



College Prep Evaluation | James Sakalas
Height / Position | 6'3 2 Guard / Playmaker
Classification / School | 2024 CC Flour Bluff

Evaluator: Coach V (21 years of experience Recruiting Coordinator at the D1, D2, D3 & NAIA Levels)

Secondary Evaluator: D2 JUCO Coach (Entering his 8th Year with D3 & JC Experience) The Evaluation is used as our Guide to Build a Recruiting Game Plan tailored to the Individual

Projected Level | D2 JUCO / NAIA

Potential Level | NCAA D2 (If he can shoot a higher % from beyond the Arc can consistently Defend at a Scholarship Level)

College Prep Evaluation: Plays with Great Energy when he is on the floor, pursues 50/50 balls that lead to extra possessions for his team, displays effort on the defensive end both on and off the ball, and most importantly has great Non-Verbal Communication on Game Films that stands out to College Coaches (Keep Growing those Leadership Traits) Non-Verbal cues for Coaches such as celebrating when a Teammate does well, contagious energy, and staying engaged in huddles or when out of the Game on the bench Coaches at the Next Level Evaluate. Offensively, Skilled Passer for a big Wing, makes the easy play and does a good job when getting downhill of creating a shot for himself or for a teammate on a kickout. Defensively,

has the Versatility when fully engaged on D to guard the 1-3 spots at the next level which will be a key moving forward of securing an Offer. Has good shot mechanics and confident with his release in catch and shoot situations. Taking and Making Timely 3s within the flow of the Offense stand out in your Favor. Shooting high % shots while making winning plays without the ball in your hands is another Key to Increasing Your Recruitment down the stretch. For example if you shoot 45% or Above and Avg. 3 attempts a Game, they will know you're capable of playing the 2 Guard but you are making plays and putting your team first in your role at the HS Level. The only area that you must really improve and set some specific Goals to assess Progress is on the Glass. Too many leakouts for a Guard with your size and effort to not be a high level Rebounder. Selective on when you get in the mix and look to get out in transition before the Defensive Rebound is secured. I've got Guards full rides with similar strengths by selling their RPG Average (8+ is Realistic and Scholarship Level Stat) Secondly but not as noticeable as your inability to Rebound at a more consistent level is moving without the Ball in your hands. You tend to make one cut then stand in a large majority of possessions, which makes you much easier to Guard and exposes you to college coaches when looking for leads on Shooters with Size. If you can focus on moving forward Avg. 8+ RPG in the month of January and make progress on moving consistently and with a purpose to get to your spots, you will get 2-4 more quality shots up and stand out to Coaches. Finally, if you can consistently compete like the 7:40 Mark of the 1st quarter vs West Oso for 60 Days and at Spring Camps/Campus Visits you will not only Gain Interest

you will secure an Offer. Control the controllables and that's Rebounding at a much higher level (Avg. 8+ a Game) Offensively, when you are in attack mode and moving without the Ball, you look like a next level player. You have the skill set and shot that Coaches can identify that has nothing to do with your current stats, you must start making more plays is the real issue instead of deferring so much. On multiple possessions you just reverse the ball without even looking to attack, for example the 6:30 Mark of the 2nd quarter vs Edinburgh, it's an easy play but you could make more plays for that team that will make your team better. You are one of the more Skilled Players on this Year's Flour Bluff Team, so it certainly won't hurt if you look to attack when opportunities present themselves.

College Ready Games to Upload to James Player Card:

Game #1 A Great Game to have on Your Player Card would be going 3-5 from beyond the Arc in catch and shoot situations or off a cut, get 12+ Paint Touches (Attack Mode) and 5+ Deflections / Steals off the ball or 50/50 Balls. ***This Game will stand out to 4 out of 10 In Dribble Drive System that teaches Pack Line Defensive Principles.***

Game #2: Your 'Winning Plays' Game of the Year. 8+ Rebounds, Highest Steal/Deflection Total, 2 Attempted Charges, Huddling Teammates, Celebrating Team Success, Guarding a PG or a SF in the Same Game etc. ***(Just think or select a Game moving forward where you Impact it without the ball in your hands that lead to a big W)***

James Sakalas | Keys Moving Forward

1. SHOOT SHOOT SHOOT ***(Build a Routine add Four 55 Minute Game Shot Workouts a Week starting this Week)*** Create Workouts that Simulate shooting 3s off the Catch, or after Game Speed Cuts and relocating to your Spots in the Offense. 250 Game Speed, Game Shots from Game Spots a Workout and you will be getting 1000 Shots up a Week while playing to your Strengths.

