

STRENGTH PROGRAM

CHURCHILL BASKETBALL



**“ALL MEN ARE CREATED EQUAL ,
SOME WORK HARDER IN PRE-SEASON”**

Emmitt Smith

NAME:

IE October 2016 IE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 -Lifting -4 Man Workouts	4	5 -Swimming -4 Man Workouts	6	7 -Lifting -4 Man Workouts	8 -Option Lift
9	10 -Lifting -4 Man Workouts	11	12 -Swimming -4 Man Workouts	13	14 -Lifting -4 Man Workouts	15 -Option Lift
16	17 -Lifting -4 Man Workouts	18	19 -Swimming -4 Man Workouts	20	21 -Lifting -4 Man Workouts	22 -Option Lift
23	24 -Lifting	25	26 -Swimming	27	28 -Lifting 1st Round State Football Playoffs	29 -Option Lift
30	31 TBD					

IE November 2016 IE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 MHSAA Down Period	2 TBD MHSAA Down Period	3 MHSAA Down Period	4 TBD MHSAA Down Period District Finals State Football Playoffs	5 TBD MHSAA Down Period
6 MHSAA Down Period	7 Testing TBD MHSAA Down Period	8 NO SCHOOL MHSAA Down Period	9 Mile Testing TBD MHSAA Down Period	10 MHSAA Down Period	11 TBD MHSAA Down Period	12 MHSAA Down Period
13 MHSAA Down Period	14 First Practice!	15 Practice	16 Practice	17 Practice	18 Practice	19 Practice
20	21 Practice	22 Practice	23 Practice/NoSchool	24 Thanksgiving	25 Practice/NoSchool	26 TBD
27	28 Practice	29 Practice	30 Practice			

Pre-Season **IC** Goals

CHURCHILL BASKETBALL

Goal:

Top 5 Reasons To Have Goals:

- 1) Gives You Focus
- 2) Allows You Measure Progress
- 3) Keeps You Locked In And Undistracted
- 4) Help You Overcome Procrastination
- 5) Give You Motivation

Mission Statement: (Noun)

Churchill Basketball Mission Statement:

Pre-Season Goals:

Strength & Conditioning

- Bench Press Body Weight 3 Reps
- Hang Clean Own Body Weight
- Beat The Mile Time Of 6:40
- Feel Stronger, Quicker, Faster, And More Explosive On The Basketball Court

Basketball Related:

- Make ____ Free Throws In A Row
- Make ____ Three's In 5 Minute Shooting
-
-

Personal Goals:

1)

2)

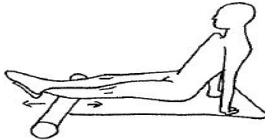
3)

DYNAMIC WARM UP

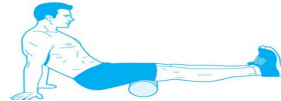
CHURCHILL BASKETBALL

Foam Rolling: 10-12 Full Range Of Motion Reps Per Exercise

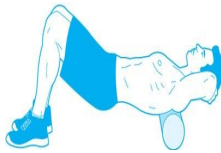
1. Calves



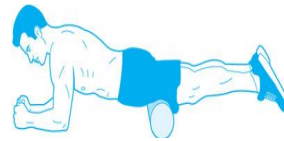
2. Hamstring



3. Back



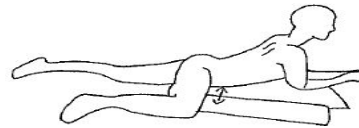
4. Quads



5. Outer Thigh/Leg



6. Inner Thigh/Leg



1. Jog Full Length Basketball Court → Jog Full Length Back
2. Frankenstein's → Quad Stretch w/ Reach
3. Single Leg Toe Touch/Windmill → Standing Glute Stretch/Leg Cradle
4. Hurdle/Up & Over Backwards → Hurdle/Up & Over Forwards
5. Runner's Stretch → Lunge & Open
6. High Knees → Butt Kicks
7. Carioca → Carioca Facing Opposite Direction
8. 50% Sprint → 75% Sprint
9. 50% Sprint → 100% Sprint

Hip Mobility Using Hurdle:

