

Welcome to San Ramon Valley Men's Basketball

A Seasonal Overview of Our Program

Summer Development:

Summer Camp 9th - 12th grades
Summer Leagues/Summer Tourneys for 10,11,12

graders

Weight Training/Jump Rope Programs Encouraged
Individual Targets/Goals

"The more you play the better you become"

** We recommend getting your required physical exam in the summer! Download @ srvhs.net*

Fall Development:

Open Gym (Sept. and Oct.)
Player Tryout Informational Meeting - Early Sept. &

Oct.

Sign-UpAdvanced Basketball Conditioning Class for 10,11 ,12**

grades

Playing and **Running Highly Encourage**

Season Information:

Tryouts for Teams second week of November- **NOV.**

8, 2010

Winter

Nov.1-

All athletic clearance paperwork is expected to be turned by -

go **online @ srvhs.net (hit athletics, athletic clearance tryout**

procedure)

Be alert for informational meeting dates-check e-

bulletin/signs

3 days of tryouts for all teams (Frosh, J.V., Varsity)

Six Days a week of Practice & Attendance @ All Basketball Team

Functions

Practice Times Vary for 3:30 to 9:30 pm (2 - 2 1/2 hrs.

daily

*******Parents and Players should plan for a**

commitment*****

*******during Thanksgiving Break, and Winter**

Break*****

Program-
selected.

A Parent Contribution Is Necessary to Fund Our
more details will be available for those

rebounding)

Approximately 12 players per each team

Selection Criteria: Skill, (i.e. shooting, ball handling,

Ethic

Basketball IQ, Quickness, Competitiveness, Work

allowed

Those students participating in a Fall Sport will be

to tryout after their sport has concluded -everyone

gets 3 days

Commitment for Nov. 8 – Mid Feb. (no practice on Sunday)

2010 - 2011 HOLIDAY VACATION BREAKS (days off are listed below)

Freshman: 1	Nov. 25	Dec. 21, 22, 23, 24, 25	Dec. 31, Jan 1
Junior Varsity: Jan.1	Nov. 25	Dec. 22, 23, 24, 25	Dec. 31,
Varsity: 1	Nov. 25	Dec. 23, 24, 25	Dec. 31, Jan 1

This is a very general overview of our program. Feel free to contact me if you have any questions. Thank you for your interest in San Ramon Valley Men's Basketball.

Coaching Staff:

John Raynor 552.3005/ jraynor@srvhs.org ,

Varsity Men's Basketball Coach/Athletic Director

Stefen Tappin, Assistant Varsity Coach

Brian Botteen – Junior Varsity Coach bbotteen@srvhs.org

Kenon Willis –Freshmen Coach - kjwillis@srvhs.org

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Welcome to San Ramon Valley Men's Basketball

Great Conditioning/ Great Fundamentals/Great Sportsmanship
Play Hard, Play Together, Play Smart & Use Great Execution

Tradition- *League Champions -1986, 1987, 1989, 1991, 1992, 1994, 1997, 2005, 2006, 2010*

North Coast Section Champions - 1989, 1991, 1992, 1999, 2005

Northern California Champions - 1991, 1992

North Coast Section Scholastic Team Champion- 2002, 2006, 2007,2008, 2009, 2010

Philosophy-

We work with the athletes as best as we can to develop their team and individual skills, and we strive to get them to play as a group. Our athletes should understand that it is a long season , and the goal is to improve as the season goes on, and to play their best at the end of the season.

We are in the business of **education**, not in the basketball business.

We are trying to teach our players some lifelong skills, as well as how to compete and how to play within a team framework. San Ramon Valley High School doesn't exist because of basketball, we exist because of the **education** we are providing.

FUN, FUNdamentals, Sportsmanship, and Healthy Competition
Attitude (Never get discouraged , always focus on being Positive!)

We need you to play a certain way or a certain role,
to benefit our team. Team unity and role acceptance
is critical to our team's performance and team attitude.

Sportsmanship

We are nuts about always displaying the best
Sportsmanship--We stand out because of SRV Sportsmanship.
Showing respect, no talking, no complaining, no fighting.
Just playing hard and fair- let your style of play reflect you

Offensively

Always looking and strive to **create** fast breaks
Equal Opportunity High Post Set
Double Low Power Post-Get It Inside
Passing Game = player movement + ball movement = opportunities to score
Always looking to obtain a numerical advantage (Break)
1/2 court playing as a team (forcing the D to make errors)

Defensively

Pressure Man to Man Defense - A defense that dictates
rather than reacts- constant ball pressure, great support and
coverage
Full Court Pressing(being there for an interception , not
trying to get a steal(avoiding reaching/ gambling)
Team Focus Defense

"The Better You Get, The More Fun The Game Becomes"

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