

Program Staff

The coaches of the Middletown High School boys basketball program will direct this six-week fall program. They will work closely with all of the young men who participate. The coaches will teach skills, provide feedback, and give each player plenty of “reps” as they strive to improve. They will also supervise all of the game action and help players learn how to manage their own games. Their goal is that all of the players will love the game of basketball more after participating in this fall program.

Typical Day

5th-6th graders

4:30—5:00	Skill Development
5:00—6:00	4-on-4 games

7th-8th graders

6:00—6:30	Skill Development
6:30—7:30	4-on-4 games

“Good basketball teams are made during the season. Good basketball players are made during the off-season.”

MHS Tradition

- * The Knights’ varsity basketball team has averaged 15.8 wins per season during the last 43 years.
- * Middletown has advanced to the University of Maryland for the state tournament seven times.
- * Thirty-two MHS players have gone on to play college basketball during the last 43 years.
- * John Bennett (Class of 1994) helped the University of Delaware to two straight trips to the NCAA Division I national tournament.
- * Four former Middletown players competed in college basketball during the 2009-10 season — Woody Butler (McDaniel), Paul Crone (Gettysburg), Michael Oursler (York), and Morgan Winn (Shenandoah).



“These materials are neither sponsored by nor endorsed by the Board of Education of Frederick County, the superintendent, or this school.”



Middletown “Gym Rat” Basketball Fall Program

*Sponsored by
the MHS
Sports
Boosters*

**For Young
Men In
Grades 5-8**

*“For those
who just
love to play
the game”*

*Sunday,
Sept. 12,
through
Sunday,
Oct. 17,
2010*

