

Thomas Dale Basketball

2018-2019 Season

1. OUR PROGRAM

- We don't disrespect OR let anyone disrespect our program. We hold each other to high standards on and off the court as coaches and student-athletes. Character, scholarship, determination, and encouragement are what we will drive off of this year. We will be uniform everywhere we go together.

2. STANDARDS/EXPECTATIONS

- Being on time, dedication, POSITIVITY, talking to each other (not at each other), listening, and performing at our highest potential day in and day out. Your individual success results in the team's success. RESPECT & COMMUNICATION!!

3. CULTURE/MENTALITY

- Tough, resilient, scrappy, and VERY WELL DISCIPLINED!!!!

4. INFLUENCE

- Everything we do will be noticed; EVERYTHING!! We have to make sure we are on our best behavior at all times, in school, in public; and before, during and after games. If there is a problem, we will talk about it and make some changes. ** SOCIAL MEDIA** Respect on ALL ACCOUNTS.
- LANGUAGE, LANGUAGE, LANGUAGE

5. POSITIONS/ROLES

- If you are in high school, you are a player. We are your coaches; not your friends. "Get respect, show respect". As a player, learn your role/position to boost team dynamic.

NOV 2018

THOMAS DALE
KNIGHTS
BOYS
BASKETBALL
SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
						3
4	5	6	7	8	9	10
			Boys-Tryouts Main Gym (3:15pm-5:15pm)	Boys-Tryouts Main Gym (3:15pm-5:15pm)	Boys-Tryouts Main Gym (3:15pm-5:15pm)	Boys- First Practice Main Gym (8:15am-10:30am)
11	12	13	14	15	16	17
Boys-Practice Aux Gym (3:15pm-5:15pm)	Boys-Practice Main Gym (3:15pm-5:15pm)	Boys-Practice Aux Gym (3:15pm-5:15pm)	Boys-Practice Main Gym (3:15pm-5:15pm)	Boys-Practice Main Gym (3:15pm-5:15pm)	Boys-Practice Aux Gym (3:15pm-5:15pm)	Boys Scrimmage @ Midlothian
18	19	20	21	22	23	24
Boys-Practice Main Gym (3:15pm-5:15pm)	Boys-Practice Aux Gym (3:15pm-5:15pm)	Boys-Practice Main Gym (3:15pm-5:15pm)	Boys-Practice Main Gym (3:15pm-5:15pm)	Boys-Practice Aux Gym (3:15pm-5:15pm)	Boys-Practice Main Gym (3:15pm-5:15pm)	Boys Scrimmage vs. Amelia
25	26	27	28	29	30	
Boys-Practice Aux Gym (3:15pm-5:15pm)	Boys-Practice Main Gym (3:15pm-5:15pm)	Boys-Practice Aux Gym (3:15pm-5:15pm)	Boys-Practice Main Gym (3:15pm-5:15pm)	Boys-Practice Main Gym (3:15pm-5:15pm)	Game @ James River	

DEC 2018

THOMAS DALE
KNIGHTS
BOYS
BASKETBALL
SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Boys- Practice Main Gym (8:15am-10:30am)
	2 Game @ Mills Godwin	3 Game @ Prince George	4 Boys-Practice Aux Gym (3:15pm-5:15pm)	5 Boys-Practice Main Gym (3:15pm-5:15pm)	6 Game vs. Matoaca	7 Boys- Practice Main Gym (8:15am-10:30am)
	9 Boys-Practice Main Gym (3:15pm-5:15pm)	10 Game @ Dinwiddie	11 Game @ Cosby	12 Boys-Practice Main Gym (3:15pm-5:15pm)	13 Game @ Meadowbrook	14 Boys- Practice Main Gym (8:15am-10:30am)
	16 Boys-Practice Aux Gym (3:15pm-5:15pm)	17 Boys-Practice Main Gym (3:15pm-5:15pm)	18 Boys-Practice Aux Gym (3:15pm-5:15pm)	19 Boys- Practice Main Gym (8:15am-10:30am)	20 Boys- Practice Main Gym (8:15am-10:30am)	21 Boys- Practice Main Gym (8:15am-10:30am)
	23	24	25 Game @ Henrico (Christmas Tourney)	26 Game @ Henrico (Christmas Tourney)	27 Game @ Henrico (Christmas Tourney)	28 BOYS OFF
30	31					

JAN 2019

THOMAS DALE
KNIGHTS
BOYS
BASKETBALL
SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			Game vs. Petersburg	Boys-Practice Aux Gym (3:15pm-5:15pm)	Game @ Hopewell	Boys- Practice Main Gym (8:15am-10:30am)
	6	7	8	9	10	11
	Boys-Practice Main Gym (3:15pm-5:15pm)	Game @ Colonial Heights	Boys-Practice Aux Gym (3:15pm-5:15pm)	Boys-Practice Main Gym (3:15pm-5:15pm)	Game vs. Prince George	Boys- Practice Main Gym (8:15am-10:30am)
	13	14	15	16	17	18
	Boys-Practice Aux Gym (3:15pm-5:15pm)	Game @ Matoaca	Game vs. LC Bird	Boys-Practice Main Gym (3:15pm-5:15pm)	Game vs. Dinwiddie	BOYS OFF
	20	21	22	23	24	25
	Boys-Practice Main Gym (3:15pm-5:15pm)	Boys-Practice Aux Gym (3:15pm-5:15pm)	Boys-Practice Main Gym (3:15pm-5:15pm)	Boys- Practice Main Gym (8:15am-10:30am)	Game vs. Meadowbrook	Boys- Practice Main Gym (8:15am-10:30am)
	27	28	29	30	31	
	Boys-Practice Aux Gym (3:15pm-5:15pm)	Game @ Petersburg	Boys-Practice Main Gym (3:15pm-5:15pm)	Boys-Practice Main Gym (3:15pm-5:15pm)		

FEB 2019

THOMAS DALE
KNIGHTS
BOYS
BASKETBALL
SCHEDULE

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Game vs. Hopewell
						2 Boys- Practice Main Gym (8:15am-10:30am)
	3 Boys-Practice Main Gym (3:15pm-5:15pm)	4 Game vs. Colonial Heights	5 Boys-Practice Aux Gym (3:15pm-5:15pm)	6 Boys-Practice Main Gym (3:15pm-5:15pm)	7 Boys-Practice Aux Gym (3:15pm-5:15pm)	8 Boys- Practice Main Gym (8:15am-10:30am)
	9					
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		