

3rd Annual Bridgewater-Raritan Basketball Camp

Camp Notes

June 27th – July 1st, 2011

Week 1:

“Team Basketball”

Location -- Bridgewater-Raritan High School

Featured Guest Speaker: Bob Hurley, ‘Hall of Fame’ coach from nationally ranked St. Anthony’s High School visited on Friday, July 1, 2011. Coach Hurley recently won his 1,000th game as a high school coach! Several Bob Hurley drills are contained in this document. We are very fortunate to have such a high profile guest coach at our camp.

BRHS basketball staff scheduled to work: Our freshman basketball coach, Phil Manuel worked this session of camp. The older campers had the opportunity to work with Coach Manuel this week. Needless to say, there can be no guarantee that any boy will make the freshman team just by coming to camp. Nevertheless, the experience at camp and the exposure to Coach Manuel should be viewed as a positive step in improving as a player overall.

2011 Bridgewater-Raritan Basketball Camp Remaining Camp Sessions

- Open spaces remain in all camp sessions
- On site, walk-in registration is always available

Week #2 → July 5-8, 2011: Teaching Concentration is “4-Day Shooting School” at BRHS
*Filmed shooting analysis & individual shooting technique training provided!
*Each camper will watch themselves on video while a BRHS coach provides feedback!

Week #3 → July 11-15, 2011: Teaching Concentration is “Basketball Agility Workouts” at BRHS

Week #4 → July 18-22, 2011: Teaching Concentration is “Fast Break Basketball” at BRHS

Week #5 → July 25-29, 2011: Teaching Focus: “Individual Offensive Improvement” at Eisenhower

Week #6 → August 1-5, 2011: Teaching Concentration is “Position Specific Training” at Eisenhower

- If you have already attended camp this summer, no additional registration page is needed.
- If you attended week one, June 27 – July 1, it is only an additional \$100 to add another week of camp.
- We plan to run the Fall Recreation Clinics again and the tentative dates for those sessions are:

Tuesdays, October 4, 11, 18, 25, and Nov 1 – grades K-4 – 6:00-7:30pm

Thursdays, October 6, 13, 20, 27, and Nov 3 – grades 5-8 – 7:00-8:30pm

Thursday & Friday, November 10 & 11 Teacher’s Convention
Basketball Camp from 9:00am - 3:00pm

3rd Annual Bridgewater- Raritan Basketball Camp “Camp Notes”

Monday, June 27, 2011

Bridgewater-Raritan High School Varsity Head Coach: Gene McAteer

➤ **Welcome to Basketball Camp**

- Listening Skills & eye contact
 - Listen to what your coaches tell you & watch the demonstrations by the high school & college players. Be ready to try the drills when you get the chance.
 - Be alert & ready to do what you are asked. This way less time is wasted and you will have more time to play basketball.
 - If you listen & try new things, you have the opportunity to learn and grow as a player. The key to success however, is to work on your own when you leave camp. This is how you become a better basketball player.

➤ **Teaching Stations**

- Alessandro – Catching and Passing
- Vince – Dribble Tag
- Russell – Panther Shooting
- Dom – Defensive Stance and Slides
- Andy – Box Out, Rebound, Pivot, and Outlet
- Jessica – 3 Man Weave to Half Court with Lay-Up Upon Return
- Erin – Star Passing with Lay-Up
- Eric - Ball Handling

➤ **Today's Contest is 1 on 1**

Bridgewater-Raritan High School Freshman Basketball Coach: Phil Manuel

- Offensive Teaching points
 - Be in triple-threat position ready to drive or shoot. Use a shot fake or jab step to try and get the defense off balance or out of good position. As often as you can, drive the ball to the basket and get a close to the rim as possible.

www.bridgewaterraritanbasketballcamp.com

Bridgewater-Raritan High School Assistant Varsity and Junior Varsity Coach: Alex Mahony

- Defensive Teaching points
 - Stay between the hoop and the player with the ball. Be down in an athletic stance with your feet more than shoulder width apart. You should be about an arms length away from the ball handler. Be ready to 'step & slide' as the offense dribbles in an attempt to cut off the dribbler and force her into a tough shot farther away from the basket. The final element on defense is to put a hand up on the shot, box out, & rebound the ball.

