

Panther Basketball Framework

November 2023

Welcome Panther Parents!

Mission: Future Panther program must enable athlete development in a holistic manner, with a vision to the athlete's future. The Panther program seeks to directly or indirectly address these College-Recruiter-derived considerations for its players:

Physical Expectations:

- Strength and conditioning expectations; (Gym or home workouts)

Technical:

- Speed, strength, athletic, ball protection, footwork, shooting form, release point, Developing ball control and handles (dominant and non-dominant hand)

Basketball IQ:

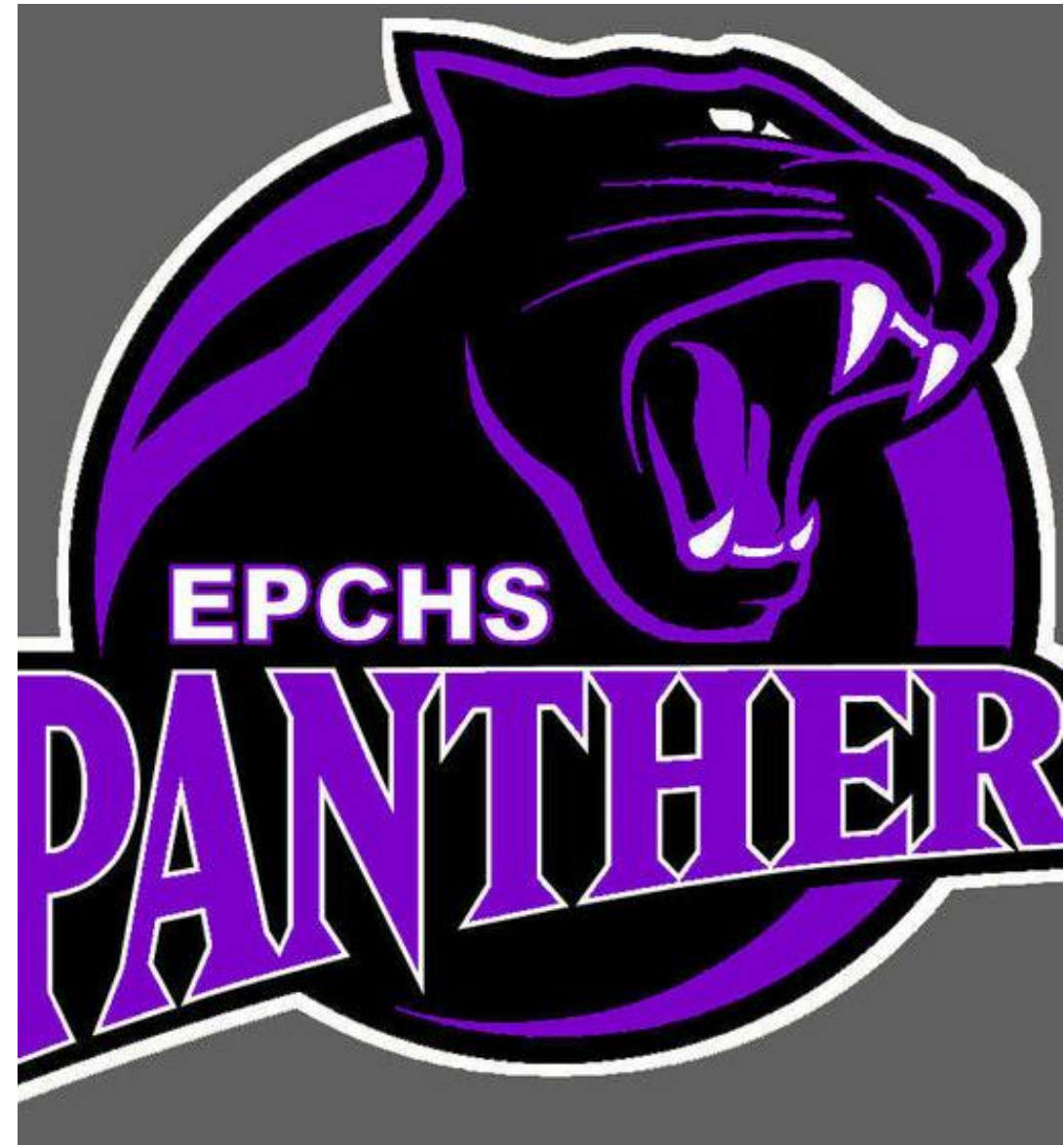
- Drive and control pace, post players able to read defense, rotations, offensive and defensive adjustments mid-game, offensive and defensive anticipation, vision, situational basketball (clock, fouls, double teams, etc.)

