



# THE MASTER'S ACADEMY ATHLETIC HANDBOOK

UPPER SCHOOL

*Pursuing athletic excellence, developing Christian character*

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The purpose of this handbook is to insure cohesiveness and order in the athletic program of The Master's Academy. Reference to its content will answer all questions, except the most unusual, related to the program. It is dedicated to the goal of providing a program in which our athletes develop both physically and spiritually. It is our desire that our athletic program be one characterized by the following statement: pursuing athletic excellence, developing Christian character.

## **Athletic Philosophy**

The primary focus for TMA athletics is the development of the student athlete on and off the field. There will be an emphasis placed on the spiritual growth of each player at every level. It is the goal of The Master's Academy athletics to be as competitive as possible at every level. The middle school, JV and varsity programs are not recreation programs. They are not designed to allow everyone that tries out to make a team nor is everyone that makes a team guaranteed playing time. Only those athletes with the highest skill level and strongest work ethic will be selected for each team. Those athletes who do not meet our competitive skill level will be made aware of other school/community opportunities. It is our philosophy that the coaches of TMA athletic teams always put the best athletes of their team on the playing field to represent TMA. The goal is to have the most competitive and strongest team possible.

## **Participation Philosophy**

Participation in athletics at TMA is open to every student, but conditional upon meeting the criteria of academics, character and athletic skill necessary to compete. There is different emphasis at each level of play; however, all teams will compete to win at each level.

**Middle School (grades 6-8)** – The athlete is provided a learning experience and the opportunity to develop basic individual skill during practice. Team concepts of play are introduced. During the season coaches will strive to develop Christian character within the team. An athlete's playing time is determined by how it will best serve the team.

**Junior Varsity (grades 6-11)** – The athlete improves skills while learning team concepts that are more complex. There is also an increase of physical development with better competition. The coach will emphasize winning and work with the team to develop Christian character. An athlete's playing time is determined by how it will best serve the team.

**Varsity (grades 6-12)** – The athlete is advanced in skill and physical development. Emphasis is placed on individual and team potential. The athlete's playing time is determined by how it will best serve the team. Overall, the goal is to develop a winning program that also emphasizes Christian character.

When choosing athletes for a team and making cuts, the coach is responsible to evaluate each prospective athlete based on objective criteria. A student is not guaranteed a spot on a team because he/she was on the team the year before or their friends are on the team or because they are a senior. Communicating with each individual specific reasons why he/she did not make the team will enable the student to target areas for improvement. The coach is also responsible to evaluate each athlete as to his/her role on the team. There are no guarantees regarding playing time at any level. The coach is the sole judge on who should start and how much playing time each athlete should receive.

### **Varsity Coach Responsibilities**

- Develop a philosophy, specific goals and objectives for their sport in regards to practices and games. The philosophy and goals should incorporate the various levels of play (i.e. middle school, JV, etc.) This is to be approved by the athletic director.
- Submit weekly practice plans to the athletic director.
- Attend at least one coach's education training class each year. After attending this course, the varsity coach will conduct a mandatory sub-varsity coach's training session.
- Evaluate the middle school coach by observing three practice sessions within the first two weeks of the season and three practice sessions during the remainder of the season. Also, the varsity coach will observe two games within the first month of the season and two games during the remainder of the season.
- At the end of the season, the coach is expected to meet individually with players to discuss and give each player a written evaluation.

### **Varsity Coach Evaluation**

- The Varsity coach will be evaluated during and at the end of season by the athletic director.
- The goals and objectives will be used by the athletic director for practice and game evaluation for each team.

### **Sub-varsity Coach Responsibilities**

- Seek input and advice from the varsity coach for their team.
- Submit weekly practice plans to the athletic director.
- Attend a coach's education training session conducted by the varsity coach.
- Institute and put into practice philosophy, goals and objectives established by the varsity coach.

### **Sub-varsity Coach Evaluation**

- The sub-varsity coach will be evaluated by the varsity coach. The varsity coach will observe three practice sessions within the first two weeks of the season and three practice sessions during the remainder of the season. Also, the varsity coach will observe two games within the first month of the season and two games during the remainder of the season.
- The goals and objectives will be used by the varsity coach for practice and game evaluation for each team.
- At the end of the season, the coach is expected to meet individually with players to discuss and give each player a written evaluation.

### **Membership and Affiliation**

The Master's Academy maintains full membership in the Florida High School Athletic Association. As such we will function under the guidelines provided by the FHSAA. In addition, TMA's varsity football team plays independently in the Sunshine State Conference.

## **Eligibility Requirements**

The Master's Academy follows the eligibility requirements of the FHSAA which state: "The student athlete must maintain a cumulative 2.0 grade point average on a 4.0 un-weighted scale through the end of the previous semester as required by Florida Law. Sixth, seventh and eighth graders must have been regularly promoted from the previous grade, carry a normal class load, do satisfactory classroom work and maintain a satisfactory conduct record." Other FHSAA eligibility guidelines may be viewed on their website at [www.fhsaa.org](http://www.fhsaa.org). In addition to these, students must meet the academic guidelines of The Master's Academy which include: The student must maintain a cumulative grade point average of 2.0 and may have no failing grades (F's), on a report card, in any subject required for graduation.

## **Suspension From Participation**

A student who does not meet eligibility requirements as described above will be suspended from participation in athletics until the grade averages are acceptably raised. If a student's GPA falls below the mandated 2.0 at the end of a semester, that student will not be allowed to participate for the entire following semester. A student will also be suspended from participation for a failing grade at quarterly grading periods. The suspension will end if the failing grade is raised at the next quarterly grading period. Failure by any student to adhere to the provisions of the Athletic Handbook may be grounds for suspension from participation as determined by the school's administration.

## **Absences**

Students must be in school for at least 4 periods to participate in practices or games that day, unless prior arrangements have been made with the administration.

## **Early Release**

Because of travel, it is sometimes necessary for teams to leave school prior to normal dismissal times. It is the responsibility of the student/athlete to arrange with teachers to make up any missed work.

## **Late Return**

If a team returns to the TMA campus from an away game after 11:30 the student athlete will be allowed an excused absence from 1<sup>st</sup> period class only. If the student elects to arrive after 1<sup>st</sup> period he/she must bring a note from his/her parent indicating that they are aware that they have missed 1<sup>st</sup> period class and are responsible for any missed work.

## **Attire**

Students/athletes are expected to dress appropriately and according to the guidelines in the TMA student handbook while traveling to and from athletic events.

## **Transportation**

Students must travel to and from athletic events on TMA transportation when it's provided. Exceptions may be made at the discretion of the coach or athletic director. These include riding home with parents after away events.

## **Electronic Devices**

Personal electronic equipment, such as cell phones, hand-held electronic games, IPOD's, MP-3's, laptops and radios, must be turned off and can only be used before and after school or with specific faculty/coach permission. Before and after school, students may not share head phones or play music through speakers. Personal electronic equipment may not be used during school sponsored events when the student is representing TMA.\* Any student using any electronic device including cell phones while on campus, is subject to having TMA personnel check the content and could lose their privilege of possessing electronic devices on campus and will receive disciplinary consequences. For example, students watching inappropriate videos on a cell phone, students listening to music with explicit language, or students texting inappropriate messages will result in a parent meeting and appropriate disciplinary consequences. Personal electronic equipment as defined above cannot be used on school sponsored trips or functions without specific permission. Coaches may confiscate any devices used in violation of this policy. All music, movies, CD's, etc. taken on TMA sponsored trips must be approved by the trip leader and deemed appropriate.

\*Examples of representing TMA include, but are not limited to: team meals, traveling as a team, and practices.

### **Uniforms**

The athletic department will purchase all team uniforms and collect all uniforms at the conclusion of each season. Athletes are responsible to take proper care of uniforms and return them in good condition. Lost or damaged uniforms must be replaced by the athlete. Uniforms are to be worn only for games.

### **Statement of Commitment**

All TMA athletes and their parents will be required to read and sign a statement of commitment. The purpose of this form is to insure that all athletes and their parents have considered the level of commitment TMA requires of its athletes. While considering this document parents and athletes should discuss all of its facets. These include:

1. Practice and game attendance
2. Required physical (new physical forms must be completed after May 1<sup>st</sup> each year)
3. Effort and attitude
4. Injury and playing-time issues
5. School behavior
6. Eligibility and attendance requirements
7. Uniform maintenance
8. Penalties for quitting a team

### **Participation Fees**

The following seasonal fees will be charged for athletic participation:

Varsity Football	\$160.00	Middle School Football	\$110.00
All Other Sports	\$85.00		

### **Rules For All Teams**

The following rules shall be followed by all TMA teams. Coaches may supplement these with additional rules. A copy of all team rules must be on file with the athletic director and written team rules must be provided to each player and to all parents.