Tuesday, June 28, 2011

Bridgewater-Raritan High School Varsity Head Coach: Gene McAteer

Defensive Teaching Focus – 2 vs. 2 – “Jump to the ball!”

➤ Defensive Terminology and Movement

- Discourage
 - Block the passing lane with your hand and keep your body between the player and the basket
 - There is a difference between discourage and deny. When you are denying someone you are attempting to not let them touch the ball.
 - If you overplay, the offensive player might go backdoor for an easy basket.
 - In discourage, you have to make the person you're guarding move to receive a pass.
 - You have to see your man and the basketball at the same time
 - Always stay between your man and the ball
 - Stay on your toes and always be ready to move

➤ Today's Contest is the 'Skills Competition' (obstacle course varies for different leagues: Pro – 7th, 8th, 9th graders, College - 5th and 6th graders, High School - 3rd and 4th graders, and Rookie – 1st and 2nd graders)

- The skills competition allows players to practice different skill sets while in a fun competitive way, this contest is a race against the clock
- The player will start on the baseline and do a crossover dribble weave through five cones
- After getting past the last cone the player will then dribble straight to the sideline and throw a chest pass into a taped off square on the wall/bleachers (the size of the square can vary with skill set)
- after the player successfully passes into the square they collect the ball and dribble straight to the foul line (or closer if younger) to shoot a foul shot, they must make the shot to advance
- Once they make the foul shot they will again do a dribble crossover weave through a set of cones

www.bridgewateraritanbasketballcamp.com

- Then the will dribble to the sideline and this time perform a bounce pass into the square

To finish the competition the player must collect their ball and dribble in to take a lay-up, the lay-up must be made to finish the competition

➤ **Bridgewater-Raritan High School Varsity Head Coach: Gene McAteer & Bridgewater-Raritan High School Assistant Varsity and Junior Varsity Coach: Alex Mahony**

- Offensive 2 on 2 Skill Work:
 - Get open on the wing;
 - Player must make a V-Cut.
 - Player will make a hard cut down to the block then plant and come back out on an angle that will bring them closer to the ball
 - This action will bring the defender down and allow the offensive player to create space between them in order to catch a pass
 - Without making a good V-Cut the chances of the offensive player getting the ball diminishes because of the defense
 - Give and Go
 - The player on the wing must get open by making a V-Cut as explained in the previous part of the lecture and notes
 - Once the player gets open on the wing the player with the ball will pass then go to make a cut
 - The offensive player will want to cut in front of the defender allowing their teammate to be able to make a pass
 - If the offensive player does not cut in front of the defender there will be no passing lane for the player on the wing
 - If the cutting player does not receive a pass cutting to the basket they will then replace back up to outside the three point line then V-Cut to get open

Wednesday June 29, 2011

Bridgewater-Raritan High School Varsity Head Coach: Gene McAteer

- Defensive Stance and Positioning 3 on 3: Ball, “Dis”, and Help
- Defensive Terminology and Movement
 - On the ball defense
 - Defensive Distance from ball handler
 - When you are guarding someone you should be about an arms length away.