1. Lateral Step Over → Lateral Step Under
2. Straight Leg Walk Over Each Hurdle *Think Frankenstein's While Moving Laterally
3. Straight Leg Hops Over each Hurdle *Single Leg - Quick Movement Balance On Leg
4. Straight Leg Hops Over Each Hurdle *Both Legs Over Each Hurdle

"We just getting warmed up. Yeah, I said I was coming, I warned you." - NF "Warm Up"

MONDAY GRIND

CHURCHILL BASKETBALL

Grind:

I go hard for mine, I work 9 to 5, and I
Stay on the grind, I stay on the grind
I ain't got time for love. I'm tryna get mine, and I
Stay on the grind, I stay on the grind
I got more than a little, and I'm always gon shine, cuz I
Stay on the grind, I stay on the grind
If you call when I'm busy, when you got spare time, cuz I
Stay on the grind, I stay on the grind
- 50 Cent "The Grind"

Each exercise is done 4 times (Sets) in a row. 30 seconds of rest between sets. Each exercise done 8-12 times every set. Each new set however should increase in weight even if it's minimally.

Example: Bench Press

Set 1 x 135 LBS → 30 Sec. Rest

Set 2 x 145 LBS → 30 Sec. Rest

Set 3 x 150 LBS → 30 Sec. Rest

Set 4 x 155 LBS

*Exercises Can Be Completed In Any Order

- ◀ **Barbell Bench Press**
- ◀ **Landmine Squat**
- ◀ **Fixed Barbell Skullcrushers (Regular Grip)**
- ◀ **Seated Leg Curl**
- ◀ **Dumbbell Curl to Shoulder Press**
- ◀ **Standing Calf Raise**

Lunge/Push Up Combo: Body weight lunge to ½ court. Perform up to 2 sets of push ups at ½ court. Perform ½ court lunges until 100 push ups have been reached.

Hanging Knee Raises: 3 x 10-15 Raises

Forearm/Wrist Curls: 3 x 3 *Rolls must start from floor and be rolled completely.

I have nothing in common with lazy people who blame others for their lack of success. Great things come from hard work and perseverance. No excuses. ~ Kobe Bryant

WET WATER WEDNESDAY

CHURCHILL BASKETBALL

Sweat:

We coming up. Yup.

We ready for whatever you put in front of us. Whatever.

Blood, sweat, tears, yeah.

We dripped all three just to get here.

No longer will I wake up and my dreams just vanished.

It's staring right at me, I must take advantage.

Hard work pays off, you get what you put in.

So why stop now?

Gotta keep pushing. Keep pushing.

- Juelz Santana "Second Coming"

Exercising in water builds cardiovascular stamina, strength, and flexibility, helps burn body fat, increases circulation, and can help you rehabilitate healing muscles and joints. The pool Workout will have 3 parts.

A strength part with exercises to focus on specific muscles. A movement part involving

athletic movements in sports.

Final part is a swimming/cardio portion to challenge yourself.

1. Strength

Equipment Needed:

- Leg Swings 2 x 20
- Front/Lateral Raises → Bicep Curls 2 x 8 *Resistance Band
- Wall Kicks (15 Seconds) → Get Ups 2 x 8-10
- Chest Flys → Back Flys 2 x 10 *Training Paddles
- Medicine Ball Tosses 2 x 12
- Core Rotations 2 x 12
- Explosion Jumps 2 x 12

2. Movement

1. Forward Jog → Backpedal
2. Forward Jog → Backpedal
3. High Knees → Carioca
4. Butt Kicks → Forward Skips
5. High Knees → Carioca (Other Way)
6. Freestyle Swim → Shuffle
7. Freestyle Swim → Shuffle (Other Way)
8. Breaststroke → Lateral Skip
9. Breaststroke → Lateral Skip (Other Way)

3. Swimming/Cardio

- Freestyle Swim Down & Back Pool Width → Walk 1 Pool Width X 3

- **Freestyle Swim Sprint 1 Pool Width → Walk 1 Pool Width X 4**

"If you want something you have never had, you must be willing to do something you have never done."



Friday Option 1: Full Body

Finish **FRIDAY**

CHURCHILL BASKETBALL

Complete:

"In my mind I'm a fighter, my heart's a lighter,
my soul is the fluid. My flow sparks it right up."