1. All players are required to attend all practices and games unless given prior permission to miss by their coach.
2. Missing a practice or game without prior permission may result in removal from the team. Repeated offenses will result in removal from the team.
3. Players will make up excused missed practices and games in a way to be determined by each coach. (i.e. running laps for missing a practice, or sitting out for part of an upcoming game)
4. Players are to be on time for practices, games and team meetings. Coaches are to penalize tardiness.
5. Players are to attend all end-of-the-year team activities. Players who do not attend may forfeit individual awards.
6. Players must maintain academic and behavior eligibility as outlined in this handbook.
7. Players are to follow team dress standards as established by each coach.
8. Players are responsible for the proper care and return of uniforms. Players will be charged for damaged or lost items.
9. Players who quit after accepting a spot on a team, without the approval of the coach and athletic director, will not be eligible to participate in a TMA sport during the following season or to participate the next year in the sport they quit.
10. If a player is required to miss practices or games because of a doctor's instructions, a note from the doctor is required prior to his/her return.
11. If a player needs to get academic help after school at a time which would make him/her late to practice, he/she must get prior permission from the coach.
12. Missing practice because of detentions will result in disciplinary action as determined by each coach.
13. TMA practices and games must have first priority over all non-TMA travel and club sports teams.

### **Facilities Use Policy**

The athletic facilities of The Master's Academy are intended to meet the physical education and athletic needs of our students and school families. Use of the facilities will be prioritized as follows:

1. TMA physical education program
2. TMA athletic program
3. TMA extended family (i.e. faculty, staff)
4. General community use

### **The following will apply to all facility usage:**

1. Physical education classes must be supervised by an approved adult at all times.
2. Athletic teams must be supervised by an approved adult at all times.
3. Use of all facilities, other than for physical education classes, will be scheduled by the athletic director.
4. If the facility is used by an outside group, an approved adult must be designated by the athletic director to oversee all activities.

5. Outside groups who use the facilities must provide their own equipment unless prior arrangements have been made to use TMA equipment.
6. Proper shoes must be worn during use of facilities.
7. All outside groups are subject to a rental fee as determined by the school administration and must comply with the school's general use policy.

### **Home Events Supervision – Critical Situations Policy**

1. The athletic director will administrate all home events or designate another staff member to do so in his absence.
2. Basic set-up for home events will be arranged by the athletic director with the assistance of the coach and maintenance staff.
3. The administrator in charge of an event will secure the facility prior to leaving.
4. In case of an emergency the following will occur:
  - a. Professional medical advice will be sought from among spectators.
  - b. The administrator on duty will work with coaches and parents to determine if emergency assistance should be called.
  - c. Emergency assistance will be called if any doubt exists as to the seriousness of the injury.
  - d. The administrator will stay in the vicinity of the injured player and designate others to make necessary calls.
  - e. The administrator will designate an adult to accompany the injured player to the hospital if the player's parents are not in attendance.
  - f. Immediate effort will be made by the administrator to contact the parents of the injured player.
  - g. The administrator will work with the family to coordinate any help they may need to provide for other children or to notify family members.

### **Athletic Awards**

There will not be a major emphasis on individual awards at TMA. This is based on our commitment to emphasizing the concept of the team as opposed to the individual. The following awards will be given each season:

#### **Middle School Team Awards**

Each middle school athlete will receive a certificate of participation. In addition, each coach will present 3 trophies of their choice. Examples include: Most Improved Player, Positive Spirit Award, Hustle Award, Coach's Award, Outstanding Offense, or Outstanding Defense. These awards will be presented in a middle school assembly at the end of each season.

#### **JV Team Awards**

Each JV athlete will receive a certificate of participation. In addition, each coach will present 3 trophies of their choice. Examples include: Most Improved Player, Positive Spirit Award, Coach's Award, Outstanding Player, or Leadership Award. JV awards will be presented at a school assembly.

#### **Varsity Team Awards**

Each varsity athlete will receive a varsity letter upon completing his/her first year of varsity participation. At the conclusion of each additional season of varsity participation the appropriate pin will be presented.

In addition, each varsity coach will present 5 trophies of their choice. Examples include: Most Improved Player, Leadership Award, Positive Spirit Award, Outstanding Player Award, Coach's Award. All Varsity awards will be presented at a sports awards night at the end of each season.

Varsity all-district awards – TMA will purchase trophies to present to all varsity athletes who are named to all district teams.

Male and Female Athlete of the Year – Each year one male and one female varsity athlete will be selected for this award. The trophy for this award will be presented at the all-sports awards night. The Athletic Director will survey all varsity coaches for candidates for this award and make the final selection from among those nominated. The award is based on athletic accomplishment, leadership, academic excellence and character. Junior and senior athletes are eligible for consideration.

The Athletic Director will arrange for all awards to be prepared and available for presentation.

### **Athletic Funding**

The Master's Academy provides funds for the general operation of the athletic program. These funds are generated by many sources including, the sale of advertising, student participation fees, admission and concession revenues and occasional fund raisers.

### **Admission Policy For Home Events**

TMA students, alumni, teachers, staff and their spouses will be admitted free to all home events. (Excludes state series games) Admission will be charged to all adults and to non-TMA students. Admission prices will be published prior to the beginning of each school year.

### **Concessions**

Concessions will be available at most home events. The athletic director will arrange for the purchase and sale of concession items and schedule parents of athletes to sell concessions at all home games.

### **Pictures**

The athletic director will schedule a picture day during each sports season. Information about picture day and an opportunity to purchase pictures will be provided to each family.

## **Sportsmanship**

Good sportsmanship is at the top of our list of priorities at The Master's Academy. This would be true, even if we were not a Christian school. But as a Christian school, it is even more important for us to maintain excellent sportsmanship. This commitment brings us back to our basic emphasis of "Pursuing athletic excellence – Developing Christian character." It is proper to want to excel, but we must always remember that the development and demonstration of Christian character is an even higher calling. The following Athletic Creed is something we must all consider and work toward.

**Athletes will:**

**Respect** parents, coaches, teammates, officials and opponents  
**Personify** commitment and a positive attitude  
**Represent** their school with honor and pride

**Parents will:**

**Support** the team and coaches in public and address concerns in private  
**Encourage** 100% individual effort and 100% team loyalty  
**Provide** positive reinforcement to all athletes

**Coaches will:**

**Inspire** their athletes by personal example both on and off the field or court  
**Teach** athletes to play hard, but to win or lose with equal grace  
**Treat** all people with dignity and respect

With this Athletic Creed in mind the following should be considered when it is necessary to deal with any conflict situation in the TMA athletic program.

1. Commit the situation to personal prayer, seeking God's direction in dealing with it.
2. Go directly to the person involved. Go with the proper spirit, seeking mutual resolution to the conflict. This is a scriptural mandate. (Matthew 18: 15-17)
3. If resolution does not occur, take your concerns to the next level.
4. Resist the natural temptation to talk to other people about the situation. This often falls under the scriptural warning to avoid stirring up of dissension. (Proverbs 16:16-19)

## STATEMENT OF COMMITMENT

I, \_\_\_\_\_, as a member of The Master's Academy athletic team, do agree to abide by the following rules and standards of conduct. I realize that athletic involvement is a privilege, and not a right, and carries with it responsibilities. I further acknowledge that there will be consequences for misconduct or not fulfilling my commitment.

- A. I agree to attend and be on time for all practices, meetings, and games. This includes awards programs, team parties, team pictures, and all other team functions.
- B. I agree to provide a current physical prior to the beginning of tryouts for a team.
- C. I agree to personally gain prior permission from my coach if extenuating circumstances arise where I must be late or miss a team function. (i.e. academic help, family emergency, etc.)
- D. I agree to follow the Matthew 18 principle in dealing with disputes.
- E. I am responsible to attend practices and games when injured unless excused by my coach. I understand that if excused from practices or games by a physician, I must supply a physician's written release to resume participation.
- F. I agree to keep an attitude of encouragement towards my teammates in every situation.
- G. I agree to refrain from smoking, drinking, and profanity anytime and anywhere. According to scriptural mandate to flee from even the appearance of evil, I agree to avoid situations (parties, informal gatherings, etc.) where alcohol and drugs may be present.
- H. I realize that being late due to a detention will not be tolerated, and I will avoid actions/attitudes that may lead to detention.
- I. I agree to maintain my academic eligibility as outlined in the Student and Athletic Handbooks and to inform my coach of any academic problems that I may encounter.
- J. Equipment: If any damage occurs during my possession, I agree to pay for repair or replacement. I agree to not use any school issued equipment for any outside activities unless approved by my head coach and/or the Athletic Director.
- K. I understand if I am not in school attendance for 4 periods, I will not be allowed to participate, unless prior arrangements have been made.
- L. I understand that if I am ejected from a game, I will be required to pay the fine assessed by the FHSAA.
- M. I agree to complete the required post concussion testing.
- N. I understand that if I break my commitment to my teammates, coaches, and TMA by quitting a team, my participation on TMA teams will be restricted.

