



October 18, 2011

To: All Prospective Viking Basketball Players

From: Matt Hockett, Head Boys Basketball Coach, Stoughton High School

Re: Pre-Season Training/Open Gym Calendar

Priorities for prospective Viking Basketball Players this pre-season:

1. Focus on School Work (#1 Viking Attitude)

- Take Care of Your Business

2. Rest...Relax...Recover!!!

- Many of you were involved in a fall sport where you exerted yourself to the maximum of your ability...If your body needs time off...Give it a break and rest, relax, and recover from the season just completed.
- Please also understand that competition among players, especially with our junior varsity and varsity teams, will be at a high level. What you do or don't do in our pre-season schedule can ultimately affect performance early in the season.

3. Strength and Conditioning

- We need to continue to get bigger, faster, and stronger.
- This will be the foundation of accomplishing our goals this season.

4. Open Gym Play

- Get in the gym and get to work!!!
- When in game play, play hard. Out-work, out-hustle, and out-compete the player and team across from you
- Come in the gym with the goal of getting better...If this is not your goal – Don't Show Up!!!

Expectations for prospective Viking Basketball Players this pre-season:

1. Take Care of Your Business

- Bottom line...this is the expectation. Don't be surprised if you are removed from pre-season training sessions or open gyms if this is not happening.

2. Strength and Conditioning takes precedence over Open Gym

- In order to attend open gym, players must attend the coinciding strength and conditioning session on that current or previous day.
- In the event that a player reports to open gym without having completed their strength and conditioning session, the following will occur:
 - a. 1st offense: Athlete sent back to weight room to complete session
 - b. 2nd offense: Athlete receives suspension from open gym play
 - c. 3rd offense: Athlete banned from open gym play