



College Prep Evaluation | Sterling White
Height/Position | 6'6 Small Forward
Class/School: 2025 Fredricksburg HS

Lead Evaluator: Coach V (21 Years Experience as a Recruiting Coordinator at the D1, D2, D3 & NAIA Levels)

Projected Level | D3 JUCO / NCAA D3

Potential Level | D2 JUCO / Partial NAIA

UTILIZING THE MIDSEASON COLLEGE PREP EVALUATION

Evaluations Provide UC Recruits Invaluable Insight Through the Lens of a College Coach To Guide Players Moving Forward. Review the Assessment to Elevate On Court Performance, Identify College Ready Strengths that Stand Out, Identify Facets of Your Game that Expose You, and Build Your Final College Lists Targeting College Programs that FIT.

Sterling White | Mid Season Evaluation

OFFENSE: Sterling is an Undersized Forward that shows the Ability to handle the ball and Play the 3 at the Next Level. Plays with good pace when he has the ball in his hands, and handles the ball well for a SF, so I can certainly see Sterling excelling in Pick n Pop Situations as a Stretch 4. Would be a Great FIT in a System where the Trail 4 Sets Ball Screens in Early Offense and the HC to Space the Floor with his Perimeter Skill Set. Unselfish in the HC Setting and Does a Good Job of Reading the D and is ahead of most when it comes to Moving Without the Ball (Take This Up Another Notch-***Very Few Players Move With a Purpose So Grow This Facet of Your Game Sterling it Stands Out on Game Film***) Has a Good Basketball IQ, and Makes the Right Play over the Highlight Play, and has solid court vision hitting the first open man

without the ball sticking. Although he plays with good pace and moves without the ball better than most HS Players, he needs to step this aspect up and Cut Game Speed Demanding the Ball when he Cuts to the Basket! At his size, if he just adds that when he's moving he will force defenders to hold on Midline, open up driving lanes for the guards, and stand out even more in Games / Spring Camps to Next Level Coaches! Don't be satisfied with being good, be Great off the Ball Offensively in all facets (Cutting, Pinning in the Paint, Setting Screens, Etc.) My focus this Time of Year is What You Can Do Right Now that doesn't take another Year to Improve! You can do all 3 at a much higher level. You have Good Shot Mechanics and Release on Your Perimeter Shot for a 4, so the next Step is being Shot Ready and more of a Threat Beyond the Arc on the Catch. Basically be more Intentful and Consistent When You Are on the Perimeter at Getting To Your Spots and Being Ready To Shoot before the Catch! Your Best Chance to Turn Interest to an Offer at Your Size is being a $\frac{3}{4}$ at the Next Level. The Foundation and Skill Set are There So Make that the Focus of Your Weekly Workouts while Doing What You Need to do in HS to WIN ONE MORE GAME (Do Not Start Settling For 3's at This Stage or Change Your Role You Play in HS, Just Start Putting In Extra Work Outside of Practice To Grow Your Face Up Game) Another Area that will Determine Your Recruitment and Level of Recruitment is How Consistent You Are When it Comes To Sprinting the Floor and Rim Running in Transition. Too Many Empty Possessions Where You Jog and If you are undersized or a Tweener Like You Are, You Must Be ELITE at Running the Floor to Beat the Odds. College Coaches look at that closely in SF's or Stretch 4's, and when I start making a push for you at my Camps / College Elite Camps, you must be consistent at Sprinting Your Lane to Stand Out. Don't Waste Your College Ready Strength (Point Forward Type that is Tough Matchup in Ball Screen Action With Guard Skills) by not giving Maximum Effort in the Areas Mentioned Above (Those Indicate Motor / Conditioning Which College Coaches Value Even More These Days When Recruiting HS Players) You do a good job of showing the ability to lead the Break by pushing it up the Floor in Transition and handling the Ball with Confidence, and that will gain Interest in the Spring. To Turn Interest into an Offer, Focus on Sprinting Lanes, Cutting Game Speed in the HC, and Battling in the Paint **(All Areas Without the Ball in Your Hands that Don't Need Months of Work-That's Your Ticket to Securing an Offer)**

DEFENSE: Like Most Seniors, Sterling has the Length, Versatility and Instincts to make a Much Bigger Impact on the Defensive End of the Floor but doesn't use his Talent to / IQ on D like he does on Offense which is a Big Red Flag for Coaches (Perception is Perception as I Get Players

