

# BT HOOPS NEWSLETTER

Volume 2 Newsletter 2

October 17, 2015



## Hoops Team Selection

Basketball practice is just around the corner. I have felt the anticipation and excitement to get started during preseason lifting and conditioning. The chance to get back on the hardwood and be around the team is an exciting time for coaches and players.

Along with the excitement, team selection can be a difficult time for players as they have to compete for limited spots on the JV and Varsity team. With that said, some things that our coaching staff will be looking for are players that are great teammates, energy givers, work hard on the court and in the classroom, are coachable, are servant leaders, listen with their eyes and their ears, are leaders in the classroom, and are skilled basketball players.

My advice to players is to control what they have the ability to control; their attitude, their effort, and being a great teammate.

## Boot Camp 2015

A few years back we started BOOT CAMP the week before the season begins. The hope is to get players in shape, work together as a team, compete, and develop leaders. Any student-athlete that is interested in playing basketball is strongly encouraged to attend. Players must have the following forms in order to participate; physical, parent consent, heat/concussion, el3ch addendum, and concussion course completion certificate.

- **Boot Camp 2015 Schedule-GRIT (Generate Enthusiasm, Relentless, Integrity, Together)**
  - Day 1, Tuesday, October 20 from 4-5 (on the track)
  - Day 2, Wednesday, October 21 from 7:15-8:30 am (in the gym)
  - Day 3, Thursday, October 22 from 7:15-8:30 am (in the gym)
  - Day 4, Friday, October 23 from 7:00-8:15 am (practice football field by baseball)

Please feel free to reach out to me if there are any questions.

# GO BEARS!

-Coach T.

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**BARTRAM TRAIL BASKETBALL**

DISTRICT CHAMPIONS (2003, 2012, 2013, 2014, 2015)

SJRAC CHAMPIONS (2014 & 2015)

WE OVER ME