### **Parents:**

- 1. I agree to refrain from behavior in the stands toward other spectators, teams or officials that would hurt our testimony as Christians.
- 2. I agree to follow the Matthew 18 principle and schedule meetings for disputes with those involved.
- 3. Parents must treat all supervisors at games with respect. The coaches, fans, and officials should be respected and failure to do so will result in discipline action and possible removal from facilities.
- 4. If I have a matter to discuss with the coach concerning my child, I will not confront the coach on a game day before or after the game, but will wait and set up a time to meet with the coach.
- 5. I understand that if I do not allow my child to attend games or practices during the season, the penalty will be the same as an athlete quitting the team in accordance with the athletic handbook.
- 6. I agree to volunteer to work in concessions or admissions when my child's team is in season.

*I have read and understand the Upper School Master's Academy Athletic Handbook. In signing this document, I agree to do my best to abide by its guidelines.*

\_\_\_\_\_  
Student-Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date



# THE MASTER'S ACADEMY

## BASEBALL

*Pursuing athletic excellence, developing Christian character*

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### **PHILOSOPHY**

Our philosophy in running the men's baseball program at TMA is to make sure each athlete understands that baseball is a tool that God has given us to impact others for Christ. We want to make sure each player hears the gospel. We want to teach the Athletes that the only way to become the best athlete possible is by giving everything they have during practice and games in a way that brings glory to God. We will emphasize that a Christian can compete aggressively with a will to win and still maintain their character and Christian witness. Win or lose we will bring glory to God by showing humility in winning and honor in losing.

### **EXPECTATIONS**

We want all of our athletes to develop a love for the game of baseball. It is critical to start this process at the younger levels. All students should be encouraged to play during our elementary years. During that time it is important that the coaches make it fun and something to look forward to. A player will not want to continue if they are not having fun.

**Middle School:** As the player reaches middle school age we should encourage all to continue to participate, while the emphasize changes to a more competitive level it should still be an environment that is fun. Players will learn that everyone doesn't get to play just because they are on the team, but that they can still be a critical part of the team in other areas even if they are not playing on the field.

Some of the things that must be taught at the middle school level are:

- The proper way to hold and throw a baseball
- The proper way to position your feet when throwing
- An understanding of the power side and the guide side
- Understand the basic fundamentals of swinging a bat, proper follow through and technique
- How to execute a run down
- Bunt coverage's and how to execute a bunt
- How to defend the 1<sup>st</sup> and 3<sup>rd</sup> situation
- Learn the basic strategies of baseball

**Varsity:** The athlete should start to understand that it is not about individuals but about the team. They need to understand that it is a **commitment** and requires sacrifice. Anything worthwhile in life requires sacrifice. At all levels of the baseball program fundamentals will be emphasized. Baseball is a sport that requires much repetition and practice. Hustle and hard work must be a part of every practice and game. Understanding the strategies of the game will be explained at every level.

### **RESULTS**

The results of the baseball program will be seeing a group of young men working as a team denying themselves for the good of the team. To have a group working as hard as they can during practice and in games and understanding that hard work and sacrifice is a form of worship to God. To see the players give their all-all the time, to not give up and to have their efforts bring glory to God.

## **BASEBALL EVALUATION**

All players on the Middle School team and Varsity team will be evaluated during tryouts and again at the end of the year. The players will be rated on a scale from 1 – 5, 1 being poor and 5 excellent. The form will include the 5 tools rated by the major leagues:

- Arm Strength
- Fielding
- Hitting
- Power
- Foot Speed

We will compare the evaluations and see if our players are improving. If not we will find out why.



# THE MASTER'S ACADEMY

## BOYS BASKETBALL

*Pursuing athletic excellence, developing Christian character*

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### **PHILOSOPHY:**

The primary focus of our basketball family is the student. We desire to use the game of basketball as a tool to develop our student athlete, not only in their relationship with Jesus Christ, but to encourage them to become all they can be on as well as off the court. We emphasize the concept of “family” because we want our student athletes to develop an “other’s minded” mindset. In other words, they are developing not only for themselves, but to make those around them better. We want them to enjoy being apart of something bigger than themselves.

### **EXPECTATIONS:**

We want our students (3-12) to *enjoy* playing the game of basketball! Fundamentals will be taught and emphasized at every level. Coaches will be expected to be prepared with practice plans, prior to arrival to practice, as to utilize every minute available. Practice plans at our lower levels (3-8) do not have to be complex, but the coach must know what he/she wants to accomplish each day. Below is a break down of what needs to be emphasized and taught at each grade level:

3<sup>rd</sup> - 5<sup>th</sup>: Introduction to proper dribbling and passing. Proper shooting technique is important, as well. This is why, at this age group, they need to practice shooting on an 8 -8.5 ft rim. Shooting on a 10 ft. rim doesn't encourage them to shoot the ball but to “throw” it. Offensively, a simple and basic “motion” offense will be implemented. This will allow for proper floor spacing and teaching how to move with and without the basketball. Defensively, the basic concepts of man-to-man defense will be taught.

6<sup>th</sup>-7<sup>th</sup>: At this level, continued development with ball handling and passing will be emphasized. However, the importance of dribbling with a purpose and “not wasting the dribble” will be stressed. The concept of shooting progression will be introduced at this level. This is a concept that goes more in depth in the area of shooting. Offensively, the motion offense will still be utilized, but with a stronger emphasis on making quality decisions with the basketball. In addition, understanding how to properly set screens and use them will also be taught. Defensively, the terms that coincide with our man-to-man defense will be introduced.

8<sup>th</sup> - : At this level, everything that was taught in the 6<sup>th</sup> and 7<sup>th</sup> grade levels will be “taken up a notch”. Continued development in all areas of the game of basketball will be encouraged. However, at this level, the primary focus is to prepare the student athlete for high school participation. With that in mind, weightlifting will be introduced. Also, at the end of the season, each student athlete will receive an \*\*evaluation. The coach will fill out the evaluation and go over it with each student athlete individually.

JV - : Everything that is done at this level is to train and develop the student athlete to compete at the varsity level. In addition to basketball skill development, a more in depth teaching on how to play the

game will take place. Strength training and conditioning will be accentuated. Again, at season's end, the coach will meet individually with each student athlete to go over their evaluation.

Varsity - : Student athletes will be expected to be servant leaders of our basketball family. In order for this to manifest, student athletes at this level must know all terms and concepts regarding how we play the game of basketball. A firm grasp on the fundamentals is imperative. This is critical because members of the varsity team will help in the development of our younger basketball players. Strength training and conditioning will continue, with a stronger emphasis placed on becoming bigger, faster and stronger. Our focus is simple...*get better to give not to get.*

## **RESULTS:**

No doubt that the aforementioned information will not happen without the right people being in the right places. Furthermore, if our focus becomes solely on winning...we will truly have missed it. However, I do believe that with time and patience, the following will happen:

- Students will want to **stay** at TMA and be a part of something special
- Students will want to **attend** TMA because of what we teach and emphasize
- District, Regional and State Championships will be a by product of being "other's minded"

**Master's Basketball** – Player Evaluation

**Name:** \_\_\_\_\_ **Classification:** \_\_\_\_\_ **Position:** \_\_\_\_\_ Post \_\_\_\_\_ Perimeter \_\_\_\_\_  
=====

**1** = Excellent      **2** = Good      **3** = Average      **4** = Needs Improvement      **5** = Start from scratch ☺

**Defense Ability**

- \_\_\_ Stance
- \_\_\_ Contest Passing Lanes (Active Hands)
- \_\_\_ Defense – off the ball (help)
- \_\_\_ Defense – on the ball (sprint steps/lunges)
- \_\_\_ Anticipation of next pass
- \_\_\_ Closeouts
- \_\_\_ Ball Screens
- \_\_\_ Charges
- \_\_\_ Communication

**Rebounding**

- \_\_\_ Turn, Locate and Block Out – Def. Reb
- \_\_\_ Offensive Reb. – (50/50 balls)
- \_\_\_ Aggressiveness
- \_\_\_ Outlet Passes (finding releasers quickly)

**Physical Ability**

- \_\_\_ Weightlifting
- \_\_\_ Jumping Ability
- \_\_\_ Strength
- \_\_\_ Aggressiveness
- \_\_\_ Speed and Quickness

**Ballhandling**

- \_\_\_ Passing
- \_\_\_ Dribbling
- \_\_\_ Seeing and hitting open man
- \_\_\_ Use of opposite hand
- \_\_\_ Moves on the move (i.e., crossover dribble)
- \_\_\_ Decision Making

**Offensive Moves**

- \_\_\_ Triple Threat (“Catch Ready to Shoot”)
- \_\_\_ Stationary Moves
  - jab step/jump shot
  - strong side drive
  - strong side pull up
  - crossover drive
  - crossover pull up
- \_\_\_ Movement **without** the ball
- \_\_\_ Moves with back to basket

**Shooting (150-200 shots a day)**

- \_\_\_ Proper Footwork
- \_\_\_ Proper Release
- \_\_\_ Proper Rotation
- \_\_\_ Follow Through
- \_\_\_ Shoulders Square
- \_\_\_ Shot Selection
  - Jump Shots “Sweet spots”
  - Drives to basket
  - Free Throws

**Intangibles**

- \_\_\_ Attitude
  - Towards Teammates
  - Towards Coaching Staff
- \_\_\_ Coachability

***QUESTION...Where will YOU go from here?***



## THE MASTER'S ACADEMY GIRLS BASKETBALL

*Pursuing athletic excellence, developing Christian character*

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### **PHILOSOPHY:**

The focus of the girls basketball program at The Master's Academy is to develop skills in such a way that each girl that participates has a positive experience, develops a deeper relationship with Jesus Christ, and learns positive character traits that will help them in life beyond basketball.

