

7th Annual
Bridgewater-Raritan
Basketball Camp

Camp Notes
July 13-17, 2015



“Basketball Agility Workouts”

Camp at 2 Locations

Grades 2 – 5 at JFK School in Raritan

Grades 6 – 9 at Bridgewater-Raritan

High School Back Gym

(Stations and speakers vary at the different locations)
(Agility Measurements Provided so Campers can build on
previous scores)

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7th Annual Bridgewater-Raritan Basketball Camp

Camp Notes

Monday, July 13, 2015

Bridgewater-Raritan Varsity Head Coach: Gene McAteer at JFK School

Bridgewater-Raritan Junior-Varsity Head Coach Stephen Kline at BRHS

➤ **Welcome to Basketball Camp**

- Pay attention to detail: Personal responsibility and accountability are expectations at basketball camp. This means you stay with your group, pay attention to instructions, and be ready to act.
- The ability to listen attentively and focus on instruction is expected from all campers of all ages.
- Listening skills & eye contact
 - Anticipate what the coach will say. Guess what is coming next. Then listen intently to see if you were right.
 - Listen to what your coaches tell you & watch the demonstrations by the high school & college players. Be ready to try the drills when you get the chance.
 - Be alert & ready to do what you are asked. This way less time is wasted and you will have more time to play basketball.
 - If you listen & try new things, you have the opportunity to learn and grow as a player. The key to success however, is to work on your own when you leave camp. This is how you become a better basketball player.

➤ **Monday Morning Stations**

- Ball handling with 1 ball
 - Players will practice ball handling in a stationary position with right and left hand
 - Ankle, waist, and shoulder height dribbles
 - In and out move
 - Crossover
 - Rolling ball front to back on the side of their body
 - Players need to work on keeping their head up to see the floor
- 2 line passing
 - Players partner up on the baseline and slide to half court while performing various passes
 - Chest pass back and forth
 - Bounce passes
 - Lead hand one handed passes
 - 2 Ball bounce and chest passes
- Lay-ups
 - Regular lay-ups focusing on proper foot work and extending up to the basket

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- Right hand and right leg is up and you are jumping off of your left leg
 - Left hand and left leg is up and you are jumping off of your right leg
- Panther Shooting
 - Two teams shoot from the elbow first to a certain makes wins; played at the end of camp daily
- Line jumps
 - Works on quickness off the floor and leg strength
 - Players jump back and forth and side to side over a line for a given time
 - First players do it with both feet then only on right foot then left foot

➤ **Monday's Contest is One on One**

- Players will play one on one games to accumulate wins to help them earn a spot in the one on one tournament Friday afternoon
- The way to get a win is to score offensively, if the defender gets a stop they will then switch to offensive but will not receive a point, the game is played until the offensive player scores or the defensive player gets a stop
- Playing one on one games will help create competitive teams for the weeks games

Bridgewater-Raritan Varsity Head Coach: Gene McAteer: Monday's Agility Drill

- Balancing on the ball
 - Have player go into a push up position to do a variety of balancing, strength, and agility drills.
 - The first basic drill is to have feet on the ball while holding your body in an up push up position.
 - The second position is having both hands on the ball and balance.
- To make the drill harder have player try and perform a push up with hands or feet on the ball. To build on the agility balancing on the ball we incorporate a push-ups on the ball
- The positions from Monday are having either both hands or both feet on the ball and balance.
 - To make the drill harder have the player try and perform a push up with hands or feet on the ball.
- Another drill that can be done requires the player to have one hand on the ball, feet on the ground, and other hand on the ground.
 - The player will do a push up with the ball under one hand then roll it to the other hand and do a push up again.
- Campers got a chance to perform the different balancing drills as part of their afternoon rotations
- **Agility Measurement of the Day at BRHS: Vertical Jump**
 - All campers had their vertical jump recorded on Monday morning or afternoon
 - The measurement is included at the end of the camp notes so campers can work on improving their measurement from camp
- **Agility Measurement of the Day at JFK: Timed Full Court Sprint**
 - Campers ran up and back the length of the court and were timed by the coaching staff

