

# 2023 Basketball Season

Hal Shults & Ben Kurecka, Team Coaches  
Brian Kenyon & Wendi Daniels, Assistant Coaches  
Ashlyn Koenning, Team Skills Coach  
Marisa Sodders, Individual Skills



# Practices

**WEDNESDAYS**

**January 4 - February 22, 2023**

**6:00 - 7:00 pm**

**3v3, team skills, individual skills**

**7:00 - 8:00 pm**

**5v5 Unified**

**\*\*\* All players will practice on January 4, 2023 at 6:00 p.m.**

**This is a mandatory practice for athletes trying out for 3v3 or 5v5 teams.**

**All athletes can participate in team skills or individual skills**

# Location

Lake Travis High School Gym 3  
Enter on Spillman Loop to access gym



Please call Marisa at 512-518-1199 if you have any issues finding the gym

# Official Competition Events

## Individual Skill Competition

For athletes who have not yet mastered skills needed to participate in team basketball. Skills are performed without the pressure of a defender

## Team Skills Basketball

8 member team for athletes who have not yet mastered skills needed to participate in team basketball, but can pass and catch

## 3v3 Half Court - tryouts required for participation

For athletes with lower ability levels to progress to full court play. 3 athletes on the court at a time with a roster size no larger than 6

## 5v5 Unified Full Court - tryouts required for participation

Roster of no more than 10 with equal number of athletes and partners. No more than 2 partners on the court at a time.

# Individual Skills

For athletes who have not yet mastered skills needed to participate in team basketball. Skills are performed without the pressure of a defender.

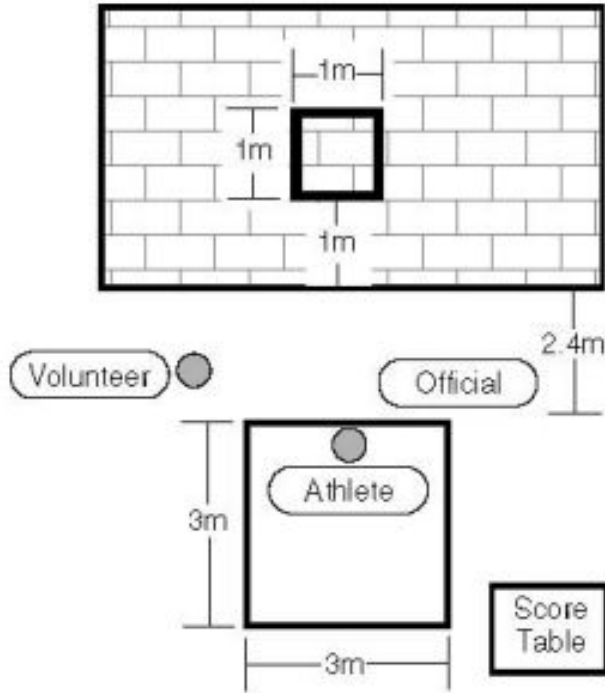
Final score for individual skills is determined by adding the scores achieved in each of the following events:

Target Pass

Ten Meter Dribble

Spot Shot

# Individual Skills: Target Pass

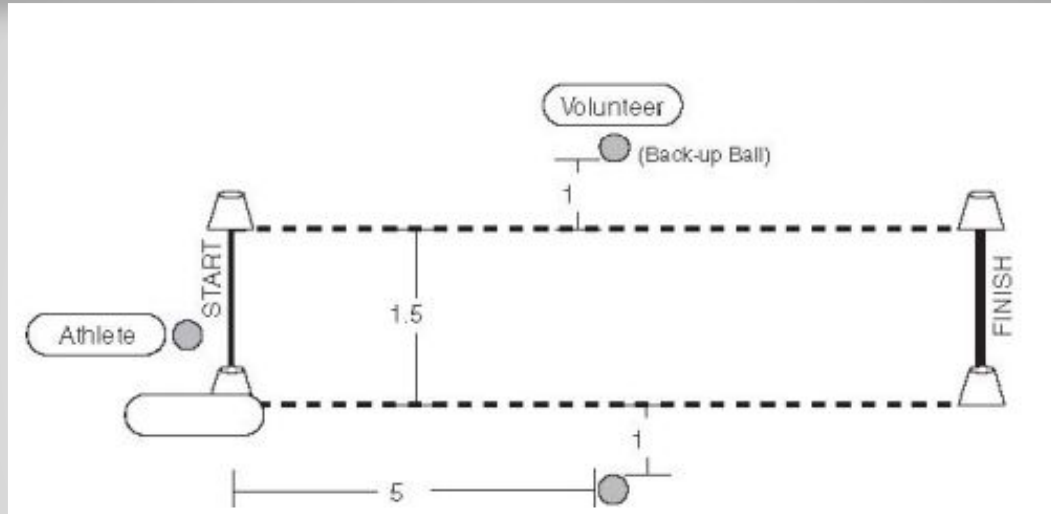


Measures an athlete's skill in passing a basketball

Scoring:

- 3 points – inside square
- 2 points – hitting lines
- 1 point – hitting wall
- Additional point – catching the ball in air or after 1 or more bounces while in box

# Individual Skills: Ten Meter Dribble

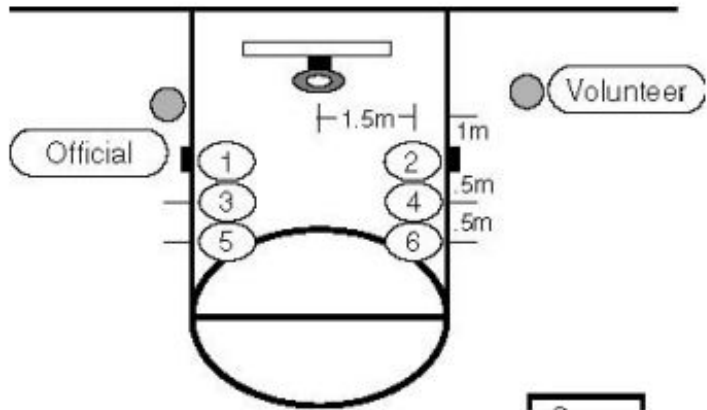


Measures an athlete's speed and skill in dribbling a basketball

**Scoring:** Athlete must cross the finish line between cones and must pick up the ball to stop the dribble

- Two trials – best will be converted into points
- One second added every time an athlete illegally dribbles (two hand dribble, carries the ball, etc.)