### **EXPECTATIONS:**

We want the girls participating to *enjoy* playing the game! Fundamentals will be taught and emphasized at every practice at all levels. Below is a break down of what needs to be emphasized and taught at each grade level:

K - 5<sup>th</sup>: Girls in grades K-5 will be introduced to proper shooting, passing, dribbling, and the basic rules of the game. They will also be taught man-to-man defense as well as the concept of playing as a team.

6<sup>th</sup>-8<sup>th</sup>: Continued development will be emphasized in the areas of shooting, passing, ball handling, and off ball techniques including setting picks and moving without the ball. Rebounds will also be emphasized with proper boxing out techniques. Basic zone defenses as well as press defense and press breaks will also be introduced. Man-to-man and zone offenses will be emphasized. The concepts of pressure defense, hustle for the ball, and fast breaks will also be introduced.

9<sup>th</sup> – 12<sup>th</sup> : At the JV and Varsity level we put into action the fundamentals we have learned to this point. Adjusting team strategies based on personnel and understanding what each player's role is critical to success. We use the platform of basketball to minister to others. An example of this is visiting the children's hospital with basketballs. Continue to make this level fun for all grades and find a role for all who are on the team.

### **RESULTS:**

Our goal is to play at an excellent level while showing outstanding sportsmanship which in turn will allow us witnessing opportunities for our Savior. We play to win but will do so within the rules. Our goal each year is to play the best we possibly can game in and game out.

**Master's Basketball** – Player Evaluation

**Name:** \_\_\_\_\_ **Classification:** \_\_\_\_\_ **Position:** \_\_\_\_\_ Post \_\_\_\_\_ Perimeter \_\_\_\_\_

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**1 = Excellent      2 = Good      3 = Average      4 = Needs Improvement      5 = Start from scratch ☺**

**Defense Ability**

- \_\_\_ Stance
- \_\_\_ Contest Passing Lanes (Active Hands)
- \_\_\_ Defense – off the ball (help)
- \_\_\_ Defense – on the ball (sprint steps/lunges)
- \_\_\_ Anticipation of next pass
- \_\_\_ Closeouts
- \_\_\_ Ball Screens
- \_\_\_ Charges
- \_\_\_ Communication

**Rebounding**

- \_\_\_ Turn, Locate and Block Out – Def. Reb
- \_\_\_ Offensive Reb. – (50/50 balls)
- \_\_\_ Aggressiveness
- \_\_\_ Outlet Passes (finding releasers quickly)

**Physical Ability**

- \_\_\_ Weightlifting
- \_\_\_ Jumping Ability
- \_\_\_ Strength
- \_\_\_ Aggressiveness
- \_\_\_ Speed and Quickness

**Ballhandling**

- \_\_\_ Passing
- \_\_\_ Dribbling
- \_\_\_ Seeing and hitting open man
- \_\_\_ Use of opposite hand
- \_\_\_ Moves on the move (i.e., crossover dribble)
- \_\_\_ Decision Making

**Offensive Moves**

- \_\_\_ Triple Threat (“Catch Ready to Shoot”)
- \_\_\_ Stationary Moves
  - jab step/jump shot
  - strong side drive
  - strong side pull up
  - crossover drive
  - crossover pull up
- \_\_\_ Movement **without** the ball
- \_\_\_ Moves with back to basket

**Shooting (150-200 shots a day)**

- \_\_\_ Proper Footwork
- \_\_\_ Proper Release
- \_\_\_ Proper Rotation
- \_\_\_ Follow Through
- \_\_\_ Shoulders Square
- \_\_\_ Shot Selection
  - Jump Shots “Sweet spots”
  - Drives to basket
  - Free Throws

**Intangibles**

- \_\_\_ Attitude
  - Towards Teammates
  - Towards Coaching Staff
- \_\_\_ Coachability

***QUESTION...Where will YOU go from here?***



# THE MASTER'S ACADEMY

## CHEERLEADING

*Pursuing athletic excellence, developing Christian character*

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### **PHILOSOPHY:**

To provide a program of excellence that:

- Develops athletes to be leaders and role models in their family, school, church and community
- Nourishes spiritual, relational and physical growth
- Teaches Christ-like attitude, character development and life skills through the lessons of team work
- Encourages young ladies to be their very best, and reach their full God- given potential

### **EXPECTATIONS:**

We want our students (6-12) to *enjoy* the sport of cheerleading! Fundamentals will be taught and emphasized at every level. Coaches will be expected to be prepared with practice plans, prior to arrival to practice, as to utilize every minute available. Practice plans at all levels will reflect what the coach wants to accomplish each day. Below is a break down of what needs to be emphasized and taught at each level.

**Middle School:** Everything that is done at this level is to train and develop the student athlete to cheer at the varsity level. Individual and team skill development for motions, jumps, stunts, tumbling and dance will be taught in progression with an emphasis on safety. Basic cheerleading terminology, leading the crowd and school spirit will be taught. Flexibility, strength training and conditioning will be integrated into every practice. Growth in spiritual and leadership character qualities are the goals for every student athlete through devotions, accountability and team service projects. At season's end, the coach will meet individually with each student athlete to go over their evaluation.

**Varsity:** Student athletes will be expected to be servant leaders within our TMA cheerleading program. In order for this to manifest, student athletes at this level must know all cheerleading terminology and demonstrate leadership in school spirit. A firm grasp on the fundamental skills and safety guidelines is imperative. This is critical because members of the varsity team will support, encourage and help with the development of our younger cheerleaders through our "Big Sis/Little Sis" mentorship. Technical skill development, strength training and conditioning will continue, with an emphasis placed on becoming stronger and perfecting difficult skills. Every cheerleader's spiritual and leadership character growth will always be a priority. Our focus is to develop student athletes that lead by example.

### **RESULTS:**

- Students are **proud** to represent TMA
- Students **grow** through intentional spiritual and character development opportunities
- Students **learn** the value of teamwork and hard work
- Students **experience** the joy of success by accomplishing team and individual goals

## Cheerleader Evaluation

Name \_\_\_\_\_ Stunt Position \_\_\_\_\_

**1= Beginner 2= Needs Improvement 3= Average 4=Good 5=Excellent**

- \_\_\_ Makes Corrections
- \_\_\_ Attitude Toward Teammates
- \_\_\_ Attitude Toward Coaches
- \_\_\_ Coachability

### **Spirit**

- \_\_\_ Gave new ideas
- \_\_\_ Interaction with crowd
- \_\_\_ Positive attitude
- \_\_\_ Energy
- \_\_\_ Expression

### **Motions**

- \_\_\_ Practices full out
- \_\_\_ Execution
- \_\_\_ Placement/Precision
- \_\_\_ Sharpness
- \_\_\_ Learns quickly

### **Jumps**

- \_\_\_ Form
- \_\_\_ Height
- \_\_\_ Pointed Toes
- \_\_\_ Arm Placement

### **Conditioning/Physical Ability**

- \_\_\_ Effort
- \_\_\_ Endurance
- \_\_\_ Strength
- \_\_\_ Flexibility/Splits

### **Tumbling**

- \_\_\_ Form (straight arms and legs)
- \_\_\_ Execution
- \_\_\_ Difficulty
- \_\_\_ Worked on learning new skill

### **Stunts: Flyer**

- \_\_\_ Form and Execution
- \_\_\_ Dismounts
- \_\_\_ Difficulty
- \_\_\_ Flexibility
- \_\_\_ Expression
- \_\_\_ Consistency
- \_\_\_ Safety Techniques

### **Stunts: Base**

- \_\_\_ Form and Execution
- \_\_\_ Catching technique
- \_\_\_ Effort to make stunt hit
- \_\_\_ Consistency
- \_\_\_ Safety techniques

### **Performance**

- \_\_\_ Memory of Routine
- \_\_\_ Showmanship
- \_\_\_ Execution of routine

Question: What areas do you think you can improve upon for next year?



# THE MASTER'S ACADEMY

## CROSS COUNTRY

*Pursuing athletic excellence, developing Christian character*

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### **PHILOSOPHY:**

The primary focus of the Cross Country team includes commitment, determination, communication, motivation, enjoyment/love of the sport, and valuing quality relationships. We are committed to helping the athletes achieve all that they can in their athletic pursuits by providing excellent coaching in terms of training, technique, motivation and nurturing the enjoyment and love of cross country. This is best accomplished by valuing people and relationships above performance. The individual and team performances will be excellent if the relationships between athletes and coaches are excellent. We believe that the spiritual, academic, and personal growth of the athlete is actually more important than their athletic growth. The coaching staff is committed to encouraging and providing positive experiences for spiritual, academic, and personal growth. We also believe this well rounded and balanced approach will lead to excellence on and off the field of competition as well as produce an end result that is rewarding and fulfilling for the student athletes in our program.