- If you are too close the offensive player will get by you and if you are too far away the offensive player can take an uncontested shot.
- If you are quicker than the person that you are guarding then you will be able to get closer and the opposite is true also.
- Defensive Stance
 - Proper defensive stance is to bend your knees, drop down almost like you are sitting in a chair, and keep your back straight.
 - When you are in a good defensive stance, your legs will begin to hurt. This is the only way your legs are going to get stronger so you can master the defensive stance.
- Defensive Positioning
 - You have to be able to slide and cut off a player without fouling by staying between the offensive player and the basket.
 - When you are guarding someone you should step and then slide instead of crossing your legs.
 - You must also make sure to keep your feet wide; otherwise you will lose balance and not be able to properly defend.
 - If the player you are guarding decides to switch directions you have to make sure you 'drop step.' If you don't drop step you will not be able to force the offensive player into the corner. When this happens the offensive player will be able to either dribble past you or you may get a foul called against you because you will end up too close to the offensive player.
- "Discourage" or "Dis" -- Position
 - Block the passing lane with your hand and keep your body a big step off of, or away from, your man.
 - There is a difference between discourage and deny. When you are denying someone you are attempting to not let them touch the ball.
 - If you overplay, the offensive player might go backdoor for an easy basket.
 - In discourage, you have to make the person you're guarding move to receive a pass.
 - You have to see your man and the basketball at the same time
 - Always stay between your man and the ball
 - Stay on your toes and always be ready to move
- "Help" -- Position
 - If you cut the court in half lengthwise, the side that the ball is on is considered the strong side and the opposite side is considered the help side.
 - The help position is when you have one foot in the paint to be able to help out another defender in they get beat and there is penetration

- When the person you are defending is two passes away from receiving the ball, you should be in the help position
- The rule of thumb is that you can be further away from your man, the further your man is away from the basketball
- Make sure that you play intelligently on defense
 - This means that you should not have your mind made up already about what you are going to do because then you might be out of position.

Be able to read the play and anticipate what is going to happen!!

❖ Teaching Stations

- Alessandro – Catching and Passing
- Vince – Relay Races
- Russell – Retire
- Dom – 3 on 3 Defense as described in lecture notes
- Andy – 2 Ball Dribbling
- Jessica – Princeton Lay-Ups
- Erin – 2 on 1 Fast Break Drill
- Eric – Stationary Ball Handling
- **Today’s Contest is Hot Shot**
 - In hot shot, players have 30 or 45 seconds to make as many shots as possible from different locations on the floor
 - Each location is worth a different value
 - Rookies - Lay-up is 1 point, Block Shot is worth 3, and a Free throw is worth 5

High School/College/Pros Leagues- Block shot is worth 1, Free Throw is worth 3, and a Three Pointer is worth 5

Thursday June 30, 2011

Bridgewater-Raritan Junior Varsity Head Coach: Alex Mahony

- **Shell Drill – 4 on 4**
 - Start out with four players on the perimeter, and four players guarding them.
 - As the ball moves around the perimeter the players need to shift on defense.
 - After every pass you need to be in either “on ball,” “discourage,” or “help.”

- After every pass you should also say what defensive position you are in to help your teammates out and make sure that everyone is coordinated.
- When you are more than two passes away you should be under the basket.
 - This will allow you to help out your teammates in case one of them gets beat.
- If you are in help and you have a hard time seeing both your man and the ball, you are probably to close to the line of the ball. This means that you should take a step back to better see what is going on.
- On defense you need to think in advance, but you cannot have your mind made up about what you are going to do. There is a difference between anticipation, which is a good thing, and making your mind up in advance, which is a bad thing.

The thing that makes defense hard is that you need to have the willingness to do it and you need to have defensive intellect. You have to understand where you need to be on the floor, since your positioning is always changing.

➤ Guarding Away From the Ball

- When you are playing defense you often times need to get “dirty.” This means doing all the dirty work such as boxing out, taking charges, and diving on loose balls.
- To be a great defender you need to have heart. You need that determination to push yourself to become a better player.

➤ Positioning

- When the person you are defending is one pass away, you want to be one step away from the person you are defending and have one hand in the passing lane.
- When the person you are defending is two passes away, you should be away from the person you are defending with one foot in the paint.
- Once the person you are defending gets the ball you will be able to quickly get into a defensive stance and guard the player.
- When you are away from the ball you need to be able to see both the man and the ball.
- The reason you want to stay away from the person you are guarding, if they are not close to the ball, is because if one of your teammates is unable to stop the person they are guarding you can come over and help them.