2. If it's a Conditioning issue that is keeping you from Rebounding or consistently Guarding, Get Uncomfortable and do what it takes so you can sustain Effort throughout in both areas. At Times especially on Defense, you really stand out but we don't need moments we need consistency this time of Year and down the stretch.

3. Practice Rebounding Everything in every Drill. Don't wait for Games, whether it's shell D, 1 on 1 drills, etc. it doesn't matter make it your mindset when shots go up you are pursuing the Board. It will become a habit by the time we start getting you a lot more looks. Assess after the next 4 Games without thinking about it what your RPG Total is: 4.3 RPG, 3.0 RPG or 9.2 RPG. You must gauge progress to make progress!

Follow Your Recruiting Game Plan Down the Stretch

We use our Game Plans to elevate on court performance, act as a Guide to Selecting College Ready Game Films that Stand Out, and provide behind the scenes insight through the lens of a College Recruiter to enhance not only our clients Recruitment but Knowledge on how to Increase their Recruitment. The Midseason Assessment & College Prep Evaluation is a key heading into the Spring as we begin to promote prospects to college programs that FIT utilizing the information provided as our Guide.

College Ready Strengths | Catch and Shoot College Ready Shooter with Size, Finishing Plays in Transition, Active and Effective Off Ball Help Defender

Areas Exposed on Game Film | Rebounding on Both Ends of the Floor, Mid-Range Game or creating shots off the Bounce, Moving without the Ball in Your Hands.

James Sakalas Highlight Video Showcasing College Ready Strengths

Length: 1:30-2:00 Max | 20-25 Clips

College Ready Strengths to Highlight | 10-15 Clips: Select 8-10 of Your Best Catch and Shoot Made 3s vs a Defender really locked into Guarding You, Add 4-5 Clips of being run off the line and finishing at the Rim or finishing in traffic in Transition.

Position Specific Winning Plays that Stand out to Coaches | 5-10 Clips: Select Your best 5 Off Ball Steals, and add 5 50/50 balls or dives for loose balls. Mix in the best 8-10 'Winning Plays you can find without the ball in your hands.

Spring Semester | Targeting the Right FIT

- Based on professional insight from experienced College Coaches who are involved with the Recruitment of Student-Athletes, we are able to Guide our Clients on Games that will move them up College Coaches Boards, not off of them.
 - **Offensive** | Up-Tempo Program that selectively pushes it but looks to score early in the Offensive Possession. If they run quick hitters for there shooters or space and dribble drive in there secondary break it would be a good FIT for James.
 - **Defensive** | Tough Man to Man D where they switch all perimeter screens, play passing lanes, and look to turn Defense into Offense would be a good fit for James on Defense.

FOLLOW YOUR GAME PLAN: Selected Prospects on Game Plans take Advantage of all UCExposure Offers and Utilize the Professional Insight to Elevate Your On Court Performance that Increases Your Recruitment. College Prep Evaluations guide Selection of Games to Upload to Player Cards that will 'Gain Interest', the Creating of Highlight Videos Showcasing College Ready Strengths of each Individual Player, and Current Level of Play so to target the right FITS in the Spring when Promoting 'Top Prospects' to College Programs! As Progress, we will track your Progress and Share Your Best Games to the Right Levels until Interest turns to an Offer.

James Sakalas Recruiting Game Plan

Our Game Plan for James in the Spring: #1 Stat Goal: 8+ Rebounds a Game in January. Don't over think it, just assess after Every Four Games what your RPG Average is until you

see it getting closer to 8 a Game on a Consistent Basis. **#2** Stay in Attack Mode (12+ Paint Touches / 3 3pt Shot Attempts a Game) You're one of the more skilled versatile Guards, but you don't attack enough on Offense. I'm not saying be Selfish, I'm saying look to make more plays and let Coach correct you in Attack Mode. **#3** The Last 5 Games of the Year and possibly the Playoffs, if you are assigned to Guard the opposing team's best Guard and Avg. 8+ RPG you will draw genuine Interest from College Coaches when it matters most.