- **Eminem "No Apologies"**

"You gotta find that inner strength and just pull
that s**t out of you. And get that motivation to not
give up and not be a quitter, no matter how bad
you wanna just fall on your face and collapse."

- **Eminem "Till I Collapse"**

Things may come to those who wait,
but only the things left by those who hustle

**START STRONG-FINISH STRONGER
COMPLETE THE JOB**

Friday option 1 is a full body lift and is done similarly to Monday. This option does add some extra time to the workout. Like before exercises are done for 4 sets in a row with 30 seconds rest between. 2 lifts however will be given longer rest time. They are the **HANG CLEAN & HIP THRUST**. Give 1-2 minutes full rest. Be explosive from the first exercise till the last.

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- ◀ **Hang Clean * 1 Set Warm Up/Light * 3 Sets Increase Weight**
 - ◀ **Incline Bench Cable Fly → Overload Set: Plate Squeeze Press *Standing**
 - ◀ **Single Arm Landmine Pull to Press**
 - ◀ **"Choice Back Machine"**
 - ◀ **Barbell Hip Thrust * 4 Sets x 8 Reps * Up Weight * Pause At Top**
 - ◀ **Dumbbell French Press (Triceps)**
 - ◀ **Preacher Curl**
 - ◀ **Front/Lateral Dumbbell Raises *Front & Lateral Raise = 1**
 - ◀ **Seated Abdominal Crunch**
 - ◀ **Box Jumps *Hold Weight To Add Difficulty**

● **Use Saturday as a mile run day**

I've always believed that if you put in the work, the results will come.

~ Michael Jordan



Friday Split Option 2: Upper Body

Finish **FRIDAY**

CHURCHILL BASKETBALL

Complete:

“In my mind I’m a fighter, my heart’s a lighter,
my soul is the fluid. My flow sparks it right up.”

- Eminem “No Apologies”

“You gotta find that inner strength and just pull
that s**t out of you. And get that motivation to not
give up and not be a quitter, no matter how bad
you wanna just fall on your face and collapse.”

- Eminem “Till I Collapse”

Things may come to those who wait,
but only the things left by those who hustle

START STRONG-FINISH STRONGER
COMPLETE THE JOB

Friday option 2 is a upper body
lift and is similarly to Monday.
Like before exercises are done
for 4 sets in a row with 30
seconds rest between sets.
Each set increase weight.
The HANG CLEAN will be given
a longer rest time of 1-2
minutes. Be explosive from
the first rep to the last rep!

*Exercises Can Be Completed In Any Order

- ◀ **Hang Clean * 1 Set Warm Up/Light * 3 Sets Increase Weight**
- ◀ **Incline Bench Cable Fly → Overload Set: Plate Squeeze Press *Standing**
- ◀ **Single Arm Landmine Pull to Press**
- ◀ **“Choice Back Machine”**
- ◀ **Dumbbell French Press (Triceps)**
- ◀ **Preacher Curls**
- ◀ **Front/Lateral Dumbbell Raises *Front & Lateral Raise = 1**
- ◀ **Lat Pulldown *Neutral Grip Attachment**
- ◀ **Alternating Superman**
- ◀ **Forearm/Wrist Curls**

Life Begins At The End Of Your Comfort Zone

- Neale Donald Walsch -



Friday Split Option 2: Lower Body

SUPER FUEL SATURDAY

CHURCHILL BASKETBALL

Fuel:

There's something in your heart

And it's in your eyes

It's the fire

lower

Inside you

Let it burn

You don't say good luck

if

You say don't give up

It's the fire. Inside you. Let it burn.

One love, one game, one desire

One flame, one bonfire, let it burn higher

I never show signs of fatigue or turn tired

'Cause I'm the definition of tragedy turned triumph

- The Roots "The Fire"

For the second day of the split

option there is a focus on the

body. Rest can be

increased to 45 seconds between

sets to allow for more recovery

needed. Some exercises only

have 3 sets while others have 4.