➤ Meet and Greet

- If the person you are guarding tries to cut across the paint, don’t be afraid to put some contact on them and make the go around you. Try to stay between your man and the ball at all times.

➤ Today’s Contest is the Mikan Drill

- The Mikan Drill is named after NBA great – George Mikan who was a Hall of Fame pro player in the 1940’s & 1950’s. George excelled at left hand & right hand baby hook shots around the basket.

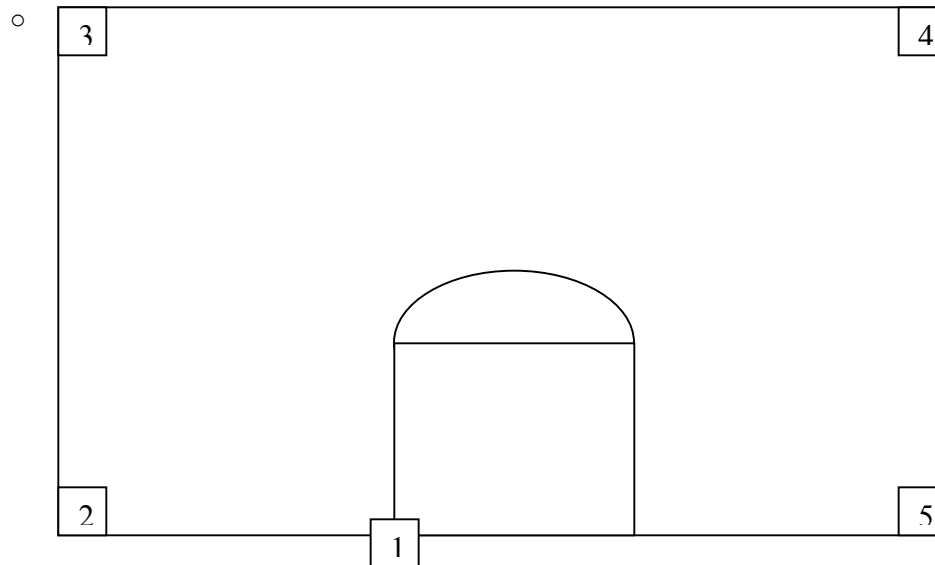
- The modern version of the Mikán Drill features continuous righty & lefty lay-ups.
- Players must quickly move and get a good angle so that they may bank the ball in high & soft off the square.
- Make or miss, players rebound the shot and step through to the other side.
- Again, get a good angle so that you are not attempting a shot from directly under the rim.
- In the contest, players strive to score as many lay-ups as possible in a 30 second.
- This drill is also competitive by having the first player to make five baskets the winner
- **“Passing Tag”**
 - Passing Tag is a game that incorporates all of the vital components of being a solid offensive basketball team.
 - Players must be able to pass, catch, & communicate with one another while running, sliding, & moving at game speed.
 - The objective for the team with the ball is to tag the other team’s players with the ball which would result in that particular player being eliminated!
 - Play continues until all five members of the other team have been tagged out.
 - The team that does not have the ball must “run away” and avoid being tagged out for as long as they possibly can. The game is played in the half court.
 - No dribbling is allowed. And, you may not throw the ball at the other team.
 - Once you catch the ball, you may pivot but that is all the movement that is allowed as you stretch and try to tag people out.
 - In tagging the other team, you must maintain solid possession of the ball.
 - If you drop the ball while trying to tag out the other team, the person is safe.
 - One of the keys to success is for the team with the ball to pick one player and surround that one guy. Try to trap each person near the sideline and pass the ball more quickly than the player can move.
 - To make the game competitive keep track of which team tags out the other squad in less time.