### **EXPECTATIONS:**

#### **Middle School**

1. Focus on learning to enjoy running and improving each runner's time over the course of the season
2. Compete in weekly meets in our Conference
3. Educate each runner in a better understanding of the sport – stretching, proper form, various types of training, nutrition and recovery
4. Encourage the students in finding a balance between athletics and academics
5. Lead each runner in finding a connection between their spiritual life and athletic life, helping them learn to seek God for strength and motivation in all things
6. Have consistent and frequent communication with the parents
7. Help parents have a positive first experience with athletics on the upper school campus
8. Guide parents and athletes in utilizing the school website for directions, updates and information

#### **High School**

1. Grow the Varsity Team each year as we have more students who have participated in the Middle School program and are prepared to move on to a stronger level of competition.
2. Enable High School students who are serious about running to participate in competitive meets moving towards the District Meet.
3. Enable High School students who are trying to stay in shape for winter or spring sports the opportunity to participate and make a contribution to the team.
4. Educate each runner in a better understanding of the sport – stretching, proper form, various types of training, nutrition and recovery.

5. Oversee that each runner participates in at least 4 of the meets so that they would be eligible to go to the District Meet.
6. Encourage the students in finding a balance between athletics and academics.
7. Lead each runner in finding a connection between their spiritual life and athletic life, helping them learn to seek God for strength and motivation in all things.

**RESULTS:**

By meeting the above expectations we believe the results will be:

1. Individuals that develop a life-long love of physical fitness and athletics
2. Individuals that set goals and improve their times over the course of the season
3. In middle school, individuals and a Team who can win the Conference Championship
4. In high school, individuals and a Team who can place in the District, Regional and State Championship

**The Master's Academy Cross Country** – Athlete Evaluation

**Name:** \_\_\_\_\_ **Classification:** \_\_\_\_\_

<b><u>Timed Runs</u></b>	<b><u>Initial Time</u></b>	<b><u>Mid-Season Time</u></b>	<b><u>Post-Season</u></b>	<b><u>Comments</u></b>
50 yard dash -	_____	_____	_____	
1 mile -	_____	_____	_____	
Beep Test	_____	_____	_____	
Actual Race Distance				
___ 2.0 miles (M.S.) -	_____	_____	_____	
___ 3.1 miles (Varsity) -	_____	_____	_____	

<b><u>Form</u></b>	<b><u>Initial</u></b>	<b><u>Mid-Season</u></b>	<b><u>Post-Season</u></b>
Notes	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

<b><u>Flexibility</u></b>	<b><u>Initial</u></b>	<b><u>Mid-Season</u></b>	<b><u>Post-Season</u></b>
Attitude/Effort	_____	_____	_____
Ability	_____	_____	_____
Sit and Reach	_____	_____	_____



# THE MASTER'S ACADEMY FOOTBALL

*Pursuing athletic excellence, developing Christian character*

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## **PHILOSOPHY:**

“Being on the battle field for the Lord” as real Christian men is the primary goal for varsity and middle school football players. Winning is important to any team but TMA's primary goal in football is to see the potential in each player and develop their talent so that the team as a whole is playing to the absolute best of their ability.

## **EXPECTATIONS:**

Both varsity coaches and middle school coaches will teach the same offense/defense to players. This continuity will help the middle school players develop for the next level. We will strive to teach discipline and professional work habits that can be used on and off the field to build better character for the future.

## **RESULTS:**

While winning is important to any team, being a good soldier for Christ will take you further than any championship trophy. All varsity and middle school football players will focus, on discipline both in school work and on the practice field.

## **PLAYER EVALUATION:**

Varsity and Middle School players will be evaluated on the following techniques:

1. Proper blocking technique
2. Proper tackling
3. Dynamic warm-up
4. Proper stance (2pt, 3pt, 4pt)
5. Hand-eye coordination (catching ball with hands)
6. Hand offs (QB running back exchange)
7. Passing tree (out, post, slant, post corner)



# THE MASTER'S ACADEMY

## GOLF

*Pursuing athletic excellence, developing Christian character*

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### **PHILOSOPHY:**

The primary focus of our golf family is the student. We desire to use the game of golf as a tool to develop our student athlete, not only in their relationship with Jesus Christ, but to encourage them to become all they can be on as well as off the course. We emphasize the concept of “family” because we want our student athletes to develop an “other’s minded” mindset. In other words, they are developing not only for themselves, but to make those around them better. We want them to enjoy being a part of something bigger than themselves.

### **EXPECTATIONS:**

We want our students to *enjoy* playing the game of golf! Fundamentals will be taught and emphasized. The game of golf is a sport that once past the basic fundamentals, will be performed inside the mind. Which means each player that best understands that having Jesus Christ as their personal caddy on the course as well as life, will benefit their game and will benefit the team. Each practice session will consist of a basic fundamental in the game, as well as a biblical lesson for them to ponder on the course. The lessons that will be gained throughout the sessions will long outlast the day. Practice sessions will consist of putting practice, short game practice, swing analysis, and course management. As the season progresses, emphasis will be more toward putting and course management.

### **RESULTS:**

Players will experience individual growth while obtaining an understanding of game fundamentals.

-Students will want to **attend** TMA because of what we teach and emphasize

-District, Regional and State Championships will be a byproduct of having Jesus Christ as their personal caddy.

***Master's Golf – Player Evaluation***

**Name:** \_\_\_\_\_

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**1 = Excellent**

**2 = Good**

**3 = Average**

**4 = Needs Improvement**

**5 = Start from scratch 😊**

**Swing**

- \_\_\_ Stance
- \_\_\_ Alignment
- \_\_\_ Tempo
- \_\_\_ Consistency

**Short Game**

- \_\_\_ Chipping
- \_\_\_ Pitching
- \_\_\_ Trouble shots
- \_\_\_ Conversions (up and downs)

**Putting**

- \_\_\_ Inside 6 ft
- \_\_\_ Lag putts
- \_\_\_ Number of putts

**Rules**

- \_\_\_ Knowledge
- \_\_\_ Interpretations
- \_\_\_ Seeing and hitting open man

**Leadership**

- \_\_\_ Attitude
- \_\_\_ Confidence
- \_\_\_ Coachability

**Scoring**

- \_\_\_ Consistency
- \_\_\_ Scoring average
- \_\_\_ Best round

***QUESTION...Where will YOU go from here?***



# THE MASTER'S ACADEMY

## BOYS SOCCER

*Pursuing athletic excellence, developing Christian character*

---

### **PHILOSOPHY:**

The primary focus for soccer at The Master's Academy is the development of the student-athlete on and off the field. There will be an emphasis placed on the spiritual growth of each player at every level. The student-athlete will learn to glorify God on the field and in each area of life. We will seek to learn life lessons from training and game situations. The Master's Academy soccer player represents Jesus Christ and the members of this Christian school.

### **EXPECTATIONS:**

The soccer players that come through The Master's Academy are expected to first and foremost have fun. The fundamentals will be taught at each level. The coaches will be expected to have a plan for each practice. The practice sessions should include work on the technical and strategic aspects of the game. Devotions are to be held throughout the season. The captains of the team are to assist in the development of the other players on the field and in devotions. Below is a format of what will be taught:

**Middle School:** There is a heavy emphasis on technical skills. The athletes are to be taught the different technical moves and progressions. There is a heavy emphasis on individual skill that continues in to team play. Each player will be taught how to dribble, trap, pass and shoot the ball. There will also be some teaching on the goal keeper position. The tactical side of the game will also be taught at a lower level than the varsity. The athlete will learn to think with and without the ball. There will be an emphasis placed on different formations and how they work. Strength and conditioning is a major aspect of soccer and will be incorporated into each practice. At the end of each season, the player will be evaluated. The coach will meet with each player individually and discuss their strengths and weaknesses.

**Varsity:** The Varsity will still have a lot of emphasis placed on the technical level. The coach will seek to review and teach new concepts on the technical level. There will be more complex drills that deal with the technical aspect of the game. Players will review and be taught about systems of play. The varsity athlete will also be expected to perform fitness tests. Strength and conditioning is a major aspect of soccer and will be incorporated into each practice. At the end of each season, the player will be evaluated. The coach will meet with each player individually and discuss their strengths and weaknesses.

### **RESULTS:**

- Players will learn important life-lessons through the sport of soccer.
- Players will strive to play for God's glory by trying to win.
- Players will enjoy being a part of the Varsity Soccer Team and feel like they are a part of something bigger than themselves.
- The team will be a top team in the district and region.
- The team will compete for a state championship!