Use mirrors to maintain proper

form and posture. Lighter weight

and proper form are better in

overall muscle development. Also

use full range of motion. Don't 1/2

execute a rep! Cardio machine for

extra work. Pick machine program

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- ◀ **Dumbbell Step Ups w/ Knee Lift** * Alternate Every Rep
 - ◀ **Barbell Hip Thrust** * 4 Sets x 8 Reps * Up Weight * Pause At Top
 - ◀ **Sliding Leg Curls** *12-15 Reps Per Set
 - ◀ **Single Dumbbell Split Squat**
 - ◀ **Standing Hamstring Curl**
 - ◀ **Seated Box Jump** *Hold Weight To Add Difficulty
 - ◀ **Depth Jump**

Calf Circuit: 8 non-stop sets of standing calf raises & hanging knee raises

Sets 1-3: Standing Calf Raise x 15 Reps (Light Weight)

Hanging Knee Raise x 12 Reps

Sets 4-6: Standing Calf Raise x 12 Reps (Increase Weight 10-30 LBS)

Hanging Knee Raise x 12 Reps

Sets 7-9: Standing Calf Raise x 10, 9 Reps (Increase Weight 5-15 LBS)

Hanging Knee Raise x 14 Reps

Rep Total: Standing Calf Raise = 100 Hanging Knee Raise = 100

“Attack each day with an enthusiasm unknown to mankind” - Jim Harbaugh

Pre-Season Testing

CHURCHILL BASKETBALL

College: Many colleges of all levels have exercises and drills they test. While many college tests are unique to them there are three common tests.

- Bench Press - # of reps at 185lbs
- Back Squat - # of Reps at 225lbs
- Mile Run - Beat Time Requirement

NBA Combine: The NBA combine is done every year in Chicago to evaluate potential prospects on both basketball and non-basketball things. They're physical tests include...

- Bench Press - # of reps at 185lbs
- ¾ Court Sprint
- Lane Agility Test
- Lane Shuttle Test
- Standing Vertical
- Max Vertical
- Body Measurements - Height, Weight, Wingspan, Reach

Churchill Basketball Testing:

<u>Bench Press</u> # Reps at 150lbs	<u>Hang Clean</u> 2 Rep Max	<u>Mile Run</u> Time Requirement 6:40	<u>Body Measurements</u>	<u>Standing Vertical</u>
			Height w/out Shoes: Height w/ Shoes: Weight: Wingspan: Standing Reach:	1st Attempt: 2nd Attempt: 3rd Attempt:

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Workout  **Accountability**
CHURCHILL BASKETBALL

Week Of	Monday Workout	Tuesday	Wednesday Workout	Thursday	Friday Workout Option 1 or 2	Saturday Workout Lift or Run	Sunday
October 3 Thru October 9							
October 10 Thru October 16							
October 17 Thru October 23							
October 24 Thru October 30							
October 31 Thru Nov. 6th							

4 Pillars of Accountability

1. **Responsibility** - *"a duty that binds to the course of action."*
2. **Answerability** - *"being called to account."*
3. **Trustworthiness** - *"a trait of being worthy of trust and confidence."*
4. **Liability** *"being legally bound to a debt or obligation."*

-Accountability is the glue that ties COMMITMENT to RESULTS-



Pre-Season

Regulations

CHURCHILL BASKETBALL

MHSAA Pre-Season Down Time:

The preseason down time is also a "pause in the action" which prohibits open gyms or practice rotations for a period of 7 to 14 days prior to the start of each season: From Aug. 1 to the start of fall sports practices, 14 calendar days before winter sports and from March 1 until the start of spring sports. Junior High Middle Schools apply a 14 calendar day down time to the start of all sports, each season. Among the goals of the preseason down time are the following:

- More clearly distinguish the start of each season and its tryout period.
- Decrease the blurry line between allowed preseason activity (open gyms) and the start of tryouts and practices.
- Decrease the overlap of activity between the end of one season and the start of the next.

During the preseason down time certain things are allowed:

- Contact by a coach within the four player rule (voluntary, individual skill development – no rotations).
- Non-mandatory weight training and non sport specific conditioning.

Certain things are not allowed during the preseason down time:

- No open gyms or practices or rotations, whether the coach is present or not and no sport specific camps or clinics which involve that upcoming sport are permitted at the school or be sponsored or conducted elsewhere by the school, regardless of that school's sponsorship of the sport. (Open gyms may never include organized drills, practice structure or instruction by any person including team captains or parents.)
- Competition (intra-squad or inter-squad) between groups that resemble school teams may not occur.

