



CINCINNATI CHRISTIAN ATHLETICS

To all Junior High and Senior High basketball players,

Please read below for the Month of August and Fall Plans...

Basketball No-Contact Period

We are currently in a "NO" Basketball related contact period from *August 1 – August 31*. However, the boys still can lift and conduct basketball workouts on their own. I'll forward Trainer Germany's plans as soon as I receive them for those that are not in fall sports and/or would like to improve their strength, conditioning, and agility.

Individual Instruction

After the No-Contact Period Ends – we are permitted to have “Individual Instruction” to teach skills outside the season. Look for these to begin the week after Labor Day Weekend. These are the 4 player MAX skill development sessions.

We are entering the 5th year for the Individual Instruction Regulation. Most basketball coaches will start utilizing this in September/October and though there are some fairly strict parameters, this is a reminder that the purpose of this was to provide coaches the opportunity to provide individual SKILL instruction – NOT team workouts. Note: We will have sign-ups for these and you'll likely hear from your respective coaches the last week of August to facilitate the plans for such.

- For those in Fall Sports, I encourage you to get permission from your fall coach, work out a time for you to come in and work on your hoop game with your respective coach (no contact drills only).
- For those not in Fall Sports, I encourage you to lift 2-3 times a week with the school trainer and try to work out at least twice a week with your respective coach or coaching staff.

Fall Basketball Interest Meeting

We will have a basketball meeting mid-September to discuss things such as the projected winter basketball schedule(s), holiday plans, etc. If you are a planner like most are, I encourage you to please contact your respective coach before finalizing and making fall break plans, Thanksgiving plans, Christmas and New Year's plans. Unfortunately, we do have conflicts and issues each year stemming from such where tough decisions have to be made on behalf of the parents and the coaches. Note: Last year parent/teacher conferences conflicted with tryouts and some families chose to go out of town.

Tryouts

As a FYI, Tryouts will be Nov 3rd and 4th this year. Time TBD.

Believe that is it for now...I hope you enjoy your last few weeks off!

Carl Woods Varsity Boys
Jake Lammers Assistant Varsity Coach
Kevin McKinnon J.V. Boys Coach
Ben Gillens Junior High Boys Coach

carl.woods@cincinnatiathletics.org
jake.lammers@cincinnatiathletics.org
kevin.mckinnon@cincinnatiathletics.org
ben.gillens@cincinnatiathletics.org