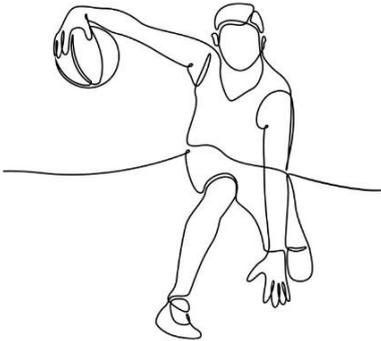




Welcome Cubs!!!



Agenda

- Off-Season Overview
- Schedule
- Registration & Fees
- B3/Fundraising
- Other



TIMNATH



Intros & Summer Philosophy

- Coaches
- Team Development
- Individual Skill Development
- Competitive Experience



Overview



- Open Gyms & Skills Sessions
- Summer Mini Camp/Tryouts
- Practices
- Weekend Tournaments/Camps
- Fundraising/Community Service/PR



Schedule



- Incoming 9th grade eligibility: May 23rd, 2024



Schedule



Open Gym/Skills

- 6 – 8 p.m.
 - current high school players
- Weight room
- Individual skills
- Team skills
- Play

Schedule



Team Meeting

- Monday, May 20th: 4:15 – 5:30 p.m.
- Current HS players (10th – 12th grade)
- Goal Setting, Roles, etc.

Schedule



Summer Mini-Camp/Tryouts

- 6 - 8 p.m.
 - Individual skills
 - Team skills
 - Play
 - Level assessment
- 5/21 & 5/22:
 - 10th - 12th only
 - 5/23:
 - all grades

Schedule



Team Camps/Tournaments

- Colorado College Team Camp
 - all levels, overnight camp, transport TBD
- UNC Team Camp*
 - V only, commuter, self-transport
- Gold Crown Team Camp
 - all levels, commuter, self-transport
- Colorado Live Showcase
 - V only, commuter, self-transport
- Frontier Tournament
 - JV/C, self-transport

Registration



Summer Fee Schedule: *via SchoolPay...link coming soon*

- Summer Participation: \$70 prior to Mini-Camp
- CC Team Camp: \$300 per player
- UNC Team Camp: TBD
- Gold Crown: \$50 per player
- Colorado Live: \$50 per player
- Frontier Academy: \$50 per player



Registration



Registration Forms

- **Summer Registration (by May 8th)**
 - [Registration Form](#)
- **PSD waiver (before any participation)**
- **Overnight Camp Permission & others to come**



Strength Program



Spring Open Weights

- 4:15 – 5:45 p.m. through May 22nd

Summer Schedule

- M-Th
- 9 – 10 a.m.

| 5-day Concurrent Split Spring 2023 | | | | |
|---|---------------------------------|---------------------------------|-----------------------------|---------------------------------|
| Week 1 | | | | |
| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| sprint/backpedal 8 total turf lengths | behind-neck jerk 3 x 4 @ 7 | backboard touches 5 x 3 | clean & jerk 4 x 2 @ 8-9 | incline bench 3 x 6 @ 7 |
| high-hang power clean 4 x 5 @ 8-9 | DB military press 3 sets @ 8 | heiden jumps 5 x 6 | sprints 10 lengths | pull ups 4 sets @ 8 |
| single-leg squat 3 x 4 @ 7 | pull ups 3 sets @ 8 | depth jumps 7 x 1 | back squat 3 x 8 @ 8 | DB military press 3 sets @ 8 |
| RDL 3 x 12 @ 8 | explosive push up 3 sets @ 9 | euro step to target 7 x 2 | sled pull/push 6 lengths | backboard touches 5 x 3 |
| front squat 3 x 8 @ 8 | | broad jump 5 x 3 | | heiden jumps 5 x 6 |
| | | single-leg box jump 7 x 2 | | |
| THE MOST IMPORTANT PART | | | | |
| 8+ hours of sleep mostly whole foods 4+ meals/day with sufficient protein | | | | |

Other



- Equipment
 - Water bottles, ankle braces, etc.
- Self Transportation
- Scorekeeping
- Other sports & schedules



Fundraising & Golf



2ND ANNUAL

24
JUNE
1:30
PM



'24

CUBS & CLUBS



GOLF

TOURNAMENT

BENEFITTING THE ATHLETIC PROGRAM FOR
TIMNATH HIGH SCHOOL

REGISTER NOW
TIMNATHHSGOLFTOURNAMENT.COM

 **PTARMIGAN COUNTRY CLUB**

- Monday, June 3rd:
DC Oakes Dine & Give
- Monday, June 24th:
Timnath Athletics Golf Tournament
- Other - B3

Contact



email: bgustafson@psdschools.org



@timnathbhoops



@timnathboysbasketball



Scan the QR code for the Band team communication invitation

<https://band.us/n/a8a871k2M158d>

