could be a total success while the other never even makes the pros. How is this? This is where the mentality of a champion comes into play.

The mind of a champion is truly unique. Are all born with it? The answer would be no. The mind of a champion is one that is not only willing to work hard but also one that purely wants to. It is the mind that loves competition. It is the one that finds joy in working hard day after day. Without a proper mindset, it is impossible for a champion to be born. A champion has to love what he or she does because they are working at it every day. They see the potential in themselves and refuse to stop until they either win or are happy with the effort they have put into it. Is the saying that "if you believe, you can do anything" true, though? If you are not born with a

champion's mindset can you still win? I believe so.

I don't think that everyone has the drive to win. They don't feel it is necessary to win at a certain sport or event in order to be successful. Some feel this by being an exceptional father, mother, or friend. Others feel it by doing a great job at work every day. A person who goes to the extreme and goes to the Olympics for a sport is born with a competitive mindset. You can still succeed in sports if you aren't born with this mindset, however. It just takes that much more concentration and will to succeed since you may not have an intense feeling for your sport every day. For these people, it is important to picture yourself winning when it comes time to compete. If you can't see yourself beating your competitor, you will not come out on top. The biggest words of advice for the people who wish to succeed in sports but don't plan on making it to the pros is are confident. You have to be confident in your capabilities in order to defeat the person who wants to beat you just as bad.

There is always a loser. There is only one winner. The one who wins is confident in him or her. The one who is at the top of the podium has a drive to defeat anyone who comes in their path. They understand that it only takes one free throw, one hit, one catch, one takedown, or one put in order to win, and they practice at it for days after days after days. They understand that there is someone out there just like them who wants the gold just as much as they do. Some people have such a strong drive, and they are constantly wondering how great they can be. They push limits. A champion doesn't let their body tell them no. When a champion is working out, he or she lives for the burning sensation of their muscles and fight through it. They don't let their body hold them back. If you want to be a champion, don't let anyone or anything hold

you back including yourself. Work so hard that when it comes to game day, you realize that no one has worked harder than you. Want it. No one can stop you. Be greater than anyone has ever been. Astound everyone, and, through it all, have a mindset of a champion.



A Football Tale to Remember

By: Thomas VerVoort

It was a beautiful day at Miller Park. It was seventy-two degrees. It was going to be a face-off between two football teams with the Mexican Amigos and the Iran Runners. It was the Super Bowl.

It started in the first quarter when the Amigos won the coin toss and decided to return the kick at the beginning of the game. The kick was high and long and the kick returner Jose Sanchez returned the ball for forty yards. The Amigos started at the forty-nine yard line. Quarterback, Carlos Sanchez younger brother of Jose Sanchez, threw a deep pass to the wide receiver, Pablo Martinez. Pablo caught and ran for a touchdown. The Amigos enhanced their lead by going for an extra point.

The Runners returned the ball for thirty six yards leaving them on the Amigos' forty-eight. The Runners couldn't do anything on the ground so they began with passing. Their quarterback John Smith threw a medium range pass and it was intercepted by the cornerback, Roy Gonzales. Roy Gonzales managed to return the ball for twenty yards. The Amigos now had the ball on the Runners' forty-two. "That game was one of the most exhilarating games of my life," described Roy Gonzales. An exciting game was already developing within the first quarter.

The Amigos hoped to take advantage of the interception. However, they could not capitalize on the situation. The Amigos punted to the Runners pushing them into their red zone.

The Runners started their drive at the twenty-six. The Runners threw many deep passes to drive down the field. In addition they added small screens to their game plan which benefited them very much. The drive succeeded with the Runners gaining a touchdown. After the Runners kicked an

extra point the game was tied. The Runners kicked off at with seven minutes in the quarter. The game was moving very fast.

