


April 2018



@harrison_mbb

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>Coach Marx 432-8513 Coach D. Hotopp 602-7705</p>	<p>2 Spring Break At least 1000 shots a week, 15 min daily Ballhandling workouts .</p>	<p>3 Spring Break Open Shooting and Workouts 9-10 ncoming Jr High Players 10-11 incoming HS Players AC</p>	<p>4 Spring Break 9-10 ncoming Jr High Players 10-11 incoming HS Players AC</p>	<p>5 Spring Break 9-10 ncoming Jr High Players 10-11 incoming HS Players AC</p>	<p>6 Spring Break</p>	<p>7</p> 
<p>Dawn Patrol is optional morning shooting we will be in gym from 630-715 am-contact the coaches to confirm.</p>	<p>9</p>	<p>10 Dawn Patrol Shooting 630-715 AC Open Gym Incoming Jr high 6-7 HS players AC 7-830 Weights 6-7 pm</p>	<p>11 Weights 430-6 Dawn Patrol Shooting 630-715 AC</p>	<p>12 Dawn Patrol Shooting 630-715 AC Open Gym Incoming Jr high 6-7 AC 7-830 Weights 6-715 pm</p>	<p>13</p>	<p>14</p>
<p>15</p>	<p>16</p>	<p>17 Dawn Patrol Shooting 630-715 AC Open Gym Incoming Jr high 6-7 HS players AC 7-830 Weights 6-7 pm</p>	<p>18 Weights 430-6 Dawn Patrol Shooting 630-715 AC</p>	<p>19 Dawn Patrol Shooting 630-715 AC Open Gym Incoming Jr high 6-7 AC 7-830 Weights 6-715 pm</p>	<p>20</p>	<p>21 Be Relentless! The end result is worth the work</p>
<p>22</p>	<p>23</p>	<p>24 Dawn Patrol Shooting 630-715 AC Open Gym Incoming Jr high 6-7 HS players AC 7-830 Weights 6-7 pm</p>	<p>25 Weights 430-6 Dawn Patrol Shooting 630-715 AC</p>	<p>26 Dawn Patrol Shooting 630-715 AC Open Gym Incoming Jr high 6-7 AC 7-830 Weights 6-715 pm</p>	<p>27</p>	<p>28</p>

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May 2018

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		May 1 Dawn Patrol Shooting 630-715 HS Open Gym Incoming Jr high 6-7 HS 7-830 Weights 6-7 pm	May 2 Weights 430-6 Dawn Patrol Shooting 630-715 HS	May 3 Dawn Patrol Shooting 630-715 HS Open Gym Incoming Jr high 6-7 HS 7-830 Weights 6-715 pm	May 4	May 5  Cinco de Mayo
6	7	8 Dawn Patrol Shooting 630-715 HS Open Gym Incoming Jr high 6-7 HS 7-830 Weights 6-7 pm	9 Weights 430-6 Dawn Patrol Shooting 630-715 HS	10 Dawn Patrol Shooting 630-715 HS Open Gym Incoming Jr high 6-7 HS 7-830 Weights 6-715	11	12
13	14	15 Dawn Patrol Shooting 630-715 HS Open Gym Incoming Jr high 6-7 HS 7-830 Weights 6-7 pm	16 Weights 430-6 Dawn Patrol Shooting 630-715 HS	17 Dawn Patrol Shooting 630-715 HS Open Gym Incoming Jr high 6-7 HS 7-830 Weights 6-715	18	19
20	21	22 Dawn Patrol Shooting 630-715 HS Open Gym Incoming Jr high 6-7 HS 7-830 Weights 6-7 pm	23 Weights 430-6 Dawn Patrol Shooting 630-715 HS	24 Dawn Patrol Shooting 630-715 HS Open Gym Incoming Jr high 6-7 HS 7-830 Weights 6-715	25	26

27	28 Memorial Day	29 Dawn Patrol Shooting 630-715 HS Open Gym Incoming Jr high 6-7 HS 7-830 Weights 6-7 pm	30 Weights 430-6 Dawn Patrol Shooting 630-715 HS	31 Dawn Patrol Shooting 630-715 HS Open Gym Incoming Jr high 6-7 HS 7-830 Weights 6-715	June 1 10 am Weights	
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Weights are in the evening: 6-7 pm before shooting on Tuesday and Thursday, and Wednesday night at 430-6

Shooting: T-TH Morning Dawn Patrol 630-715 and/or T-TH evening 6-7 for jr high, 715-830 for HS

Expectations:

- **Basketball Skill:** Non Spring Sport athletes should be getting between 900-1200 shots per week. (300 shot workout takes about 45 minutes).
- **Strength and conditioning:** are critical to build a strong base to compete- Weights are vital, if you cannot make a weight room session, we must make alternate time for you to get your 3 days in- this is vital to your competitive edge you must have to win SWOC and advance into the tournament. We will be following Xavier University's Strength and Conditioning program for the basketball players- tailored to you.
- **Character:** Community service, or school service will be rewarded. See below.

We all want to win and have success, but success and victory is only attained through commitment to becoming better as a student, athlete and person daily.

Rewards: Gear ("Swag") for students who show up to 75% of workouts; + engage in at least 3 hrs of community service/ school service this summer.

- Example- volunteering at the mulch drive counts towards school/community service; working with Coach Marx for an hour at the booster concession stand counts; volunteering at the senior citizen center would count- I will provide opportunities throughout the Summer and Spring.



Play Hard
Play Smart
Play Together