

Fall Individual Workout Proposal

Currently, Kentucky high school basketball coaches are restricted from working out their players individually until October 15 per KHSAA bylaws. Therefore, a players' only choice for individual improvement is to turn to AAU and club coaches to work them out. Even more importantly, most AAU coaches do not have first aid/ CPR training and other required safety training courses the KHSAA requires high school coaches to complete. Students are also not held accountable for their grades by their AAU coaches and they get to play regardless of their academic standing. In order to insure our student-athletes are surrounded by safety trained coaches that will hold them accountable for their academic standing, the Kentucky high school basketball coaches feel we need to have more time with our players during the fall months before official basketball practice starts on October 15. This would allow high school basketball players to be worked out by someone who has their best interest at heart, take control back from the AAU programs, and allow players to be worked out by someone who has had to take numerous coaching safety classes. The fall individual workout will allow each player to greatly improve their skill level and will allow Kentucky to produce better basketball players and teams.

FALL INDIVIDUAL WORKOUT PROPOSAL:

From the first day of school until October 15: Each player, who is not playing a fall sport, could participate in individual fall workouts with their high school coaches a maximum of twice a week for up to an hour each session. Each individual workout could have a maximum of 4 players in the gym participating at any one time. The staff must document each session and have their players sign-off on the time sheet just like the NCAA does currently.