Booster Clubs, non-school groups or individuals may not do that which the coach or school is prohibited from doing during the down time. The Representative Council has stated that “No open gyms, sport specific camps and clinics shall occur at the school or be sponsored elsewhere by the school and no competition (intra-squad or inter-squad) between groups that resemble school teams may occur with any of that school district’s personnel present.

MHSAA Coaches Guidebook Section VIII

Sub-Section A.1 -

- **Permits a coach to coach a maximum of four students from the same school out-of-season during the school year (four player rule) does not allow two coaches to coach six or eight students from the same school.**
- **Voluntary structured and scheduled practice rotations throughout a facility of four player groups moving from conditioning programs or weight training or open gyms to skill development sessions (e.g. hitting, throwing, running, lifting) are permitted at the same time on the same campus or facility provided no more than one of the four-player groups involves sport-specific instruction.**
- **Two gyms does not permit two four player skill groups.**

Sub-Section A.3 -

- **Open Gyms: Open gyms may be conducted in one or more sports but must follow the four year-round principles and not be a part of team selection. Coaches may not coach, critique, evaluate or participate in the sport they coach. Open gyms are student conducted and recreational. There shall be no organized instruction or competition, drills or practice structure and no instruction by captains, parents or others. Open gyms must be open to all students of the school; but it is not required that they be open to the general public. The athletic-related transfer rule would render a student who attends an open gym and then transfers to that school ineligible for 180 school days.**

Churchill H.S. Athletic Facility Usage

The use of athletic facilities within Churchill High School must follow the listed criteria. Direct questions should be directed to athletic director Mr. Marc Hage C.M.A.A.

- **Student athletes require direct supervision (Present within specific facility being used). Those who can provide direct supervision are as follows...**
 - **Churchill Coaches**
 - **Churchill Staff/Faculty**
 - **Churchill Administrators**
- **Failure to have direct supervision can result in penalty for student athletes and teams...Please don't ruin it for your teammates and program!**
- **All other facility usage from outsiders must go through Livonia Public Schools for renting policies and rates.**

PAY TO PARTICIPATE

Participation in athletics is based on the individual interest, ability, and number of members needed per team. The payment of a participation fee does not guarantee a particular role on a team or that the student will play in a contest.

- **A one-time participation fee of \$350 will be collected upon making a sports team. The fee is due to the coach of your child's team.**

- **If a student quits or is dismissed for disciplinary/academic reasons, there is no refund.**
- **Students/parents who do not have the ability to pay the fee, should contact the school office for information regarding athletic scholarships.**
- **Students on the LPS Reduced Lunch program will be charged a one time fee of \$175 for athletic participation.**
- **Students on the LPS Free Lunch program will be charged a one time fee of \$100 for athletic participation.**

Payment for Pay To Play is done completely online through PaySchools.com

1. **Go to Churchill webpage via Livonia Public Schools**
2. **Go to “Athletics”**
3. **On the left side of the page find “PaySchool Online Payment For Athletic Fees”**
4. **Click on the appropriate option for payment. You will be directed to its website.**

Note  Worthy

CHURCHILL BASKETBALL

***Use space for any information, tips, quotes, instructions that is worth referencing**

One of the biggest lies we tell ourselves is “I don’t need to write that down, I’ll remember it” ~ Anonymous



2016-2017 League

Information

KLAA Conference Tournament:

Top 4 Teams Per Division

Round 1: February 17th @ South & North Division

Round 2: February 21st @ Central & West Division

Conference Championship: February 24th @ South & North Division

Association Championship: March 2nd @ Lakes Conference

***If Same Division Higher Seed Hosts**

Kensington Conference

South Division	Central Division
Canton Chiefs @cantonhoops John Glenn Rockets @GlennBasketball Livonia Churchill Chargers @chschargerbball Livonia Franklin Patriots @franklinHSbball Plymouth Wildcats @coachmsoukup Wayne Zebras @WayneMHoops	Livonia Stevenson Spartans Northville Mustangs Novi Wildcats @CoachSinawi Salem Rocks @Salemhoops South Lyon Lions South Lyon East Cougars

