

## CAMPER ORIENTATION NOTES

- 1) THE SAME WAY YOU ARE SITTING THERE, I SAW CHRIS PAUL, CARMELO ANTHONY, JOHN WALL, LEBRON JAMES...KEMBA WALKER, KEVIN DURANT, KYRIE IRVING, BRANDON KNIGHT ON AND ON...SIT THERE JUST LIKE YOU. TRYING TO FIGURE IT OUT. WHAT CAN THEY DO TO GET TO WHERE THEY WANT TO GET TO.
- 2) THIS IS YOUR COLLEGE WALK-THRU/TRYOUT. YOU HAVE A SCHEDULE TO FOLLOW, YOU HAVE DISTRACTIONS TO BLOCK OUT, ADVERSITY TO DEAL WITH – THIS IS WHEN YOU WILL FIND OUT WHO YOU ARE AND WHAT YOU ARE MADE OF
- 3) THE PROGRAM IS DESIGNED TO PUSH YOU. THIS WILL BE A VERY TOUGH 3 AND ½ DAYS. WE WANT TO TEST YOU PHYSICALLY AND MENTALLY. EXPECT TO BE SORE AND USE EVERY BIT OF HOW YOU HANDLE THIS, HOW YOU SUCCEEDED THROUGH THIS TO EVERY OTHER SITUATION THAT COMES AFTER (ON THE COURT, IN THE CLASSROOM...IN LIFE).
- 4) YOU HAVE TO BE ON TIME – WE CAN'T HOLD THE PROGRAM OR BUSES AND IF YOU ARE LATE – IT'S A PROBLEM
- 5) LOCK YOUR DOORS. NEVER LEAVE YOUR STUFF IN AN UNLOCKED ROOM. BE CAREFUL OF LEAVING YOUR VALUABLES IN A “SHARED SPACE”, OFTEN OUR BACKPACKS/BAGS ARE LEFT WITH OUR PHONES, MONEY – LAYING AROUND. CHECK MONEY AND VALUABLES IN THE CANTEEN FOR SAFE KEEPING.
- 6) YOU ARE ALLOWED IN YOUR HOTEL ROOM, DINING HALL, CANTEEN AND GYMS- NOWHERE ELSE
- 7) HYDRATE – EVEN IN AIR CONDITIONING - YOU MUST HYDRATE. THE CLOSER TO CLEAR THAT YOUR URINE IS THE MORE HYDRATED YOU ARE. IF YOU'RE YELLOW THEN YOU NEED TO DRINK WATER. DRINK NOT TO QUENCH THIRST BUT TO REPLACE FLUIDS. BANANAS ARE GOOD AS WELL – POTASSIUM.

OTHER SIGNS OF DEHYDRATION: UPSET STOMACH, HEADACHE, DIARRHEA  
VERY IMPORTANT

- 8) FUEL YOUR BODY WITH GOOD FOOD. THREE COOKIES AND A SLICE OF PIZZA IS NOT GOING TO PUT YOU IN CHAMPIONSHIP FORM.
- 9) TONIGHT'S SCHEDULE: DINNER, FAST BREAK, TRYOUTS, STATIONS

## NCAA

- 1) WHEN DOES THE RECRUITING PROCESS START:
  - a. 7<sup>TH</sup> GRADE RS ARE CONSIDERED RECRUITABLE ATHLETES
- 2) YOUR INFORMATION – GRADES, STATS – MUST BE AVAILABLE BY CREDIBLE SOURCES THAT COACHES TRUST
- 3) MAKE SURE YOU HAVE GAME FOOTAGE AVAILABLE ONLINE AND ACCESSIBLE TO COLLEGE COACHES.
- 4) LESS THAN 1% OF HIGH SCHOOL BASKETBALL PLAYERS RECEIVE A D1 FULL RIDE
  - a. THERE ARE 346 D1 COLLEGES OUT OF 1737 SCHOOLS
  - b. 80% OF THE OPPORTUNITIES TO PLAY BALL AT THE NEXT LEVEL LIE OUTSIDE D1
  
- 5) YOU MUST REGISTER YOURSELF AT THE NCAA ELIGIBILITY CENTER TO BE ELIGIBLE TO PLAY BASKETBALL IN COLLEGE. YOU CAN REGISTER YOURSELF BEGINNING OF JUNIOR YEAR
- 6) STUDENT-ATHLETES AND THEIR FAMILIES ARE ULTIMATELY RESPONSIBLE FOR THE ENTIRE RECRUITING PROCESS. TAKE CONTROL AND UTILIZE EVERY RESOURCE AVAILABLE TO MAXIMIZE YOUR RECRUITING POTENTIAL. YOU SHOULD CONTACT 50 SCHOOLS THAT YOU ARE INTERESTED IN.
- 7) 16 CORE COURSES – 4 years of English 3 years of Math (Algebra 1 or higher) 2 years Science 1 year additional E/M/S 2 years Social Studies 4 years Additional Courses Language/Religion/Philosophy
- 8) NEW ACADEMIC STANDARDS WILL EFFECT ALL SOPHS AND YOUNGER
- 9) HALF OF THOSE WHO PLAYED D1 BASKETBALL LAST SEASON WOULD NOT HAVE BEEN ELIGIBLE UNDER THE NEW STANDARDS
- 10) SLIDING SCALE OF GPA AND SAT/ACT TEST SCORE. 2.3 IS THE MINIMUM GPA AND FOR A 2.3 YOU NEED AN SAT SCORE OF 1080 VERBAL/MATH
- 11) NCAA WILL CRUSH YOUR ELIGIBILITY – STEROIDS, GAMBLING AND AGENTS
- 12) SOCIAL MEDIA – BE CAREFUL COLLEGES ARE CHECKING OUT YOUR FACEBOOK AND TWITTER