

**MHSAA - BCAM  
BOYS REACHING HIGHER SHOWCASE  
JULY 13, 2016 @ MILFORD HIGH SCHOOL**

- 2:10-3:05 PM                   Registration for Athletes. Arrive early!!!
- 2:10-2:45                       Coaches Registration.
- 3:10-3:15 PM                  Meet in Cafeteria. Take Attendance.
- 3:15-3:25 PM                  NCAA Compliance Speaker: Elizabeth Heinrich [University of Michigan].
- 3:25-3:40 PM                  Coach Carlton Valentine [Coach Lansing Sexton HS / MSU Spartan/Pro Player]
- 3:40-4:00 PM                  Justin Jennings [Purdue University/Pro Player/Muskegon Public Schools]
- 4:00-4:10 PM                  Introduction of MHSAA-BCAM Reaching Higher Coaching Staff
- 4:10-4:20 PM                  Stretch & Flex – Jason Nolan
- Parent Program will begin in the Cafeteria. Parent Speakers: Marc Comstock, Steve Finamore, Ira Childress .**
- 4:20-5:00 PM                  **TEAM PRACTICE (SEE PRACTICE PLAN BELOW)**  
Team #1 – Basket #1, Team #2 – Basket #2, Team #3 – Basket #3, Team #4-Basket #4,  
Team #5-Basket #5, Team #6-Basket #6, Team #7-Basket #7, Team #8-Basket #8,  
Team #9-Basket #9, Team #10-Basket #10
- 5:00-5:40 PM                  Basketball Station Work [8 Minutes @ Each Station]
- Court #1: Focus: Offensive Transition Station
  - Court #2: Focus: Transition Offense/Defense Station
  - Court #3: Focus: Shooting Off the Dribble Station
  - Court #4: Focus: Shooting Off the Pass Station
  - Court #5: Focus: King of the Court Station
- Starting Points: Team #1 & #2 – Court #1, etc,
- 5:45-6:30 PM                  **Game Session #1**  
Court #1: 1 vs 2  
Court #2: 3 vs 4  
Court #3: 5 vs 6  
Court #4: 7 vs 8  
Court #5: 9 vs 10  
**GATORADE BREAK – MOVE TO NEXT GAME**
- 6:35-7:20 PM                  **Game Session #2**  
Court #1: 6 vs 7  
Court #2: 8 vs 9  
Court #3: 5 vs 10  
Court #4: 1 vs 3  
Court #5: 2 vs 4  
**GATORADE BREAK – MOVE TO NEXT GAME**
- 7:20-8:00 PM                  **Game Session #3**  
Court #1: 8 vs 10  
Court #2: 1 vs 4  
Court #3: 2 vs 3  
Court #4: 6 vs 9  
Court #5: 5 vs 7
- 8:00 PM                         Meet with Coaches.