

## **BASKETBALL YEAR AT A GLANCE**

Milton Hershey Girls Basketball competes in the Mid-Penn Conference Keystone Division in PIAA District III, 5A Classification.

#### Fall Season (August to October)

- Open gym workouts
- Weight room opportunities

#### Winter Season (November to March)

- Team tryouts for all grades held in November to form two teams: JV and Varsity
- · Daily practices after school
- 22 regular season games and two scrimmages against PIAA opponents
- Mid-Penn, District III, and PIAA state playoffs, if qualified
- Opportunity to attend a Division I college game

#### Spring/Summer Season (March to July)

- Select athletes can participate in Central Penn Elite AAU practices and tournaments
- Open gym workouts
- Weight room opportunities
- · Athletic-focused YRE available, providing daily lifting, conditioning, and other sport programming for students staying on campus in the summer

## **BASKETBALL FACILITIES**



- Spartan Center Gym with three full-size basketball courts
- Copenhaver Gym with one full-size basketball court and ten practice basketball hoops
- Middle Division: A main gym with eight basketball hoops and an auxiliary gym with six basketball hoops
- Varsity and JV locker rooms
- Indoor fitness facilities include multiple weight rooms, a cycling room, and a newly renovated pool
- MHS Athletics Media Room for watching game film, holding team meetings, and conducting classroom-style sessions





# PROVIDED EQUIPMENT

- · Basketball shooting machine
- · Shooting shirts, travel suits, team basketball shoes, basketballs, and other gear
- All equipment costs are covered, including quality brands like Nike and more

## **MEET THE COACH**



- MHS Varsity Head Coach Tina Thomas was named head coach in 2021.
- Coach Thomas played NCAA Division II basketball as a forward for Millersville University where she scored over 1,000 points and broke several rebounding records.
- In 2000, she launched her basketball coaching career with the Mid-Penn Motion Amature Athletic Union (AAU). Her teams consistently ranked among the top in the nation, securing 7th, 9th, and 11th place finishes.
- Coach Thomas was an assistant coach at Bishop McDevitt High School, leading the Crusaders to several Keystone League Championships and twice to district finals.
- Coach Thomas and her husband co-founded the AAU organization Central PA Elite.
- Under Coach Thomas, players have gone on to receive college scholarships at various divisional levels, play professionally, and coach collegiately.
- The entire coaching staff builds a unique practice model that incorporates foundational skills, technical instruction, and team strategy.

#### **DEVELOPMENTAL PROGRAMS**

- 5th/6th Grades: Developmental clinics
- 5th/6th Grades: Participation in travel league
- 7th/8th Grades: Select athletes can participate in AAU (Spring)
- 7th/8th Grades: Participation in 16 regular season games against PIAA Junior High opponents

# PROGRAM ACCOMPLISHMENTS

Recent District III Playoff Appearances: 2023, 2024, 2025

#### **NOTABLE ALUMNI**

#### 1,000 Point Scorers

- Brenda Armstrong '86
- · Calla Carter '04

#### **Recent College Athletes**

- Molli Hogbin '23 | Penn State Harrisburg
- Tarianda Washington '24 | Penn State Abington
- Faith Wratto '24 | Lincoln University





