

VI. Yearly Calendar (Pg. 1 of 3)

BASKETBALL PROGRAM ORGANIZATION

AUGUST:

- No basketball activity until school opens during the middle of August.
- Once school begins, our players are enrolled in weight training class 5 days per week.
 - Lift two days upper body
 - Lift two days lower body
 - Plyometric activities the other day

SEPTEMBER:

- Weight training schedule continues: 4 days lifting/1 day plyometrics
- Some returning players will stay after school and play on their own
- Candidates are encouraged to get physical exams
- Call out meeting the last week of September. We may have anywhere from 60-80 contenders/pretenders show up at this meeting
- Coaches attend basketball clinics
- Leadership council established
- Coaching Staff meet to establish timeline for the completion of program administrative responsibilities for the season

OCTOBER:

- Weight training schedule continues: 4 days lifting/1 day plyometrics
- Fall conditioning begins four days a week for three weeks
- High School Coaching Staff
 - Coaches have master plan meeting
 - Attend rules meeting
 - Meet with leadership council to create ten commitments
 - Attend basketball clinics
 - Put recruiting brochure together for lettermen

NOVEMBER:

- Weight training schedule continues: 4 days lifting/1 day plyometrics
- Official basketball practice begins
- Select team
- Parents meeting / camera night
- We do a goal setting activity: The players identify individual and team goals and record them on goal sheets
- Head Coach meets with varsity players after the team is selected and goes over their goals and discusses their role on the team

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NOVEMBER (CONT'D):

- Each player is issued a daily planner and a player handbook that has suggestions related to established policy and procedures of our program. This notebook also has a place to take notes on upcoming opponents and also a place to keep motivational handouts that we give them from time to time.
- Free throw marathon fund raiser
- Township coaches clinic / meeting
- Township coaches in-service mailings begin and continue each week until February
- Junior High tip off activities

DECEMBER/JANUARY/FEBRUARY/MARCH:

- In season lifting schedule begins – we lift two days full body workout, one day plyometrics, one day “Reading Giants” and one day meet as a team for various motivation game prep activities
- Season begins (may reschedule games 1st week of December depending on football success and key players we’re waiting for to come out once football season ends)
- We divide and organize our season into thirds
- Christmas time, after 6-8 games, we talk again with our players individually about the progress they are making toward performing their role and talk about their role for the rest of the season
- Team Christmas party
- Player performance test: Players confidentially rate their teammates in various categories. Coaching staff also rates the players.
- Junior high recognition night
- High school coaching staff attends Elementary and Junior High games

END OF SEASON APRIL/MAY:

- Five-day weight training schedule resumes: 2 days upper body, 2 days lower body, 1 day plyometrics
- Awards banquet
- Evaluate strengths and weaknesses of returning players. Identify areas for improvement.
- Meet individually with returning players to discuss strengths and weaknesses
- Assistant Coaches evaluate season basketball program to identify areas for improvement
- Head Coach evaluates assistant coaches
- Athletic Director evaluates Head Coach
- Inventory all equipment – Collect and secure

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END OF SEASON APRIL/MAY (CONT'D):

- Meet with seniors to have them identify their likes and dislikes of our basketball program from their perspective and see where we can improve
- Visit junior highs and elementary schools to promote summer basketball camp
- Have open gym one night per week for Junior High and High School players during April
- Prepare to order practice equipment, uniforms, etc. for the next season
- Coaching staff attends various basketball clinics – IBCA, etc.

JUNE:

- Summer workout organization meeting with all returning players, the Frosh candidates from the junior high or any other candidates planning on coming out for the team next year. We discuss the summer weight training, open gym and individualized summer workout schedule
- Elementary and Junior High basketball camp - play some games with other schools
- High School camp - play some games with other schools

JULY:

- Summer workout continues
- Last week of July and the first week or two of August before school starts, we have no organized basketball-related activities. We encourage players to take a vacation and get away from the game. Coaches family time.

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