Tuesday, July 14, 2015

Special Guest Speaker Sal Vitello Current Player at Caldwell University and the All-Time Leading Scorer in Bridgewater-Raritan High School History

➤ **Agility Drill – Line Jumps**

- Drill requires a basketball
- The drill involves standard line jumps however the player holds the basketball over their head while performing a variety of jumps
- The player will move jump the line and move forward on the line and back on the line they are using
- Jumps include
 - Side to Side with two feet
 - Side to side with the right foot only
 - Side to side with the left foot only

➤ **Push-ups on the ball**

- These push ups are an extension of Coach McAteer's balancing on the basketball lecture
- If you are not able to balance on the ball you will not be able to do push-ups on the ball
- First, have both feet on the basketball and perform a push-up
- Second, have both hands on the basketball and perform a push up
- Third, have one hand on the basketball and one on the ground and perform a push-up, try with your right hand on the basketball and then your left hand on the basketball
- Fourth, one hand on the basketball one on the ground and after roll the ball to the opposite hand for another push-up
- Fifth, two basketballs and one hand on each ball
- Sixth, four basketballs, one hand and one foot on each basketball

➤ **Ball Handling Agility Drill**

- This drill involves the lane on the court, if players are not on an actual court they can use 4 spots in the shape of a square to perform the drill
- The player starts under the basket with the ball facing the basket, they then back pedal and dribble to one of the elbow with their outside hand
- When they get to the elbow they will sprint and dribble to the block
- Once at the block they then slide to the opposite block while still dribbling, while they are sliding across they should cross over to their outside hand
- Once they reach the opposite block they then back pedal to the elbow
- At the elbow they will explode to the basket and finish with a lay-up
- Continue to do the drill, start by back pedaling to the opposite elbow each time, this will allow players to work on their right and left handed finishes
- Players should also mix up their finishes
 - One footed lay-up
 - Two foot power lay-up
 - Reverse lay-up
 - Floaters
 - One dribble jump stop and jump shot

- **Ball Handling and Agility Partner Shooting Drill**
 - One player will start on the wing at distance from the basket that is a makeable shot for the players
 - The other player will start under the basket with a basketball facing half court
 - The player with the ball will dribble to the foul line with the hand opposite of the side the shooter is on
 - The ball handler will perform a dribble move at the foul line and slide to the shooter on the wing
 - The shooter will have their hands up ready to catch a pass
 - The ball handler will hit them in the hands with the basketball and back pedal to the block without dribbling
 - The ball handler will then pass to the wing and close out to the shooter with a hand up
 - The shooter will shoot and get their own rebound and the players will switch spots
 - The drill should be done with the shooter on both sides of the court
- Campers had an opportunity to work on these drill is their afternoon rotation
- **Tuesday's Contest is the Mikan Drill**
 - The Mikan Drill is named after NBA great – George Mikan who was a Hall of Fame pro player in the 1940's & 1950's. George excelled at left hand & right hand baby hook shots around the basket.
 - The modern version of the Mikan Drill features continuous righty & lefty lay-ups.
 - Players must quickly move and get a good angle so that they may bank the ball in high & soft off the square.
 - Make or miss, players rebound the shot and step through to the other side.
 - Again, get a good angle so that you are not attempting a shot from directly under the rim.
 - In the contest, players strive to score as many lay-ups as possible in a 30 or 45 seconds
- **Agility Measurement of the Day at BRHS: Shuttle Drill**
 - 3 cones in a straight line
 - The middle cone is about 5 feet from the two outside cones
 - Players start in the middle (cone 1) and slide to the one outside cone (cone 2)
 - They then slide back from cone 2 to the opposite far cone (cone 3)
 - Lastly, they slide from cone 3 to cone 2 and their time stops
- **Agility Measurement of the Day at JFK: Box Shuttle Drill**
 - Players use the lane for this competition
 - Players start at one block and sprint to the elbow
 - Once at the elbow they slide to the opposite elbow and back to the original elbow
 - They then back pedal to the block they started at and slide to the opposite block
 - At the opposite block they sprint to the elbow
 - Once at the elbow they slide from one elbow to the other elbow and back
 - They will then back pedal to the block and slide to the first block they started at, once they cross the block their time will stop

