

May 2018

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
			Senior High Tryouts 3:45-5	Senior High Tryouts 3:45-5		
20	21	22	23	24	25	26
	SH til 4:30	SH til 4:30	SH til 4:30	SH til 4:30	SH Make 500 shots	
27	28	29	30	31		
	Memorial Day	Kids Camp 12-4 JH 4-5:30 Guards 5:30-7	Kids Camp 12-4 Posts 4-5	Kids Camp 12-4 JH 4-5:30 Guards 5:30-7		

June 2018

					1 Kids Camp 12-4 4pm 500 Shots Varsity	2
3	4 Fountain Lake Team Camp JH & SH 7th TBA	5 Fountain Lake Team Camp JH & SH	6 Fountain Lake Team Camp JH & SH 7th TBA	7 Guards 12- 2:30 Posts 1:45- 3:30	8 7 th -JH Shooting 2-3 4pm 500 Shots Varsity	9
10	11 HG Team Camp JH 7th- TBA Posts- TBA	12 HG Team Camp JH Guards- TBA	13 HG Team Camp JH 7th- TBA Posts- TBA	14 Guards 2-4	15 4pm 500 Shots Varsity	16
17	18 Posts 4:30- 6:30	19 Guards 4:30- 6:30	20 Posts 4:30- 6:30	21 Guards 4:30- 6:30	22 4pm 500 Shots Varsity	23
24 AAA Dead Weeks	25 AAA Dead Weeks	26 AAA Dead Weeks	27 AAA Dead Weeks	28 AAA Dead Weeks	29 AAA Dead Weeks	30 AAA Dead Weeks

July/August 2018

1 AAA Dead Weeks	2 AAA Dead Weeks	3 AAA Dead Weeks	4 AAA Dead Weeks	5 AAA Dead Weeks	6 AAA Dead Weeks	7 AAA Dead Weeks
8 7 th 1-2:30 SH 1:30-4	9 Harding Team Camp SH	10 Harding Team Camp SH	11 Harding Team Camp SH	12 7 th 1-3 SH 3-5	13 7 th /JH 2-4 4pm 500 Shots Varsity	14
15	16 <i>PGC</i>	17 <i>PGC</i>	18 <i>PGC</i>	19 <i>PGC</i>	20 <i>PGC</i>	21
22	23 7 th 1-3 Posts 3-5	24 JH 1-3 Guards 3-5	25 7 th Glen Rose Summer League Posts TBA	26 JH TBA SH North Little Rock	27 7 th -JH Shooting 2-3 4pm 500 Shots Varsity	28
29	30 7 th 1-3 Posts 3-5	31 JH 1-3 Guards 3-5	August 1 7 th 1-3 Posts 3-5	August 2 JH TBA SH North Little Rock	August 3 7 th -JH Shooting 2-3 4pm 500 Shots Varsity	August 4
August 5	August 6 Posts 3-5	August 7 Guards 3-5	August 8 Posts 3-5	August 9 Guards 3-5	August 10 4pm 500 Shots Varsity	August 11

Lady Panther Basketball

2018 Summer Workout Guidelines

Practice Guidelines

1. Your practice and performance start days before you ever get on the court. Fuel your bodies correctly, get plenty of rest, stretch, take care of yourself and make smart choices outside of the gym.
2. **Arrive early. A good rule to live by is if you're early you're on time, but if you arrive on time you're late. We are going to use the 15 minute rule as a guideline, this way you get in a habit of being here and ready in plenty of time. Also 10 minutes before practice we start our warm ups for the day so this gives you just enough time to get here and ready. This way when it is your time to start practice we get right to it, and do not have to waste time.**
3. Be mentally and physically ready. Every day you come to the gym you should be focused in on getting better and being the best player you can be that day. I do not ask for you to come to practice and not mess up, but I do ask you to come to practice ready to give 100% mentally and 100% of what you have physically into getting yourself and your team better.
4. **Go hard or go home. It is a saying that is widely used, yet rarely followed by most. We are the exception. If you are not giving everything you have or if you are taking practice lightly you will be asked to leave the gym for that day. This WILL count towards your 3 absences.**
5. After practice is one of the best times to become better as a player, yet it is used by very few. During this time you can work on whatever you need to, talk to the coach about what you need to improve on, get individual help, utilize equipment to help you recover faster after workouts, etc.

Camp Guidelines

- 1. Guideline #1 is to refer to all of the practice guidelines.**
2. Make sure you bring a bag that includes everything you will need for that camp, whether it is for the day or for several days. Make sure you pack accordingly. If there is a doubt whether you may need something or not be safe and bring whatever it may be.
- 3. Groups. Make sure whenever we are somewhere away from home that we always travel in groups. This includes concession stand, bathroom, locker room, or anywhere else we do not go as a whole team. Make sure you always have a group of 3 or more, and always tell someone on your team that is staying where you are going in case someone needs to find you.**
4. Sit as a TEAM when we are in between games. Do not go sit with family, friends, etc. They are more than welcome to sit close to you, but you need to be with your team.
- 5. We will do our warm up and have time for individual stretches before we play. This time is important to get really warm and loose to help prevent injury so take this time SERIOUSLY.**
6. Make sure and bring money for concession or bring your own snacks. If we will be stopping to eat at any time on the trip this will be communicated through our Remind 101 app prior to the day of the camp.

Summer Workout Requirements

“Champions are made in the off-season”

Senior High

Number of Workouts Possible: 31 Number of Workouts Required: 28

Junior High

Number of Workouts Possible: 16 Number of Workouts Required: 13

7th Grade

Number of Workouts Possible: 14 Number of Workouts Required: 11

Every athlete is allowed to miss 3 workouts over the course of the summer. These 3 absences can include individual workout days or a camp. Any day(s) over the 3 that are allowed will have to be made up BEFORE the first day of school. Players are not allowed to make up an absence that has not occurred yet. Each absence must be told to the coach AT LEAST a day in advance through our Remind 101 app. Failure to notify the coach before the day of your absence will qualify as an UNEXCUSED ABSENCE unless a doctor’s note is presented.