

SMCS Basketball Schedule 2020

Practices Mon-Fri 3-5pm everyday

Games **Please arrive 30 minutes prior to game start to warm up & check in with coach**

Date	Location	Opponent	Girls	Boys
Nov 12 th Thursday	Baker	Baker	4:00pm	5:00pm
Nov 14 th Saturday	RBCS	Liza Jackson	10:30am	11:30am
	RBCS	RBCS	12:30pm	1:30pm
Nov 19 th Thursday	SMCS	Baker	4:00pm	5:00pm
Dec 1 st Tuesday	SMCS	Bruner	5:00pm	6:30pm
Dec 3 rd Thursday	SMCS	Ruckel	5:00pm	6:30pm
Dec 5 th Saturday	Bruner	Liza Jackson	8:30am	9:30am
	Bruner	RBCS	10:30am	11:30am
Dec 8 th Tuesday	Ruckel	Ruckel	5:00pm	6:30pm
Dec 10 th Thursday	SMCS	Bruner	5:00pm	6:30pm
Dec 12 th Saturday	SMCS	RBCS	8:30am	9:30am
	SMCS	Liza Jackson	12:30pm	1:30pm

RBCS – Rocky Bayou Christian School (Niceville)

Players

I expect you to arrive at all events on time and bring a good attitude to learn. If you are late or cannot make a practice or game, I expect to be notified in advance.

Parents

St. Mary's uses the Remind App. Our groups are "SMSboysbb" and "SMSgirlsbb" I will push out reminders and group announcements within those groups. Feel free to use it to contact me for any team related reason--directions, absences, questions, cancellations, etc.

To join the group you can send "@smsbbb" or "@smsbbg" in a text to "81010" or visit <https://www.remind.com/join/smsbbb> or <https://www.remind.com/join/smsbbg>

Head Coach Matt Hanneken
Coach Stacie Shorzman
Coach Benrenna Lincoln
Coach Colleen Heath

What to Practice at Home

- Ballhandling drills, dribbling with eyes up
- Passing (use any brick/concrete wall if you don't have someone to help)
- Form Shooting (BEEF – Balance, Eyes on Target, Elbows Straight, Follow Through)
- Footwork (Hop stop with ball, Triple Threat, Pivot)

What to Bring to Games

- Basketball Shoes
- Uniform Shorts and Jersey
- Water Bottle

What to Bring to Practice

- Basketball Shoes
- Athletic Shorts and T-shirt
- Water Bottle