**THE MASTER'S ACADEMY SOCCER**  
**PLAYER EVALUATION**

1 = EXCELLENT    2 = GOOD    3 = AVERAGE    4 = NEEDS IMPROVEMENT    5 = START FROM SCRATCH

**I. TECHNICAL ABILITY**

\_\_\_\_ FIRST TOUCH: \_\_\_\_\_  
\_\_\_\_ PASSING (SHORT/LONG): \_\_\_\_\_  
\_\_\_\_ HEADING: \_\_\_\_\_  
\_\_\_\_ SHOOTING: \_\_\_\_\_  
\_\_\_\_ TECHNICAL SPEED: \_\_\_\_\_

**II. TACTICAL ABILITY**

\_\_\_\_ VISION: \_\_\_\_\_  
\_\_\_\_ MOVEMENT OFF THE BALL: \_\_\_\_\_  
\_\_\_\_ POSITION PLAY: \_\_\_\_\_  
\_\_\_\_ CREATIVITY: \_\_\_\_\_  
\_\_\_\_ 1ST ATTACKER: \_\_\_\_\_  
\_\_\_\_ 1ST DEFENDER: \_\_\_\_\_

**III. PERSONALITY/ PSYCHOLOGICAL**

\_\_\_\_ TEAM PLAYER: \_\_\_\_\_  
\_\_\_\_ TRAINING PERSONALITY: \_\_\_\_\_  
\_\_\_\_ MATCH PERSONALITY \_\_\_\_\_  
\_\_\_\_ COACHABILITY: \_\_\_\_\_  
\_\_\_\_ MENTAL TOUGHNESS: \_\_\_\_\_  
\_\_\_\_ HANDLING PRESSURE: \_\_\_\_\_

**IV. PHYSICAL**

\_\_\_\_ SPEED: \_\_\_\_\_  
\_\_\_\_ QUICKNESS: \_\_\_\_\_  
\_\_\_\_ AGILITY/MOBILITY: \_\_\_\_\_  
\_\_\_\_ STRENGTH ON THE BALL: \_\_\_\_\_  
\_\_\_\_ MATCH FITNESS: \_\_\_\_\_

NUMBER: _____
NAME: _____
DATE: _____
FURTHER NOTES:



# THE MASTER'S ACADEMY

## GIRLS SOCCER

*Pursuing athletic excellence, developing Christian character*

---

### **PHILOSOPHY:**

The focus of the women's soccer program is to be a competitive program that glorifies the Lord with our lives and the way in which we compete. We play and coach to Glorify the Lord (Phil. 1:27; Col. 3:23). As we pursue developing winning teams we will focus on the athlete as an individual with a strong emphasis on team unity (*Ex. The Relay Paradigm*).

*THE RELAY PARADIGM: There have been studies that show that exceptional swimmers are actually faster when they swim 100 meters as part of a relay team than when they are in an individual race. It seems that as part of a team an athlete gathers support from the other team members, which makes the individual better.*

### **EXPECTATIONS:**

We strive to be a competitive program where players learn, develop and understand the game by using their own creativity at all levels. The coach should never dictate to the player the decision they should make, rather, they should equip the athlete in practice with the knowledge she needs to make the correct decision on the field. The player will be provided with an environment where they are not governed by fear, but by encouragement and respect. Coach and players will handle their anger in a way that will not discourage or humiliate an individual or the team as a whole. (*Ephesians 4:26*) It is expected at all levels that the player will be taught and encouraged to take responsibility for their actions in adhering to team rules.

## VARSIITY

In addition to what the athlete will already know, they will be introduced to movement in multiple formations. There will be continued development of foundational skills and an introduction to tactics on the field. The player will learn to think with and without the ball. Strength and conditioning is a major aspect of soccer and will be incorporated into each practice. The coach will meet with each player individually and discuss their strengths and weaknesses. During the season the player will receive their first evaluation and at the end of each season the player will have their final evaluation.

*At this level the athlete will be expected to:*

- Keep their witness for Christ while still competing at a high level of play.
- Understand the importance of athletic excellence and see the biblical relevance of committing to the team. (*Colossians 3:23*)
- Meet with coach periodically throughout the season for accountability, encouragement, and exhortation.
- Know the basics of ball skills, ball control, footwork, striking, receiving, juggling and heading.

## MIDDLE SCHOOL

There is a heavy emphasis on technical skills. The athletes are to be taught the different technical moves and progressions. There is a heavy emphasis on individual skill that continues in to team play. Each player will be taught how to dribble, trap, pass and shoot the ball. There will also be some teaching on the goal keeper position. The tactical side of the game will also be taught at a lower level than the varsity. There will be an emphasis placed on different formations and how they work. Strength and conditioning is a major aspect of soccer and will be incorporated into each practice. The coach will meet with each player individually and discuss their strengths and weaknesses. At the end of each season, the player will be evaluated.

*At this level the athlete will be expected to:*

- Keep their witness for Christ while competing.
- Understand the importance of athletic excellence and see the biblical relevance of committing to the team. (*Colossians 3:23*)
- Meet with coach during the season for accountability, encouragement, and exhortation.
- Desire to improve in the basics of ball skills, ball control, footwork, striking, receiving, juggling and heading.

---

### **RESULTS:**

- Players will learn important life-lessons through the sport of soccer.
- Players will strive to play for God's glory by trying to win.
- Players will enjoy being a part of the Women's Varsity Soccer Team and feel like they are a part of something bigger than themselves.
- The team will be a top team in the district and region.
- The team will compete for a state championship!

**THE MASTER'S ACADEMY SOCCER**  
**PLAYER EVALUATION**

**1 = EXCELLENT    2 = GOOD    3 = AVERAGE    4 = NEEDS IMPROVEMENT    5 = START FROM SCRATCH**

**I. TECHNICAL ABILITY**

\_\_\_\_ FIRST TOUCH: \_\_\_\_\_  
\_\_\_\_ PASSING (SHORT/LONG): \_\_\_\_\_  
\_\_\_\_ HEADING: \_\_\_\_\_  
\_\_\_\_ SHOOTING: \_\_\_\_\_  
\_\_\_\_ TECHNICAL SPEED: \_\_\_\_\_

**II. TACTICAL ABILITY**

\_\_\_\_ VISION: \_\_\_\_\_  
\_\_\_\_ MOVEMENT OFF THE BALL: \_\_\_\_\_  
\_\_\_\_ POSITION PLAY: \_\_\_\_\_  
\_\_\_\_ CREATIVITY: \_\_\_\_\_  
\_\_\_\_ 1ST ATTACKER: \_\_\_\_\_  
\_\_\_\_ 1ST DEFENDER: \_\_\_\_\_

**III. PERSONALITY/ PSYCHOLOGICAL**

\_\_\_\_ TEAM PLAYER: \_\_\_\_\_  
\_\_\_\_ TRAINING PERSONALITY: \_\_\_\_\_  
\_\_\_\_ MATCH PERSONALITY: \_\_\_\_\_  
\_\_\_\_ COACHABILITY: \_\_\_\_\_  
\_\_\_\_ MENTAL TOUGHNESS: \_\_\_\_\_  
\_\_\_\_ HANDLING PRESSURE: \_\_\_\_\_

**IV. PHYSICAL**

\_\_\_\_ SPEED: \_\_\_\_\_  
\_\_\_\_ QUICKNESS: \_\_\_\_\_  
\_\_\_\_ AGILITY/MOBILITY: \_\_\_\_\_  
\_\_\_\_ STRENGTH ON THE BALL: \_\_\_\_\_  
\_\_\_\_ MATCH FITNESS: \_\_\_\_\_

NUMBER: _____
NAME: _____
DATE: _____
FURTHER NOTES:



# THE MASTER'S ACADEMY

## SOFTBALL

*Pursuing athletic excellence, developing Christian character*

---

### **PHILOSOPHY**

As Christian coaches, our goal for any player on our team is that she leaves her time with us being not only a better softball player, but a better person and a better Christian. Our ultimate goal is to glorify and honor Jesus Christ in every way: how we play softball, how we conduct ourselves on and off the field, how we relate to others, etc. (Colossians 3:23). Furthermore, each player will learn that we play as Christ's ambassadors (Philippians 1:27). As a team, we are representative of the body of Christ (1 Corinthians 12). God has equipped each player with unique gifts and talents that they bring to the team. Players do not function individually, but rather function as an important part of the team. As a result of this, each player will treat her teammates, coaches, opponents, and umpires as more important than herself (Philippians 2:3). We may not always like each other, but we will respect and love each other.

### **EXPECTATIONS**

The Master's Academy Softball program seeks to develop athletes that show characteristics of love for others, integrity, intensity, hard work, commitment, endurance, and perseverance. The first priority of a TMA softball player is that they are a student. Fundamentals of the game are stressed on a daily basis. We believe that all games are won by doing the small things in an excellent manner. Coaches strive to develop strong, competitive players who are respected by all opponents. We will seek to place athletes in situations where they can be more successful and contribute the most towards the team's success, be that on the bench or on the field. Practices are planned to the minute with a strong emphasis in allowing players to experience every situation they might face in a game. As Christian athletes and coaches, we want to win every game. This involves execution, intensity, as well as smart and aggressive play. We may lose games, but we have no intention of getting beat.

