



2025 WHS SPRING/SUMMER BASKETBALL PROGRAM

SPRING WORKOUT DATES -

WEIGHTS/SKILLS/OPEN GYMS: Please see attached sheet for dates and times.

SUMMER TENTATIVE TRYOUT DATES -

TRYOUTS: Tu-5/27; W-5/28; Th-5/29, 6:00pm at WHS

OTHER REQUIREMENTS -

- Players must provide their own transportation throughout the summer.
- All of our student/athletes must be academically eligible and they need to be passing at least five classes at the end of the school year AND be in "good standing" at school to participate in summer basketball.
- Please arrive at least 20 min prior to game times, and let your coach know in advance if you have a conflict that won't allow you to make a game...

EVERYTHING IN THE SUMMER IS OPTIONAL -

- ***EVERYTHING – in basketball and/or all other sports/activities – should be optional in the summer.***
Anything said to be "mandatory" in our view is not in line with WHS's multi-sport ideals. We encourage our kids to participate because of the value of being involved, but the decision of if and how much they participate is 100% up to them... It is fun and it helps kids, but playing or not is up to you!

LIMITATIONS -

- We would love for every WHS kid interested in summer basketball to have the chance to participate... However, due to limited space, not every player who signs up will necessarily make a team. While run in conjunction with the school and at our facilities, the summer basketball program is not sponsored by the district and does not receive funding from the district. It is run by the WHS coaching staff on a volunteer-basis. Summer basketball therefore has limits and accommodating the desires of everyone who wishes to play is not always possible...
- In terms of teams this summer, we plan to have one Varsity, one JV, and one Frosh team... A 4th team is possible but not guaranteed. If we do four teams, we likely will have two more or less equal "JV2" teams.

SUMMER BASKETBALL FEE -

- **\$120**, to pay for tournament entry fees and officials for games across all of our summer teams (roughly 15 for F/JV2; JV about 25; V about 30), we charge a fee to play summer basketball. Please make checks payable to "Wildcat Basketball Club."
- If you tryout but do not get placed on a team, you will be refunded your money.
- No refunds or partial payments for players who are placed on a team but who play only a portion of the summer for whatever reasons. Players who play partial schedules are in many ways MORE work for our coaching staff; costing us time and effort aligning teams, filling rosters, etc. Those are your choices – play or not up to you, but all have equal access to the activities and thus pay the same. While missing however much you want is fine, we don't want to incentivize missing either.
- When possible, assistance may be available with the fee where a need is clearly demonstrated.

TTD LIST: 1) Submit 5 things on first day of tryouts, Tue, 5/27: i) WAIVER, ii) INFO FORM, iii) AVAILABILITY FORM, iv) SUMMER FEE & v) CAMP REGISTRATION (if attending going into G9-11), and 2) Enjoy WHS Summer Hoops!

