Letter from Coach Isenhower

Dear Tomball Basketball alumni, family, friends, and supporters,

Greetings and welcome to the very first Tomball Basketball Newsletter. This is our very first program newsletter that will be produced multiple times a year and provide exclusive content pertaining to our program. The newsletter is a way for us to be able to connect with all of you when it comes to the ins and outs of our program and allows us to show and provide you things you may not otherwise see while we celebrate our student-athletes.

In it, you will be able to find exclusive interviews with coaches and student-athletes, upcoming events, our program schedule with important dates, and special features that highlight different parts of the Tomball Basketball experience. We will be able to update you on our program’s community service volunteering in and around the Tomball community as well as giving you unique, insider access to Tomball Basketball.

We want to be able to spread and grow the brand of Tomball Basketball while promoting our amazing student-athletes. This newsletter is a tool for us to reach all of you and allow you to help us accomplish just that. We are looking forward to a great school year of getting better every day and preparing ourselves for the upcoming season. We hope to see you at the THS Gym this year!

Go Coogs!

Clarke Isenhower

Clarke Isenhower
Head Boys Basketball Coach
In a special season-opening event, the Tomball Varsity Boys Basketball Team will play their first game of the season on November 15th against Willowridge High School at the Toyota Center. The Cougars will play the Eagles first and then will be followed by a game between the Houston Rockets and the Indiana Pacers. This is a once-in-a-lifetime opportunity for the Cougars to play on an NBA court and then enjoy a night of team-bonding while cheering on the Rockets. Fan tickets will be available soon. Follow our team Twitter and Instagram account @TomballHoops or visit www.THSCougarsAthletics.com for the latest information on securing your tickets to this unique event!
SIX QUESTIONS WITH TYLER FREY

1. As you enter your senior year what are some individual and team goals you would like to accomplish?

I am looking forward to winning district and making playoffs this year. Individually I want to lead the team in shooting percentage and charges taken.

2. What do you do to get ready for a big game?

I listen to music to get ready and get in the right mind frame. Some of my favorite artists to listen to are Gunna, Meek Mill, & Drake.

3. Who has been one of your favorite/most inspirational teachers and why?

Master Chief Moore at Tomball Junior High made a lasting impression on me by stressing the importance of integrity in everything I do. This has helped me to be a leader on the team and in the school by positively influencing my teammates and classmates.

4. What is your favorite movie? Favorite candy? Favorite food?

Any Will Ferrell movie, Sour Skittles, Fried Chicken.

5. What goals did you set for yourself this summer and what did you do to achieve them?

My goal for this summer was to help my summer team, the Cypress Shock, make a run in the National Tournament. We were successful and able to make it to the Final Four in Dallas. Individually I spent a lot of time in the weight room and put on 10 pounds of muscle.

6. What do you plan on doing after you graduate?

I plan on attending Texas A&M University and majoring in Business and Marketing.
**DRILL OF THE MONTH – Celtic Passing**

The Celtic Passing Drill is one of our staple drills that we run every day because it emphasizes passing, communication, and conditioning. One of the most important skills that basketball players must possess is the ability to pass and catch with both their right and left hands while on the move. This drill also requires players to sprint, communicate, and change direction while executing basketball skills with precision. Because of this we have incorporated it with all our middle school and high school teams.

1 passes to 2 then sprints to sideline.  
2 passes to 3 then sprints to the corner.  
3 passes to 1 then sprints to mid court.  
1 passes to 2 then springs to corner.  
2 passes to 3 then sprints to the sideline.  
3 passes to 1 who passes 2 then passes to 3 for the layup.
WHATABURGER CHALLENGE

This season Whataburger has teamed up with the Cougars to support Tomball Athletics. This partnership includes in-game promotions throughout the season as well as other fun promotional events. One such event was the Whataburger Challenge that Tomball student-athletes were able to participate in at the Tomball Whataburger. The overall challenge was a contest where student-athletes from each sport competed to win Whataburger for a year for their team. Taylor Briggs represented the Boys Basketball program in the contest and Spencer Skivington won a dance-off that was held at the event. We are looking forward to the partnership as Whataburger supports the Cougars this year!