Friday July 1, 2011

Inductee to the Basketball Hall of Fame, Legendary Head Coach of St. Anthony’s High School in Jersey City: Bob Hurley

➤ Warm Up Drill: Fire

- This drill is a series of passing and following



- There will be a line of players behind the player labeled one on the court
- Player 1 will pass to player 2 then run up to the elbow and get ready to receive a pass
- Player 2 then passes back to player 1 at the elbow and follows behind them to the top of the key
- Player 1 then passes to player 3 and follows to the left to the spot they passed to
- Player 3 then passes to player 2 at the top of the key and follows to the left to the spot they just passed to
- Player 2 passes to player 4 then follows to the right to that spot
- Player 4 passes to player 3 at the top of the key and waits
- Player 3 passes to player 5 and follows to the right, as player 3 is following their pass, player 4 will cut to the basket and player 5 will throw a bounce pass to a lay-up
- Player 4 and 5 will leave court and go into the line behind player 1
- You can run the drill on both sides of the floor to work on both right and left handed lay-ups
- The drill can also be run with 2 and 3 balls as well as players progress. The other balls would come into play when the 3rd pass is thrown

➤ 4 man Pass-Pivot Drill

- 2 dribbles into paint everyone pivot and passes to the right
- Two dribbles into the paint the jump stop bend knees. Reverse pivot on right foot and pass to the right
- 2 dribbles into paint pull-up jumper, rebound, pass to the right
- 2 dribbles into paint then shot fake and pass to the right
- 2 dribbles left, left handed pass to the left
- Re-do all these with left hand after they go right

➤ Italian Drills

- #1
 - Players will be at half court by the sideline and players will be in the corners
 - The players at half court will dribble at the player in the corner the player in the corner will come up and go back door
 - The back door player will jump stop and perform a power lay-up off two feet
- #2
 - Toss and shoot
 - Player at half court will dribble into the elbow
 - The player in the corner will loop behind the dribbler
 - The dribbler will jump stop and perform a toss pass backwards to the other player
 - The corner player will then shoot a jump shot
- #3
 - Give and Go
 - The player at half court will pass to the corner player who is coming up to the wing
 - Upon passing the top player will cut to the basket and the player on the wing will throw a bounce pass for a lay-up
 - Lay-up will be a power lay-up off of two feet
- #4
 - Pick and Roll
 - Player at half court will pass to the wing, then make like they are cutting to the basket but they will stop at foul line then go set a screen for the wing player
 - The wing player will wait for the screen then run off. They can then drive and perform a power lay-up or pass to the rolling screener for a power lay-up
- #5
 - Pick and Roll
 - Player at half court will pass to the wing, then make like they are cutting to the basket but they will stop at foul line then go set a screen for the wing player
 - The wing player will wait for the screen then run off. Instead of rolling the screener will fade to the wing for a jump shot or a pump fake one dribble pull up jump shot
- #6
 - Pick and Roll
 - Player at half court will pass to the wing, then make like they are cutting to the basket but they will stop at foul line then go set a screen for the wing player

- The wing player will wait for the screen then instead of using the screen they will attack the basket baseline and shoot a power lay-up or kick out to the fading screener
 - The screener will fade to the high post ready to catch and shoot
 - #7
 - The half court player will drive to the basket and jump stop and kick to the corner for a 3 pointer
 - #8
 - Pinch Post
 - Corner player will go to the block like posting up then they will go to the elbow
 - The half court player will pass to the player at the elbow the take defender to the middle and go off the elbow player receive a hand off then finish with a power lay-up
 - #9
 - Pinch Post
 - Same as drill #8 however this time the elbow player will not hand the ball off
 - The elbow player will then pivot to the middle and drive and finish with a power lay-up

Bridgewater-Raritan High School Varsity Head Coach: Gene McAteer

➤ **Winning, Losing, sportsmanship, and character...**

- Enthusiasm is a great thing; however, make sure that it is in a positive manner. Winning and losing is something that applies to all players of all skill levels because no matter how good you are, eventually you are going to lose at something.
- How you behave after a win or loss reveals a lot about your character. You should strive to win and lose with class and style; because how you act reveals a lot about who you are as a person.

