



R&L Fusion



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Welcome to all Boys & Girls coming out to be part of the 2024/2025 Basketball season. We are getting started on Nov. 21st. with the Girls starting in the morning in Richey and the boys after school in Richey. We will rotate towns every 2 weeks. Morning practices will begin at 5:30 am, with the transportation leaving at 5:00 from the school.

To those of you that have played fall sports, you should be good to go with your physicals, athlete's handbook & concussion sheet. If you haven't played fall sports and are coming out for BB, you'll need to have those 3 things done before you can practice. Non negotiable.

For the 1st day of practice you'll need good BB shoes & reversible. I'm told the schools have some, but we are short, so if you have kept yours bring it. The schools are looking at getting a few more.

The rules stated in the hand book will be followed & no exceptions. Some team rules I have that may not be stated in the handbook are

1. Any practice late or missed because of detention or grades (ineligibility) will have consequences of running laps & pushups.

2. Also any disrespect from a player to a coach or another player will not be tolerated. The player would not be able to finish the practice / game or wherever it may occur and not be able to return until apology was said & accepted.

The 1st few days of practice will be working at getting our legs underneath us, so expect to be a little sore. Also each player needs to have two written individual & team goals: one for themselves and one I will keep.

Thanksgiving day will be off. If anyone is traveling, you need to let me know asap as we will have practice on Friday & Saturday of that weekend in Richey with the boys going @ 8 /10 & girls going from 10:30 / 12:30.

Then over Christmas, the same will be enforced, so if traveling I need to know as we'll be off from Dec. 22-26 with practice starting on the 27th and 28th in Richey and the 30th & 31st in Lambert TBA. On New years I'll have both teams together for some bonding time, where we'll play games, have a meal, and enjoy the beginning of what is going to be an exciting & pressure pack fun of the season.

Look forward to seeing all Players on the 21st.

Coach N