

BMS Basketball Workouts

What you need to know!

This is unlike any other practice or summer workouts in the past. We are dealing with Covid 19 and we as coaches, parents, and players need to make sure we are doing our best to stay safe during this time!

For the next couple of months I, Coach Isaiah, will be hosting workouts two days a week at two sessions a day. One session will be in the morning and the other session will be late afternoon.

There are specific rules that will need to be followed not only as parents and players, but as coaches too. We need social distancing while doing workouts and I have created a plan for that to happen. All I need from you as parents and players is understand what is needed before you decide to participate.

When, Where, and How?

- Every Tuesday and Thursday, **Session 1: 10:00 - 11:30AM Session 2: 4:30 - 6:00PM**
- BMS Main Gym (Enter and Exit through the back doors that face the football field)
- There will only be **8 players allowed to participate** each session.
- I strongly suggest that you arrive 10 to 15 minutes early so that we may start on time.

What to bring:

All players **must bring their own basketball.**

All players must bring their own water bottle or water jug.

All players must bring basketball shoes.

DO NOT BRING book bags or food. Please eat before you arrive!

I also ask your kids to **wear a mask** before workouts start and after workouts end. They do not have to wear them during the workout.

What do I need in order to participate?

First, I need anyone who plans to participate to fill in their information into the sign-up form attached. I will not allow you to participate without this information.

Second, I will have you fill in your child's name into either Session 1 or 2 of the correct date to reserve your spot. This is a "FIRST COME, FIRST SERVE" POLICY. The one thing I ask from parents is to be helpful by allowing others to participate, because there will only be 8 players per session, 16 players each day!

Rules:

- No one is allowed to choose both Sessions in one day!
- You're only allowed 3 sessions in 2 weeks!

I will keep two weeks open for anyone to sign-up. The following two week columns will open the following Friday of the prior two weeks that just ended so that you may reserve your spot a week or two in advance.

Last, All players must go through a **pre-screening process** with a coach before each workout begins **every time they show to participate**.

VHSL Regulations

This is a statement sent out to all coaches and schools about how to conduct basketball workouts: "**Conditioning, individual ball skill drills, no contact or sharing of balls. A player may shoot with a ball(s), but a team should not practice/pass a basketball among the team where multiple players touch the same ball**".

I would love to say we will be having a season this year, but as of now that is very hard to say. I want to give the boys a chance to work on individual skills and learn the details about basketball that are very hard to acquire in a basketball season.

I ask that any kid at middle school grade level, even if you're a first year 6th grader, to come out and learn the basic essentials to becoming a good basketball player.

Hope to see you starting next week! Let's all be safe and have fun!