



Why training is so important now!!

We are now at the mid point of the club season. Most of you have established your routine of emailing and video updates with you interest list. Keep up the hard work!!

All of you have been in the gym since December and understand our training and practice plans. College coaches are watching for growth mentally and physically on the court from our first tournament to now. They will continually revisit video and watch you live to see if this is happening. This will mirror the potential you may have for growth in their program

DISCIPLINE and FOCUS are the two most important factors now for your training. Practice is YOUR time to get better on the court and as a teammate. YOU make the choice every day how you practice. Every drill, every play should be with the FOCUS of getting better. DISCIPLINE is the key to accomplishing this in training. The next three months are an opportunity to become better fundamentally, mentally and physically.

We also offer spring training as another option for more opportunities to train. It will begin April 16th. These are by position and will work on fundamentals and situational play. More information is on our website.

It is up to you which direction you take with the recruiting process. The opportunities are available to be better, will YOU have the DISCIPLINE and FOCUS to do it.

March Checklist

- Registered with the NCAA Clearinghouse
- Sports Recruits Profile updated with picture, information, and video
- University Athlete Profile is up to date
- Decide top 5 details a college needs to provide to you
- Contacted Top 30 list about interest and provided schedule and video update
- Create list of 5 schools to visit
- Working on video and prepared to film matches at remaining tournaments
- Scheduled ACT, PSAT, and/or SAT
- Working with HS counselor on Core Class completion and academic progress

Recent Commitments

2018

Jayda Carlton	Xavier University
Olivia Cerick	Coker College
Erin Cooke	Presbyterian College
Ashley Cruise	Marist College
Sylvia Duggan	College of Charleston
Lindsay Elmore	Queens
Skyellar Hall	Tusculum
Hallie Kwiatkowski	West Texas A&M
Grace Kinsch	Appalachian State
Lilly Loeffler	Flagler College
Rami Mullen	Coker College
Delani Nagy	Emory & Henry
Lilly Walton	NC A&T

2019

Isabella Bell	Kentucky
Emma Ellis	Purdue
Skyy Howard	UNC
Maggie Mullen	Wingate
Maddie Sisco	Belmont Abbey
Chasidy Sharpe	Wofford
Taylor Weber	Anderson
Maggie Young	Wingate

Boys - 2018

Drayton Green	North Greenville
Kaleb Jenness	Ball State
Riley Mulkey	Belmont Abbey
Christian Phung	North Greenville