



MOUNTAIN VALLEY PREP BASKETBALL PROGRAM

PLAYER HANDBOOK



Mission Statement

Mountain Valley Prep offers affordable, high-quality online education in a welcoming and inclusive environment combined with elite basketball training. We are committed to fostering practical learning, equipping students with essential life skills, and paving the way for success in both academics and life where student-athletes gain access to advancing to college.

History

Established in 2024, Mountain Valley Prep is a non-profit offering a blended learning model that combines remote schooling with educator-guided online instruction for students in grades 9-12 with onsite elite basketball training.

Learners and Families from All Backgrounds Thrive at MVP:

1. Seeking belonging, cultural acceptance, and equity in education.
2. Remote Learning through partner program with Premier Prep Online Academy
3. MVP combine remote learning with onsite, focused athletic training.



EDUCATION CURRICULUM

PARTNER PROGRAM WITH PREMIER PREP ONLINE ACADEMY



Highlights of the Premier Prep Online Academy (PPOA):

- NCAA – Approved School
- Curriculum is fully online, so it has a flexible learning schedule
- 85% Graduation Rate
- Available 1 on 1 tutoring to help student athletes succeed
- Track record of helping over 2,000+ student athletes achieve academic goals.
- PPOA is based in Arizona, so we follow the same curriculum as other Arizona students.

ACADEMIC SUPPORT PROGRAM

Study Table - All athletes are required to be in the study hall on time. Study hall will be mandatory Monday–Thursday. On Fridays, there is no study hall.

1. Academic Advisor – An academic advisor is available through Premier. The advisor will take care of your education questions or concerns and get you into the classes you need for college. Make sure you create a great relationship with our advisor; you will need them in this program.
2. Weekly Academic Interview Sessions – Each player is required to report to an assigned member of the coaching staff at a scheduled time on the day of the coach's choosing each week. During this time, you will discuss any problems with assignments, tests or academic problems of any kind. You and the coach will work out an action plan to address any issues.



3. Academic Notebook – A notebook for each player is kept. It contains the player's semester classes, academic interview session reports, semester overview, and if required, class syllabus. This notebook will be reused during each weekly academic review session.
4. Class Attendance – Attendance in classes is the most important aspect of high school. We mandate that each member of our program attend every class session without exception. Coaches reserve the right to check on your academic progress.
5. Program Manual – Each player is given a copy of this manual, which is compiled by the coaching staff. In addition to information on basketball-related topics and various policies and procedures, a large section of this notebook deals with many educational items that you may encounter during your time here at MOUNTAIN VALLEY PREP.



BASKETBALL PLAYER'S MANUAL

INTRODUCTION

This player handbook is a valuable resource that you will need throughout the school year, and we encourage you to review it regularly. Its purpose is to introduce you to philosophy and policies that guide both our basketball and academic programs. We hope it provides a clear understanding of the expectations we have for you as a student-athlete at Mountain Valley Prep.

We believe you are committed to being part of a successful program and dedicated to earning your high school diploma as a foundation for college. Securing a scholarship is a shared goal for every individual in this program.

You are responsible for reading, understanding, and following the contents of this handbook. If you have questions or need clarification, please speak with a member of the coaching staff as soon as possible.

The **5 Gs** are the core principles of our program, and it's essential that you understand and embrace them.



LIONS MEN'S BASKETBALL CREED

Mountain Valley Basketball Team Core Values

The Mountain Valley Basketball Team is built on relentless drive, daily improvement, and a deep passion for the game. Our players come prepared to learn, compete, and uplift one another, using basketball as a path to personal growth.

We are defined by **selflessness**—team success always comes before individual recognition. Through unity and shared purpose, we compete stronger together.

Being part of this program is a **privilege**, not a right. Every member must embody our values daily and represent the team with respect and integrity. Misconduct will lead to appropriate consequences.

Academic excellence is our top priority. Players are expected to fully commit in the classroom and strive for graduation and academic success.

Honest communication is essential. We value eye contact, truthfulness, and open dialogue to build trust and strengthen our bond.

Hard work is non-negotiable. Goals require relentless effort from everyone—players, coaches, and staff. Energy, focus, and effort in practice elevate both the individual and the team.

Above all, we honor the values and people that define Mountain Valley. With pride and respect, we pursue success on the court, in the classroom, and beyond.