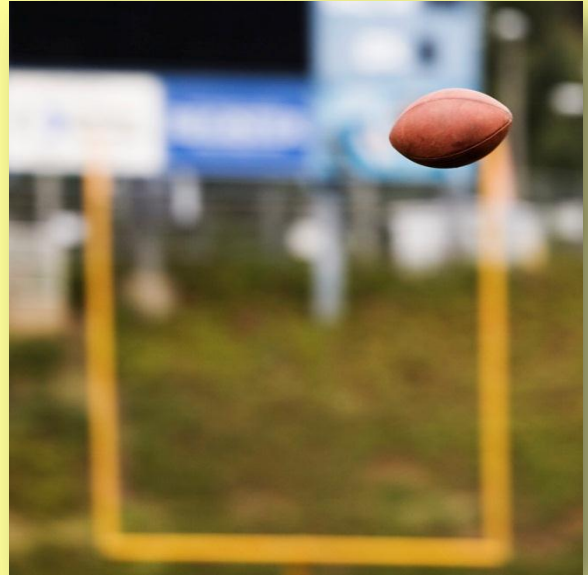
The rest of the first quarter and second half went back and forth for both teams. Ultimately the second half ended with the Amigos on top with a score of thirty-five to twenty-eight.

The third quarter was similar to the first half with each team making a blunder. One mistake included Alfonzo San Antonio, full back for the Amigos, running into his own blocker fumbling the ball. The ball was later recovered by the Runners. The Runners scored on this passing up the Amigos. "We have the blue colored jerseys," joked Carlos Sanchez to Alfonzo San Antonio. On the other bench John Smith and his offense were planning a strategy that would counter the Amigos' defense. "If we can keep doing this," preached John Smith, "We will definitely snag in a win." Near the end of the fourth quarter the score had increased to fifty-six to forty-nine. The Runners were now on top of the Amigos now.

The last two minutes of the game were very exciting. The Amigos were marching down the field. They were already in range to kick a field goal. If they kicked a field goal they would win the game. The two minute warning gave the Amigos a chance to find the right plays to take home the win. The Runners' defense was allowed to take a breath. Both teams had exhausted their time outs. The Amigos lined up. They threw fast short passes which tired out the Runner's defense. Time continued to tick down. Within the last three seconds of the game the Amigos ran in for a touchdown. The Amigos could not win the game with an extra which would only tie the game. They kept out the offense to go for a two-point conversion. This decision is known as one of the hastiest calls ever. The Amigos charged in with their full back. The Runners' defense slammed against the Amigos. A huge pile of players

hid what had happened. When the players got up it was revealed that Alfonso San Antonio squeezed in to gain two points. The Amigos had won the game with no time for the Runners to score. Their hasty play had won the game by a point.

This game is regarded as the best super bowl. The Mexican Amigos have won three super bowls since then and the Iran Runners have won five super bowls since then. These teams couldn't have had a better game.



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Basketball: A Pros Workout

By: Trevor Griesbach

It is summer, for us basketball players. It is also the offseason. Many kids who play just for fun will only practice a few times, but if you're one of the few kids that take practicing seriously this workout will help. This phrase just emphasizes how few people are willing to work on their game outside of practice.

To start your workout you should practice dribbling. First dribble by your side with your right hand for twenty seconds. After that you do the same thing with your left hand. Then you can do crossovers for twenty seconds. Next do two-ball dribbling for twenty seconds. After that do two-ball dribbling by alternating the dribbles. The next thing you can do is two-ball crossovers, crossover behind the back, and crossovers between the legs all with two hands. Afterwards switch directions. For your final dribbling workout you should do these entire dribble while running or walking. It doesn't matter how long as you are pushing yourself.

The next thing to work on is your shooting. Start about a foot in front of the hoop and make five shots one-handed. Then back up two steps. Continue this until you reach the free throw line. The next drill you do is called the Mikan Drill. This drill helps improve your finish and concentration at the rim. You go from one block to the other. You keep going back and forth for thirty seconds. This gets you tired so it improves your ability to shoot when you are in fatigue. This drill is a very popular. This drill used by almost every team. The next drill is called slide shooting. In this drill you start about five feet from the hoop and slide from one baseline to the other in an arch. After each arch take a step back and go back around. Do this until you are a foot inside the three point line. After this you can do some spot shooting. Spot shooting is when

you pick a spot and shoot five shots from there. When you end this workout do ten free throws.

