



OBC News

May 29, 2020

OBC Players and Parents,

We hope that you and your families are safe, healthy and well. Because of the impact COVID-19 (Coronavirus) has had on our Nation, our communities and sports in general, OBC, since March 26, has been providing online ZOOM training for our basketball players (now three nights a week). Furthermore, starting in May we have had several outdoor practices, making best efforts to social distance.

With Governor Ron DeSantis' announcement last Friday that all COVID-19 restrictions on youth sports and summer camps in Florida have been lifted, effective immediately, OBC is working closely with our primary facilities, Trinity Lutheran Church and the Vietnamese Alliance Church to determine when we can start to practice indoors again. OBC is also proactively contacting other potential practice facilities during the interim period. We will let everyone know as soon as possible when practice at these facilities will begin.

Week Ahead

Here is the schedule for the week ahead. Note, this is a bit fluid and we will notify people of changes on WhatsApp.

Girls:

May 30 (Sat) – 8:30 to 10:30 am - 6th to 8th grade at SSA (700 West 24th Street, Sandford, FL 32772), 10:30 to 12:30 pm - 9th to 11th grade at SSA. In an effort to maintain social distancing, only players and coaches will be allowed in the gym.

May 31 (Sun) – OBC Beach Workout. Meet at 8:00 am at Ron Jon Surf Shop in Cocoa.

June 1 (Mon) – 6:00-7:30 pm at Blanchard Park near the tennis courts by the YMCA (10501 Jay Blanchard Trail, Orlando, FL 32817)

June 2 (Tue) – 6:00-7:30 pm at Asbury Methodist Church, 220 Horatio Ave W, Maitland, FL 32751

June 3 (Wed) – Off

June 4 (Thur) – Off

June 5 (Fri) – 6:00-7:30 pm at Blanchard Park near the tennis courts by the YMA.

June 6 (Sat) – 8:30 to 10:30 am - 6th to 8th grade at SSA, 10:30 to 12:30 pm - 9th to 11th grade at SSA.

June 7 (Sun) – Off

Boys:

Schedule in progress. Will be communicated once finalized.

Follow us on:

Facebook: www.facebook.com/orlandobasketballclub

Website: www.orlandobasketballclub.com

Instagram: [Orlando_basketball_club](https://www.instagram.com/orlando_basketball_club)

Twitter: [@OBC_basketball](https://twitter.com/OBC_basketball)



OBC Website

We have now had the OBC website (<https://orlandobasketballclub.com>) up and running for several months thanks to the efforts of Kim Hugh. We are excited to announce that Alissa D'Alton has now joined the team in helping to further develop and enhance our website. She has done a great job and we are excited to further utilize this platform in growing the OBC brand. Thank you Alissa!

Coaches Corner

I know that most of our players have been finding time to practice, work on cardiovascular and do what they can to stay in shape. For all of you, well done! For those of you that would like to set up an individual plan to help guide you in your training, please feel free to reach out to me and we can pull together a four week plan that you can track and monitor your progress as a way to help keep you motivated. We recognize it is not easy going out on your own to train and want to support you as much as possible.

Currently, we are following the State, Local and AAU guidelines to determine if and when there will be games this year. We do know that the NCAA has recommended an extension of the current recruiting dead period to be thru July 31 and will continually reassess. This likely means that there will be no "Live Event" tournaments.

OBC does recognize that some players and families may not feel comfortable attending a practice and we fully understand and support that decision. We can still work with you by developing an at home training program.

To wrap on some good news, the uniforms have arrived. We will start to distribute them to those who attend practice and do our best to get them to the rest of the players. Keep practicing, have fun and we look forward to seeing you on the court!

Thank you,

Coach Luke Zbyski

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