



Alcester - Hudson

Summer

Basketball Program



Alcester - Hudson Boys Basketball Summer Hours

*Beginning this summer, we are going to start a “Summer Hours” program. This will be used to tally all of your work and effort that you put in during the summer. Our goal is that this will increase reliability and attendance for camps, workouts, and open gyms. We will be counting hours from **June 1st** → **July 31st***

*Here is how this will work, everytime you show up for a workout, team camp, individual camp, or open gym you will write this down on your chart. If you forget the sheet you need to write it down and have it signed next time. Signatures from the supervising teacher/ coach/ parent are **Required**.*

Summer Hours will be used to base the following:

Start of the year Depth Chart

Captain Eligibility

Playing Time

*** The player with the most Summer Hours will be given a reward / prize ***

If you are working full or part-time, involved with baseball, have other sporting events, family vacations, or anything else you need to document this. Most events will be excused as long as the coaching staff is aware.

- ★ *Use the Calendar to write down your events for the summer*
- ★ *Use the Chart to document your summer hours*
- ★ *Make sure everything is signed and up-to-date*
- ★ *Mrs. Hames will open the **weight room** And **gym** EVERYDAY from **6 a.m. - 9 a.m.***
- ★ *We will have “Open Gym” on Monday and Thursdays from 8 a.m. - 9 a.m.*
 - *Open Gyms are **NOT** mandatory - if you can make it → Awesome*
- ★ *Summer hrs begins June 1st → Anything before then is bonus time **recommended*
- ★ *Everyone should try to get 10,000 shots up this summer **150 + per day*

Important Dates to Remember

June 6	Centerville Basketball Jamboree - in Centerville - JV and Varsity Teams
June 14	Great Plains Football Camp
June 26, 27	AHHS Football Team Camp
June 28, 29	DWU Football Team Camp
July 14, 15	Northern State Basketball Team Camp - in Aberdeen - Just Varsity
July 18, 19, 20	Tri-State Ambush Basketball Skills Camp - in Alcester - Just Boys K-12
July 27, 28, 29	Warwick Basketball Skills Camp - in Alcester - Boys and Girls K-12
July 31 - Aug 2	AHHS Football Youth Camp

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 <i>Open Gym 8 - 9</i>	6 BB Team Camp <i>In Centerville JV and Varsity</i>	7	8 <i>Open Gym 8 - 9</i>	9	10
11	12 <i>Open Gym 8 - 9</i>	13	14 FB Camp	15 <i>Open Gym 8 - 9</i>	16	17
18	19 <i>Open Gym 8 - 9</i>	20	21	22 <i>Open Gym 8 - 9</i>	23	24
25	26 FB Camp	27 FB Camp	28 FB Camp	29 FB Camp	30	

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 No Activities Allowed
2 No Activities Allowed	3 No Activities Allowed	4 No Activities Allowed	5 No Activities Allowed	6 No Activities Allowed	7 No Activities Allowed	8
9	10 Open Gym 8 - 9	11	12	13 Open Gym 8 - 9	14 BB Team Camp In Aberdeen	15 BB Team Camp In Aberdeen
16	17 Open Gym 8 - 9	18 BBALL Camp @ Alcester	19 BBALL Camp @ Alcester	20 BBALL Camp @ Alcester	21	22
23	24 Final Open Gym 8 - 10 Team Builder After	25	26	27 BBALL Camp @ Alcester	28 BBALL Camp @ Alcester	29 BBALL Camp @ Alcester
30	31 FB Camp	1 FB Camp	2 FB Camp			

Speed

- * Squat
- * Weighted Lunges
- * Power Clean
- * Leg Extensions
- * RUNNING!

Arm Strength

- * Bench
- * Dumbbell Arm Raises
- * Tricep Extensions
- * One Arm Row (Lawnmower)

Shoulder Strength

- * Push-Ups
- * Overhead Dumbbell Press
- * Lat Pull Down
- * Heavy Dumbbell Should Shrugs

Core Strength

- * Planks
- * Russian Twists
- * Crunchy Frogs
- * Back Scratchers
- * Sit-Ups
- * Scissors Kicks
- * Butterfly Kicks
- * Leg Lifts
- * RUNNING!

Quickness

- * Dot Drills
- * Line Jumps
- * Jump Rope
- * Shuttle Run

Vertical

- * Toe Raises
- * Leg Press
- * Jump Rope
- * Squat Jumps

Balance / Coordination

- * Lunges
- * Balance Balls
- * Jump Rope
- * Squat

A Few things to remember

- **Use your time wisely in the gym / weightroom**
- **If you lift everyday - Do different lifts to give certain muscles rest time**
- **Squat, Jump Ropes, and Ab Workouts are effective for all muscles**
- **When in the gym - look to improve your shooting form**
 - Try to perfect it
- **Don't Forget Free Throws!**
- **GET SWOLE BOYS**