Lions Program Standards

1. Maintain a 2.7 GPA as an individual. Over 3.0 GPA as a team.
2. Be respectful to all the players, coaches, teachers, and staff at Mountain Valley Prep. Learn how to say “please”, “thank you”, “no sir”, “yes ma’am”.
3. Mandatory Study Hall, which will be every day but Friday.
4. Mandatory Weight Training: Each player will be held accountable if they miss weight training unless they have been excused.
5. Mandatory Practices: Each player will be held accountable if they miss practice unless they have been excused.
6. Be dressed in the right attire for weight training and practice(s).
7. Be on time for school assignments. School assignments such as homework/lessons are mandatory- every one of them! No second chances.
8. Get comfortable introducing yourself and creating relationships. **No exceptions!**
9. No Negative Vibes, No vulgar language is acceptable.
10. **No drinking, No drugs, No tobacco use of any kind!**
11. As a team, we will “dap” up after every workout, meeting, scouting report, etc.
 - A. Never let the sun go down without resolving a problem.
12. **LION’S TIME** is 10 minutes BEFORE the designated time. Unless previously noted, always plan on being on “LIONS TIME” for everything.
13. Be on your best behavior on and off school campus. Bad behavior that reflects poorly on MVP may result in suspension.
14. No earrings are acceptable in the gym. No hats or do-rags in the gym, restaurants, or classrooms. No slippers, pajamas or Crocs at school.
15. Each player/coach will run into the gym when it is time for a workout, practice, etc. – come into the gym ready to go.
16. Away Games Mandatory Suit & Tie. Make sure you own one by the time the season starts.
17. **Curfew:** Curfew on school days is 10:00 PM. Weekends are on you, but be smart with your decisions. Night before games, 10:00 PM, regardless of the day of the week.
18. If you are sick, you need to notify one of the coaches the day before, or before 8:00 AM the next day.
19. Players will ride the bus together to and from the games. Respect our bus and make sure it’s clean.
20. No job is too small. Know and understand your role and take pride in it.



Lion's Basketball Championship Standards

What we do all the time and what we hold each other accountable for

1. NO EXCUSES

- a. We have what it takes to WIN

2. GREAT DEFENSE

- a. This is the key to winning the conference championship
- b. We do the dirty work

3. COMMUNICATION

- a. We look each other in the eye
- b. We tell each other the truth

4. TRUST

- a. We believe in each other

5. COLLECTIVE RESPONSIBILITY

- a. We are committed to each other
- b. We WIN together

6. CARE

- a. We have each other's backs
- b. We give aid to a teammate

7. RESPECT

- a. We respect each other and our opponents
- b. We're always on time
- c. We're always prepared

8. INTELLIGENCE

- a. We take great shots
- b. We're aware of team fouls
- c. We know the scouting report

9. POISE

- a. We show no weaknesses



10. FLEXIBILITY

- a. We can handle any situation
- b. We don't complain

11. UNSELFISHNESS

- a. We're connected
- b. We make the extra pass
- c. Our value is not measure in playing time

12. AGGRESSIVENESS

- a. We play hard every possession

13. ENTHUSIASM

- a. Have fun, enjoy the journey, smile through the process.

14. PERFORMANCE

- a. We're hungry
- b. We have no bad practices.

Do your job completely

IT MEANS:

- Thoroughly knowing what your job requires
- Understanding everything that needs to be done on the particular job
- Accepting your role unconditionally
- Doing your job (role) every second, every minute, every half, every game – all season long – the way it needs to be done.

We don't want every one of our guys just doing his job. We want everyone to DO HIS JOB COMPLETELY! If every player does his job completely, we feel that we will have every weapon we need every night to be successful. Our staff and each player can trust that everyone will



attempt to do their job completely on every possession he is in the game. We understand it may not be done perfectly, but if a player attempts to do the job completely every time that job is required, we will believe and take our chances with that type of team.

COMPETE at HIGHEST LEVEL

We will create an environment of competitive people who are striving for excellence. The big difference is working hard and competing. Myth of Success: Hard work = success. Hard work is a given... unrequired work is the great separator. Show up, shut up, and keep up. Committed is the price of admission. It must be 100% all the time.