SPECIAL NOTES ON WILDCAT SUMMER BASKETBALL

- Wildcat Basketball offers a summer basketball program for our student-athletes who are interested. This is an optional offering, but something we do to give our kids the chance to play, to continue to develop, to build on their understanding of Wildcat Basketball principles, to build relationships and more. With 15-30 games across 3-4 teams, and very little practices, it is “user- friendly,” too!
- For planning purposes, we ask you to complete the Summer Availability Form as accurately as possible—this is really helpful when done well by our families – helps avoid tough situations...
- Participating does not guarantee you a spot on a team next season nor does non-participation preclude another from earning a spot on a team next year. **Competition** throughout tryouts and our season next year ultimately will decide those things. *** IT IS IMPORTANT TO UNDERSTAND THIS! YOU ARE NOT “OWED” ANYTHING FOR PLAYING... IT IS A TOOL FOR YOU TO IMPROVE... ***
- While participation is not mandatory, Summer Basketball offers a **crucial learning opportunity** for anyone who wants to play Wildcat Basketball next year.
- **“TEAMS are made during the season, PLAYERS are made during the off-season”** – You have an opportunity between now and next November to improve... What will you do with it? (**ACTIONS signify commitment to becoming a great player...not TALK...**)
- **Don’t worry too much about summer team assignments or summer playing time issues...** We will be basing some early decisions on limited exposure to some. We often move kids around and play different combinations of kids to give us an opportunity to evaluate more of you this summer. You will have plenty of opportunities to demonstrate your abilities, regardless of the team you initially are on this summer.
- Those who are able to learn what we are trying to do defensively and who learn how to pass, screen and cut within our passing games this summer will greatly help their chances of playing next season.
- **Hang in there, though...** *Especially for newcomers and frosh, the things we do defensively are sophisticated, and running a passing game well takes time, too.* You may struggle with those things this summer. But if you listen and work hard you will improve and be in a better place going into next Winter.
- **A NOTE ON WEIGHT-LIFTING:** A weight room program is being shared for your benefit. During summer basketball games in June, because of the amount of hoops we are playing, we encourage players to lift three times per week on their own if they can. Before and after Summer Basketball we may have an Open Gym/Weights schedule for those interested in becoming better athletes, depending on interest..
- Overall Summer Basketball is...
...Great opportunity to improve your game;
...Great opportunity to learn how we play the game;
...Great opportunity to show us where you fit in the program;
...Great opportunity to begin building for next season as a TEAM and a program; & ...A fun time!
- If you choose not to play summer basketball, it will be up to you to make up any lost ground.
- **Wildcat Hoop Camp** is recommended for all (to be grades 3-10, +11) and will be held two weeks (June 23-26 & June 30-July 3)... Most of our greatest Wildcats have not been “too cool” for it and have attended camp. It’s a fun time and an important learning opportunity... www.wilsonvillehoops.com
- **Please be flexible and expect changes** – Summer basketball almost always has unexpected ‘no- shows’, mix-ups and/or other surprises and we will undoubtedly be required to adjust some here and there throughout the summer. We appreciate your understanding...
- **Questions?** Coach Chris Roche, Varsity Coach, 503-750-1500, wildcatbasketball2@gmail.com

**2025 WHS BOYS SUMMER BASKETBALL OFF-SEASON GAMES/OPEN GYM/WEIGHT LIFTING RELEASE
AMATEUR ATHLETIC MINOR WAIVER**

In consideration of being allowed to participate in any way in Wilsonville High School's off-season boys basketball athletic/sports programs, and related events and activities including but not limited to summer practices, summer games, open gyms, camps, individual and group skill sessions, and weight lifting sessions throughout the Spring, Summer and Fall of 2025, the undersigned:

1. Agree that the parent(s) or legal guardian(s) will instruct the minor participant that prior to participating he or she should inspect the facilities and equipment to be used, and if the participant believes anything is unsafe, he or she should immediately advise his or her coach or supervisor of such condition(s) and refuse to participate.
2. Acknowledge and fully understand that each participant shall be fully responsible for his own transportation to and from summer games, open gyms, weight sessions and/or related events.
3. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from their own actions, inactions or negligence but the action, inaction or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
4. Assume all the foregoing risk and accept personal responsibility for the damages following such injury, permanent disability or death.
5. Release, waive, discharge and covenant not to sue WHS, WLWV School District, Chris Roche, Jack Roche, Aaron Harris, Davis Martin, Shane Wardle, Michael Esqueda, Zach Rivers, Zac Rossetti and/or any and all other coaches and/or camp counselors, other participants, sponsoring agencies, sponsors (including the Portland Metro Toyota Dealers Association and Toyota USA), advertisers, Wilsonville High administrators, Wilsonville High employees, and, if applicable, the owners and lessors of premises used to conduct the event all of which hereinafter referred to as "releasees", from any and all liability to each of the undersigned, his or her heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise. This release includes but is not limited to all claims, demands, rights and causes of whatsoever kind of nature, arising from, and by reason of, any and all known and unknown, foreseen and unforeseen bodily and personal injuries, damage to property and the consequences thereof, that hereafter may be sustained.

I/WE HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT I/WE GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.

Date _____
PARENT OR GUARDIAN (Signature/Relationship)

PRINTED NAME OF PARTICIPANT

Consent for Medical Care

I, _____, authorize all medical, surgical, diagnostic and hospital procedures as may be
(Parent or legal guardian)
performed or presented by a physician for _____ if I can not be or for whatsoever reason are not
(Child)
reached in case of emergency. The participant has liability insurance with:

(Health insurance company) / (Policy Number)

(Family Doctor) / (Phone #)

Does participant wear contacts: YES NO
Is participant allergic to bee stings: YES NO
List all other allergies:

List all other pertinent physical conditions:

Date _____ Signature _____
(Parent or legal guardian)



