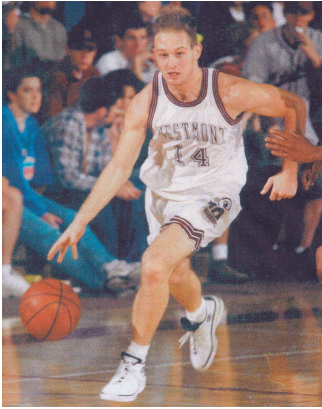


# Excel in Basketball Camp Legend



## Lou Caballero

6'0" Point Guard

Northgate High School, Diablo Valley Junior College, Westmont College

**What Excel Meant to Me:** To me Excel meant getting better. Everyone gets better: players and coaches. As a camper Excel opens your eyes as to how much you can improve and shows you the steps to make those improvements. Each day of the week you feel the improvements: improving in drills and then incorporating those gains into the games. As an Excel coach you relish the opportunity to work with players who *want* to get better. Excel coaches are improving their own knowledge of the game and their own skills in communicating with players and leading teams. From day to day and session to session, everyone involved just keep getting better.

**Career:** Lou was an outstanding point guard at Northgate High School who is still recognized as one of the greatest competitors in Northgate History. Lou led the resurgence of Northgate Basketball and his effort, enthusiasm, toughness and leadership made him the “poster child” of Bronco Basketball. An All League performer in high school and a standout at the JC level, Lou earned a scholarship to Westmont College where he was an Honorable Mention All League pick and is still recognized as an outstanding player and competitor. Lou remains committed to the game and is regarded as a loyal teammate by everyone who knows him. Lou took his competitive spirit to the business world where he is a partner with Bison Capital.

### Excel Awards Won:

**Most Inspirational Player, NBA Division:** 1992

**One on One Champion:** 1988

**All Star Selection:** 1988, 1992