QUALITIES OF A WINNER

- Positive attitudes. Staying positive is a key to success, especially through adversity.
- A positive attitude and a strong sense of self-efficacy that leads you to believe that you can achieve goals that may seem out of reach.
- Motivation, finding your why, and working for it every day.
- Emotional Mastery
- Being persistent, the reps are going to get you to college.
- Knowing how to take your losses and wins with the same temperament.
- Remaining poise through tough situations.
- Dedicated and Hardworking even when nobody's watching
- Rising to the Purpose
- Having that Killer Mentality every time you step on the court. The approach you have to the game and practice.
- Integrity in the classroom, on the court, off the court, at home, when working out in the gym. AT ALL TIMES



Understanding the process

- No team will stay the same
- Whether a team improves depends on how the players approach the “Process.”
- Improvement is a process, success is a process, becoming the best is a process.
- The outcome is based on the mindset the players have as they approach the process.
- Some will give in to fatigue and boredom through the course of a long season, others will believe in the power of the process, but we have a team mantra that they will “never get bored with the process.” These are the teams that will put themselves in a position to be successful.

3 Things about success:

1. Championship teams believe in teamwork
 2. It takes time
 3. It is very difficult
- Play as a team and through the team
 - Be mentally prepared to grind out your success.
 - Get past hard times

Guys, this time of the year is about getting it right. It’s about coming in every day and working to make things better, making things right. We want you to “get from” practice, not just “get through”. Losing teams come in and get practice over with. We want NO PART of that! We want you to learn what we need to do. That’s our responsibility as coaches. Then, we want you as players to “get it right,” which is YOUR responsibility. You need to listen to what we want done and how we want it done. Then you have need to have a commitment to execute this to perfection in every practice session we have. That’s how you “get from” practice.

The **KEY** piece to the puzzle is that you collectively understand this and hold each other accountable for doing it. That’s what separates the great teams from the rest. The rest of the team understands the importance of practice and the importance of repetition, and how it relates to success. They make sure they attach each day with tremendous focus so they know that each day they’ve made an investment in their future success. They got something “from” the workout!



Showing class on and off the court

1. Leadership
2. Show respect to each other, staff, and peers.
3. Being on time
4. Demonstrating LIONS pride
5. Sitting in front of the classroom
6. Being Positive Influencers
7. Helping around school/program
8. Not arguing with Referees
9. Great Sportsmanship
10. Helping around the community
11. Giving back
12. Helping the less fortunate
13. Being a great student in the classroom
14. Responsibility/Accountability
15. Serving others
16. Winning the right way
17. Listening to your coaches without talking back



Lions Basketball Language

LIONS Time – 10 Minutes Early

First Class – Doing things the right way all the time

Together – Everyone does everything together, no one goes anywhere by their selves.

Toughness – mentally and physically tough enough to run through that wall you don't think you can get through.

Dap – Giving teammates knuckle at the end of everything we do

Trust – You have to trust that your teammate next to you will do their job.

Easy Kid – Know your role

Don't hurt our team – Making decision that can only help our team get better, grow and become closer in the pursuit of our goals.

Trust the Process – Great things take time, getting better each day little by little moving forward to accomplish the task.

Ice – Guarding a ball screen, forcing the ball handler to the baseline towards defensive man that is guarding the screen who is cutting off the baseline, guard gets back in front.

X-Out – When a down screen, back screen, guard on big screen or big on guard screen happens and the guard that is defending stays down to give a bump, so the guard in backside help takes the screener that pops out and the guard who bumped stays in help side.

Switch – Two defensive players switch men by touching hands and yelling switch.

Chasing – When a defensive player is guarding a player off of a screen away from the ball and defender runs right with offensive player through the screen.

The Whole – Defender is always guarding the basket.

High Hand Closeouts – Chop your steps until you are an arm's length away from ball handler, with both hands high ready to challenge the shot.

Levers – Having your arms out defending against the offensive player when they are driving.

Under/Jam – Ball screen coverage were defenders goes under the screen.

Help Right – In the right gap ready to stunt and get back.

Help Left – In the Left gap ready to stunt and get back.

Baseline Help – Farthest guy from the ball sits under the rim ready to help on baseline drives.



Backside Help – 2 passes away from the ball, and is the man who has to stunt at the offensive player who is one pass away when he is passed to and also has to cover the corner on a baseline drive.

Stunting – “Helping the Helper” is giving the helper an extra second to get back to his man and then jump back into the gap.

Bump Cutter – You are in the defensive help position and a guy dives or cuts to the basket and you bump him to slow him down.