Wednesday, July 15, 2015

➤ **Bridgewater-Raritan Varsity Head Coach: Gene McAteer: Wednesday's Agility Drills**

- Agility Ladder
 - Two feet in each rung of the ladder jumping forward
 - Stand on the side of the ladder, right foot in, left foot in, right out the other side, left out the other side, move to next rung
 - Stand on the side facing the ladder, both feet in then both feet out moving up the ladder
 - Stand at base of the ladder and quick stutter steps right in left in same rung then move up the ladder

➤ **Wednesday's Contest is X - Out**

- This contest improves a players pivoting, ability to push the ball out, and finishing at the rim with a lay-up
- The player will start on one of the two elbows
- The player has 45 seconds to make as many lay-ups as possible, make or miss they will gather their rebound and dribble to the opposite elbow then pivot and go back to the basket to attempt another lay-up

➤ **Wednesday Morning Stations**

- **Rebound catch quick off feet**
 - Again works on players quickness off the floor and explosiveness
 - Players need to be able to rebound the ball and quickly spring back up to lay it in as to give the defense less time to recover
- **Catching the ball**
 - Players will toss the ball as high as they can and clap as many times as they can before catching the ball
 - Works on hand eye coordination
- **Star passing Drill**
 - Player 1 starts with ball at the right block
 - Player 2 is at the three point line between the wing and top of the key
 - Player 3 is in the corner opposite player 2
 - Player 4 is in opposite corner as player 3
 - Player 5 is in a similar position as player 2 on other wing
 - Line under the basket behind player one
 - Player 1 passes to player 2 then follows their pass to the right
 - Player 2 passes to player 3 then follows their pass to the right
 - Player 3 passes to player 4 and follows to the right
 - Player 5 cuts the basket as player four throws a bounce pass for a lay-up
 - Players must meet the pass not just stand and wait for it
 - After the lay-up is made or missed the next player gets the ball before it hits the ground and starts immediately
- **2 ball stationary dribbling**
 - Similar to 1 ball except working on both hands at once

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- Added to the drill is alternating dribbles where one ball hits the floor while the other is up
- Players need to work on keeping their head up to see the floor
- It is much easier for some to keep their head up with one ball, but even practicing with two the head must be up to see the floor
- **Lay-Ups**
 - Continue to work on lay-ups
 - Focus on changing momentum from out to up
 - Players tend to end up out of bounds when shooting lay-ups at full speed because they lack the ability to switch their momentum
 - Players will want to slow themselves in the last step or two to help them extend up towards the rim changing the momentum so they stay in bounds
 - Added in power lay-ups
 - Player will jump stop at the block
 - Then off of two feet power up for the lay in
 - This will help the player stay under control and possibly avoid a charge being called against them
 - Horseshoe Shooting
 - Players will run around the three point line
 - In the opposite corner a player waits with the ball
 - Once the first player gets to the corner they will receive a little flip pass from their teammate as to simulate coming off a screen and must square their body to the basket to shoot
 - This drill works on conditioning and pivoting
 - Agility Ladder
 - Drills seen above in Coach McAteer's Lecture

Bridgewater-Raritan Varsity Head Coach: Gene McAteer: Wednesday's Agility Drills

➤ Bag of Tricks

- Tennis ball, ball handling
 - Players will dribble with their right and left hands while tossing a tennis ball in the air with the opposite hand
 - This will have the players maintain a dribble while focusing on something other than the dribble
 - The next drill is the player will do a lunge while dribbling and tossing the ball, when they get into a lunge position they will toss the tennis ball between there leg and catch it
 - Another more advanced drill is to allow the tennis ball to hit the floor, as it hits the floor the player will perform a dribble move before attempting to catch the tennis ball before it hits the floor
 - The advanced drill can be done with two dribble moves before attempting to catch the tennis ball before it hits the floor again
 - Players can also attempt to perform three dribble moves before catching it as well