UPCOMING EVENTS AND DATES

10/30 – After School Practice Begins

11/9 – 1st Scrimmage @Bridgeland HS

11/15 – First Game vs. Willowridge HS @TOYOTA CENTER

11/19 – First HOME Game vs. Klein Collins

11/27-12/1 – Thanksgiving Break – NO GAMES OR PRACTICES

12/21- 12/29 – Christmas Break – NO GAMES OR PRACTICES
Tomball Cougar Men’s Basketball returned from a summer trip to Austin to participate in the University of Texas Men’s Basketball Team Camp. Many of the players pointed out their great experiences as they were able to compete against teams from all over the state and region while also playing in front of college coaches. Here are some of their thoughts about the trip.

Justin Sheldon: I thought it was really fun. I’ve never done an overnight basketball camp before, but I thought it really helped out our team. I liked getting on the scooters and riding to Canes after games and I think it helped our team get to know the plays better. It also helped our team’s chemistry a lot for the upcoming season.

Spencer Skivington: I thought the University of Texas camp was a great opportunity and experience to travel and bond with my teammates while playing the game we all love to compete in. My favorite thing that we did on the court was just play. We didn’t have any pressure on our backs; we just went out there and had fun. Off the court, my favorite thing was going out to eat with my teammates and exploring the city of Austin with them. I think the UT camp made our team better by giving us more team chemistry and building the bonds that we have with each other.

Pryce Burns: I loved going back to the UT camp. Staying in the dorms together helped us bond as a team. One of my favorite things was when the team would ride scooters across campus to games and then going to eat a late-night dinner at Cane’s. I am excited about a chance to be a leader on this team and getting to help our young players develop. I think this can be a really good team and we have a chance to have a great season.

Michael Waldron: I thought it was a really cool experience to bond with teammates and get to play against some good competition. My favorite thing on the court was just getting the opportunity to play with my friends. Favorite thing off the court was riding the scooters around. I think it helped with team chemistry and realize what we need to work defensively in order to succeed.

Kris Jackson: I thought the UT Camp was incredibly fun and exactly what I needed. It made me realize exactly what I needed to work on and was also a great team bonding experience. My favorite thing on the court was everyone bringing good vibes and supporting each other. My favorite thing off the court was the late-night Cane's runs. We also learned that we need to start taking practice reps seriously and come into things more focused. Overall if we play as a team then we will be successful.
Coach Isenhower hosted his 3rd Annual Tomball Cougar Boys Basketball Camp this past June at the Tomball HS Gym. Over 145 boys from 1st Grade to 9th Grade came to camp this year. That number almost doubles the amount of campers that have attended in years past! While at the camp, future Cougars were instructed by members of the Tomball High School coaching staffs, Tomball Junior High coaching staffs, Creekside Park Junior High coaching staff, and by several former Cougars who returned to give back to the basketball program after their high school graduation.

While at the camp players participated in games, contests, and competitions. They also received instruction with ball handling, passing, rebounding, shooting, and defense. The incoming 7th, 8th, and 9th graders received an introduction to the Cougar Basketball program. These students learned and practiced the same drills, fundamentals, terminology, and offensive and defensive strategies that they will need to know when they start playing junior high and high school basketball. All campers were also able to attend an autograph session with current and former Cougar Basketball players.

Overall, the Cougar Basketball Camp was a huge success and we are excited about the future of Cougar Basketball. All campers are reminded to look out for upcoming opportunities such as Camp Night and the chance to be a ball boy at a Tomball Varsity Basketball game this upcoming season. More information about next summer’s camp will be coming towards the end of basketball season!
WHERE ARE THEY NOW?

Last year the 2018-2019 Tomball Cougar basketball team graduated six seniors. These players played a pivotal role in the academic and athletic success of the Tomball Basketball program. All six have gone on to continue their education in college and four of the six will continue their basketball career in college. Thank you to these seniors for everything they did over the last four years!

Tariq Carter           McKadan Fields           Dillion Godfrey
Northwest Kansas                     University of Houston               Lonestar College - Tomball
Technical College

Leo Molina              Lew Mologne               Ji’Wen Taylor
Lonestar College – Tomball                   Blinn College                            Western Oklahoma
State College