Jump to the Ball – Re-position as ball travels through the air when offensive player catches it you should already be in help side.

Ball Watching – A defensive term that means a player is watching the ball instead of keeping an eye on their MAN and the ball.

OnTheLine – In the passing lane

Get In a Stance – A defensive position while guarding or off the ball defense that means you are sitting down and your head is on a swivel.

Head on a Swivel – Means that you can see everything that is going on around you and are locked in to the game.

Cut the Screen – Term that means instead of chasing your man off of a screen you cut through and meet him at the top of screen.

Pace – Playing with pace to have our offense clicking

Curl – Coming off of a down screen curling tight off the screen towards the rim, shoulder on screeners hip.

Change – Coming off of a screen and stopping behind it to get a catch.

Flare – Coming off a screen that gets you open looping towards the sideline. One running step before opening up on the cut.

Crack Back – Raising out of the corner after a ball handler comes off of a ball screen on the same side you are on.

Corner – Letting your teammates know that you are in the corner when he is driving to the middle.

Straight Cut – Coming off a down screen straight up to get a catch.

One More – Something you call when you’re open and want player to make the next pass, you have to shoot it if you call one more.

CP Ball Screen – Come off the ball screen and hold the screen and then come off to create separation.



Twist Ball Screen – When a ball screen is being set, a twist is re-setting the screen on the other side of the same defender.

Resisting Ball Screen – Go opposite of the ball screen on the drive.

Breaking the Plain of the nail – When you are driving the ball to the middle and you get past the nail at the free throw line towards the rim.

Rim Run – Screener sets ball screen and runs straight to the rim.

Body on Body – A term used when screening, we screen bodies not areas.

Rip Through – Ball is low and is ripped through low to create space.

Slip – Comes for a ball screen but right before the screen is set, the screener slips to the rim.

Wolf – A term that is used when a player has the ball and a defensive player is coming from behind to tip the ball.

Raise – A term used to tell the ball handler that defender is helping in on a drive, so you are raising behind for a catch.

Slide – A term used to tell ball handler that man is helping up not in, so you are sliding to the corner.

Drift – When a guy drives baseline and you drift to the corner on the opposite side to create a passing lane.



Next Level Eating

<u>BREAKFAST</u>	<u>LUNCH/DINNER</u>	<u>SNACKS</u>
Eggs	Chicken	Tuna
Yogurt	Turkey	Cottage Cheese
Cottage Cheese	Lean Beef (85%)	Nuts: 1. Almon 2. Cashews 3. Walnuts 4. Pecans 5. Peanuts
Vegetable Additions: 1. Spinach 2. Mushrooms 3. Peppers 4. Tomatoes	Fish: 1. Tilapia 2. Salmon	Yogurt
Fruit	Frozen Vegetables	Beef Jerky
Whole Wheat Bread	Fruit	String Cheese
Butter	Spinach	Fruit
Granola	Whole Wheat Bread	Vegetables
Bagels	Pasta	Avocado
Milk	Brown Rice	Jelly
100% Fruit Juice	Potatoes	
Jelly	Milk	
	Spaghetti Sauce	



FOOD RULES

Cook once, eat twice

Eat every 2-3 hours

Eat a meal before bed, fuel during rest

Eat a variety of bright colors and dark colors

If it swam, flew, or walked, eat it; if it didn't, then don't

If it grows on a plant, eat it; if it is made from a plant, don't eat it

The shorter the ingredients list, the better

MEALS MUST CONTAIN

1. Protein Source
2. A piece of Fruit or veggies
3. Quality Carbohydrate
4. Drink With Calories – Milk/100% juice
5. Drink without calories – Water

SNACKS MUST CONTAIN

1. Protein Source
2. Piece of Fruit or Veggies
3. Water



What type of program to expect at MVP

- Discipline
- Sharp
- Scrappy
- Defensive-minded
- Hardnose
- Fundamentally sound
- GOD- Fearing
- Poise

MVP type of Coach

- Teach First Coach
- Discipline
- Positive Criticism
- Positive Screaming
- Organized
- Opportunity
- Preparation
- Strategy
- Structure
- Role Model
- Life Coach



