

HMS Boys/Girls Basketball

Principal- Kari Dendurent

Girls Head Coach- Tyler Krekling

Boys Head Coach- Zach Kudla

WHAT YOU NEED TO KNOW

- Intramural Practice will begin October 5, 2020
- Workouts will be M - F; beginning at 4pm and ending at 5:30pm
- After the intramural season practices may be staggered from 4:00pm-5:30pm and 4:30pm-6:00pm
- Teams with the 4:30-6:00 practice slot will use the HMS library for sports study hall. During this study hall, teams will use the HMS school guidelines and protocols
- Location: Homer Middle School Gym and Multipurpose Room
- All athletes are required to wear masks/cloth face coverings. Exceptions to face coverings or masks occur only during high intensity aerobic workouts. Examples include sprints, 1v1, or small sided games/scrimmages

STUDENT ATHLETE EQUIPMENT

- Basketball shoes (no dark soles)
- Shorts, t-shirt, socks
- Labeled water bottle or other personal hydration; no water provided
- Cloth face mask or covering

DAILY PROCEDURAL GUIDELINES

Coaches will arrive prior to athletes:

- All coaches will wear face coverings
- Coaches will perform a temperature scans on all Homer Middle School virtual student athletes and homeschool student athletes with a temporal thermometer prior to practice beginning;
- Homer Middle School virtual student athletes and homeschool student athletes will each be asked the screening questions prior to participation in the current day's session
- Any failure of temperature reading (100.0 degrees or higher) or screening questions will result in the athlete or coach being sent home without further contact with players or coaches

Homer Middle School virtual student Athlete and homeschool student athletes arrival:

- Each coach will perform the temperature scan on each athlete with a temporal thermometer

- A coach will then ask the required screening questions
- Any failure of temperature or screening questions will result in the athlete being sent home without further contact with coaches or other athletes
- Coach will then collect and/or confirm there is a KPBSD COVID 19 waiver on file for each athlete
- A maximum of 40 athletes will be permitted in the gym or MPR at one time.
 - No more than 10 athletes will be allowed to participate in drills at a basket (there are 6 available baskets)
- Only Homer Middle School, Homer Middle virtual student athletes and approved homeschool student athletes will be allowed to participate

PRACTICE PLAN – EXERCISES/SKILL DRILLS

- Prior to start time – Coaches will sanitize all balls.
- We will have two carts for basketballs
 - Cart 1=balls that have been sanitized
 - Cart 2=empty or full of balls that need to be sanitized.
- Following each drill, each player will sanitize hands.
- Any shared equipment will be sanitized every 14 minutes.
- Skill drills will be conducted in stations (after completion of warm-ups, defensive footwork, and stationary ball handling)
 - Players will move from station to station or every basket will do drills simultaneously throughout the session
 - No more than 10 players (1 pod) will be at a station
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Shooting Drills

Lay-up lines and other shooting drills: Will consist of as many players needed for each drill, balls and athletes' hands will be sanitized before and after each drill

Rebound Drills

Boxing out drills: Will consist of as many players needed for each drill, balls and athletes' hands will be sanitized before and after each drill

Passing Drills

Bounce pass and chest pass drills: Will consist of as many players needed for each drill, balls and athletes' hands will be sanitized before and after each drill

Ball Handling Drills

Dribbling and fingertip drills: Will consist of as many players needed for each drill, balls and athletes' hands will be sanitized before and after each drill

Defensive Drills

Defensive slides, close-out, and recovery drills: Will consist of as many players needed for each drill, balls and athletes' hands will be sanitized before and after each drill

Team Drills

Offense and Defense shell drill: Will consist of as many players needed for each drill, balls and athletes' hands will be sanitized before and after each drill

Locker Room Procedures

- 8th Grade boys and girls will change in the locker room first to minimize the number of students in the locker room. While they are changing the 7th grade athletes will go to their designated practice area for attendance. As soon as the 8th graders are out of the locker room the 7th graders will be dismissed to get changed.