Drill and Game Description

➤ **Star Drill (as done with Coach Erin in Monday's Station)**

- One player is positioned under the basket, two players on the 3 point line straight up from the elbow and a player in each corner
- The player under the basket starts with the ball and passes to the player at the three point line up from the right elbow and follows the pass to that spot going on the right side
- The player passes it to the corner diagonal from them and follows the pass to the right
- The corner player passes it to the other corner and follows to the right

- The last player cuts from the three point line to the basket and catches the ball for a right handed lay up and then goes to the back of the line
 - The next person under the basket catches the ball and goes right into the drill
 - Repeat the drill to do left handed lay ups, start by passing to the opposite player on the 3 point line
- **3 Man Weave (as done with Coach Jessica in Monday's Stations)**
 - Three line at half court, one directly in the center of the court, and the other two on the edges of the circle
 - Run the 3 Man Weave with the players staying the close distance

Rookie Game Highlights

-Carmine Familletti is very involved in all activities, always shares the ball, is a relentless defender and has blazing speed.

-Roni Mostafa always has a positive attitude which keeps his team playing well.

-Kyler Parella grabs every rebound above everyone else.

-Ashwin Sakthivel always passes the ball to his open teammate, playing very unselfishly.

-Bryan Zhang is an excellent shooter and can score from multiple places on the court.

-Shishir Bandi is a good communicator on the court who helps her teammates know what is going on.

-Urvika Gupta is a relentless rebounder and always plays with intensity.

-Noah Jones is a great dribbler, solid shooter, and is great at getting to the basket.

-Ian Kim makes the right play for his team to be successful.

-Abishek Prakash makes the clever passes to his open teammates to put them in the best places to score.

-Riddhi Sahni is a good defender who shuts down the other team's best player.

-Diya Tahliani always gives all she has on the court, that combined with her good shooting is a winning combination.

-Matt Tusim is a fundamentally sound player who does all the little things that leads his team to success.

High School Game Highlights

-Nicholas Ge's great ball handling set him up for open jump-shots

-Juliana Hassouna made great passes to her open teammates for easy baskets.

-Ishan Hemmige brought great energy and speed to his team.

-Samuel Huang showed brilliant defense and rebounding securing the ball for his team.

-Hallie Lippey played very well in every aspect of the game displaying her superb dribbling ability.

-Pranav Manchiraju played excellent defense throughout the week shutting down the opposition's best player.

-Masaki Matsuda dribbled through the defense and knocked down all his open shots.

-Mac McAteer demonstrated great ball handling weaving through the defense for easy lay-ups.

-Mekai Nunez displayed amazing shooting ability all week making defenses pay for leaving him open.

- Lucy Parente handed out assist after assist allowing her teammates to get easy baskets.**
- Philip Qiu showed stellar ability to score the basketball from all spots on the court.**
- Darrien Rodriguez shot and passed the ball exceptionally.**
- Rachel Schwartz moved without the ball very well to set herself up for great shots.**
- Peter Sposito ran circles around the defense and scored at will.**
- Jason Xiong put on a shooting clinic. He hit shots from every spot on the court.**
- Andrew Gsell played well but his passing stood out above all others in his league.**
- Jonathon Huang is a great shooter when it comes to crunch time in games.**
- Nicholas Mattia was a shutdown defender who took on the task of guarding anyone on the court no matter what position.**
- Sanemi Nair was a powerful defender making her paint presence known anytime the opposing team entered the paint.**
- Anirudh Prakash was an unselfish team player. He moved well without the ball.**
- Nathan Puskuri provided athleticism and speed to his team as he was consistently able to penetrate the defense.**
- Jay Puskuri played with fire and passion on the defensive end all week.**

- Dominick Todaro dominated the offensive boards giving his team 2nd chance shot opportunities.**
- Nicholas Updike is fundamentally sound, distributing the ball to open teammates and scoring when he is open.**
- Ethan Wu played great defense not allowing his man to score.**