WHAT TYPE OF PRACTICE TO EXPECT

- 2 HOUR LONG PRACTICE
 - ORGANIZED
 - FAST TEMPO
 - DETAILED
 - COMPETITIVE
 - CHALLENGING
 - COLLEGED BASED
 - PRACTICE JERSEY
 - DISCIPLINE
 - NO WALKING
 - STRUCTURE
 - SYSTEM
 - HARDNOSE
 - HIGH WORK ETHIC
 - FUN
 - LOCKED IN
-
- **Don't look out for your own interest, look out for your brother's interest.**
 - **It's not about you; it's about the person next to you**



MADE OUT THE MUD

- **M** – ATTER
- **U** – NITY
- **D** – ISCIPLINE

SCHOOL BASKETBALL GEAR

WEIGHT ROOM SET (2x)

- Black Basketball Athletic Tank – Top (Tight Fit)
- Black Basketball Shorts (School Logo on Side)
- Gold Basketball Tank – Top (Tight Fit)
- Black Basketball Shorts (School Logo on Side)

PRACTICE JERSEYS (2X)

- Black and Gold Reversible Tops
- Black Shorts

TRAVEL BASKETBALL SUIT (1x)

- Black, Grey, or Charcoal – Grey (Team Captain Picks)

SHOOTING SHIRTS (2X)

- White Top
- Black Top



REGULAR BASKETBALL SHIRTS (2X)

- Black
- White

BACKPACK (1x)

- Backpack

SHOES (2X)

- Team Shoe (On Court Shoes)
- Walk Arounds (Travel)

COLLEGE HANGER TAG (LOOP)

(For Dirty Clothes to Get Washed)

RULES, GOALS, AND ADVICE DURING BOOT CAMP

- IN ORDER TO GET YOUR GEAR, BOOT CAMP HAS TO BE COMPLETED AS A TEAM

RULES

1. Complete every task before moving to the next station.
2. No hands on knees, no touching the ground, and no leaning on walls.
3. Touch every line—no shortcuts.
4. Wait for the whistle to start.
5. Quitting is not an option—**finish the station, no excuses.**

GOALS

1. Complete every task **together.**



2. Sprint through every drill—**no jogging**.
3. **Be your brother's keeper**.
4. Work and rest like a **winner**.
5. Support the team always.

💡 **ADVICE**

1. Communicate positively—especially when tired.
2. Think solution-first and help your brother succeed.
3. Be a **fountain**, not a **drain**.
4. “Barely making it” is not acceptable.
5. Don't assume—**own it and get it done**.
6. Keep a **positive mindset**, even in adversity.

LIONS MEN TALK

🏀 **MENS TALK REQUIREMENTS**

If you want to touch a basketball, the **entire team** must complete **MENS TALK**, which includes **daily discussions and weight room sessions only**.

📅 **Duration**

- **2 weeks straight** (Monday through Friday)
- **10 sessions total**—every session must be completed to move forward

📖 **Notebook Policy**

- A **notebook is mandatory**—no notebook, **no practice**
- The **entire team is held accountable** if one player forgets their notebook



- **No missed days** unless excused with a valid note
- **Notebook Check:** You **CANNOT touch a basketball** until **every player** has completed and recorded all **10 notes in order**

💬 MENS TALK SESSION TOPICS

1. ROOTS
2. ACCOUNTABILITY
3. DISCIPLINE
4. HABITS
5. SACRIFICE
6. LOVE
7. BROTHERHOOD
8. RESPECT
9. HUMILITY
10. LEADERSHIP

🎯 TEAM ACTIVITIES

1. **WHY?** – Know your purpose
2. **SACRIFICE** – Explore what you're willing to give
3. **TUG-OF-WAR** – Strength through teamwork
4. **DODGEBALL** – Losers sing in front of the football and other teams
5. **WATER BUCKET CHALLENGE** – Push limits, together

FUNDRAISING

FUNDRAISING WILL BE A VERY IMPORTANT PART OF OUR PROGRAM.

Fundraising Ideas

1. Donor choose



2. Popcorn Selling
3. Chick – fil – la
4. Cookies Sale
5. Text – a – thon
6. Selling Gear
7. Car Washes
8. BBQs
9. Concession Stand
10. Tournaments Held by Us.

If anyone have more ideas please don't hesitate to let me know. We need all hands on if we want to hit our fundraising goals.