Bridgewater-Raritan Junior Varsity Coach Stephen Kline's Wednesday Agility Measurement

➤ **Hop Drill**

- 2 cones 15 feet apart
- Players have 30 seconds to hop on one foot forwards and backwards to each cone as many times as possible
- The coaches kept time and recorded the number of full trips each camper made

Thursday, July 16, 2015

➤ **Bridgewater-Raritan Varsity Head Coach: Gene McAteer**

○ **"Passing Tag"**

- Passing Tag is a game that incorporates all of the vital components of being a solid offensive basketball team.
- Players must be able to pass, catch, & communicate with one another while running, sliding, & moving at game speed.
- The objective for the team with the ball is to tag the other team's players with the ball which would result in that particular player being eliminated!
- Play continues until all five members of the other team have been tagged out.
- The team that does not have the ball must "run away" and avoid being tagged out for as long as they possibly can. The game is played in the half court.
- No dribbling is allowed. And, you may not throw the ball at the other team.
- Once you catch the ball, you may pivot but that is all the movement that is allowed as you stretch and try to tag people out.
- In tagging the other team, you must maintain solid possession of the ball.
- If you drop the ball while trying to tag out the other team, the person is safe.
- One of the keys to success is for the team with the ball to pick one player and surround that one guy. Try to trap each person near the sideline and pass the ball more quickly than the player can move.
- To make the game competitive keep track of which team tags out the other squad in less time.

➤ **Thursday's BRHS Contest is an Agility Obstacle course**

- An obstacle course designed to implement all the agility drills from the week was designed by Coach Stephen Kline for the campers to compete in
- The times are recorded at the end of camp notes

➤ **Thursday's JFK Contest is Hot Shot**

- In hot shot, players have 30 or 45 seconds to make as many shots as possible from different locations on the floor
- Each location is worth a different value
 - Lay-ups are worth 1 point
 - Block Shots are worth 2
 - Shots from the elbows or foul line are worth 3
 - Three pointers are worth 5 points

Bridgewater-Raritan Junior Varsity Coach Stephen Kline's Thursday Agility Measurement

➤ **3 Cone Drill**

- Similar to what is seen at the NFL Combine, 3 cones are set up in a "L" layout with each cone 10 feet from the other
- Players start at cone 1 at the top of the "L" and run to cone 2 directly in front of them
- Once at cone 2 they plant their foot and run back to cone 1
- From cone 1 they sprint up and around cone 2 towards cone 3
- At cone 3 they loop around the cone passing it on the side closer to cone 1
- They loop around cone 3 back around the outside of cone 2 and sprint through to cone 1
- Once they pass cone 1 their time will stop

Friday, July 17, 2015

○ **Championship Friday**

- Friday afternoon we have our contest finals as well as our Panther Shooting Tournament. Each league will have the top 12 campers, based on results from the week, compete to win the competition finals in a 1 on 1 Tournament, X – Out, Mikan, and Hotshot.
- The Panther Shooting Tournament is a bracket tournament in which every team will compete. Each round will be played to a different make total until we crown a champion

○ **Winning, Losing, sportsmanship, and character...**

- Enthusiasm is a great thing; however, make sure that it is in a positive manner. Winning and losing is something that applies to all players of all skill levels because no matter how good you are, eventually you are going to lose at something.
- How you behave after a win or loss shows a lot about your character. You should strive to win and lose with class and style; because how you act reveals a lot about who you are as a person.
- These characteristics are essential not just in basketball but in life as well. It is important to be respectful in victory and defeat to the opponent. It is easy to shake hands in victory but it shows more when you are able to after to defeat.

