

PRESEASON EXPECTATIONS:

Sept. 8, 2010

We only have 14 practices before we play our 1st game (12/3)! I want to make sure we are in shape **BEFORE** we step on the floor on November 16th (1st day of Practice).

*If you are NOT in a Fall Sport, you need to attend our conditioning sessions to prepare yourself.

** If you are PARTICIPATING in a Fall Sport, please be sure you are working hard on the cardio and stretching aspects within your sport to prepare yourselves.

Footwork/Conditioning: Tuesdays and Thursdays from 3:15 to 4:15. **Starting Tuesday, Sept. 14th**

Open Gym: **Starting Monday, Sept. 13th** (in new Gym)
Mondays (Individual Offensive Workouts) (3:15-4:00P)
Wednesdays (Play Games) after school (3:15-4:30P)

First time you can pass your Fitness Test: **Thursday Nov. 4th**
-Agility (6 stations) 30 sec. intervals
-Stamina (10 “doubles”) in a predetermined time (based on position/stature)

Season Begins: **Monday, November 15th (3:15-6:15P)**

Check for announcements and preseason and season calendars/schedules frequently on our website:
www.ravenhoops.com

Physicals: Get them in ASAP (forms on the website, or in the office)

Game Shoes: Must be School Colors: White, Royal Blue or Black
(*acceptable accents*: Royal Blue; Black; Gray)

If you want to be included in emailed updates and information please email Coach Branstrom today at:
jbranstromonw@olatheschools.com

...and write the following: “Please include me to the email list.”

This year is going to be as good as we make it! Our opponents our tough, but we are tougher! Let’s make sure we earn the right to defeat our foes before we step on the court.

“The winning army wins the war before the battle” -unknown

It all comes down to individuals getting together and doing their personal best for the good of the Ravens! ***Let’s get after it!!!***

Here’s to hanging ANOTHER banner!

Raven Pride

-Coach Branstrom
(Room 1115)