Goal For Basketball Account \$5,000 Per Month

With Love, Faith, Commitment, and Unity we can make it happen



LIONS Men's Basketball Student-Athlete Grade Check Form

Student's Name: _____

Due Date: _____

	Class	Current Grade	Teachers Name	Parents Signature	Behavior	Attendance	Teacher's Signature
1						On time: _____ Tardy: _____ Absent: _____	
2						On Time: _____ Tardy: _____ Absent: _____	
3						On Time: _____ Tardy: _____ Absent: _____	
4						On Time: _____ Tardy: _____ Absent: _____	
5						On Time: _____ Tardy: _____ Absent: _____	
6						On Time: _____ Tardy: _____ Absent: _____	
7						On Time: _____ Tardy: _____	



						Absent:_____	
8						On Time:_____ Tardy:_____ Absent:_____	



BOOT CAMP SCHEDULE

THE CREATION OF BROTHERHOOD

MONDAY

- 2 FOOTBALL FIELD SNAKES
- 1 FOOTBALL FIELD SUICIDE (EVERY LINE)
- 3 (50 YARD SPRINTS), 3 (40 YARD SPRINTS), 3 (30 YARD SPRINTS)
- 1 100 YARD SPRINT

TUESDAY

- 1 INDIAN RUN
- 4 LAP SPRINT THE LONG, JOG THE SHORT
- 20 DOWN
- 5 (SPRINT THE 30 JOG BACK STRAIGHT TO THE SPRINT THE 100)
- THE CIRCUIT- (TEAM) MEDICINE BALL THROW-BEAR CRAWLS-TEAM PUSHUPS-100 YARD SPRINT

WEDNESDAY

- TIMED MILE (GUARDS 6 MINUTES) BIG MAN (6:30)
- 3 BLEACHER SNAKES
- 5 (10 YARDS AND BACK SPRINT THE 100)
- 4 (SLOW DEFENSIVE SLIDE. THE SHORT, JOG THE LONG)



THURSDAY

- 20 FOR 20 SUICIDES

FRIDAY

- 3 TIMED 17S (1:35, 1:30, 1:25)
- 1 (10 MINUTE SNAKE)
- 1 (11) 1 (22) 1 (33) 1(44) 1 (55)

Practice Schedule

Defense

- STRETCH (5 MINUTES)
- WHISTLE DEFENSE (5 MINUTES)
- 2 STEP SLIDE DEFENSE (5 MINUTES)
- WING & CORNER CLOSE OUT DRILL (5 MINUTES)
- WATER BREAK (1 MINUTE)
- COVER THE WHOLE (5 MINUTES)
- TRANSITION DRILL (5 MINUTES)



- **Water Break (1 MINUTE)**
- **5 ON 5 BOX OUT DRILL (10 MINUTES)**
- **4 MAN AND 5 MAN SHELL WALK THRU (5 MINUTES)**
- **HELP SIDE DEFENSE (10 MINUTES)**
- **5 STOP DRILL (END PRACTICE)**

#THE 5GS

Practice Schedule

Offense

- **Stretch (5 Minutes)**
- **3-man weave (3 Minutes)**
- **2-man weave (3 Minutes)**
- **SUN BEARS Shooting (10 Minutes)**
- **Water Break (1 Minute)**
- **Sideline (10 Minutes)**



- UNLV Play (10 Minutes)
- Execution (10 Minutes)
- Water Break (1 Minute)
- PERFECT Offense DRILL (10 Minutes)
- SCORE STOP SCORE (10 Minutes)
- 100 Free Throws

#Out The MUD

Basketball Fall Lifting Schedule Week 1 Session 2

Dynamic Stretch (10 min) Circuit (40 min)

**partner series (1 group of 2 players per each station/ some stations may have 2 groups) **Each group will rotate through the stations 2x

Plate Weighted Planks (45lbs/25lbs-45 second hold) (make it 1 min)/ *Superset* with **Opposite Leg/Opposite Arm** (10 reps total/1 thousand 2 count)

Wall Sit With Plate On Lap (1 min 15)(make it 1 min 30) / *Superset* with **Runner's Lunge Stretch**

Decline Push Ups (10 reps)/ *Superset* with **Band Military Press** (burnout)



Iso DB Lunge Holds (20lbs/25lbs: 30 sec each leg hold) *Superset* with Bodyweight Explosive Split Squat Lunge (rep 10-12 each leg)

Weighted Dips with weight (12-15 reps/35-45lbs)/ *Superset* with Dips with Body Weight (burnout)

