**Coach’s Info:**

Head Coach: Coach Mo

Phone: 660-492-3337

Email: [moscott@cpsk12.org](mailto:moscott@cpsk12.org)

Coach Jade Holly

Phone: 573-489-3939

Email: [jadeholly34@yahoo.com](mailto:jadeholly34@yahoo.com)

Coach Alex King

Phone: 314-359-8492

Email: [Alex.king32@icloud.com](mailto:Alex.king32@icloud.com)

Coach Chris Porter

Phone: 573-999-7339

Email: [cporter@cpsk12.org](mailto:cporter@cpsk12.org)

If interested, please fill out this google form with contact information: <https://forms.gle/jjWBH5SiZbwnNTRQ6>

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Download WhatsApp

This will be our main source of communication regarding workouts. Make sure you check this. Do not tell me you “didn’t see the message”. This excuse won’t work. I will create a new group for summer workouts and add everyone. Download the app and make sure you text me your name so I can save your number to my phone.

**Other things you need to know:**

Arrive AT LEAST 10 minutes before your workout. Once you have your shoes on you should start warming up and/or shooting.

Bring your own water bottle.

Bring a basketball if you have it. We may run low depending on our numbers so this is helpful.

Make sure you eat something before a workout so you do not become dizzy.

After your workout be sure to help put away basketballs, equipment, clean up trash etc. We always leave a place better than we found it.