### **Varsity**

Due to the varied skill level of TMA Varsity softball players, each individual player must be evaluated at the beginning of the season to determine goals to increase skill level. As a team, team goals are discussed, agreed upon, and posted as a reminder of what we as a team are seeking to accomplish together. Fundamentals of the game are taught, reinforced, and mastered throughout each player's years on the team. Knowledge of specific game situations will be taught so that each player can be successful in her position. Mental toughness is expected and encouraged in each Varsity player, regardless of age. There is a strong emphasis on teamwork and unity so that each player will feel connected to the team as a whole. The ultimate goal is to expand the program to include elementary, middle school, and junior

varsity teams in the near future. At the end of the season, each individual player will meet with the coaches to evaluate their performance.

## **RESULTS**

- The team will seek to glorify God through the sport of softball.
- The team will demonstrate characteristics of love for others, integrity, intensity, hard work, commitment, endurance, and perseverance.
- The team will create relationships that foster team unity and love for each other.
- The team will expand to include elementary, middle school, and junior varsity teams.
- The team will become consistent competitors against any opponent.
- The team will compete at the district level and, eventually, at the regional level, with the ultimate goal of competing for a state championship.

**The Master's Academy  
Varsity Softball  
Player Evaluation**

Name: \_\_\_\_\_

Position: \_\_\_\_\_

**5 = Excellent**

**3 = Average**

**1 = Needs Improvement**

**Infield**

- \_\_\_\_\_ Tagging the base
- \_\_\_\_\_ Fielding bunts
- \_\_\_\_\_ Throws to bases
- \_\_\_\_\_ Throws to home
- \_\_\_\_\_ Double plays
- \_\_\_\_\_ Cutoffs
- \_\_\_\_\_ Accepting throws
- \_\_\_\_\_ Defensive shifting
- \_\_\_\_\_ Playing the sun
- \_\_\_\_\_ Pickoffs
- \_\_\_\_\_ Pop-ups
- \_\_\_\_\_ Relays from OF
- \_\_\_\_\_ Duck-snorts
- \_\_\_\_\_ Rundowns
- \_\_\_\_\_ Covering on steals
- \_\_\_\_\_ Holding the runner
- \_\_\_\_\_ Squeeze
- \_\_\_\_\_ Fake throws
- \_\_\_\_\_ Balls in the hole
- \_\_\_\_\_ Covering bases
- \_\_\_\_\_ 1<sup>st</sup> and 3<sup>rd</sup> Plays
- \_\_\_\_\_ Backing up

**Outfield**

- \_\_\_\_\_ Blocking balls
- \_\_\_\_\_ Do or Die
- \_\_\_\_\_ Hitting relay
- \_\_\_\_\_ Hitting cutoff
- \_\_\_\_\_ Covering bases
- \_\_\_\_\_ Playing the fence
- \_\_\_\_\_ Throwing to bases
- \_\_\_\_\_ Footwork
- \_\_\_\_\_ Diving for balls
- \_\_\_\_\_ Balls hit overhead
- \_\_\_\_\_ Tweeners
- \_\_\_\_\_ Crowhops
- \_\_\_\_\_ Playing the sun
- \_\_\_\_\_ Balls in gap/angles

**Pitchers**

- \_\_\_\_\_ Intentional walk
- \_\_\_\_\_ Pitchout
- \_\_\_\_\_ Pitch selection
- \_\_\_\_\_ First pitch strike
- \_\_\_\_\_ Best 2 of 3

**Catchers**

- \_\_\_\_\_ Fielding bunts
- \_\_\_\_\_ Throws to first
- \_\_\_\_\_ Pickoffs
- \_\_\_\_\_ Holding runners
- \_\_\_\_\_ Throws to third
- \_\_\_\_\_ Cutoffs
- \_\_\_\_\_ Rundowns
- \_\_\_\_\_ Foul balls
- \_\_\_\_\_ Playing the fence
- \_\_\_\_\_ 1<sup>st</sup> and 3<sup>rd</sup> plays
- \_\_\_\_\_ Force out at home
- \_\_\_\_\_ Pass balls
- \_\_\_\_\_ Blocking the ball
- \_\_\_\_\_ Intentional walk
- \_\_\_\_\_ Throwing to 2<sup>nd</sup>
- \_\_\_\_\_ Dropped 3<sup>rd</sup> strike
- \_\_\_\_\_ Balls in the dirt
- \_\_\_\_\_ Giving Signs

**Hitting /Bunting**

- \_\_\_\_\_ Contact
- \_\_\_\_\_ Right side
- \_\_\_\_\_ Hit/Bunt and run
- \_\_\_\_\_ Taking the pitch
- \_\_\_\_\_ Sacrifice bunt
- \_\_\_\_\_ Push bunt
- \_\_\_\_\_ Slap bunt
- \_\_\_\_\_ Drag bunt
- \_\_\_\_\_ Squeeze bunt

- \_\_\_\_\_ Fake bunt

**Base running**

- \_\_\_\_\_ Out of box
- \_\_\_\_\_ Rounding bases
- \_\_\_\_\_ 1<sup>st</sup> and 3<sup>rd</sup> plays
- \_\_\_\_\_ Tagging up
- \_\_\_\_\_ Delayed steal
- \_\_\_\_\_ Stealing
- \_\_\_\_\_ Sliding
- \_\_\_\_\_ Dropped 3<sup>rd</sup>
- \_\_\_\_\_ Leading off
- \_\_\_\_\_ Rundowns

**Fundamentals**

- \_\_\_\_\_ Throwing
- \_\_\_\_\_ Receiving
- \_\_\_\_\_ Fielding groundballs
- \_\_\_\_\_ Fielding pop-ups
- \_\_\_\_\_ Covering bases
- \_\_\_\_\_ Backing up
- \_\_\_\_\_ Tagging runners

**Mental**

- \_\_\_\_\_ Anticipation
- \_\_\_\_\_ Signals
- \_\_\_\_\_ Leadership
- \_\_\_\_\_ Aggressiveness
- \_\_\_\_\_ Attitude
- \_\_\_\_\_ Coachability
- \_\_\_\_\_ Intensity
- \_\_\_\_\_ Responsibility
- \_\_\_\_\_ Hard work
- \_\_\_\_\_ Endurance
- \_\_\_\_\_ Commitment

Comments:



# THE MASTER'S ACADEMY

## TENNIS

*Pursuing athletic excellence, developing Christian character*

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### **PHILOSOPHY:**

The goal of our tennis program is to provide the most positive tennis environment for our players. We believe first and foremost in creating an engaging and fun atmosphere. With that it becomes easier to learn and enjoy the game of tennis for a lifetime. Development is key in this program and we strive to do our best to groom our players for competitive play and progress in their skills. We also must remember to give all the glory to God in everything we do or accomplish inside or outside the tennis courts.

### **EXPECTATIONS:**

We want every student to be able to enjoy, learn, and improve in this sport of tennis. As stated before, it is a lifetime sport and practice is of utmost importance. In this program, we only have a Varsity Team which includes grades 6-12. Every player is encouraged to try-out and a limited amount of players will be selected for the team. Each year, this number may be different, depending on the skill level of each player every year. The minimum amount of players to be chosen is 7. We need 5 players for match play and 2 players for alternates. Coaches will be expected to practice with the team and attend matches to support the team (4 practices/matches a week during the season). Practice will consist of strength and conditioning, drills in ground strokes, volleys, lobs, overheads, and serves, and matches against each other to obtain seeding positions amongst the team. Being able to keep score and play in a match is imperative since this is what our season is comprised of....playing other schools in a match play. Every player will be expected to know all the rules and regulations of a match. Even though this is very much an individual sport, we encourage our players to support and be positive with fellow teammates in order to have the best outcome, whether they've lost or won. Our focus is to enable students to play to the best of their ability and to give all the glory to God.

### **RESULTS:**

To create the best positive tennis atmosphere and learn from a sport that lasts a lifetime. Each student will learn how to play a match and feel confident of his/her accomplishments. Because of our goal to create a fun and engaging experience, each student will return with more experiences and will have the urge to learn more and join the team once again. What we offer here is unique....we are not only a team, we are a family.