College Game Highlights

- Brian Michaels is a dynamic guard who leads his squad with his silky handle and knack for scoring.**
- Lexi August is like a hawk on the defensive end of the court, creating nightmares for the opposing guards.**
- Nathan Bliss is similar to LeBron James of the Miami Heat in quarters 1, 2 and 3. The question is: It's not what he can do, but what can't he do?**
- Jeffrey Bolka lives in the paint. His dribble penetration is virtually unstoppable.**
- Matt Carmosino redefines the name "Mr. Clutch". It's scary how calm he is under pressure. His teammates know he's going to be that guy to carry the team to victory.**
- Jason Choi the only true post presence in the league. He uses his body and smart decisions like Kevin Love of the NBA's Minnesota Timberwolves.**
- Jake DeVries aka the "silent assassin" doesn't talk a big game but plays a big one. He slashes to the hoop for countless lay-ups and pull up jumpers.**
- Abby Freda has basketball in her blood and it shows. She has an assist to turnover ration that's so stellar. She's like Steve Nash of the NBA's Phoenix Suns during his MVP seasons, coaches' dread playing her.**
- CJ Geremia does it all as he snatches up loose rebounds and takes it coast to coast. It really is like poetry in motion.**

- Lauren Gsell's last name describes her game. Her ability to drive past the defense with grace and speed is similar to a gazelle.**
- Isha Gupta's defense is her specialty. She is always making the hustle plays that championship teams need.**
- Samyukta Kumaran is the extension of the coach on the floor. She always takes charge and makes sure her teammates are on the same page.**
- Chad Larsen aka "CP3" Chris Paul of the NBA's New Orleans Hornets has had a coming out party this week. His masterful pick-pocketing ability defense and ability to do whatever he wants on offense makes him an unstoppable threat on both ends of the court.**
- Jeffery Mao with his hesitation dribble combined with his long range jumper allows him to create havoc for the opposing team.**
- Melissa Mazur makes all the fundamental plays that need to be made for her teams and her own success.**
- Sanoj Nagarathal always keeps his cool throughout the game whether it is the first minute or last minute. He never cracks under pressure.**
- Kyle Nickel scores in bunches like Dwyane Wade of the NBA's Miami Heat. He uses his slick moves and killer crossover that leaves defenders wondering what just happened.**
- Joseph Oliveri known as "speedy" is the floor general, a pass first guard; he racks up numerous assists with his pinpoint passes and exceptional handle.**
- Shiven Prem if left open will make you pay. He is like money in the bank, it's always good.**
- Jimmy Sapp is a fierce competitor who is known as the "windex man" down the stretch keeping possessions alive for his team with his amazing offensive rebounding.**
- Nicholas Sokol should join the Harlem Globetrotters as his ball-handling is as nice as you could ask for. He just makes the defense look absolutely silly.**

- Rahul Umrani is as quick as Usain Bolt. As soon as his team gets the rebound it's off to the races in which Rahul is always the first one down the floor.**
- Brad Boxer is a master at boxing out his opposing player. He is the best rebounder from the guard position in the league.**
- Ryan Collins is just an all-around stud. If you give him an inch, his jump shot is money and if you pressure him he turns on the jets. Ryan is simply unguardable.**
- Zachary He uses his size to alter any shot in his vicinity like Dwight Howard of the NBA's Orlando Magic.**
- Brindha Kodlapur executes the "pick and roll" with the precision of a Rolex.**
- Donna Lazzaro's level of swag is extraordinary especially in the late stages of the game allowing her to be confident and succeed in the fourth quarter.**
- Joe Meyers is known as "sunshine" because of his flow and he has a game to match his persona as he effortlessly carves up the defense.**
- Connor Michaels has a nasty mid-range game like Richard "Rip" Hamilton of the NBA's Detroit Pistons.**
- Sara Middlebrook is the heart and soul of her team. She is always there to help a teammate and her post game is next to none in her league.**
- Alan Puthenchria has a jump shot similar to Jimmy Clintwood in the movie Hoosiers. He tickles the twine like nobody else can.**
- Abhi Somenhalli is the "X-factor" of the league. He quietly stuffs the stat sheet with points, assists, rebounds, and anything else you can think of.**

