

MacDonald Brothers Offer Agate Basketball Skills Camp

By John Sandstrom

"I owe Two Harbors a great deal so I am happy to give back," so said Jim Macdonald, 1976 graduate of Two Harbors High School. After starring for the Agates, he taught Physical Education and was head coach for over thirty years in Fridley. He is currently a volunteer coach for Mounds View High School.

This week Jim, his brothers Scott, a 1969 Agate graduate and Dave, a 1964 graduate, offered a skills camp for basketball in Two Harbors. The younger players worked from 10:00-11:30 and the varsity players practiced from 1:00-2:30.

When asked what they will be emphasizing, Jim said, "The 'Old School Stuff' I learned in 1976 is still as valid as ever. The game is about fundamentals. A drop step is called something different today, but it is still the same skill. The skills required to succeed haven't changed."

"I don't talk about playing hard. That is like asking 'Who taught you to breathe?' There is no other way to play. I would like them to hear some of the history of Agate basketball as well."


Some of the concepts the MacDonalds believe in are that players need to keep grinding and keep improving. "Don't assume that you can't compete with another player if they are bigger and taller than you. I have seen many times that the player with more heart can outplay the player with supposedly more talent or more size."

MacDonald also stresses the importance of character. "You are who you are when no one is watching. It is also important to treat everyone who is involved in getting you into the gym, whether it is a coach or the janitorial staff, with respect."

Agate boys coach Bill Anderson said the

fifty-two kids in grades 4-12 worked really hard during the camp. "A lot of what they told the kids is familiar, but it was fun watching someone else teach."

Agate girls coach Dan Lillegaard echoed, "It was fun watching these experienced coaches. They teach a lot of the same things we teach but in a different way and maybe our kids think we know what we are talking about. We sure appreciate them being here and giving back to the community."



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