

ATTENTION
VCS Boys in Grades: 8, 9

VCS Boys JV Summer Basketball

In preparation for next year's JV basketball season, we will be conducting basketball practices over this summer for all 8th and 9th (9th and 10th next year) grade boys interested in playing JV basketball. I would strongly encourage any player who is interested in playing next year to attend as many of these practices as possible. The practice format, offense, and defense will be different than in prior years and so it is important to get players up to speed before the season starts next year.

One important item: In years past, we would run a conditioning program prior to summer basketball so that players could get into shape before beginning to practice. Due to my schedule constraints, there will not be any conditioning program before summer. I encourage players to begin now to get into practice shape by running and conditioning on their own. By the 3rd or 4th practice, we will be practicing full speed and so it will be important for players to be in shape prior to beginning practices.

Dates: May 26th through July 7th
Days: Mondays, Wednesdays
Time: 9:00am to 10:30am
Where: VCS gym.
Equipment: Good basketball shoes.

Any questions please call Coach Smith-Steward at school. See you there.

JV Head Coach: Coach Smith-Steward
JV Assistant: Coach Findlay