

SUMMER 2023

Dear Parents,

Thank you for allowing your daughter to play summer basketball! This letter is to let you know what to expect for the month of June 2023. As coaches we are excited for the opportunity to take your kids around the state for an awesome basketball experience, and vow to put the kids' safety as our priority. Below is a breakdown of the summer:

COST:

- We will require \$100 per athlete, this will help cover the cost of tournament fees, gas, and lodging. We suggest that your athlete make it to as many tournaments as possible to get the most "bang for your buck." Players will also be responsible for bringing their own money for food.

OPEN GYM:

- We will be having open gyms every Wednesday evening at the high school. These will be half practice to prepare for the upcoming tournament, and half 5-on-5 games. These are highly recommended, especially if you plan on attending the tournament that weekend. We take summer basketball very seriously, and though we plan to have a ton of fun, we also want to offer an elite experience and prepare for the season in November.

TOURNAMENTS:

- We have packed plenty of opportunity for your athletes to get game-like experience and growth. As coaches we will do our best to inform you of travel plans, lodging, what kids need to bring, and game time/place as early in advance as possible.

SUMMER WEIGHTS

- There will be a time block in the morning where the weight room will be open for your athlete to work on strength, speed, and agility. These are put on by the high school's strength program, and though they are not affiliated with the basketball program, we highly recommend your athlete attend as many workouts as possible to get stronger for the season. More info on dates and times will be provided as we get closer to summer.

EXTRAS:

- PGC is a great individual camp that offers lots of one-on-one coaching and classroom work. You learn valuable basketball skills, as well as how to be a leader and better understand the game. If we get enough to commit to this camp, we can offer a significant discount. This is paid for by your family, not the program, though I would be happy to take a group down to the Boise camp in July.
 - <https://pgcbasketball.com/schedule-locations/>

For additional questions or concerns, Coach Lex can be reached by text to **(208)596-2324** or by email to **Lexi_tinney23@outlook.com**. Thanks, and I look forward to a great summer!