

MOUNTAIN VIEW ATHLETIC ASSOCIATION BASKETBALL

DEVELOPMENT PROGRAM (DEV-PRO)

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1. Objectives and Tenets

1.1 Mission: MVAA Basketball is focused on the development of the athlete's and children within our cluster and community through the game of basketball. We feel that the fundamentals of the game must be taught at every age but beginning at the early ages to ensure that the athletes who want to pursue an athletic career through this sport have the proper tools available to them to perfect their craft.

DevPro is not only focused on athletes that want to play team sports for schools, but also for any athlete who wishes to accelerate their learning and skills in athleticism through basketball. This program is for every level of talent, from a first-time player to an aspiring career athlete; DevPro will provide essential tools that will ensure their success. MVAA Basketball believes in fostering development of our athletes to enrich the talent of all the athletes from our community.

Though available to the entire community, DevPro has a focus on developing talent within the Mountain View Cluster with the tenets necessary to succeed to our cluster's athletic teams. Our program(s) will constantly communicate with athletic program coaches to ensure that the teaching fundamentals coincide with the level of talent necessary to succeed at those levels.

1.2 Organization: Mountain View Basketball Development Program is a program offered by the Basketball organization of Mountain View Athletic Association (MVAA) and will be governed by the MVAA By-laws. This includes all transactions, registration, enrollments, mass communication emails, programs, events and all Dev-Pro related functions.

1.3 Communication: Information regarding MVAA Basketball will primarily come from; website, email, trainers, and the Executive Director. Mass emails may also be sent to parents to inform them of important events and activities such as schedule, program updates, curriculum changes and program related information.

1.4 Function: Dev-Pro is a program developed by MVAA Basketball with the guidance of Mountain View High School coaching staff in the effort to promote the sport and improve the fundamental skill set for the athlete's within our cluster. Dev-Pro is a function organized and administrated by MVAA Basketball while operated in collaboration with a training organization selected by MVAA Basketball. The training organization is a private, for profit, organization.



2. Team

MVAA Basketball has communicated with MV HS coaching staff and we are proud to have former and current staff that will be instrumental with our team and our program goals.

Executive Director:

David Figueroa



David Figueroa is the acting MVAA Basketball Director and is the Executive Director of DevPro. David has worked diligently to establish the curriculum, work with Mountain View coaches to understand the necessary skill development and with DevPro trainers to establish this program for our community. David recognized the need for tools for our youth and will steer DevPro to success for all its participants.

Head Trainer:



Rob Rodgers

Rob Rodgers is a lifelong basketball player having played through high school and into college at the University of Illinois. Rob has been part of the Mountain View High School Athletic department for years working with 9th grade, Junior Varsity and working directly as an Assistant Coach with Head Varsity coach, BJ Roy. Rob is instrumental in understanding the needs the athletes will have, the tenets which are expected through the cluster and the overall curriculum we will be offering.

Head Trainer:



Kiwane Garris

Kiwane Garris is a former NBA player having played several seasons with different clubs in the league. Kiwane also played several years over-seas. Kiwane was an All American in college for the University of Illinois and holds several records in school history. Kiwane is instrumental in helping our athletes understand the core principles of what is necessary to succeed to the highest of levels. Kiwane provides the mentorship and leadership that we believe our kids will need to excel in their sport.



3. Curriculum

3.1 Overview

Our curriculum based Development Program will consist of basic and intermediate skills training that will progress throughout the MVAA Basketball Winter season. We begin our curriculum with core workouts, drills, and sets that will emphasize the basic fundamentals and mastery of these tenets. As we move through the season, our trainers will help coaches with basic offensive and defensive schemes that will also be taught in our Development Program (Dev-Pro). Through the season Dev-Pro students will develop a higher understanding of the elements being taught that will coincide with their regular season. We feel the students of the program will be leaders in the recreational league due to their participation in both Dev-Pro and rec because they will be able to apply all the tools and skill in live action scenarios.

Our goal, through Dev-Pro, is to raise the standard of play **for all of our youth** participating in MVAA Basketball. Should a student participate in Dev-Pro training for the entire year, we are confident that they will be able to compete with some of the best talent in our county if not the state. We will hold 2 sessions per week, eight per month; each one hour long. Any student can join at any time at the beginning of each month and they will be catered to with respect to the drills; students may enter in Team Skills portion at the discretion of Executive Director and Trainers.

***Days may be divided into different curriculums contingent on enrollment sizes.*

1. **Month One-Three: Main Focus-Dribbling, Shooting and Layups**

Working with athletes of every skill level and assessing their abilities. Each session will have a major focus for the month. Each athlete will perform the drills and exercises regardless of skill level, yet a movement or level will be added within a drill to help more advanced students excel. We will begin week one with foundational skill drills and provide a goal for each student. This goal will be discussed and agreed to by Rob Rodgers and the parent. We begin with basic dribbling, ball control, speed of dribble, ball handling, form shooting and layups.

2. **Month Four-Six: Main Focus-Team Play with continued emphasis on core fundamentals**



These months our students will begin working into team basics and team training. Basics of movement with and without ball. Cuts, picks, screens, positioning, body movement, spacing, off ball movement and basic understanding of offense and defense. Basic basketball plays. Understanding how the elements we have discussed are incorporated into plays. Lessons such as drag screens, pick and roll, Nova, Gonzaga, read and react, motion continuity and basic decision making should be covered. Defensive schemes zone and man are addressed and adopted. Rules, definitions, terms and coach's expectations.**

4. Cost Structure

We are offering Dev-Pro two days a week, every month while our season is in session. We encourage all participants to attend as many sessions as they can understanding that repetition, practice, muscle memory and tutelage are the keyways to leveling up their skill set. We understand that a commitment to training is difficult, so we have two days, per week, available; one on a weekday and the other on a weekend. Dev-Pro will take place at Mountain View High School earlier on the weekend and late on a weekday to help in schedule conflicts. Therefore, parents will have two options that of which they can select one or both for participation:

1. **Dev-Pro Skills and Player Development Program: \$100 per month for 4 sessions or \$200 for both sessions. When registering, parents will have an option to attend one day, 4 sessions per month or attend both sessions for 8 sessions per month.**

We will not permit for athletes to participate in single sessions as we believe that the athlete will not benefit from the learning experience.

5. General Code of Conduct Statement

It is policy of Mountain View Athletic Association Basketball to promote the development of integrity, honor, respect and a sense of communal responsibility in our youth. It is the purpose of Mountain View Athletic Association Basketball to achieve this goal through fair play and good sportsmanship with adult leaders providing the example. It is strictly against the policy of Mountain View Athletic Association Basketball for any person, either as a participant, coach or a spectator to engage in arguments, to use abusive language, to harass or make any threatening gestures towards officials, coaches, players, spectators or league officials or to exhibit any behavior not in concert with the general intention of this policy statement. Failure to abide by this policy will result in immediate disciplinary actions as outlined herein. A student may be asked to not attend due to their behavior if they are a negative influence upon other players and/or if they do not adhere to the policies set forth herein.