

# South Basketball 2021-2022

11/22 Scrimmage @ Kohler (Players Only) TBA

## November (South Turkey Classic)

11/26 **Port Washington** 7pm

11/27 Winner or Loser of **Howards Grove/Kewaskum** TBA

11/30 @ *West Bend West* 7pm

## December

12/10 **Manitowoc (Parents Night)** 7pm

12/14 @ *Pulaski* 7pm

12/18 @ *Sheboygan North* 8pm

12/20 **New Holstein** 7pm

12/21 @ *Mishicot* 7pm

## January

1/4 @ *Green Bay Southwest* 7pm

1/7 @ *De Pere* 7pm

1/11 **Ashwaubenon** 7pm

1/14 **Green Bay Preble** 7pm

1/18 @ *Notre Dame* 7pm

1/21 **Bay Port** 7pm

1/25 @ *Manitowoc* 7pm

1/27 @ *Chilton* 7pm

1/29 **Sheboygan North** 8pm

## February

2/1 **Pulaski** 7pm

2/4 **De Pere (Retro Night)** 7pm

2/8 **Green Bay Southwest** 7pm

2/11 @ *Green Bay Preble* 7pm

2/15 @ *Ashwaubenon* 7pm

2/18 **Notre Dame (Senior Night)** 7pm

2/24 @ *Bay Port* 7pm

3/1, 3/4, 3/5 Regionals TBA

3/8 Banquet (All teams) TBA

November 27 to Madison Memorial @ 8:15 am  
December 2 to New Holstein @ 4 pm  
December 13 to Pulaski @ 3:35 pm  
December 21 to North (NO BUS)  
January 3 to Milw. Academy of Science @ 3:45 pm  
January 10 to De Pere @ 3:50 pm  
January 14 to Ashwaubenon @ 3:50 pm  
January 21 to Notre Dame @ 3:50 pm  
February 4 to Manitowoc Lincoln @ 4:20 pm  
February 7 to GB Southwest @ 3:50 pm  
February 18 to GB Preble @ 3:50 pm  
February 27 to Bay Port @ 3:35 pm  
Do you want to order a bus or coach for regionals or sectionals?

# **Coach Hein's Swimming Class**

1:15-2:10pm

Let everyone out of the pool at 1:55pm

Josh Hittmann is the Lifeguard on Duty

Students come in the pool and check in for attendance.  
After checking in they should read the white board and  
complete the warm-up.

Call all students over to the south wall of the pool. (They know where they should be on the wall in relation to the shallow and deep ends.

## **Lesson:**

10 Bobs (They count their own)

Number all students off by 1's and 2's

1's Front Glide-then front crawl down to the other side

2's Front Glide-then front crawl down to the other side

Same thing coming back to the South wall.

Spread the whole class out for floating.

Everyone: Front float Do this 2X

Back Float Do this 2X

Egg Float Do this 2X

Everyone: come back to your 1 and 2 order on the South wall

1's front crawl down to the wall

2's front crawl down to the wall

1's front crawl back to the south wall

2's front crawl back to the south wall

1's back crawl down to the wall

2's back crawl down to the wall

1's back crawl back to the south wall

2's back crawl back to the south wall

Introduce the "Whip Kick" to the kids. Knees come up together, feet angle out like a duck, then whip the legs around until they come back together.

Everyone grab a kick board.

1's whip kick down holding the kickboard on your stomach

2's whip kick down holding the kickboard on your stomach

1's whip kick back to the south wall (with kickboard)

2's whip kick back to the south wall (with kickboard)

Do this one more time (down and back) with both groups.

Free time-last 5-8 minutes of class before dismissing them at 1:55pm

(kids must stay in the water unless they are retrieving a basketball or if they are wanting to go off the diving board)

Dismiss the girls 1st and then the boys second.

Remember to lock the girls and boys doors leading into the pool.

Thank you!

3-2-1 (Max 32pts.)

1 round high score

5 round high score

Varsity, JV, JV2

NBA shooting contest

1 round high score

5 round high score

Varsity, JV, JV2

Gun 1 spot