

THE COMPASS GLENCOE

A SOCIAL MAGAZINE EXCLUSIVELY FOR THE RESIDENTS OF GLENCOE

DECEMBER 2018

Courtside with
**EASY
HOOPS!**



Feature/Cover, 20
Calendar, 6
Chamber Note, 12
Wellness, 15
Tech Talk, 19
Business, 24
Libations, 27
Home, 28

Images by
Scott McDougall Photography

impact

By Rebecca Osberg

Photography by Scott McDougall Photography



EASY HOOPS

HELPS TEACH
BASKETBALL
AND LIFE
SKILLS





Ethan and Coco Rosen, with parents, Lauren and Brian.

For the past two years, Easy Hoops has been busy making a name for itself as one of the most unique and important non-profits in the North Shore. Started in 2017 by Ethan Rosen, currently a senior at New Trier, Easy Hoops is dedicated to empowering neurodiverse individuals through an individualized basketball environment.

When it comes to developing life and social skills, few people think of reaching for a basketball. Luckily for the North Shore, Ethan and his partner Zoe Bendoff knew that something special was possible by pairing one-on-one basketball instruction with individuals looking to gain confidence in their life and social skills.

“Easy Hoops wants to provide a unique, individualized atmosphere in which participants can grow and succeed – regardless of ability,” explains Ethan. “In order to do that, we integrate virtues and values – sportsmanship, respect, hard work – into all our lessons.”

In order to provide lessons that make a difference, Easy Hoops makes certain to work with the most trusted, committed and passionate volunteers in the North Shore. By focusing on fostering an environment that puts an emphasis on the individual and inclusion, this program has quickly become a one-of-a-kind way to empower all individuals – all while shooting a basketball.





When participants show up for their lesson they are immediately enfolded in a warm, welcoming environment. One of the volunteer coaches then works with the player one-on-one to learn about basketball, teamwork and how to embody a growth mindset – an essential part of Easy Hoops.

When asked about Easy Hoops philosophy, Rosen explained the importance of optimism and a growth mindset: “We say, ‘Shoot for Your Best Self,’ and not ‘Get it in the hoop!’ We say, ‘Last one, best one!’ instead of ‘Alright, we’re almost there – let’s get this over with.’ We tell the participants that a missed shot is as good as a made one. We value finding purpose, setting goals by developing an effective system and using virtues and values to make it from point A to point B – regardless of where those two points lie.”

“Really, what we are doing is using basketball as a platform to unify all people we work with in a safe and fun atmosphere,” says Ethan. “Success means different things to different people and we want our players to define their own success.”

Easy Hoops currently has 48 coaches, all high school students. The coaches dedicate their time throughout the whole year to having fun and playing basketball, all while incorporating social skills, life skills and virtues into their teaching.

“One of the most important parts of the program is realizing that the participants are helping the coaches grow just as much the coaches are helping the participants,” says Ethan. “There is so much we all have to learn from each other.”

The program has been going strong for two years and even after Ethan leaves for college he will continue to oversee the program. However, this coming year, the organization will be administered by its Board of Directors, **The Backboard**, and Ethan’s younger sister, Coco, will look to follow in his footsteps as its president.

“Easy Hoops has no plan of slowing down in the years to come. We will continue sharing our mission and emboldening individuals through both one-on-one and group settings,” says Ethan.

The big goal for the coming year is to incorporate the program into park districts and local schools in hopes of creating Easy Hoops basketball classes and leagues for participants of all abilities.

“My favorite part about Easy Hoops is coming to every lesson and being greeted by such excited and outgoing participants and coaches. This energy definitely continues to shine when we talk to parents and can see the happiness that this program brings to their family,” says Ethan. “These relationships and experiences have taught me that Easy Hoops is about so much more than basketball.”

To learn more about this organization, visit easyhoops.net.