

Hey guys,

Hope everybody is doing well and keeping safe. I've been thinking of a way for the program to scratch that competitive itch and keep a basketball in hand during these unprecedented and bizarre times with the Coronavirus wiping out our annual spring clinics and likely the Junior Warrior Summer League.

At the high school level, we prioritize free throw shooting and take time out of every practice to shoot them and track our progress - see attachment for this past season's ladder. For those able and willing to participate, I want to hold a program-wide free throw ladder.

I recognize not everyone has access to a hoop and those that do have access probably don't have the FT line marked off. The distance from FT line is 15' from the ground under the backboard. For players in grades four and below, feel free to modify the distance and hoop height based on their strength and ability. I am going to have my 7 and 5 year olds participate., as well as myself.

I will post weekly leaders on the twitter page (@SeekonkBoysBB), facebook page (@SeekonkBoysBB) and I'll send out a weekly e-mail with the leaders. They will be separated by three categories: Current (9th-12th graders and older), Next (6th-8th graders) and Future (Under 5th grade).



Here's how to participate:

Simply shoot 10 free throws per day, and e-mail me what you shot. We are on the honor system, just shoot me an e-mail. I will track them and sort them. You can send them to me daily or weekly. **selecthoops@gmail.com**

For instance, "Cody DaLuz, first grade, shot 7-10 on Monday." or "Cody DaLuz, first grade, shot 45-70 this week."

If you shoot more or less than 70 per week, that's fine too. It goes by percentage and not total shots made.

Don't feel like you're bothering me by e-mailing me daily if you want to do it that way. I'm bored enough to be bothered and it will help me sort on the fly.

The deadline for submitting results will be Mondays at noon time and results will be posted and sent out soon thereafter.

Many games are decided by only a few points, so we should all be shooting free throws in the off-season anyway. Get shooting and send me the results if you can.

This will go on as long as we're isolated and there is interest!

- Coach Alex

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