Genuine Looks by Coaching Contacts-**When You Have Skill but Don't Show the 'Will' to Win on the Defensive End They Will Take a Transfer 10 times out of 10**) Sterling has the Potential to Guard Multiple Positions at the Small College Level, but doesn't show the Intent or Effort it Takes When Guarding the Ball to Stand Out. Not Enough Evidence on Game Film for College Coaches to know if he can Guard a 3 or 4 in College (Offensively You Show All The Tools it Takes to Play Those Positions In College but Coaches Will Assess Your Ability to Guard Those Positions at Next Level-Elevate Your Game on D). You Don't Need to Get Bigger, Faster or Stronger to be Much Better on the Defensive End so that is a Positive that works in your Favor if you Play with Maximum Effort on D When Getting Looks This Off-Season! Especially off the Ball Defensively, you will not be a Rim Protector at Your Size in College So You Must Be Consistent and Elite as a Help Defender. Right Now when your man gives it up or when you're off the ball in help D situations, you stand straight up and don't make nearly the amount of plays you could. Players that I worked with last year Similar to Sterling that moved onto College must be able to Defend Ball Screens, Help and Recover without getting beat off the Dribble on the Recover, and Communicated off the Ball when their Man were Setting Screens (You Need to Start with the First Brick and That's Playing a Lot Harder on Defense-Whether it Be One Playoff Game or Four) It's Tough to Turn this on at Camps/Showcases/Campus Workouts Etc. so no time like now to Develop Better Habits on Defense. With the Level of Competition You Play against, Not only are you not preventing your man from getting open looks and catching it in spots they want, but you stand straight up a vast majority of time off the ball which Exposes You on Game Film. College Level Guards are Taught to always Check Help D on the Catch, and they would be attacking and even if you played hard it is impossible to help and recover at the next level when you're not in an Athletic Stance Ready to Play off the Ball. Note that one of the targeted fits for you will be teams that teach pack line principles on D with all the focus being on keeping players out the Paint (5 vs 1 Man to Man System) Which Means they look hard at how Effective You are Off the Ball as a help Defender. Like I Said the Skill Set & Talent is There so Step it Up because that is a System that best fits your Strengths

'3 Keys for Sterling To Turn Interest to an Offer'

1. BUILD A 8 WEEK WORKOUT ROUTINE: Prepare for the Spring Push With all the Focus on Making Plays out of the HP, Simulating Game Speed Shots in Pick N Roll Action, Sprinting Lanes and Finishing, Etc. Four 55 Minute Workouts a Week Minimum Where You Get 250

Game Speed Shots Up (1000 Shots a Week Minimum-Takes 4 Hours Outside of Practice/Games) To Elevate Your Face Up 4 Skill Set Before Camps & Workouts With College Teams in the Spring!

2. BE A STUDENT OF THE GAME THIS WEEKEND: Watch 2 Full Games Before the

Playoffs With a Note Pad and Only Focus on Possessions When You're Off the Ball

Defensively. **Assess Two Things On Every Help D Possession:** **1.** Do You Get to the Right Position to Make a Play / Show Help **2.** Are Your Knees Bent (Athletic Stance) Where You Can Attack / Not React When Guards Penetrate! **Can't Overhaul Your Entire Game at this**

Stage-So Simply Start By Consistently Doing 2 Things Off the Ball (Get in an Athletic Stance-Knees Bent / Get To The Right Position With Effort To Make a Play) If You're

Serious About Playing College Ball You Will Do the Following: Chart Positive / Negative Off Ball Defensive Possessions Giving Yourself a + or - In 2 Full Games Before Monday! For

Example: Let's Say 28 Times in the 1st Half You Are Off the Ball On D- Mark a + If You Get To The Right Positions in 2 Seconds & If Your Knees Are Bent (Athletic Stance) BE HONEST AND YOU BENEFIT-If You Have Four + (Positives Marked) That Means You Took 24 Possessions Off and So and So On...

3. IF IT'S A CONDITIONING ISSUE NO ONE SHOULD CARE MORE THAN YOU: Your Best

Chance To Play Beyond HS Is Eliminate Areas Mentioned That Expose or Gain Exposure at

Your Position. Sprinting Lanes, Playing on Both Sides of the Ball With Sustained Effort

(Moving Consistently On Offense / Off Ball Defense) and Pursuing Boards Will Matter. You

Have a 30 Day Window To Prepare to Play to Your Maximum Potential Sterling and You Will

Do All 3 at a College Level (You Have The Physical Tools / Talent to Play at the Next Level

Now It's Up To You To Compete at a Higher Level Without the Ball In Your Hands)

Sterling White Post Season Recruiting Game Plan

1. **Book a Sunday Call** to Put a Spring Plan in Place and Review the Assessment so You Have a Clear Vision of What Coaches See on Film and What Is Realistic at This Stage of Your Career to Do In Front of College Coaches that Will Start to Draw Genuine Interest **2. Update Your Player Card Before the Call on Sunday So I Can Add My Notes &** We Will Create Your Highlight Video

Sunday Showcasing Your Strengths **Select Games** Scoring Aside Upload Games With 8+ Rebounds & Where You Make The Most Winning Plays Without the Ball in Your Hands. Your Offensive Game / Skill Set are Pretty Consistent Throughout So Choose the Best of the Best in Both Areas Above to Go Along With Solid Offensive Games. 3. Follow Your Recruiting Game Plan and **Get Signed for the 4 UCExposure March Camps Before the Feb. 17th Deadline** (Best ROI \$400 in the State of TX for Under Rated College Level Talent to Get Closer Looks - I Will Promote / Preview at Every Camp to Coaches on Staff / Site) You Do the Things Identified in Your Evaluation at a Much Higher Level in my Small Group Camp Settings and You Will Head Into April With College Visits/Team Tryouts Set Up When Roster Spots Start To Open In Mid-April...