

Lady Eagles Basketball

UPDATE - Improvement Season - June/July 2018

With summer fast approaching we are about to enter the 2nd busiest time of year for the Lady Eagles Basketball program. June and July are the only two months of the year (outside of the season) where we can put extensive work in as a team. This serves as a time for us to develop as individual players but also collectively as a team. Outlined below are several opportunities and events which will allow us to continue our growth as a program. If we truly are #BuildingChampions then we must commit to work like champions.

Strength & Conditioning

- Monday, Wednesday, Thursday; 9:15-10:00am
- Will follow PLT4M Off-Season Workout Program
- Consistent attendance is extremely important to see gains in this area

Open Gyms

- Monday, Wednesday, Thursday; 10:00-11:15am
- Focus on individual skill development and offensive/defensive team concepts

Games

- Brown County Summer League
 - Monday/Wednesday evenings in June (beginning June 11)
 - Exact game times/opponents TBD
 - 2 games per night; varsity/jv (though some nights may not include jv - TBD)
- Shootouts/Team Camps
 - June 8 - Indiana State University Team Camp (3 games; varsity only)
 - June 15 - Lady Eagles Shootout (3 games; varsity/jv)
 - June 22 - Xavier University Team Camp (3 games; varsity only)
 - Exact game times/opponents TBD

IHSAA Moratorium

- The mandated IHSAA moratorium is July 2-8
- There is to be no contact between coaches and athletes during this time (organized workouts, games, camps, etc.)

Summer Youth Camps

- July 16-19; 5:00-8:00pm
- This is a great opportunity for the players and coaching staff to work with the future of Lady Eagles Basketball. We expect all players to play a role in helping with our summer camps.

Fundraising

- Our summer league, shootout, and youth camps all serve as fundraisers for the program. These fundraisers help cover a variety expenses including summer games/activities, team meals, and other equipment needs throughout the course of the season. We appreciate any assistance with these events including setup, cleanup, and help with concessions/admission.

Improvement Season Points Challenge

- We will continue to use the points system as a means of measuring each player's level of commitment to becoming a better basketball player and to the program

Remind Messages

- Important updates about summer activities and events will be shared via Remind messages. If you do not already receive the Remind messages, please text "@bcbball" to the number 81010.

Social Media Updates

- Follow Lady Eagles Basketball on various social media platforms for updates, info, and sneak-peaks into our summertime activities
- Facebook - "Lady Eagles Basketball"
- Twitter/Instagram - bchs_girlsbball

While we do realize that summer is an opportunity for players to enjoy time away from the rigor of the school year, work summer jobs, and enjoy time with friends and family, we hope that you will take advantage of the opportunities being given to you to help improve yourself as a basketball player. We have made every effort to schedule our events and activities so as to limit conflicts with other sports and their summer programs. Let's continue #BuildingChampions together!

Coach Matt Roberts - Varsity Coach

Coach Ronna Snyder - Junior Varsity Coach

*Varsity Assistant Coach - TBD

Commitment means you are all in. It's not about doing things when it's convenient, occasionally, or when you feel good.



#BUILDINGCHAMPIONS

June 2018

Sun

Mon

Tue

Wed

Thu

Fri

Sat

						1	2			
3	<ul style="list-style-type: none"> 9:15 AM S&C/Open Gym 9:15 AM-11:15 AM 	4	5	<ul style="list-style-type: none"> 9:15 AM S&C/Open Gym 9:15 AM-11:15 AM 	6	<ul style="list-style-type: none"> 9:15 AM S&C/Open Gym 9:15 AM-11:15 AM 	7	<ul style="list-style-type: none"> 9 AM Indiana State Team Camp 9 AM-6 PM 	8	9
10	<ul style="list-style-type: none"> 9:15 AM S&C/Open Gym 9:15 AM-11:15 AM 5 PM BC Summer League 5 PM-9 PM 	11	12	<ul style="list-style-type: none"> 9:15 AM S&C/Open Gym 9:15 AM-11:15 AM 5 PM BC Summer League 5 PM-9 PM 	13	<ul style="list-style-type: none"> 9:15 AM S&C/Open Gym 9:15 AM-11:15 AM 	14	<ul style="list-style-type: none"> 9 AM Lady Eagles Shootout 9 AM-6 PM 	15	16
17	<ul style="list-style-type: none"> 9:15 AM S&C/Open Gym 9:15 AM-11:15 AM 5 PM BC Summer League 5 PM-9 PM 	18	19	<ul style="list-style-type: none"> 9:15 AM S&C/Open Gym 9:15 AM-11:15 AM 5 PM BC Summer League 5 PM-9 PM 	20	<ul style="list-style-type: none"> 9:15 AM S&C/Open Gym 9:15 AM-11:15 AM 	21	<ul style="list-style-type: none"> 9 AM Xavier Team Camp 9 AM-6 PM 	22	23
24	<ul style="list-style-type: none"> 9:15 AM S&C/Open Gym 9:15 AM-11:15 AM 5 PM BC Summer League 5 PM-9 PM 	25	26	<ul style="list-style-type: none"> 9:15 AM S&C/Open Gym 9:15 AM-11:15 AM 5 PM BC Summer League 5 PM-9 PM 	27	<ul style="list-style-type: none"> 9:15 AM S&C/Open Gym 9:15 AM-11:15 AM 	28	29	30	

July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 ● IHSAA Summer Moratorium	2 ● IHSAA Summer Moratorium	3 ● IHSAA Summer Moratorium	4 ● IHSAA Summer Moratorium	5 ● IHSAA Summer Moratorium	6 ● IHSAA Summer Moratorium
● IHSAA Summer Moratorium	8 ● 9:15 AM S&C/Open Gym 9:15 AM-11:15 AM	9	10 ● 9:15 AM S&C/Open Gym 9:15 AM-11:15 AM	11 ● 9:15 AM S&C/Open Gym 9:15 AM-11:15 AM	12	13
	15 ● 9:15 AM S&C/Open Gym 9:15 AM-11:15 AM ● 5 PM Youth Camps 5 PM-8 PM	16 ● 5 PM Youth Camps 5 PM-8 PM	17 ● 9:15 AM S&C/Open Gym 9:15 AM-11:15 AM ● 5 PM Youth Camps 5 PM-8 PM	18 ● 9:15 AM S&C/Open Gym 9:15 AM-11:15 AM ● 5 PM Youth Camps 5 PM-8 PM	19 ● 9:15 AM S&C/Open Gym 9:15 AM-11:15 AM ● 5 PM Youth Camps 5 PM-8 PM	20
	22 ● 9:15 AM S&C/Open Gym 9:15 AM-11:15 AM	23	24 ● 9:15 AM S&C/Open Gym 9:15 AM-11:15 AM	25 ● 9:15 PM S&C/Open Gym 9:15 PM-11:15 PM	26	27
29		30	31			