➤ **Friday's JFK Contest is Skills Competition**

○ **Similar to NBA skills challenge during All-Star weekend**

- The skill contest tests a players dribbling ability, lay-ups, passing, and jump shot
- Players will first go through an extended zigzag dribble course up the sideline
- They will then dribble to a set of cones in front of a target in which they must make a pass from the distance hit the target get the ball and make a lay up
- From the made lay-up they will then go through a close are zigzag course to the next hoop for a power lay-up
- After the made lay-up they will speed dribble to the next basket for an elbow jumper, if they miss they have to get the rebound and make a lay-up before advancing

- After the made jump shot or lay-up the player speed dribbles to center court then performs a dribble move to a cone on the sideline, they perform another dribble move and go in for a lay-up
- When they make the last lay-up time stops and is recorded

JFK CONTEST RESULTS

First Name	Last Name	Grade	1 on 1	Mikan	X - Out	Hot Shot	Skills Competition
Gabriel	Kielb	2	6	16	9	14	:45
Isabella	He	2	0	6	4	9	1:10
Neel	Sappidi	2	12	12	7	8	0
Oliver	Hockstein	2	1	10	5	8	:54
Elsa	Chen	2	2	2	2	6	1:21
Alice	Wang	2	0	12	3	4	:55
Miles	Williamson	2	2	11	6	2	:52
Arjun	Agarwala	2	0	1	1	2	1:42
Eric	Edelman	2	5	9	7	0	1:02
Neil	Jaiswal	3	8	8	9	17	:45.8
Megan	Li	3	5	16	10	16	:48
Andy	Wang	3	3	13	7	14	:48
Simran	Agarwala	3	1	14	7	12	:54
Luke	Kim	3	5	6	4	11	:45
Alan	Jiang	3	0	5	3	6	01:28.2
Sunny	Chen	3	2	6	2	6	1:07
Brayden	Fox	N?A	N?A	N?A	N?A	N?A	:42
First Name	Last Name	Grade	1 on 1	Mikan	X - Out	Hot Shot	Skills Competition
Kevin	Wang	4	0	26	17	39	41.81
Brian	Edelman	4	28	34	18	34	:28.24
Alex	Payne	4	9	14	12	23	:46.3
Ross	Kavit	4	0	9	4	22	:46.61
DANIEL	GAO	4	4	21	9	19	51
Amey	Paranjpe	4	0	9	7	19	36.12
Sean	Puthenchira	4	0	19	8	18	:38.35
Daniel	Canuel	4	0	13	6	18	1:17
Rishikesh	Ravi	4	0	11	4	15	1:12
Ethan	He	4	0	15	11	14	:55.2
Moksh	Patwari	4	0	10	7	13	01:03.9
William	Hockstein	4	7	29	17	13	1:17
Dev	Patel	4	1	16	11	11	1:02
Daniel	Kellstein	4	0	4	4	10	1:12
Riya	Desai	4	0	8	7	5	N/A
Casey	Farrell	5	4	21	17	43	38.4
WESLEY	LIU	5	5	27	14	39	34.7

Julian	Kielb	5	13	29	20	38	41.3
Nick	Peterpaul	5	0	0	10	28	N/A
Cole	Cabtu	5	1	34	14	26	31.45
Nicholas	Thomas	5	0	0	10	25	N/A
RISHI	SAPPIDI	5	2	0	10	20	N/A
JUDY	GAO	5	1	19	9	20	N/A
Briana	Flatt	5	5	19	10	19	47.15
Alex	Hu	5	1	27	9	17	42.92
Ashwin	Sakthivel	5	1	26	16	16	38.4
Kevin	Li	5	0	3	2	10	53.29
STANLEY	LIU	5	0	7	18	4	1:10
Alex	Li	6	15	29	7	44	35.19

