

Subject Line: Are you ready?

For real. Everyone says they are ready, hopes they are ready, thinks they are ready...but can you honestly say you are really really ready?

Readiness has clues. Here are a few signs you are ready for another basketball season:

1. You're thinking about it all the time.

You might be in the midst of playing another sport or involved in another activity, but as soon as you get done, you are thinking about basketball. You're either reflecting on your coaches, your teammates, or that close game that you are still so excited that you won.

2. You're dreaming about it.

If you are not having hoop dreams... you know the dream when you hit the buzzer beating shot for the championship and they carry you off the court with everyone in the gym chanting your name...yeah, that one. If you're having those types of dreams, you are definitely ready.

3. Your outfit, shoes, and accessories are in order.

Come on now this is basic. You've got to have the new gear. The shoes (the ones you wear to the game and the ones you actually play in), the headband (old school), the shorts, the sweats, the warmup suit, the shooting shirt, the sleeve, the socks, the shades, the tattoos... wait, no tattoos. I've gone too far.

4. The training plan

You have got to be on the court, in the park, or in your driveway working on your game. If you think you are just going to show up to a tryout and make a team without putting in the work, that's not likely. You gotta find a camp, a gym, some online videos, or your uncle that played back in the day - something or someone needs to help you get ready.

At Top of the Key we stay ready! When it's time for you to start preparing for the new season you know where to find us.

Play With H.E.A.R.T.

Debbie