Lakes Conference

North Division	West Division
Lakeland Eagles @LakelandBBall Walled Lake Central Vikings Walled Lake Northern Knights @WLNBasketball Walled Lake Western Warriors @wlv_basketball Waterford Kettering Captains	Brighton Bulldogs @Brighton_BBALL Grand Blanc Bobcats @GBHoopsNextGen Hartland Eagles @Hlandbasketball

Waterford Mott Corsairs
@WMottBasketball

Howell Highlanders
Milford Mavericks
@milfordhoops
Pinckney Pirates

2016-2017 District Tournament

District No. 19- Class A

Host School: Westland-John Glenn

Dates: March 6, 8, 10

Schools

Garden City

Livonia-Churchill

Livonia-Franklin

Livonia-Stevenson

Redford-Thurston

Westland-John Glenn

KLAA Pre-Season News & Notes

Canton Chiefs:

- 10/3 #5 Football team in area with basketball players Colin Troup (Jr. made varsity bball as a soph), Noah Brown (Jr. made varsity bball as a soph), Jake Donnelly (Sr), and Lou Baechler (Jr. played JV basketball & varsity baseball last year)
- #1 B.Artis White (Soph) plays aau for "The Family" and receiving college interest

John Glenn Rockets:

- #20 Dajon Parker (Sr./6'6") Offered by Madonna University. AAU: Michigan Warriors
- #1 Christian Agnew (Sr/6'1") 3 year varsity. AAU Michigan Mustangs. Last year 27 pts vs Nville. All Observer Honorable Mention 2015-16
- Elijah White - Class 2018 - 6'2 fwd - Getting good comments after summer.

Wayne Zebras:

- Lost Detroit Summer League Championship 51-55 to Cornerstone. Included UofD, Detroit Western, and others.
- #10 Keon Epps (Sr/6'6") Ranked Top 100 Detroit Free Press. Plays AAU for "The Family".
 - Committed to Eastern Michigan
 - Interest from Mississippi State, Temple University (Offered Scholarship), Others
- 2 New Transfers
 - Rashad Williams (Jr/6'3") Previous School: Romulus AAU: Reach Legends
 - Interest from Mississippi State, Temple University, Wayne State, Cleveland State, Eastern Michigan, Robert Morris, Central Michigan, Oakland University, Others

- Visited Michigan State, Cleveland State, Duquesne University
- Travez Nyx (Sr/6'3") Previous School: Detroit Consortium
 - Interest from Wayne State, Eastern Michigan, Temple
- #3 Terrance Williams (Jr/6'1") Varsity last year as a sophomore
 - Interest from Wayne State
- #5 Isaiah Lewis (Soph/6') Getting good comments after summer & Prep Hoops Expo

Novi Wildcats:

- 4-2 football with basketball players Alec Bageris at QB (2 year starter, baseball 4 year player and will probably play college baseball) and Treveon Maddux WR
- #3 Treveon Maddux (Jr/6'3") Already 2 year varsity player. AAU: Michigan Warriors
 - Visiting Ferris State on October 15th They visited him at school & offered
 - Getting interest from others
- # Giovanni Miles (Soph/6'2") Bank Hoops #4 player in 2019 class

Plymouth Wildcats:

- Tariq Woody (Jr/6'8") Varsity as a sophomore. Gaining college interest.
- Anthony Crump (Jr/6'4") Guard. Played JV last year. Good summer. Grew 2 inches.

Northville Mustangs:

- Robert Johnson III (Soph/5'11") Varsity as freshmen on 21-1 team. Prep Hoops already wrote him as an up and coming prospect in his class. Bank Hoops has a write up of him also.

Salem Rocks:

- Jeremy Armstead (Jr/6'4") Varsity starter basketball and baseball (pitcher) as a sophomore. Played on AAU team with many PLymouth and Novi players.

2015-16 KLAA All Conference Awards

Hamoudy Turfe, Canton Sr. G;

Logan Ryan, Canton Sr. F; ~ Playing Basketball @ Schoolcraft C.C.

Obi Okoli, Canton Sr. G;

Joan Andoni, Livonia Churchill Sr. G; ~ Playing Basketball @ Schoolcraft C.C.

Jon Hovermale, Livonia Churchill Sr. G; ~ Playing Basketball @ Siena Heights Univ.