SUMMER PLAYER INFORMATION FORM

NAME: _____

BIRTHDATE: _____

SHIRT SIZE: _____

PLAYER CELL: _____

PLAYER EMAIL: _____

PARENT-GUARDIAN 1 NAME: _____

P-G 1 CELL: _____

P-G 1 EMAIL: _____

PARENT-GUARDIAN 2 NAME: _____

P-G 2 CELL: _____

P-G 2 EMAIL: _____

GRADE NEXT FALL: _____ HEIGHT: _____

DESIRE TO PLAY NEXT SCHOOL YEAR: 100% STRONG SEMI-INTERESTED BELOW AVG

2024 PLAYER SUMMER GAME AVAILABILITY FORM

Player Name (with grade next year):

* Everything in Wildcat Basketball is OPTIONAL in the summer, but it is important to please complete this as ACCURATELY as possible!
* We generally text players before each game to confirm attendance, but knowing times when you will be gone helps, too.

PLEASE SUBMIT AT SUMMER TRYOUTS TUESDAY, MAY 27!

Dates I can play between 5/27-6/30:	Dates I am UNAVAILABLE between 5/27-6/30:



Schedule Notes

- Two schedules are attached to this packet - a SPRING WORKOUT schedule and a JUNE SUMMER BASKETBALL schedule
- For the SPRING WORKOUTS - only current HS students-athletes can participate... No current 8th graders or below.
- On the workout nights with weight lifting, please bring a jump rope
- Please remember - you need to bring FIVE ITEMS with you to the first night of tryouts on Tuesday, May 27 to participate:
 - WAIVER
 - INFO FORM
 - AVAILABILITY FORM
 - SUMMER FEE
 - WILDCAT HOOP CAMP REGISTRATION (if attending)
- Reading the calendars:
 - All events are at WHS, unless otherwise noted
 - **WOOD** - Inza R Wood Middle School
 - **MC** - Meridian Creek Middle School
 - **All times PM**, unless otherwise noted
 - **V** - Summer Varsity
 - **JV** - Summer JV
 - **WILD** - Summer F/JV2 team
 - **CATS** - Summer F/JV2 team
- Remember, everything in summer ball is OPTIONAL... Just a tool for you!



Notes on Philly Live & WIBCA

- For the Summer Varsity (only), we have been invited to two big tournaments, Philly Live in Philadelphia, Pennsylvania and WIBCA in Bellevue, Washington
- These are tournaments conducted during the live periods when college coaches can attend and watch prospects. Like with Section 7 which we attended the past two years, these are tournaments where only a handful of Oregon teams are invited - three to Section 7 and eight to WIBCA last year. We will be the first-ever team at Philly Live from Oregon.
- While so many of the travel team stuff kids and families do cost money and literally have ZERO coaches watching and are staged during closed periods when college coaches can not be there, these are legitimate situations with lots of exposure. Our first game at Section 7 two years ago, for example, had upwards of 50 college coaches watching our game, many of whom were Division 1 head coaches.
- Because of the nature of these trips and the benefit going to Varsity only and individual, and the recruiting possibilities and benefits, unlike our team trip during the season players/families are in charge of covering the transportation, lodging and food on this trip, including the chaperoning of the kids when we are not playing or doing basketball activities. Philly Live obviously involves a flight; WIBCA an easy drive.
- With both tournaments, we will share lodging and other information distributed by the events.
- More details to follow, but the dates are June 20-21-22 for Philly Live (have to arrive evening of 6/19 or earlier) and June 28 & 29 for WIBCA.
- WHO'S GOING? Whatever we feel is best for the program. Nobody is "entitled" to an invite to these events. We don't want to do "tryouts" for this right now, as Spring sports are playing. So we'll take what we know from this past season and our time with all the boys and do our best. We may, like last year, comprise our roster with largely experienced players and supplement it with anybody who we believe would be helpful based on performance, participation, potential. We may also invite slightly different rosters to each event based on who is available and/or to give additional guys the experience, if that's in the best interest of the team.
- ONE DIFFERENCE - Playing time will be just normal PT for a varsity game. No guarantees for anybody. So, all need to factor that in and whether they want to go to incur the expense of the trip if they may not play much or at all.
- INVITED BUT DON'T WANT TO GO - No problem. No penalty whatsoever. Plenty want to go, so it's not a problem.
- We will be inviting guys soon, and we will need FIRM COMMITMENTS quickly.