**Master's Tennis**- Player Evaluation for Spring 2009 Season

Name: \_\_\_\_\_

Position: \_\_\_\_\_

---

1 = Excellent

2 = Good

3 = Average

4 = Needs Improvement

5 = Start from scratch

**Ground strokes**

\_\_\_ Forehand  
\_\_\_ tennis grip  
\_\_\_ tennis stance  
\_\_\_ follow through  
\_\_\_ passing shot  
\_\_\_ approach shot  
\_\_\_ down the line  
\_\_\_ cross court  
\_\_\_ drop shots  
\_\_\_ topspin  
\_\_\_ underspin slice

\_\_\_ Backhand  
\_\_\_ tennis grip  
\_\_\_ tennis stance  
\_\_\_ follow through  
\_\_\_ passing shot  
\_\_\_ approach shot  
\_\_\_ down the line  
\_\_\_ cross court  
\_\_\_ drop shots  
\_\_\_ topspin  
\_\_\_ underspin slice

\_\_\_ Volley  
\_\_\_ forehand  
\_\_\_ backhand  
  
\_\_\_ Lobs  
\_\_\_ forehand  
\_\_\_ backhand

\_\_\_ Serves  
\_\_\_ 1<sup>st</sup> serves  
\_\_\_ 2<sup>nd</sup> serves

**Physical Ability**

\_\_\_ Strength  
\_\_\_ Endurance  
\_\_\_ Speed and quickness  
\_\_\_ Aggressiveness  
\_\_\_ Proper footwork

**Intangibles**

\_\_\_ Attitude  
\_\_\_ towards teammates  
\_\_\_ towards coaching staff  
\_\_\_ Coachability

**Match Play**

\_\_\_ Able to keep score  
\_\_\_ Concentration and focus  
\_\_\_ Good sportmanship  
\_\_\_ Setting a good example  
\_\_\_ Competitiveness

**Any other comments:**



# THE MASTER'S ACADEMY

## TRACK

*Pursuing athletic excellence, developing Christian character*

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### PHILOSOPHY

We want to be an example to other schools that a highly competitive track team can also display many Christian traits. We aspire our athletes to develop themselves in their relationship with Jesus Christ, as a student in the classroom, as well as being the best person they can be on and off the track. Although it is hard work, we want them to be a part of the track team family that is building a tradition at The Master's Academy. We build a tradition by becoming role model student-athletes on and off campus.

### EXPECTATIONS

We wish that our student-athletes enjoy running track at a competitive level. Coaches must know the strengths and weakness of every athlete on their team and plan their practice schedule around that. Coaches must be prepared with practice plans and workouts everyday for practice. Running technique and the fundamentals are the most important aspects of running track and will be taught at both the middle school and varsity levels. Listed below are the expectations and areas of emphasis at both the middle school and varsity levels

**Middle School:** The basic structure of track will be taught at this level. The techniques of how to breathe and run properly are very important and must be learned by the athletes early. The idea of family and working as a team is also taught as well. This is achieved by cheering on your teammates while they are running in practice and the meets.

**Varsity:** On the Varsity level the athletes should be well aware of the concept of the team being a family. The athletes must know the correct way to run a breath properly, but these concepts will always be reinforced throughout the season. The upperclassmen need to not only be the leaders of the team but be role models around campus in front of others. The upperclassmen need to step up to this challenge even if they are not appointed captains of the team. Also the kids must understand that we are trying to build a tradition at The Master's Academy as a school that has a competitive track program that displays Christian traits

# **The Master's Academy**

## **Track Evaluation**

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Events: \_\_\_\_\_

**1- Needs Improvement      2-Below Average      3- Average      4- Above Average      5- Excellent**

\_\_\_\_\_ Attitude

\_\_\_\_\_ Teamwork

\_\_\_\_\_ Leadership

\_\_\_\_\_ Coachability

\_\_\_\_\_ Technique

\_\_\_\_\_ Work ethic

\_\_\_\_\_ Starts



# THE MASTER'S ACADEMY

## VOLLEYBALL

*Pursuing athletic excellence, developing Christian character*

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### PHILOSOPHY

Our philosophy is to build a system where the students develop and improve their skills from elementary age through high school. As athletes, we want each player to be their best. Together, we will strive to win a District Title, a Regional Title, and State Championship. We want each student athlete to take lessons they learned from competing in volleyball and use them to achieve success in all areas of their life. We want them to learn to be confident in themselves and know that there is no obstacle that they cannot overcome with God and hard work.

### EXPECTATIONS

**Elementary School:** 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> graders should learn proper technique for passing, setting, and serving. Hitting is not stressed at this level. They play on a low net and with an Ultra-Lite volleyball. They learn basic rotations and 5 person serve receive and free-ball. Competition should be either intramural or within gym classes. The main goal at this level is for the girls to fall in love with volleyball.

**Middle School:** 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders should perform all volleyball fundamentals properly. In passing, emphasis should be on platform to target, getting around the ball and over-hand passing, good movement, good vision and hand-eye coordination. Hitting should be done with the proper X-step approach, arm prep and controlled swing, landing balanced on two feet and out of the net. Triple blocking the middle attacker and double blocking the strong and weak side attackers using the correct open-cross-hop technique along with transitioning to hit and free-ball movements are required. Volleyball knowledge is a must at this level. At the completion of 8<sup>th</sup> grade they should have knowledge of all the different possible offences, (5-1, 4-2, 6-2 or 6-3 triangle systems). They should also have knowledge in the different types of defenses such as perimeter, rotation, man-up, etc. They must understand base positions.

**Freshman and Junior Varsity:** These teams can be made up of the best of the 7<sup>th</sup> – 11<sup>th</sup> grade athletes who show potential for filling a spot from a graduating senior on the varsity team. They have demonstrated the ability to successfully receive the serve and free ball and direct it accurately and consistently to the setter. They are able to track the ball from the server's hand to their platform using good hand-eye coordination and depth perception. They have good movement and passing mechanics. All players should perform setting skills consisting of front and back sets. Emphasis should be on good communication skills both verbally and nonverbally. They must demonstrate good serving mechanics and be consistent in their performance, especially in pressure situations. The athletes must consistently demonstrate proper technique in the approach, jump, arm prep and attack from left, right and middle front positions as well as demonstrating back row attack fundamentals. Equal emphasis should be placed on defense. Athletes must be determined, aggressive, fearless, relentless, and passionate about pursuing the ball and keeping it alive. They must demonstrate proper transition footwork, good reading skills, as well

as blocking and digging abilities. They must develop strengths in blocking and master the recommended blocking technique. Athletes should demonstrate the proper attack coverage. The freshman and junior varsity players must be able to perform consistently within the designed offensive system that is appropriate for the athletes' skill and experience level.

**Varsity:** Players must be able to quickly calculate the speed, trajectory, and placement of the ball in order to assume the proper position to pass the ball accurately. They must aggressively pursue all balls that are within their reach. Varsity players must be mentally tough and confident to accept the responsibility to pass the ball in all situations. The setter must be tactically smart and aware of what is going on – on both sides of the net. They must be able to assimilate tactical information quickly, draw the necessary conclusions, and apply this information in the appropriate way. They must be poised; they are in charge and must instill confidence and challenge the team to respond positively. Setters must display overall leadership for the team. They must feel that no matter how tough the situation, they can lead the team to victory. Finally, the setter is expected to have good communication skills. They must communicate well with both coaches and teammates to execute the game plan. They must seek input from attackers to give them exactly the type of sets they feel will be successful for them. Varsity players are expected to serve consistently and to place the ball accurately to the six zones on the court. They should be able to tactically pinpoint the serve to specific targets to disrupt the opponent's offense. Varsity hitters use good techniques in the approach and proper arm prep and swing with power and finesse. They must display good ball control skills while attacking and have a variety of weapons that will allow them to beat the blockers and defenders. They must have court awareness on both sides of the floor; they can identify what type of defense the opponent is using and know where the locations of open shots are. Defensive specialist and Libero are expected to never allow the ball to touch the floor. They have great attitudes; they are determined, aggressive, fearless, relentless, and passionate about pursuing the ball. They are able to read the cues to help determine the ball's direction and improve their defensive judgments with each play. They can identify the attackers, read the pass, read the setter and track the attackers and communicate this information verbally to teammates. All varsity players must have an understanding of the importance of collecting stats during the match and be able to properly collect the stats while on the bench.

### **RESULTS:**

Place God first and always give Him the glory for the opportunity. Have fun and enjoy the game. Improve with each match and within the match. Represent yourself and the team in a positive fashion. Respect and accept coaches' and teammates' individuality. Contribute to the total team effort at all times. Deal with conflicts head-on through open communication. Be responsible. Be disciplined. Give 100% effort in practice, during the game, and in the classroom. Stay in shape mentally and physically. Be honest with yourself, teammates, and coaches. Learn from mistakes and handle them positively. Play with pride and poise and PLAY TO WIN. Love the battle, the competition, and the challenge. Work as a team to achieve these results through dedication to the program.

## Daily Practice Worksheet Lady Eagle's Volleyball

<b>Date:</b>	<b>Time:</b>	<b>Equipment:</b>																		
<b>ANNOUNCEMENTS</b>																				
<b>TRAINING EMPHASIS &amp; GOALS</b>																				
<b>WARM-UP &amp; TRANSITION PHASE</b>																				
<b>PRINCIPAL PHASE: (individual and team skills)</b>																				
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		<b>Drill name, description, and focus</b>
<b>CONDITIONING &amp; COOL_DOWN PHASE</b>		
<b>CLOSING COMMENTS &amp; PRACTICE EVALUATION</b>		