

# 2018 Summer Basketball Info



## Coaching Staff Information

Varsity Head Coach: Scott Moore...Cell Phone: 208-954-3873  
**Email:** scotts.moore@boiseschools.org

Assistant Coaches: Jake Garcin, Paul Egwuonwu

JV Head Coach: Dan McGee ...Cell Phone: 208-488-0507

Sophomore Head Coach: Ryan Hofmann ...Cell Phone: 559-441-3831

Assistant Coaches: Sean Frei, Shane Moser, Andrew Zedwick and Nick Davis

## Items in your Packet:

1. Letter to Parents
2. Mission Statement and Core Values
3. Tournament Schedule
4. Oregon Team Camp Information
5. May/June Calendar

## Paying for Summer Basketball:

Please turn in payment for Summer Basketball (\$125) by Friday (June 1<sup>st</sup>). Please make checks out to "Capital Boy's Basketball".

Please wait until after tryouts to make your payment, too.

If you need to make arrangements regarding this, please contact Coach Moore. Thank you!

Dear Capital Basketball Family:

I hope that your school year is wrapping up with flying colors and I am sure that you are looking forward to summer. As the Basketball Coach here at Capital, I want to personally invite you to join us this spring and summer with both our tryouts for summer league and all of our skill-development workouts. The following are opportunities we have for you to participate in this summer:

- **Tryouts:** May 23<sup>rd</sup> we are going to be holding tryouts for 3 different summer league teams here at Capital. Sophomore, Junior Varsity and Varsity teams will be participating in tournaments throughout the month of June. There are a lot of opportunities for you to be involved! (Please note: We will make teams for each specific tournament, and so team rosters may vary throughout the summer...)
- **Summer Tournament Availability:** The next page shows all the tournament dates. Unless you've filled out the Summer Basketball Survey, please take a moment to fill this out, so we know what tournaments you are able to participate in (or, go to: <https://goo.gl/forms/M1HXjwpbwpzVosr53>), or email Coach Moore for the link).
- **Open Gyms and Skill Workouts:** Regardless if your son makes a team or not, ALL PLAYERS are welcome to attend our Open Gyms and Skill Workouts, throughout May and June.
- **Team Camp at University of Oregon:** This year we will again be taking 2 teams (Varsity and JV) to the University of Oregon's Team camp on June 29-July 1<sup>st</sup>. The cost (which includes the player fee, dorm rooms and meals) is \$260 per player. We will need this paid by June 15<sup>th</sup>, to secure our spots. Also, we will need 3-5 parents to help us with transportation to Eugene. We are able to cover the cost of your hotel room too, if you can help us drive and can stay for the duration of the tourney! More details to come, and we will have the roster set after tryouts.
- **Youth Camp:** The week of June 11<sup>th</sup> we are going to be holding our annual Capital Eagle Youth Basketball Camp. This is one of the only all day camps in the valley and we are going to have a tremendous coaching staff there. This is for grades 3<sup>rd</sup>-8<sup>th</sup>. If you'd like information about this camp, please email me. We already have over 30 kids signed up!
- **Summer Coaching:** This summer, the teams will be coached by:
  - Scott Moore, Jake Garcin, Dan McGee, Paul Ekwuonwu, Shane Moser, Sean Frei, Andrew Zedwick and Nick Davis
    - (Please note that some coaches may be covering games for other teams throughout the summer!)
- **Transportation:** We may need help transporting players to various tournaments throughout the summer. If you are able to drive and transport a few other players, please let us know as the tournament dates approach!
- **Multiple Sports and Summer Availability:** We as a Capital Family encourage and support players to participate in multiple sports throughout their high school careers! We recognize how difficult this becomes during the summer months, when multiple teams practice and play on the same days. Please know that players will not be punished in any way for missing practices/games to play another sport. All we ask is that these conflicts are communicated to the coaches, so we can accommodate and plan accordingly.



We are excited about the upcoming season of Capital Basketball and really want you to be a part of it! Please don't hesitate to contact me ([scotts.moore@boiseschools.org](mailto:scotts.moore@boiseschools.org)) with any questions!

Sincerely,

Coach Moore  
Capital High School Head Varsity Basketball Coach

# Capital Basketball 2018

## Core Values

### YOUR NUMBER 1 JOB IS TO LOVE EACH OTHER

**In the Capital Basketball Program, we believe that our number one job is to love each other. This is the foundation on which our success is built. On top of that foundation, our three main Core Values include:**

1. **Attitude**
2. **Effort**
3. **Focus**

### Attitude

#### **I. Positive**

- Our ATTITUDES need to reflect positive energy in every situation. Even on “train wreck” days, we still need to maintain optimism. We are doing the right things and we are moving in the right direction.

#### **II. Care**

- We care about each other as teammates and as human beings. This is that non-judgmental, inclusive friend that never says a negative thing about anyone and embraces everyone because of their humanity, with no elitist separation by academic class, social class, race, religious preference, or sexual orientation.

#### **III. Servant Leadership**

- The servant-leader is a servant first. It begins with the conscious choice to serve and a decision to aspire to lead. *The test of a servant leader – do those around you grow as people and players.* Positive leaders have a mentality that nothing can depress or upset this powerful and positive life force -- no mood swings, not even negative circumstances can affect this "rock".

#### **IV. Next Play Mentality**

- Regardless of what happens in life we understand that dwelling on the past prevents us from moving forward. This individual learns from both failures and successes but doesn't allow either to define him. He has a growth mindset!