This workout is a good one for kids who are starting to play the game or are too young to do the more intense workouts. This definitely is not the best workout, but it is still productive as long as you push yourself to your limit.



The Youngest Basketball Player

By: Cody Lohrenz

Zack Masey is the youngest basketball player to enter the NBL at the age of 18 years and 2 days, at least for now. The young basketball player is 6 ft. 11 in. and weighs 302 pounds. He played Center for the Las Angeles Oilers until his life-changing injury.

Childhood Life

Zack Masey was born on November 24, 1996 in Charles, Nevada. Throughout his childhood Zack was recognized to be quite smart. He grew up with his four older brothers. "I loved being at home, school, and everywhere," described Zack about his childhood life. In his youth he barely played sports, only in his physical education class. Zack was much more focused on friends and grades. However, this would change very much so in High School.

High School Life

Surprisingly, Zack took a shot in sports during his High School life. This would later sprout into the seed that began his career in the NBL. He would begin basketball in his freshmen year. He attended St. Gates High School for all of his years of High School. Zack played Center for his first year of basketball. He averaged around 21 points, 24 rebounds, and 9 blocks per game. His coaches were astounded at his ability for being a rookie athlete. Rather than focusing on grades, he began becoming more eager to play basketball which would create conflict with his mother. His mother hoped for Zack to go a major university. Even though his mother did not approve of him playing so much basketball he continued to pursue being an athlete. Within these years his dad would die of a stroke.

While this impacted the family very much, with the help of his brothers having jobs the family managed to stay afloat. In his sophomore year he was moved to Point Guard. Zack averaged 25 points, 23 rebounds, and 7 blocks per game. As a junior he ultimately decided he wanted to be an athlete. Basketball became a humongous component to his life. In his junior year, he broke his angle severing his ability to play basketball that year which lead him to depression. His sulking would stop the next year when he was able to play once again. As a senior he was moved back to Center. This year he averaged 26 points, 12 rebounds, and 8 blocks. His mother insisted he went to college before trying to become a NBL player but, he entered the NBL draft at the age of 17 in 2013.

Rookie Career

Zack Masey was drafted 7th overall by the Las Angeles Oilers. The young basketball player would come in from the bench for Steven Flow and Nathaniel Bander. His first year went well. His stats were very consistent and he became a key player for his team. He scored a career high of 56 points in a game against the New Orleans Bakers. Sadly, this year would be followed up by his most dreadful experience ever.

Injury

In a practice sometime after the playoffs Zack would break his spinal cord. The Oilers were shocked that their young player would not able to be play ever again. Zack underwent surgery, but he lost the ability to lose his legs. "It was so sudden, I was on the top of the world and then I was pushed down," responded Zack on an interview.

Zack is acknowledged as a once-in-a-time player that comes up once in a decade. Zack

Zack is acknowledged as a once-in-a-time player that comes up once in a decade. Zack had already done tremendous things within 18 years. He is now going to the University of West Eagle.





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By: Matt Kesler



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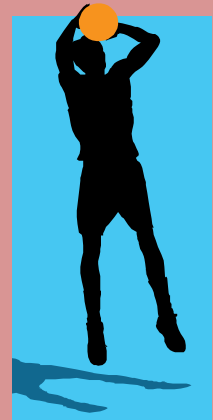
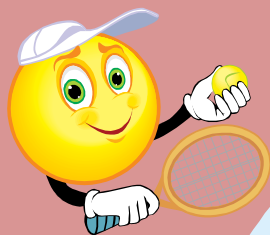
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By: Nick Fassbender

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Big O's Sports and Equipment Outlet is stocked with all of your favorite sporting equipment and clothing. New Milson Slugger baseball bat in store now. Big O's is filled with exciting, new sports gear. Bring your used equipment in, and we will buy it from you.

By: Olivia Griesbach