Sports Performance Basketball Requirements

65% - Participation: The core of your grade will be based on your attitude, team skills, willingness to learn, effort, attendance and game play. Participation includes our time in the gym, in the weight room, outside and in the classroom.

20% - Notebook: Your notebook will be based around your workout plan and program. All changes and results of your workouts need to be recorded in your notebook. There will be other recordings we will make as well including your shot chart.

15% - Fitness: Your fitness level will be tested from time to time. You are expected to keep your fitness level very high through your workout program.

100% - TOTAL