2025 Wildcat Basketball - Spring Open Period/ May

(Version 1)

SUN	MON	TUES	WED	THURS	FRI	SAT
April 27	28	29	30	May 1	2	3
4	5	6	7	8	9	10
Weights (5pm-5:40pm) Spring Workout / Open Gym (5:40pm-7:00pm)			WB Summer Info Mtg (8pm) @ The Pointe/WHS	Weights (5pm-5:40pm) Spring Workout / Open Gym (5:40pm-7:00pm)	Weights (5pm-5:40pm) Spring Workout / Open Gym (5:40pm-7:00pm)	
11	12	13	14	15	16	17
Weights (5pm-5:40pm) Spring Workout / Open Gym (5:40pm-7:00pm)		Weights (5pm-5:40pm) Spring Workout / Open Gym (5:40pm-7:00pm)		Spring Workout / Open Gym (5:30pm-7:00pm) @ Wood	Weights (5pm-5:40pm) Spring Workout / Open Gym (5:40pm-7:00pm)	
18	19	20	21	22	23	24
Weights (5pm-5:40pm) Spring Workout / Open Gym (5:40pm-7:00pm)	Weights (5pm-5:40pm) Spring Workout / Open Gym (5:40pm-7:00pm)		Weights (5pm-5:40pm) Spring Workout / Open Gym (5:40pm-7:00pm)	Weights (5pm-5:40pm) Spring Workout / Open Gym (5:40pm-7:00pm)		
25	26	27	28	29	30	31
Weights (5pm-5:40pm) Spring Workout / Open Gym (5:40pm-7:00pm)						

Notes:
1) All times are PM unless otherwise noted.



2025 Wildcat Basketball - Summer Schedule/June

(Version 1)

SUN	MON	TUES	WED	THURS	FRI	SAT
May 25	26	27	28	29	30	31
	Memorial Day	Summer Tryouts (Day 1) @ WHS 6:00-8:30	Summer Tryouts (Day 2) @ WHS 6:00-8:30	Summer Tryouts (Day 3) @ WHS 6:00-8:30	Summer Practice @ WHS (Summer V only) 6:00-7:30	OBCA Summer Tourney
June 1	2	3	4	5	6	7
OBCA Summer Tourney		Round Robin at WHS 4:50: N Marion @ WHS (JV/V) 6:10: N Marion v Lincoln (JV/V) 7:30: Lincoln @ WHS (JV/V) 5:30 - Lincoln v Wild @ Wood MS G2 6:30 - Lincoln v Cats @ Wood MS G2	WHS Class of '25 Graduation	Round Robin at WHS 4:50: Clark @ WHS (JV/V) 6:10: F Grove v Clark (JV/V) 7:30: F Grove @ WHS (JV/V)		McMinnville Summer Tourney
8	9	10	11	12	13	14
@ McMinnville Summer Tourney	WHS Finals	Red Robin at WHS 4:50: LO @ WHS (JV/V) 6:10: LO v Mntside (JV/V) 7:30: Mntside v WHS (JV/V) 5:30: LO v WILD @ Wood MS G1 (F) 6:30: LO v Mntside @ Wood MS G1 (F) 7:30: Mntside v CATS @ Wood MS G1 (F)	WHS Finals		WHS Summer Tourney (F & JV)	WHS Summer Tourney (JV & V)
15	16	17	18	19	20	21
WHS Summer Tourney (F & V)		Red Robin @ Meridian Creek 4:50: N Marion v WHS (JV/V) 6:10: N Marion v Benson (JV/V) 7:30: Benson v WHS (JV/V)			Philly Live NCAA Event (V) Philadelphia, PA 	Philly Live NCAA Event (V) Philadelphia, PA 
22	23	24	25	26	27	28
Philly Live NCAA Event (V) Philadelphia, PA 	Wildcat Hoop Camp (Wk 1) 7:30am-12:30pm	Round Robin at Meridian Creek 4:50: McMinn v WHS (JV/V) 6:10: McMinn v Cascade (JV/V) 7:30: Cascade v WHS (JV/V) 5:30: Cas v CATS @ Wood MS G1 (F) 6:30: Cas v WILD @ Wood MS G1 (F) Wildcat Hoop Camp (Wk 1) 7:30am-12:30pm	Wildcat Hoop Camp (Wk 1) 7:30am-12:30pm	Round Robin at WHS 4:50: Newberg v WHS (JV/V) 6:10: Newberg v Sunset (JV/V) 7:30: Sunset v WHS (JV/V) 5:30: Newberg v WILD @ Wood MS G1 (F) 6:30: Newberg v Sunset @ Wood MS G1 (F) 7:30: Sunset v CATS @ Wood MS G1 (F)		Summer Slam - 2 gms @ FG (JV) WIBCA NCAA Event - (V) Gold Bracket 
29	30	July 1	2	3		
WIBCA NCAA Event - Gold Bracket 	Wildcat Hoop Camp (Wk 2) 9am-2pm	Wildcat Hoop Camp (Wk 2) 9am-2pm	Wildcat Hoop Camp (Wk 2) 9am-2pm	Wildcat Hoop Camp (Wk 2) 9am-2pm		

Notes:
1) GT = game lines
2) Game times are listed in order of Wild/Cats/JV/V
3) All times are PM unless otherwise noted.



