

2021 Offseason Schedule/Player, Parent Meeting

1. Practices/Workouts

a. March - May

i. B5 Class (Sophs-Seniors only)

1. Weight room and Main Gym (starting 2/26)

a. Focus - Strength and Agility

Practices (Open Gym) Tuesday, Wednesday, Thursday (Starting April 15th)

Tuesday and Thursday (2-4pm) 1 hour in the weight room, 1 hour in the gym.

Wednesday (8-10pm) 2 hours in the gym

Covid Testing-Please have your players register on Red Cap before coming to test. Here is the

link.<https://redcap.link/utah.gov-SpanishForkHS>

b. June 1st - August 17

i. Workouts/Practices

1. Tuesday-Wednesday-Thursday 8-10am (starting June 1st)

a. Focus - Team and Individual development/Strength, Speed, and Agility

b. Tuesday-Thursday 1 hr. in weight room, 1 hour in basketball gyms

c. Wednesday 2 hrs. in the basketball gyms

2. Tournaments/Camps

a. Team Scrimmage-SF High School - May 6th 5:00-8:00pm

b. Salem Hills Tournament - May 13-15 (\$300 per team) \$38 per boy

i. Thurs-Sat (5 games) (Freshmen thru Varsity) Must be paid to the SFHS finance office by May 7th. Make checks out to SFHS BOYS BASKETBALL/ Write SALEM TOURNAMENT in the memo line. If you don't pay, you don't play!

c. Los Dons Team Camp - May 24-27 (\$40 per boy) Must be paid by April 23rd to the SFHS Finance Office. Make checks out to SFHS BOYS BASKETBALL/ Write LOS DONS BBALL CAMP in the memo line. (\$16 for summer uniform, \$16 for new team basketballs, \$8 for Pizza)

i. After school 2:30-4:30pm (Freshmen thru Varsity) This needs to be a priority!

d. Jr Dons Camp - June 1st-3rd (\$20 per person)

i. Tues-Thurs (10am-3pm) - 4th-8th grades

ii. We will have open gym before the camp (8-9:30am). Players are expected to stay and help run the camp.

e. Great Western Classic - Jun 9-12th (\$575 per team) \$72 per boy

i. Wed-Saturday (Freshmen thru Varsity) More info. to come.

f. Rocky Mtn Showcase - June 24-26th (\$500 per team) \$63 per boy

i. Thursday-Saturday (Freshmen thru Varsity)

All coaches and players will need AAU memberships www.aausports.org

Please send me your AAU Number to my email address when you have it.

More info. to come.

I want Freshman involved as much as possible!

I would love for everyone to be able to play in all the tournaments this summer. Unfortunately, there is only space for 8 people per team.

I will determine who will be playing on the teams for each tournament. Just because you play on a team for one tournament doesn't mean you will play on that team for the next tournament.

Please do not pay any money to the finance office until I tell you personally to do so. (All are invited to attend the Los Dons Team Camp the end of May)

Open gyms/scrimmages will help me to determine who will be on what team for the tournaments/camps. The more you are able to attend the better.

No More Forks Up

“The Strength of the team is the team.” -Quin Snyder

Not one person is above the team. I will always do what is best for the team and the program. I need total buy in from all involved, players and parents. I believe this could be a special year if we all buy in.

- Playing time
- Role on the team
- Unselfishness
- Etc.

I believe this team can accomplish these things because I have seen this team do these things over the past 2 years.

I am excited and ready to get things underway! I appreciate your support!

Questions?

Please join and follow

Instagram- sfdonsbasketball

Twitter- sfdonsbasketball

Facebook- Spanish Fork Dons Boys Basketball

Snapchat- sfdonsbasketball

Contact Information

garrett.johnson@nebo.edu

801-360-2090