JFK AGILITY MEASUREMENTS

First Name	Last Name	Gender	Grade	Sprint	Shuttle Box	Shuttle Box
Arjun	Agarwala	MALE	2	12.1	25.6	20.1
Elsa	Chen	FEMALE	2	12.7	29.2	20.2
Isabella	He	FEMALE	2	12.39	24.12	28.58
Oliver	Hockstein	MALE	2	12.1	18.7	16
Gabriel	Kielb	MALE	2	10.54	21.46	17.3
Neel	Sappidi	MALE	2	11.8	19.5	14.7
Alice	Wang	FEMALE	2	11.6	14.67	15
Miles	Williamson	MALE	2	12.2	26.26	25.31
Simran	Agarwala	FEMALE	3	12.54	19.5	17
Sunny	Chen	FEMALE	3	11.5	23.2	21.3
Neil	Jaiswal	MALE	3	10.49	17	14.4
Alan	Jiang	MALE	3	10.9	16.36	14.86
Luke	Kim	MALE	3	11.11	17.61	14.5
Megan	Li	FEMALE	3	11.67	15.11	15.15
Andy	Wang	MALE	3	10.1	15.6	14.8
Eric	Edelman	MALE	2	12.1	30.2	21.6
Daniel	Canuel	MALE	4	12.33	15.01	15
Riya	Desai	FEMALE	4	12	22.58	17.44
Brian	Edelman	MALE	4	9.58	12.13	12.59
DANIEL	GAO	MALE	4	10.2	12.88	12.29
Ethan	He	MALE	4	10.6	14	12.78
William	Hockstein	MALE	4	9.8	14	12.58
Ross	Kavit	MALE	4		28.4	15.5
Daniel	Kellstein	MALE	4	0	17.93	13.87
Amey	Paranjpe	MALE	4	10.2	25.8	17.99
Dev	Patel	MALE	4	14	18.84	14.8
Moksh	Patwari	MALE	4	12	20.84	16.28
Alex	Payne	MALE	4	10.43	13.1	15.28
Sean	Puthenchira	MALE	4	11.59	16.75	15.78
Rishikesh	Ravi	MALE	4	11.56	14.83	14.78
Kevin	Wang	MALE	4	11.18	15.06	14
Cole	Cabtu	MALE	5	10.23	14	15.92
Casey	Farrell	MALE	5	10.9	15.03	16.2
Briana	Flatt	FEMALE	5	11.1	17.55	12.41
JUDY	GAO	FEMALE	5	11.01	14.85	13.6

Alex	Hu	MALE	5	10.2	13.93	12.31
Julian	Kielb	MALE	5	11.1	15.3	16.97
Kevin	Li	MALE	5	15	20	20.94
STANLEY	LIU	MALE	5	10.38	13.49	12
WESLEY	LIU	MALE	5	10.75	14.79	13.11
Nick	Peterpaul	MALE	5	0	18.43	14.54
Ashwin	Sakthivel	MALE	5	0	0	0
RISHI	SAPPIDI	MALE	5	14.2	17.68	16.17
Nicholas	Thomas	MALE	5	0	12.86	11.88
Alex	Li	MALE	6	10.25	12.93	12

BRHS CONTEST RESULTS

First Name	Last Name	1 ON 1	MIKAN	X - OUT
AJ	Warzeniak	6	N/A	14
Maxx	Cohen	6	22	13
Ryan	Harper	N/A	N/A	N/A
Matt	Warzeniak	6	N/A	16
Pravar	Jain	10	27	14
Aneesh	Nagalkar	1	18	5
Siddhant	Sharma	0	17	12
Jason	Garnett	11	30	18
Ryan	Luis	12	43	20
CJ	Stout	0	23	21
Bryan	Zhang	2	34	20
Gregory	Zimmerman	2	27	20
Aarav	Mathur	0	20	13
Aaron	Fan	N/A	23	10
Jomar	Perez	0	19	5
Luca	Cianfano	4	20	17
PATRICK	JIAO	4	5	15
JASON	ZHOU	4	28	17
Rishabh	Shetty	5	34	13
Brandon	Szeto	1	16	14
Kellen	Adams	6	24	11
Kristin	Hsieh	0	26	11
Sam	Cohen	10	36	23
Alec	Whelan	7	46	22
Evan	Gladstone	0	N/A	16
Abir	Sun	2	28	16
Jeffrey	Jiang	4	40	19
Nicholas	Oliveira	1	27	10
Alec	Oliveira	5	21	11
Josh	Stasienko	4	10	4
Philip	Qiu	N/A	37	19
Simar	Shah	2	N/A	16
Akanksh	Chauhan	1	N/A	N/A
CHARLIE	SUN	3	31	15
Jonathan	Huang	0	13	16

