**Supplemental**:

What to expect for our mutual health and safety?

Our training is primarily outside. This hedges most pandemic concerns however: All parents and guardians are requested to wear a mask when interfacing in face to face dialogue with staff coaches. Our staff will be wearing masks as we assist the players on and off the court. This will help in keeping us all protected. If a player or parent needs a mask we will have some on site. Players can have a mask and pull it out in the event that we must approach their personal space within 6 ft But our staff will always wear one whenever we are within 10ft of your teenager.

What to expect from our training?:

Most trainings are 1hr per session twice to three times a week . Sometimes we go over by as much as 30 minutes if a player is having difficulty with a skill or drill and the parent has time to wait. We do not charge for extra time if it is less than one hour beyond the end of the session. We only charge extra if the parent requests in advance to have a 90 minute ( or longer ) session for that day.

What to bring?

We encourage athletes to bring their own basketball and to write their name on their ball. This will help decrease the spread of germs and preserve ownership rights through switching multiple basketballs throughout the workout. If you don't have your own ball, we will provide one for that day but encourage you to have one by the next session. In some cases it will be requested that you have two basketballs

Please bring your own water bottle. Players will not have access to our drinking fountains at this time.

Basketball shorts with pockets are helpful so you can store your covid mask between uses on your person.

What type of shoes should I wear?:

We will be training on a quality outdoor court with a surface much like a tennis court. Tennis, sturdy running shoes or basketball shoes that you don’t mind scuffing are best. Our staff prefers ASICS for training on these type courts but we do not gain sponsorship from them. They are just our personal preference.

Training materials:

We provide all training materials (except the player’s primary basketball) for use during session only. On a case by case basis, we sometimes check these materials out for a week. Ask our head skills trainer in advance. What we use:

Hurdles, pull ropes, tennis balls, basketballs, weights, bands of various strengths for leg and arm resistance.

Pick up / drop off: Feel free to stay and watch. If you feel that you can’t stay or that you make your teenager nervous, no worries, you can leave them too. We enjoy parents watching the process. Either way is fine with us. All we ask is let us coach. Limit comments to your son or daughter or to our coaching staff until after the session. We know what we are doing regarding developing players, and have a proven track record of success.