Academics: (Parent Partnership is crucial)

- Independent learner, disciplined on and off the court

Personal/Spiritual:

- Discipline, leadership ability, time management, stress management. Character, Integrity, biblical worldview and biblical application, coachable, and able to receive feedback



Panther Teams

Middle School
Girls (MSG)

- Grade (6-8)
- Age 11-14

Middle School
Boys (MSB)

- Grade (6-8)
- Age 11-14

High School
Girls (HSG)

- Grade (9-12)
- Age 15-18

High School
Boys (HSB)

- Grade (9-12)
- Age 15-18

Panther Teams

Middle School
Girls (MSG)

- Cost - \$175.00

Middle School
Boys (MSB)

- Cost - \$175.00

High School
Girls (HSG)

- Cost- \$225.00

High School
Boys (HSB)

- Cost - \$225.00

Panther Communication

Social Media

- Facebook –
 - EPOCHS Panthers Official Page
- Instagram -
 - epchspanthers

TeamSnap



Please follow TeamSnap, things change based on multiple reasons so that is where we make updates.

Panther MSG Practices

Practice Location:

- Hillcrest Baptist Church

Days and Times:

- Tuesday: 4-6 pm
- Thursdays: 3-5 pm

(Subject to change once games start)

Playing expectations: No guaranteed amount of playing time, however we are focused on development (*which includes playing time*)

Panther HSG Practices

Practice Location:

- Chamizal Recreation Center

Days and Times:

- Mondays: 5-7 pm
- Tuesdays: 6-8 pm

(Subject to change once games start)

Playing expectations: No guaranteed amount of playing time, however we are focused on development *(which includes playing time)*

Panther MSB Practices

Practice Location and Day/Times:

- Hillcrest Baptist Church
 - Tuesday nights 6-8 pm
- Don Haskins Recreation Center
 - Thursday nights 7-9 pm

(Subject to change once games start)

Two Teams – Gold and Silver

Playing expectations: No guaranteed amount of playing time.

Criteria for playing time:

- *Skill*
- *Attendance for practices*
- *Work outside of practices*
- *Attitude*

Panther HSB Practices

Practice Location and Day/Times:

- **Don Haskins Recreation Center**

- Mondays 7-9 pm
- Wednesdays 6:30 – 8:30 am
- Thursdays 6:30 – 8:30 am
- Occasional Saturdays 7:30 – 9 am

(Subject to change once games start)

Two Teams – Varsity and Jr Varsity

Playing expectations: No guaranteed amount of playing time.

Criteria for playing time:

- *Skill*
- *Attendance for practices*
- *Work outside of practices*
- *Attitude*

Player Expectations: Panther players must be committed to attending formal practices as well as practicing on their own.

Skills drills need to be done each day on their own – recommendation:

- Dribbling
- Passing
- Agility
- Shooting (outside, drives, post moves, floaters)
- MS – 1 hour a day
- HS – 2 hours a day

Physical Training:

- Running
- Strength Training (Working out)
- Explosive Agility

Mental Reps and Basketball IQ

- Youtube Basketball videos
- Training, Offense, Defense and situational basketball

Parental Needs:

Video help for each game for each team:

Statistics help for each game each team:

Misc:

- Scoreboard for a few games
- Door for a few games
- Concessions help for a few games

Parental Needs:

Carpools from:

- Eastside
- Northeast
- Northwest

Stats in TeamSnap:

- Manager for each team to enter stats from each game

Stats in MaxPreps:

- Manager for each team to enter stats from each game

Panther Tournaments

Middle School Girls (MSG)	Middle School Boys (MSB)	High School Girls (HSG)	High School JV Boys (HSB)	High School Boys (HSB)
- TAIIO Roundrock/San Antonio Texas (2/15 - 2/17)	- TAIIO Roundrock/San Antonio Texas (2/15 - 2/17)	- TAIIO Roundrock/San Antonio Texas (2/15 - 2/17)	- FY JV TMNT (12/11 – 12/15)	- ICS EP (11/30 – 12/2)
- SWCAA EP (2/26 – 3/1)	- SWCAA EP (2/26 – 3/1)	- SWCAA EP (2/19 – 2/23)	- Silver City (NM) (1/13 single day)	- Silver City (NM) (1/13 single day)
			- TAIIO Roundrock/San Antonio Texas (2/15 - 2/17)	- TAIIO Roundrock/San Antonio Texas (2/15 - 2/17)
			- SWCAA EP (2/19 – 2/23)	- SWCAA EP (2/19 – 2/23)

Season Recognition

In order for
Highschool Athletes,
in order to **Letter** at
the end of the year:



Character



Self-Discipline



Leadership



Commitment



Playing Time - Contribution

1 Samuel 2:26: (NIV)

"And the boy Samuel continued to grow in stature and in favor with the Lord and with people."

Luke 2:52: (NIV)

"And Jesus grew in wisdom and stature, and in favor with God and man."

Philippians 1:9-12 (NIV)

"And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God."

Galatians 5:22-23 (NIV)

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."

I Thessalonians 2:8 (NIV)

"so we cared for you. Because we loved you so much, we were delighted to share with you not only the gospel of God but our lives as well."



Questions?