Joe Chinavare, Livonia Franklin Sr. G;

Ian Knoph, Livonia Stevenson Jr. ~

SG; Justin Zimbo, Northville Sr. G; ~ Named All Area POY Observer, 3 Years QB

Justin Gibbons, Northville Sr. F; ~ Playing Basketball @ Hope College

Nick Wilds, Northville Sr. F;

Kameron Hankerson, Novi Sr. F; ~ Playing Basketball @ Wisconsin Green Bay.

Brent Davis, Plymouth Sr. G; ~ Playing Basketball @ Spring Arbor Univ.

Kenny Topolovec, Salem Sr. C;

Cameron Grace, Salem Jr. F;

Josh Remsted, South Lyon Sr. F; ~ Playing Basketball @ Concordia Univ. (Ann Arbor)

Ben Call, South Lyon Soph. G;
Luke Trent, South Lyon East Sr. F;
Keion Epps, Wayne Memorial Jr. F;
Christian Agnew, Westland John Glenn Jr. G;
Zeale McCullough, Westland John Glenn Sr. F. ~ Played in 4th annual Capital Area High school Senior All-Star Basketball game

Detroit News All Area All West

First Team: Corey Allen, 6-3, Sr., G, Ypsilanti Community, Ty Groce, 6-6, Sr., G-F, Ypsilanti Lincoln, Darian Owen-White, 6-1, Jr., G, River Rouge, Logan Ryan, 6-7, Sr., C, Canton, Davion Williams, 6-2, So., G, Belleville,

Second Team: Brent Davis, 6-2, Sr., G, Plymouth; Chad Gailliard, 6-4, Sr., G, Dearborn Edsel Ford; D'Angelo Hansbro, 6-0, Sr., G, Romulus; Garrett Kraatz, 6-1, Sr., G, Allen Park Inter-City Baptist; Malik Rogers, 6-5, Jr., G-F, Dearborn Heights Crestwood.

Third Team: Jack Ammerman, 5-11, So., G, Ann Arbor Skyline; Alec Anderson, 6-4, Jr., G, Ann Arbor Huron; Michael Bruce, 6-5, Sr., F, Ypsilanti Community; Justin Gibbons, 6-4, Sr., G, Northville; Brandon Wade, 6-1, So., G, Ann Arbor Skyline

Honorable Mention: Christian Agnew (Jr), Westland John Glenn; Joan Andoni, Livonia Churchill; Cedric Benton, Ann Arbor Pioneer; Quinn Blair, Dearborn Divine Child; Calvin Blaydes, Belleville; Joe Chinavare, Livonia Franklin; Jordan Currie, Ann Arbor Pioneer; Keion Epps (Jr), Wayne Memorial; Cameron Grace, Salem; DeYuan Heard, Dearborn Advanced Tech; Jon Hovermale, Livonia Churchill; Jake Justice, Northville; Ian Knoph, Livonia Stevenson (Jr); Isaiah Lewis, Wayne Memorial; Zeale McCullough, Westland John Glenn; Chris McGaughy, Ann Arbor Pioneer; Kevin Morrissey, (Jr) Northville; Obi Okoli, Canton; Kolton Pavlicek, Pinckney; Rahsaan Pope, Romulus; Lawrence Rowley, Ann Arbor Huron; Elijah Smith, Melvindale ABT; Jack Smith, Ann Arbor Huron; Kenny Topolovec, Salem; Hamoudy Turfe, Canton; Nick Welch, St. Mary C.C.; B. Artis White (Fr), Canton; Nick Wilds, Northville; Jalen Wilkerson, Monroe; Justin Zimbo, Northville

Detroit Free Press All Metro

Overall Third Team : Logan Ryan, Canton

All Metro West 1st Team: Logan Ryan, Sr. Canton; Justin Zimbo, Sr. Northville; Davion Williams, Soph. Belleville; Garrett Kraatz, Sr. Allen Park Inter-City Baptist; Quinn Blair, Soph. Dearborn Divine Child;

Second Team: D'Angelo Hansbro, Romulus; Calvin Blaydes, Belleville; Obi Okoli, Canton; Darian Owens-White, River Rouge; Jon Hovermale, Livonia Churchill