WILDCAT BASKETBALL OPTIONAL OFF-SEASON WEIGHT PROGRAM

LIFT DAYS (3x / Wk)

10'-15' **Jump Rope**

45'-50' **Lift**

3 sets x 8 reps of Curls
3 x 8 Triceps
3 x 8 Bench Press
3 x 8 Incline
3 x 8 Squats (or Leg Press)
3 x 8 Hamstrings
3 x 8 Power Cleans
Pull-ups – do as many as you can

10' **Stretch**

50'+ **Shoot/Play** (if have time)

NON-LIFT DAYS (2x / Wk)

15'-20' **Jump Rope**

50-100 **Push-ups**

50-100 **Sit-ups**

60'+ **Shoot/Play** (if have time)

DAYS OFF (2x / Wk)

Give your body a break...

GENERAL NOTES:

- ◆ This is only a sample schedule...
- ◆ **You are not required to follow this or any weight program to be a part of Wildcat basketball.** If you love the game and want to be the best player you can be, it is virtually certain that following this or a similar program will make you better and, probably, increase the role you play in the program.
- ◆ Find one or two lifting partners, and stick to it... Do not lift without a spotter.
- ◆ Lift properly; always keeping your back straight and in the proper position...
- ◆ You should push yourself, but focus on repetitions not "maxing out"...
- ◆ If you are not sure of the proper technique on a certain lift, then PLEASE ASK A COACH... You can injure yourself if you lift improperly.
- ◆ If you miss a day, don't let it slide, make up that workout.
- ◆ **The goal is added strength and quickness, not weight gain.** Focus on getting stronger and quicker, and the proper amount of weight will follow. **THIS DISTINCTION IS VERY IMPORTANT.**
- ◆ **Your workouts should be crisp – get the lifting portion done in 40-45'... If done properly, lifting will be aerobic because of the pace; you will be sweating and pushing yourself ...**
- ◆ **Other lifts – only do after DONE with these core items...**



WILDCAT HOOP CAMP **JUNE 23-26 & JUNE 30-JULY 3**



**THE BOYS
BASKETBALL CAMP**
FOR FUTURE WILDCATS GOING INTO GRADES 3-11!

**LIMITED SPACE... SIGN UP TODAY AT:
WWW.WILDCATHOOPCAMP.COM**

PRESENTED BY:



TOYOTA



WILDCAT HOOP CAMP

PRESENTED BY:



TOYOTA

STATE CHAMPS!

'05-'16-'17-'19-'20*-'22-'23

RUNNERS-UP

'15-'18-'24

TWO WEEKS

WEEK 1 - JUNE 23-26 (7:30am-12:30pm daily)

WEEK 2 - JUNE 30-JULY 3 (9am-2pm daily)

WHO?

ANY FUTURE WILDCAT BOYS HOOPERS GOING INTO G 3-11!

CAMP FEATURES

- DAILY DRILLS TEACHING THE GAME'S FUNDAMENTALS
- TEAM GAMES & INDIVIDUAL SKILL CONTESTS
- DAILY GUEST SPEAKERS
- AWARDS FOR CAMPERS
- INTRODUCTION TO WILDCAT BASKETBALL!
- CAMP IS CONDUCTED BY COACH ROCHE, HIS WILDCAT BASKETBALL HIGH SCHOOL STAFF, ALUMNI, & SOME WILDCAT BASKETBALL UPPER-CLASSMEN
- FUN & LEARNING FOR EVERYONE!

COST

\$149 PER CAMPER PER WEEK



**TEAM ABOVE
ALL ELSE!**



**COACH
CHRIS
ROCHE**



**LIMITED SPACE... SIGN UP TODAY AT:
WWW.WILDCATHOOPCAMP.COM**

**THE BOYS
BASKETBALL CAMP**

FOR FUTURE WILDCATS GOING INTO GRADES 3-11!