

GLASSBORO SCHOOL DISTRICT

Monthly Board Items

Updated 2/1/05

Date Submitted:
6/16/2016

Proposed Effective Date:
7/1/2016

Grade(s) impacted:
9-12

Name: Jeff Lake & Kevin Timbers	Position/Item: Summer basketball conditioning & workouts	Submitted By: Jeff Cusack Athletic Director/Activities Dir	Building: High School
Proposed cost/amount: volunteers	Funded through: Co-Curricular	Hours/Days per week:	Benefits: Y or (N) (circle one)
Is candidate currently employed by District: ___ No <u> X </u> Yes (if yes, what position) <u> GHS basketball coaches </u>		Is candidate a former employee: ___ No ___ Yes	
If yes, part time or full time (circle one)		Check references/review district personnel file? ___ No ___ Yes	

Board Action Requested:
Recommend approval of Kevin Timbers and Jeff Lake, the GHS girls basketball coaches, to conduct summer practices and conditioning workouts one day a week during the month of July @ Bullock School.

Details and ramifications
They will conduct their workouts on Tuesday, Wednesday or Thursday. The time frame is from 3pm to 5:30pm.

Positives:
The coaches will be working with students from grades 4th to 12th grade. Each student will work on understanding defensive and offensive strategies. They will perform various drills that focus on improving their skills. The students will also improve their overall conditioning.

Concerns:
None at this time.

Other Comments:
See attached request.

FOR OFFICE USE ONLY:

Board Date: _____ Approved: Y or N Index #: _____

Girls Basketball Camp Summer 2016

Purpose: To help Glassboro youth (Girls) improve their basketball skills.

Cost: Free

Projected Demographics: 4th -6th Graders, Middle School & High School (Girls)

One Day Weekly: Tuesday/Wednesday/Thursday

Time: 4:00pm-6:30pm *3pm to 5:30pm gl*

Location: Bullock Gym

Program Summary:

Glassboro High School Hall of Fame Coach Kevin Timbers, Assistant Coach Jeff Lake and volunteers will work with youth one day a week either Tuesday, Wednesday, or Thursdays during the month of July 2016. They will work on strengthening each youth's basketball IQ, skills, drills and conditioning.

Each youth will work on understanding defensive and offensive strategies. The youth will participate in various drills and skills activities. The program will teach each participant about leadership, teamwork, work ethic, and being coachable.

All athletes will have conditioning each week. Each session will be geared towards making each athlete more competitive and effective when on the court.

Weekly Schedule

Conditioning	Skills and Drills
4 th -6 th 4:00-4:40	4 th -6 th 4:40-6:30
M.S 4:00-5:00	M.S 5:00-6:30
H.S 4:00-5:00	H.S 5:00-5:30