Team Exercise Finisher-Team abs with Coaches

(Stretch and Cool Down/ Prepare for Conditioning)-10 Minutes



FALL WEEK 1 CONDITIONING

- 3X STRAIGHT SPRINTS EVERY STEP
- 2X EVERY STEP 2 FEET
- PUSH UPS BY 10
- CATIPILLAR PACE DRILL
- 1X 17 TO FINISH
- GUARDS WITH GUARDS
- BIGS WITH BIGS

THE 5G'S

“GRIND FOR YOUR SAVIOR”

“GRIND FOR YOUR BROTHER”

“GRIND FOR A PURPOSE”

“GRIND FOR SUCCESS”

“GRIND TO WIN”



MIDNIGHT MADNESS

INTRO

- INTRODUCE NAME
- PICK FAVORITE SONG
- DO A DANCE

SKILLS CHALLENGE

- LAY – UP LINE
- SKILLS CONTEST
- 3-POINT CONTEST
- DUNK CONTEST

HALF COURT SHOT

- PRIZE- MATER GEAR\$

5 ON 5 SCRIMMAGE

- REAL REFS
- WEAR GAME JERSEYS
- 2 6 MINUTE QUARTERS

RAFFLE

- 2 OR 3 DOLLARS A TICKET
- 1ST PRIZE- TEAM SPIRIT PACK
- 2ND PRIZE- 4 FREE BOYS BASKETBALL GAME
- 3RD PRIZE- 3 FREE 10 SNACK TICKETS



2 BALL CHALLENGE

- PICK 2 PEOPLE FROM AUDIENCE
- WINNERS PICK 2 PLAYERS TO GO AGAINST
- PRIZE- TEAM SHIRT

CONCESSION STAND

- GATORADE
- CHIPS
- NACHOS
- CANDY
- PIZZA
- DONUTS
- WATER
- COOKIES
- POPCORN



Parent Meeting Agenda

Introduction

Coaching staff / Athletic Director

Coaching background from each coach so the parents can know more about all the coaches and where they came from.

Team managers – to know who is dedicated to helping the program reach its maximum goal.

Introduce the Players Handbook

Pass out the handbook to every parent and player on the team.

Discuss everything that consist of the player handbook and how to navigate through it.

Get feedback from parents and also have an open discussion about the program.

Discuss Basketball Contract & Get Signatures

Talk about the importance of the contract and the consequences.

Answer questions about the contract from the parents.

Discuss the commitment that comes with being on the men's basketball team.

Team Parents Volunteers

Ask parents to see if they want to volunteer in any way possible.

Discuss donations for fundraising and also ideas for fundraising.

Health

Discuss if any player of the team has any health issues that the coaches need to be aware of and what steps we need to take to make sure their child is safe.

Preferred mode of Communications

Text, Email, TeamSnap, GroupMe

Questions?

Open to any questions from players and parents



Mountain Valley Prep School Schedule

(Schedule prone to change, dependent on staff and facility availability)

	Monday	Tuesday	Wednesday	Thursday	Friday
7 AM -8 AM	Skills Training	Skills Training	Skills Training	Skills Training	
8 AM-9 AM	Classroom	Supreme Team Classroom Select Team Weight Room	Classroom	Supreme Team Classroom Select Team Weight Room	
9 AM-10 AM	Classroom	Supreme Team Weight Room Select Team Classroom	Classroom	Supreme Team Weight Room Select Team Classroom	
10 AM-10:30 AM	Lunch	Lunch	Lunch	Lunch	
10:30 AM-11:30 AM	All Study Hall	All Study Hall	All Study Hall	All Study Hall	All Study Hall
11:30 AM-12:00 PM	All Stretch (in gym)	All Stretch (in gym)	All Stretch (in gym)	All Stretch (in gym)	All Stretch (in gym)
12:00 PM-1:00 PM	Gym Practice	Gym Practice	Gym Practice	Gym Practice	Gym Practice
1:00 PM-2:00 PM	Gym Practice	Gym Practice	Gym Practice	Gym Practice	Gym Practice

Travel Days (example schedule, follow the coach's final directions)

Gym Workout: 8:00am – 9:00am

Shoot Around: 9:00am – 10:00am

Film: 10:30am – 11:00am

Lunch: 11:00am – 11:30am

Depart From Facility: 12:00pm

Study Hall: 2 Hours Whenever We Get There