Vishwa	Arasappan	0	34	19
Peter	Johnson	0	22	10
Nicholas	Gwiazdowski	3	36	19
Tommy	Miller	3	32	19
Jack	Kenny	1	16	10
Zachary	Atanasov	0	19	13
Jack	Lehberger	0	32	12
Devon	Turner	2	N/A	N/A
Justin	Peterson	1	30	15
Evan	Harper	N/A	N/A	N/A
Ben	Wachtel	1	15	14
Rhamad	Bonney	3	30	14
Daniel	Edelman	10	38	22
Peter	Dellavolpe	10	N/A	12
Krishan	Patel	7	33	6
Alvin	Cheng	14	45	23
Aman	Wadwha	3	29	11
Tarun	Trivedi	5	42	18
Varun	Sarabudla	0	13	13
Ali	Versi	7	20	14
Zachary	Letts	9	36	19
Akshay	Reddy	4	30	20
Vishnu	Bindiganvile	0	23	17
Roshun	Tiwari	4	26	15
John	Gitterman	4	25	N/A
David	Castro	0	32	14
Nicholas	Sacco	12	34	21
Christopher	Hu	5	42	19
Samiga	Gubta	N/A	N/A	N/A
Matt	Thomas	0	N/A	14
Brian	Michaels	0	41	22
Johnathan	Travisano	0	34	12
Fu	Evelyn	3	29	7
Eric	Lin	N/A	N/A	15

BRHS AGILITY MEASUREMENTS

First Name	Last Name	VERTICAL	2 Ball Pushup	Hands on Ball	Feet on Ball	Shuttle	Hop Drill	3 cone	Obs. Course
AJ	Warzeniak	N/A	N/A	N/A	N/A	N/A	N/A	N/A	59
Maxx	Cohen	12	1	0:32	0:01	5.45	7	N/A	51.25
Ryan	Harper	N/A	N/A	N/A	N/A	N/A	N/A	N/A	54
Matt	Warzeniak	N/A	N/A	N/A	N/A	N/A	N/A	N/A	54
Pravar	Jain	16	4	1:08	0:35	6.05	N/A	8.9	49
Aneesh	Nagalkar	11	1	1:05	1:09	5.99	4	9.5	60
Siddhant	Sharma	12	2	0:20	0:25	6.88	5	9.67	77
Jason	Garnett	12	0	0:07	0:11	6.22	5	N/A	59
Ryan	Luis	N/A	N/A	N/A	N/A	6.48	9	N/A	54
CJ	Stout	16	10	0:54	1:10	5.38	11	8.81	N/A
Bryan	Zhang	14	2	0:30	0:17	6	9	8.76	54
Gregory	Zimmerman	13	0	0	0	6.26	7	8.11	62
Aarav	Mathur	11	4	1:00	0:20	6	8	10.8	60
Aaron	Fan	N/A	N/A	N/A	N/A	N/A	N/A	8.55	56
Jomar	Perez	13	7	1:20	0:30	5.33	7	N/A	79
Luca	Cianfano	14	3	0:45	0:23	6.35	6	8.98	N/A
PATRICK	JIAO	13	1	1:30	0:42	5.85	9	8.68	52
JASON	ZHOU	16	0	0:45	0:22	5.93	6	8.4	57
Rishabh	Shetty	11	14	3:10	1:05	5.5	10	7.8	49
Brandon	Szeto	N/A	N/A	N/A	N/A	N/A	N/A	N/A	72
Kellen	Adams	16	21	4:00	1:15	5.81	6	8.56	54
Kristin	Hsieh	13	7	1:09	0:44	6.45	6	9.83	62
Sam	Cohen	20	9	0:21	1:30	4.27	10	8.01	41.37
Alec	Whelan	21	4	0:38	0:09	5.26	9	8.75	48.37
Evan	Gladstone	14	0	1:00	0:23	5.85	7	9.75	54.7
Abir	Sun	11	3	1:16	0:11	6.4	5	9.25	57
Jeffrey	Jiang	22	8	0:36	0:04	5.35	0	8.35	44.23
Nicholas	Oliveira	11	3	0:55	0:28	6.4	7	9.66	59
Alec	Oliveira	8	2	1:10	0:39	5.17	4	9.67	41.14
Josh	Stasienko	11	3	0:34	0	6.48	N/A	N/A	N/A
Philip	Qiu	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Simar	Shah	12	0	0:48	0:13	6.1	N/A	9.65	N/A
Akanksh	Chauhan	13	2	1:05	1:03	N/A	N/A	N/A	75
CHARLIE	SUN	16	11	1:20	0	5.36	6	9.6	46.63
Jonathan	Huang	27	26	3:26	2:40	4.71	12	7.65	35.52
Vishwa	Arasappan	17	5	0:48	0:20	5.38	10	9.6	44.67
Peter	Johnson	17	5	5:00	1:16	5.33	6	8.65	51.37
Nicholas	Gwiazdowski	20	4	1:22	0:53	5.16	8	8.21	46.54

