**2018-19 Preseason Basketball Program: 10 Week Program**

The 2018-19 Preseason Basketball Program (**Tuesday Sept. 4 through Thursday Nov. 8)** offerings are designed to help the overall basketball development of each girl in our program, getting them ready for the upcoming try-outs (**tryouts start Nov 16**) and 2018-19 season. There are different offerings for girls from 6th through 12th grade. Attendance in the Preseason program is not mandatory, but regular attendance is highly encouraged for both the development of the individual player and developing team bonding.

***Offerings:***

Once again, we will be using the **MAXONE program** to assist all girls 8 through 12th grade in their **strength training**. Check out the following link for information on the MAXONE program.

https://www.gomaxone.com

We will be inviting all girls 8th through12th grade who attend strength training sessions to join the MAXONE program. If a girl does not receive an invitation, please let me know, and she will be invited.

**Strength Training** will take place in the High School weight room, and workouts will be recorded in our MAXONE team website.

We will be testing the girls again this fall in the following areas:

**Vertical Jump** (once at the beginning, and then at the completion of the fall program).

**Bench Press** (once at the beginning, and then every 2 weeks through the end of the fall program).

**Conditioning** (throughout the fall program using conditioning tests that are popular with high school, college and professional teams).

**Strength Training**: The program is run by the Boys’ Basketball Assistant Coach Bob Wolf, who is the Strength Coach for both the boy’s and the girl’s programs. Strength training is for any girl 8th through 12th grade. Girls should attend **at least 2 sessions per week**, never on consecutive days. Strength training will take place in the High School Weight room **M, T (6:00-6:45), W &TH 5:45-6:30.** Bench press testing for all girls in the program will be done every 2 weeks during these scheduled strength training sessions.

**Singer Basketball Development Sessions**: Run by Scott Singer, Director of Player Development for the Next Level Basketball Performance Academy. Sessions are for all girls 8th through 12th grade and are held on **Tuesday nights** from **7:00-8.**

**Eagle View Middle School Open gyms**: Open gyms run by Coach Bavaria and members of his coaching staff. The **Monday open gym** is open to all girls 6th, 7th, and 8th grade. The **Wednesday night** **open gym** is open to all girls in the 7th, 8th, and 9th grades. The open gyms are from **6-7:30**.

**Post Play Development:** For any girl in grades 8 through 12th. **Wed. 7:30-8:15** at Eagle View Middle School. Sessions will be run by Coach Verber and assisted by other members of the coaching staff.

**Agility, Jumping & Plyometric Session:** All girls 9th through 12th grade should attend **one** Agility, Jumping & Plyometric session a week, either on **Wednesday or Thursday night from 6:30-7**. Sessions include agility drills, agility ladders, quickness, and vertical jump training.

**High School Open Gyms (skill work & scrimmaging):**

**Monday 6:30-8:00 for all 9th, 10th, 11th and 12th graders**. Skill work and scrimmaging.

**Tuesday: Singer Session for all 8th, 9th, 10th, 11th and 12th graders** held from **7:00-8:00.**

**Wednesday Agility, Jumping & Plyometric; Cardo Room; Shooting Sessions) 6:30-7:30:** Sessions for any girls **10 through 12th grade** at the high school for any girls wanting to do their weekly agility, jumping & plyometric session; or for shooting and/or cardiovascular work. Girls may do an agility, jumping & plyometric session from 6:30-7:00.Also, girls not doing agility, jumping & plyometrics may shoot, or use the shooting machine to practice shooting or they may use the cardio room to get a workout on a bike, elliptical or treadmill from 6:30-7:30

**Thursday 6:30-8:15 for all 9th, 10th, 11th, and 12th graders.**

**6:30-7:00** **Agility, Jumping & Plyometric session**; or a **Cardio Room workout** or **shooting** (on your own, no shooting machine) session. **Scrimmaging starts at 7 and goes to 8:15.**

Remember, you do not have to attend both sessions on a given day, in order to attend one. Please don’t miss one session that you could attend, because of one that you are unable to get to.

As a coaching staff we are excited about the Preseason program that we have provided for the girls. While there might be some better out there, ours certainly has to be one of the best programs in the state. Hopefully, the girls take advantage of what is being offered to them, attending as much as they can, working hard to prepare for the upcoming season.