### Effort

#### **I. We play for each other**

- Our effort and care (including our verbal encouragement) make us a pleasure to be on the floor with and our selflessness helps everyone around us to be a better player.

## II. We Play Very, Very Hard

- As players, we will work hard in every aspect of our lives and in every aspect of the game of basketball. We will work hard in practices, games and everything that goes in to preparing for big moments.
- We as coaches are crucial in the development of great players AND great people. We must teach that success does not come easy, and that you must put the work in to achieve the success you desire. Every day our coaches will be teaching our players and setting standards in a way that will make them better and tougher both as individuals and as players. Our job is to prepare them for the future, not only on the floor, but when they leave our program as well.

## III. Relentless

- We play at full-speed, with full-effort, the full duration of our time on the floor. Practices, games, regardless of time of year, opponent, location or score.
- An average or ordinary effort is not what we want and not something that we will accept.

## Focus

### I. Communication

- We emphasize communication in everything: Drills, sets, etc. There is not one instance in anything we do that players should not have something to say. Quiet teams are easy to beat...but the teams that talk constantly are successful.

### II. Purpose

- No purposeless possessions, drills or discussions. If we expect that in a game, we cannot accept less in practice.

### III. Preparation

- We need to put our players in as many situations as we can that are harder in practice than in games. There are no “easy” games on our schedule, and we must prepare them for the battles that lie ahead...

### IV. Play Present

- In everything we do, we are not focused on what others think, meaningless distractions or what cannot be controlled. We ‘play present’ and our focus is clearly on the task at hand.
- **When we don't play as much as we would like we are noble and still support the team and its mission.** This remarkably noble, self-sacrificing, generous human being always places the team before himself. We do not lose focus of the self-less attitude needed to put the team goals before our own.

### V. Big Dreams – Measurable Goals

- We have a clear focus and set our sights on dreams that motivate and inspire us to work harder than anyone else. We understand that those big dreams are reached through measurable goals – step by step.

### VI. Acknowledgement

- When a shot is made, we need to point or thank the player that set us up (with the pass, or with the screen). Players should give five and/or shake hands at the end of every practice before leaving the floor. If a teammate falls, the others need to be there to pick them up (especially after taking a CHARGE!) These are simple ways that we can build a brotherhood that will pay off in crunch time.

# Capital Boy's Basketball 2018 Summer Tournaments

Head Varsity Coach: Scott Moore ([scotts.moore@boiseschools.org](mailto:scotts.moore@boiseschools.org))

Team Website: <https://capitaleagles.bigteams.com/>

<u>Dates of event</u>	<b>Varsity Team</b>	<b>JV Team</b>	<b>Sophomore Team</b>
June 1 <sup>st</sup> /2 <sup>nd</sup>			Borah HS Tourney
June 2 <sup>nd</sup> & 3 <sup>rd</sup>	<b>Border Classic (Spokane, WA)</b>	<b>Border Classic (Spokane, WA)</b>	
June 5th	Scrimmage with Ridgevue (6pm @ Capital Main)	Scrimmage with Ridgevue (5pm @ Capital Main)	Scrimmage with Ridgevue (6pm @ Capital Aux)
June 7th/8th/9th	College of Idaho	College of Idaho	College of Idaho
June 14/15/16	Idaho Shootout (@ Rocky Mtn.)	Idaho Shootout (@ Rocky Mtn.)	Idaho Shootout (@ Rocky Mtn.)
June 19 <sup>th</sup>	Cole Valley HS Mini-Tourney	Cole Valley HS Mini-Tourney	Cole Valley HS Mini-Tourney
June 29- July 1	University of Oregon Team Camp (\$260/per player)	University of Oregon Team Camp (\$260/per player)	

- **Tryouts-**
  - Thursday May 23<sup>rd</sup> from 6:00pm-8:00pm in the Main Gym
- After the tryouts, we will invite players to participate on one of our summer teams. Cost for Summer Basketball is as follows: (*cost is all-inclusive and includes entries into all tournaments and a Capital Basketball shirt*):
  1. Varsity (\$125...*Does not include Team Camp player fee*)
  2. JV (\$125... *Does not include Team Camp player fee*)
  3. Sophomore (\$125)
- **NOTE:** Making the “Summer Team” does not automatically mean you will make the team in the fall! This is just a great way to gain valuable experience and prepare to play at the High School level.
- **Also, all players are welcome to attend Skill Work, Workouts and Open Gyms throughout the summer!**

**GO EAGLES!**

Dear Capital Eagle Family:

We will again be participating in the University of Oregon Team camp on June 29<sup>th</sup> through July 1<sup>st</sup>. Information on the camp can be found at the link below.



- Payment: The cost for this camp is \$260 per player. This covers the tournament fee, food and housing (we will be staying in the dorms, and they provide linens and pillows.) There are two options to make this payment
  - **Option #1**- Write a check to Capital Boy's Basketball for \$260 and note that it is for the Oregon Team Camp (Must be done by June 1<sup>st</sup>)
  - **Option #2**- You can directly sign up and pay for this fee online. The website is: <http://www.duckbasketballcamps.com/>. Just please let us know when your fee has been paid. Must be done by June 13<sup>th</sup>.
- Transportation: We will need to transport about 20 players and 2 coaches for this tournament. We are looking for 2-3 additional families to help with transportation to and from Eugene. We do have the ability to pay for part of your way as well. Please contact Coach Moore to discuss.

Please don't hesitate to contact me (scotts.moore@boiseschools.org) with any questions!

Sincerely,

Coach Moore  
Capital High School Head Varsity Basketball Coach