# Individual Skills: Spot Shot



Measures an athlete's skill in shooting a basketball (2 attempts from each spot). Athletes can compete using an 8' or a 10' goal

## Scoring:

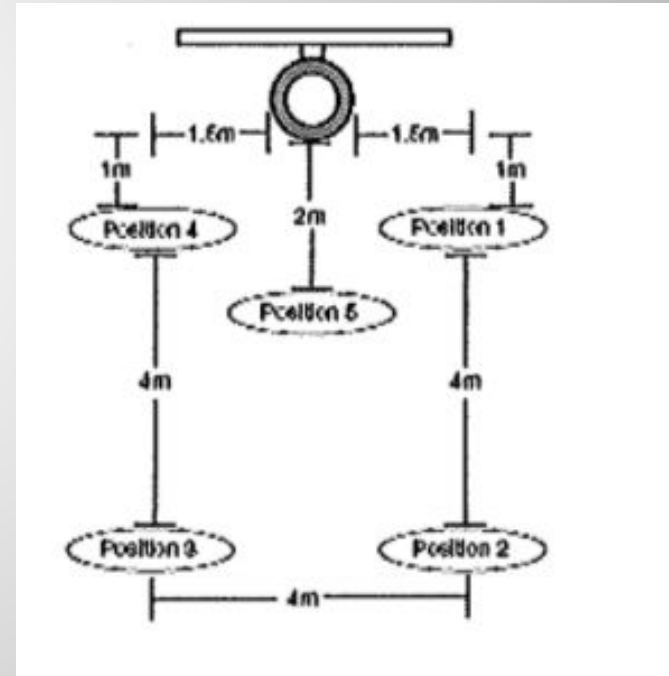
- Spots 1 & 2 – two points
- Spots 3 & 4 – three points
- Spots 5 & 6 – four points
- Does not pass through net but hits net, rim, or backboard – 1 point



# Team Skills

8 member team for athletes who have not yet mastered skills needed to participate in team basketball, but can pass and catch

The player in position #1 throws the ball to the player at position #2 who throws to position #3. This sequential throwing rotation continues until the ball reaches the player at position #5 who then attempts a goal. Athletes may pass the ball in any manner. A bounce pass is allowed provided there is only one bounce. Players rotate at the end of each round.



# 3v3 Half Court



For athletes with lower ability levels to progress to full court play. Tryouts are required for participation.

## Game play:

- Start with flip of coin
- Played for running clock of 20 minutes
- Goal – 2 points
- Winning team – first to 20 points or highest after 20 minutes

# 5v5 Unified Full Court

Roster of no more than 10 with equal number of athletes and partners. No more than 2 partners on the court at a time. Tryouts are required for participation



# Competition

SATURDAY and SUNDAY

February 25 & 26, 2023

LOCATION:

San Marcos, TX

Jowers Center at Texas State and Goodnight Middle School

All day event on one day. Exact day to be determined

# Uniforms

## Practices:

Shorts or sweatpants

T-shirt or athletic shirt

Properly fitting athletic shoes

## Competition:

Numbered uniform shirt provided by LTSO

Black shorts provided by LTSO

Properly fitting athletic shoes

# Expectations

Be on time for practices (attend at least 5)

Be dressed appropriately for basketball

Follow the Athlete Code of Conduct

- Sportsmanship
- Training and Competition
- Personal Responsibility

Try your best – taking data to submit to Area 13

Represent Lake Travis ISD

Have fun!

# Final Reminders

For safety reasons, **only athletes and volunteers will be able to use the courts during practice.** While friends and families are encouraged to watch and cheer, we ask that they remain on the sidelines.

**No pets are allowed on LTISD campuses.** Service animals specifically trained to aid a person with a disability are welcome.

# Call for Pictures

Photos from practices & competitions are used, with your permission, for:

LTISD website and social media

End of the year banquet

Forward photos to Marisa throughout the basketball season.



Not every parent wants their child's picture taken. If you aren't sure, please ask first.



# Contact Information

Coaches' contact information will be provided at practice

Marisa Sodders, Head of Delegation

- Cell 512-518-1199
- Office: 512-533-7928
- Email [soddersm@ltidschools.org](mailto:soddersm@ltidschools.org)

## Coach Marisa's Remind

To receive messages via text, text @ltisd to 81010. You can opt-out of messages at anytime by replying, 'unsubscribe @ltisd'.

Trouble using 81010? Try texting @ltisd to (832) 564-3279 instead.

\*Standard text message rates apply.

Or to receive messages via email, send an email to [ltisd@mail.remind.com](mailto:ltisd@mail.remind.com). To unsubscribe, reply with 'unsubscribe' in the subject line.

**To:**  
81010  
Enter this number

**Message:**  
@ltisd  
Text this message

**New message**

Recipients [ltisd@mail.remind.com](mailto:ltisd@mail.remind.com)

Subject (You can leave the subject blank)

# See you January 4th @ 6:00