Tommy	Miller	19	3	1:03	0:41	4.56	0	7.91	41.78
Jack	Kenny	16	12	1:29	1:12	5.6	10	8.7	41.63
Zachary	Atanasov	17	21	1:20	1:33	4.99	10	7.96	41.73
Jack	Lehberger	13	3	1:04	0:08	5.36	9	8.63	52.57
Devon	Turner	15	10	2:20	0:42	N/A	N/A	N/A	52.48
Justin	Peterson	16	9	2:30	0:20	5.26	8	9.1	44.62
Evan	Harper	N/A	N/A	N/A	N/A	N/A	N/A	N/A	42.85
Ben	Wachtel	15	0	0	0	N/A	N/A	N/A	N/A
Rhamad	Bonney	14	8	1:01	0:30	5.98	9	9.78	46.1
Daniel	Edelman	16	10	0:42	1:10	N/A	N/A	N/A	38.3
Peter	Dellavolpe	18	7	0:40	0:33	N/A	N/A	N/A	41
Kishan	Patel	14	3	3:30	1:15	6.18	11	8.39	46
Alvin	Cheng	24	26	3:22	0:35	4.41	12	7.76	34.45
Aman	Wadwha	12	8	0:51	0:40	6.22	8	8.81	59
Tarun	Trivedi	17	5	2:58	1:38	6.36	12	8.4	41.17
Varun	Sarabudla	13	4	1:35	0:54	N/A	N/A	N/A	59.03
Ali	Versi	11	2	1:09	0:20	6.01	5	8.68	80
Zachary	Letts	18	12	1:06	1:04	5.11	11	8.46	41.27
Akshay	Reddy	15	5	0:39	0:16	5.66	9	9.55	42.33
Vishnu	Bindiganvile	14	8	1:20	1:25	6.08	6	8.76	70
Roshun	Tiwari	15	7	2:30	1:12	5.26	7	8.56	40.2
John	Gitterman	20	4	1:12	1:44	4.61	10	8.4	46.5
David	Castoro	13	3	1:00	0	5.55	7	8.66	N/A
Nicholas	Sacco	18	14	2:15	1:09	5.3	14	8.2	37
Christopher	Hu	17	2	2:04	0:50	5.16	10	8.6	49.15
Samiga	Gubta	N/A	N/A	N/A	N/A	N/A	N/A	N/A	72
Matt	Thomas	0	1	1:02	0	5.3	7	9.1	N/A
Brian	Michaels	19	9	0:30	0:17	5.05	0	8.16	39.38
Jonathan	Travisano	14	1	0:20	0:28	5.55	8	8.91	45.53
Evelyn	Fu	12	7	2:04	0:34	5.6	8	8.6	55
Eric	Lin	N/A	N/A	N/A	N/A	5.15	7	7.78	48
Alex	Song	N/A	N/A	N/A	N/A	N/A	N/A	N/A	43