Third Team: Justin Gibbons, Northville; Zach Burk, Lutheran Westland; Javon Vinson, Belleville; Chad Gailliard, Edsel Ford; Jashawn Westley, Robichaud

Honorable Mention: Hamoudy Turfe, Canton; Joan Andoni, Livonia Churchill; Joe Chinavare, Livonia Franklin; Ian Knoph, Livonia Stevenson; Nick Wilds, Northville; Jalal Baydoun, Edsel Ford; Brent Davis, Plymouth; Kenny Topolovec, Plymouth Salem; Camerson Grace, Plymouth Salem; Keion Epps, Wayne; Christian Agnew, Westland Glenn; Zeale McCullough, Westland Glenn; Neil Smorch, Grosse Ile; Jared Jackson, Allen Park; Tobi DaSilva, Taylor Truman; Tyler Karas, Flat Rock; Alonte Karo, Airport; Brendan Viera, Riverview; Frank Eskew, New Boston Huron; Matt Frost, Grosse Ile; Alex Leija, Southgate; Montrez Fuster, Melvindale; Colin O'Leary, Cabrini; Liam Soraghan, Divine Child; Josh Blaszczyk, Riverview Richard; Jimmy Seewald, Divine Child; Chris Cornett, Lincoln

Park; Jaylin Jordan, Trenton; Michael Poole, Gibraltar Carlson; Anthony Brown, Riverview Richard; Jalen Weatherby, Robichaud; D'Angelo Lewis, Robichaud; Zach Kohn, Gibraltar Carlson; Tyler Thorington, Wyandotte; Jaukwan Parrish, Wyandotte; Elijah Smith, Melvindale ABBT; Shane Moran, Dearborn; Mahdi Hamade, Dearborn; Robbie Moyers, Garden City; Vinnie Bakerian, Garden City; Alex Ismail, Annapolis; WeShaun Warren, Woodhaven; Roger Scott, Woodhaven; Niko Rickard, Woodhaven; Kevin Hogains, Redford Union; Mitchell Kubiak, Clarenceville; Denzel Tinsley, Garden City; Jon McMath, Annapolis; Rahsaan Pope, Romulus; Jaren English, Romulus; Renaudd Broaden, Taylor Kennedy; Maceo Anderson, Taylor Kennedy;iland Amerson, Taylor Kennedy; D'eavntae Jackson, Thurston; Brandon Marshall, Thurston; Delonte Peterson, River Rouge; Aban Alsulami, Fordson; Malik Rodgers, Crestwood; Yousuf Farhat, Fordson

All Observer Basketball 2015-16

First Team: Billy Thomas, N. Farmington; Logan Ryan, Canton; Zeale McCullough, John Glenn; Amauri Hardy, N. Farmington; Brent Davis, Plymouth;

Second Team: Obi Okoli, Canton; D'eauntae Jackson, Thurston (Madonna); Kenny Topolovec, Salem; Jacob Joubert, N. Farmington; Jon Hovermale, Churchill; Alex Darden, N. Farmington

Third Team: Alex Manasa, Farmington; Trevon Dixon, Harrison; Ian Knoph, Stevenson; Brandon Marshall, Thurston; Hamoudy Turfe, Canton; Cameron Grace, Salem;

HONORABLE MENTION: N. Farmington: Josh Hogans, Mher Tcholakian, Sasoun Tcholakian; Harrison: Adrian Pattah, Russell Campbell; Canton: **B. Artis White, Jalen Cochran, Chris English;** Plymouth: **Frank Brown, Pete Carravallah;** Salem: **Freddie McGee, Calin Crawford;** Ply. Christian: Matt Malcolm, Luke Yakuber, Levi Yakuber; Clarenceville: Mitch Kubiak, Quentin Banks; Churchill: **Dayton Davis, Joan Andoni, Jerron Hampton;** Stevenson: **Devin Dunn; Kyle Malkowski;** John Glenn: **Christian Agnew;** Franklin: **Joe Chinavare;** Thurston: Caebryn Crabtree; Garden City: Vinnie Bakerian, Robbie Moyers; Lutheran Westland: Zach Burk, Brent Croft; Redford Union: Kevin Hogains; Wayne: Keion Epps