



Tyler Adams and B.A. Aiken demonstrate shooting techniques.

*Barrow athletes give back to the community.*

On Saturday, Oct. 23 Barrow High School athletes and Coach Jeremy Arnhart put on a Basketball Clinic at Barrow High School. This clinic was a way for local athletes to gain mentorship experience through Challenge Life. It was also a time for athletes to give back to the community.

Youth basketball programs have been a strong tradition in Barrow for many years. This can be attributed to the hard work and dedication of many community members.

The camps focus was to teach the basic fundamentals of basketball. The day started off with Coach Arnhart talking about the fundamentals of the game. He talked about the expectations, on and off the court that players must possess to be successful. The camp was broken down into several different sections: Introduction, Warm-up, Individual Stations, Scrimmages, and the Free throw contest. There were several Barrow High School athletes that made the camp an overwhelming success. Each athlete was responsible for an individual station. The athlete and the stations included: Tyler Adams – shooting, Colin Long and Xavier Edwards – handling the ball / dribbling, Lynette Hepa - passing, Victor Unutoa - post offense & defense, Eddie Benson - speed & agility, and BA Aiken - on the ball defense.

The event ended with a free throw contest and 5 on 5 games. *Special thanks to North Slope Borough School District and Challenge Life.*



*Free Throw contest 1st and 2nd place winners received a basketball courtesy of Challenge Life Foundation.*



Camp participants pose for a photo.



Colin Long and Xavier Edwards work on dribbling technics.



Eddie Benson explains a crossover drill to participants.



Lynette Hepa sets up a quick game.