

ALL FOR ONE

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Following an exciting season where the Fresno City Rams went 24-5, Coach Alex Fletcher hopes to surpass last year's standings.

Coach Fletcher and the student athletes work together with academic counselors to build class and practice schedules that create a smooth transition from FCC to a 4-year university.

"I think our ultimate goal is we want to win a state championship and we want all of our players to move on with scholarships. So not only are we taking care of business on the court, but also in the classroom," Fletcher said.

As the start of their season gets closer the Rams have focused on adapting their new players. Fletcher works to ensure they're recruiting players who fit with what they want to do.

Incoming freshmen and transfers face problems as they're acclimating to a new team.

Whether it be a new team or moving away from home, Coach Fletcher understands and wants new and returning players to grow as one.

"You have a built-in support system, people who are going through the same things as you. And so, we definitely overcome it by sticking together and learning together," Fletcher said.

An important part of making a good team is building a strong connection. Coach Fletcher makes an effort to include as much bonding within the team that he calls "Team Bonding Fridays."

"On Fridays, we do things outside of the gym that still involve exercise and working out, but we play some fun games with them and kinda make it a way where they have to work on communication," Coach Fletcher said.

The Rams Women's Basketball team kicks off their season Nov. 1 with a home game against Modesto.

LEADERSHIP FOR THE WIN

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The Rams ended with a playoff loss last season with a final record of 20-8. With a new team of underclassmen, Coach Rob Hanes and the Rams are ready to start fresh and new for the 2023-2024 season.

The Rams have only a few returners to the game this season. Coach Hanes hopes for growth and consistency to make it to the state championship this year.

"Our goal is to have growth and not peak early. Every game is important. We must ensure our guards are always up and bring our A game," Hanes said.

A new team this season means more work for the team. As the season grows closer, the team has relied on their returning members as guides to reach their goals as well as focus on fundamentals.

"Last year, we had about nine returners from the previous season, so they already knew when to get right to it and how to do it without question, Hanes said. "Many players are starting fresh, so we focus on the little things and ensure our practices are more detailed."

With new faces coming in, often it takes more than a coach to get a team ready for gameday. And with the Rams coming off a playoff season, players have been stepping up into leadership roles.

Players like Ja'tarious Johnson, Brain Carter, Jaylen Royce, James Prescott, and Milton Walker have worked hard on their game on and off the court according to Coach Hanes.

Between the guys, Coach Hanes said they were "vocal, lead by action and example, build confidence, and are impactful."

Bonding is a factor in the team's

success. Hanes mentioned the importance of breaking the ice and opening up a line of communication between the players and learns each other's strengths and weaknesses.

"The guys have verbal communication, but eye contact is key on the court, and you know the player's next move," Coach Hanes said.

Ram's Basketball will open their season on Nov. 2 against Alameda College.