



HOPEWELL-LOUDON HIGH SCHOOL CHIEFTAIN PRIDE BASKETBALL

Head Coach Roger Jury

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Dear Parents/Players,

Summer 2017

Proposed/tentative Summer dates as of 6-13, updated from 5-1, 15, and 26:

June/July	7-V	@ Weight room T/F, 8-11am wts/open gym
June/July	7-V	Scarlet gym, 7-9 pm, open gym, Thursdays
June 2	V/JV/F	@ Hopewell- Loudon, 8-1 with weights
June 3	V/JV/(F)	@ Olentangy Shootout
June 5-7	Grades 1-7	HL Summer Camp! (8:30-11:30, assist)
June 5-7	Grades 8-12	Open shooting/gym/weights (12-2:30)
June 8-10	JH 7/8 Team Camp	@ Eastern Ohio Team Camp
June 12	V/JV (F)	@ Heidelberg Shootout-
		***\$25 to Berg Basketball Camp, LLC- ASAP
June 18-20	V/JV/F	@ Eastern Ohio Team Camp
June 20	JH 7/8	@ Lakota JH Shoot Out - cancelled -OG @ HL June 23
June 21	JV/F	@ Rossford (rest from camp!)
June 22	V	@ Rossford
June 23	JH	@ HL – Open Gym 10:30-12:30
June 24	V	@ Lake HS Shootout
June 24 or 25?	JH- 7/8	@ Olentangy Shootout
June 26?	JH -7/8	@ ONU Shootout
June 26	V/JV/(F)	@ Elmwood Shootout

June- July/TBA 7/8 @ Fremont Rec.League

***7th Wednesdays, 8th Mondays, early afternoons beginning June 12 and 14

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June 28-29-30 HS – 8:30-11 am @ Lakota-Heidelberg Satellite Camp!

***a Heidelberg camp! Great cost/opp., \$60/player to Berg Basketball Camp, LLC

July 17-19 4-8 and 9-12 @ Buckeye Central HS

Next Level Basketball, 419, Skills and Drills!! Great Opp./great cost, \$40 – see flier

May-July Open gyms, 8th-12th @ Lakota- Sundays, 7-9 pm
(off - Memorial weekend/Mother's /Father's Days)

July 1-July 23 HS Gym closed for cleaning – may not take that long

June 12-25 Chieftain gym closed for cleaning- again, may not take that long

I look forward to working with you all this summer! Weights and open gyms have been taking place this spring (Tuesday/Friday weights 3-4:30/4:45, open shooting Fridays 6:30-7:20 am, and open gyms Thursdays 5:30-7:30) and will continue in June and July; 4 man drills may be scheduled before or after these events. An option to work out at a fitness center will be discussed. We will observe the OHSAA dead period and give some additional family/school time (away from basketball related events) from July 29th- September 4th (Labor Day). During this time lifting only will take place 2x/week for those who have no other events, activities etc. Weights/conditioning/open gyms/etc. will be planned for September 5th through official which begins on Friday, November 3rd. All of these off-season events are optional but provide excellent strength, conditioning, and skill advancement. Consider Fall sports! Go Chieftains!
Coach Jury