Pro Game Highlights

- Aaron Gao is very active on the court and leads his team to success.**
- Alex Bloom is a very aggressive player on offense and is capable of scoring at any time.**
- Mitchell D'Elia is a phenomenal team player. He gets everyone involved in the game.**

- Suyong Joo is an unselfish player that distributes the ball well.**
- Siddharth Manchiraju is a dominant rebounding force on offense and defense.**
- Andrew Mazur is a good ball handler who can make things happen while the “rock” is in his hands.**
- Jason Molina uses his length extremely well on defense. He gets into the passing lanes well disrupting the offense.**
- Michael Moody is a great on the ball defender and is extremely skilled in boxing out.**
- Anna Oliveri is one of the top shooters in her league making defenses pay for giving her any room to shoot.**
- Nived Parik is a solid defender who is very skilled at help defense which is a major key to good team defense.**
- Rohan Paturu sets up his teammates well with his amazing passes.**
- Praveen Sakthivel is a great slasher and creates his shot by moving well without the ball.**
- Roger Seifert is a superb ball handler who can create his own shot or create one for his teammates.**
- Surya Tahliani is an aggressive and active defender who disrupts the offenses flow.**
- Shawn Updike is a very solid shooter who can make a shot from anywhere on the court.**
- Eva Ber is a dominant shot blocker, if you plan on going in the lane you better watch out for her!**
- Anthony Do is a solid defender who creates turnovers and runs the floor converting easy baskets.**
- Emily Freda has the win first mentality, whatever her team needs her to do, she is more than happy to provide it.**

- Eshan Jain has very good ball handling skills which allow him to get into the lane and create shots for teammates.**
- Bennett Kautz is a great all-around player who can score, defend, and set up open teammates to score.**
- Matt Mancuso is a solid post presence who allows his team to run a potent inside/outside game.**
- Harrison McClarren is a great post defender which makes it difficult for the other team's big man to score.**
- Brendan McKee creates numerous turnovers a game that lead to easy points for his team.**
- Sumil Nair is a team player with a great shot and dribbling ability.**
- Muiz Qadeer is a shutdown defender who is always giving 110% to his team to help contribute to wins.**
- Kevin Ros is a lockdown defender and can finish on the offensive end as well.**
- Abigail Sapp is a motivator for her team. She is always saying words of encouragement to her teammates and is the "glue" that keeps the team together.**
- Shreya Saranathan hustles all game with tenacious defense and incredible passing.**
- Adam Schnitzer gets down the court quickly to give his team easy lay-ups.**
- Nicholas Seifert comes through for his team when they really need a basket.**
- Drew Skowronek has a deadly shot from anywhere on the court. Even with a hand in his face, he is automatic.**
- Nithin Somenhalli can pass through two defenders with ease, which makes him a great asset to his team.**
- Samanvit Vijapur always has a smile on his face and has a deadly shot.**
- Kiara Allen is an amazing post presence who can finish on either side of the basket.**

- Brandon Ball has an amazing handle that allows him to go strong to the basket whenever he wants.**
- Rirson Cheng is a great defender which helps lead his team to victories.**
- Jack Gokey hustles up and down the court looking to steal the basketball and finish at the rim.**
- Patrick Juan can make getting to the basket with two defenders on him look so easy.**
- Ryan Owens is a smart player who always finds the open teammate and, at times, he can put the team on his back and lead them to victory when needed.**
- AJ Paturu's shot is deadly plus he is a "beast" on the boards.**
- Liam Sullivan hustles after every loose ball and turns it into easy points for his team**