

Manheim Township Boys' Basketball Newsletter



Skill Development

Skill sessions will be held from 9:30-11:00AM every Tuesday and Thursday from June 14 to July 28th. Sessions will be in the Arena. Coaches from the coaching staff will be there to lead the team in shooting, ball-handling and agility drills. The session will end with a scrimmage. Players from grades 7 through 12 are

Strength Training

Immediately following the skill sessions on Tuesdays and Thursdays, the upper weight room will be opened for weight training. Sessions will begin at 11AM and finish at noon. We have developed an exercise program using the machines in the weight room that is well suited to a basketball player. Players entering grades 9 through 12 are encouraged to attend. If you are currently working on a program for another team in the school, or in a supervised program at a health club or training facility, you are not expected to attend these sessions though you are welcomed. Either way, come to a session on June 14th or 16th to perform our tests so that your progress can later be assessed for the summer.

Important Upcoming Dates for Varsity Candidates

Thur. June 9: Games at Landisville
MS
Sat. June 11: Deadline for St. Joe
Team Camp Application to
Coach Kreider
Sat. June 11: MSU Shootout
Tues, June 14, 9:30 AM: 1st

Important Upcoming Dates for JV and Junior High Candidates

Sat. June 4: 8AM JH game at HHS
11AM JV game at HHS
Sat. June 11: 8AM JV game at
HHS
11AM JH game at HHS
Tue June 14 9:30 AM: 1st summer
session.

Summer Camp

Our summer camp will be held from July 11 to 15 in the High School Arena. All those entering 10th thru 12th grade who have played on the team can come to the camp as a counselor. Be sure to let Coach Kreider know that you are interested. If you are entering 9th grade or below, be sure to sign up for the camp. Registration forms are available on the school website, mtnet.net

Calendars for all teams and information on all upcoming events in the Manheim Township Basketball program can be found at www.mthoopclub.com