

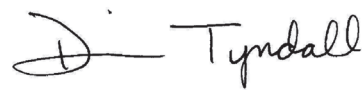
# Tennessee Basketball VOL HOOPS INSIDER

August 2014

Vol Nation,  
We appreciate the continued support of our program, and we hope you're enjoying the newsletters. Each month we want to give you a glimpse into the activities that our team is doing in preparation for the upcoming season.

My staff and I spent July traveling the country in search of future Vols. It's the busiest month of the year for evaluating talent in college basketball.

Our team continued to get better each day. We just wrapped up our eight-week summer program. We made huge strides in our strength and conditioning program. Our players also worked hard in the classroom. There is still a long way to go, but we're proud of the foundation we have laid this summer.



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## DT GOES "DOWN ON THE FARM" Tyndall speaks to Tennessee Farmers Co-op

At the conclusion of World War II, Tennesseans began to show an intense interest in forming their own farm supply business to ensure a dependable source of products needed in their farming operations.

Today, the 68-year-old Tennessee Farmers Cooperative is one of the largest and most successful co-op organizations in the country. It is made up of farmer-members from all across the state who own local co-op retail locations. Those locations sell farm, home and agricultural products.

In addition to the store locations, the Tennessee Farmers Coop has many subsidiaries with a focus on research, service and manufacturing.

The TFC comes together each year for a Summer Manager's Event. This year's event was held at the Emerald Coast Convention Center in Fort Walton Beach, Fla. On the final night, coach Donnie Tyndall was featured as the keynote speaker.

Tyndall spoke to a packed room with more than a thousand in attendance. His speech focused on his journey from humble beginnings to being the head basketball coach at the University of Tennessee.

Afterward, Tyndall spent time meeting each attendee, signing autographs and taking photos.

"It was a slam dunk for everybody to have coach Tyndall here," Tennessee Farmers Cooperative marketing manager Keith Harrison said. "We couldn't be more excited about him being the new head coach of the Tennessee Vols!"



## STAY IN THE LOOP VIA SOCIAL MEDIA

You can keep up with the Volunteers basketball program using your favorite social media platforms:

 [www.Facebook.com/BallWithTheVols](http://www.Facebook.com/BallWithTheVols)

  @Vol\_Hoops

 @UTCochTyndall

# NBA DRAFT & SUMMER LEAGUE RECAP

## Stokes, McRae drafted; Hopson traded three times in five days

### DREAMS COME TRUE ON DRAFT DAY

There were 46 NCAA players selected in June's NBA Draft, and two of them were Tennessee Volunteers. Jarnell Stokes was picked 35th overall, and Jordan McRae was taken with the 58th pick.

Stokes and McRae are Tennessee's 44th and 45th all-time NBA Draft picks, respectively. Stokes was drafted by the Utah Jazz then traded to the Memphis Grizzlies. McRae was selected by the San Antonio Spurs and then traded to the Philadelphia 76ers.

Both Vols were second-round picks, marking the fourth time Tennessee has had multiple players selected in the first two rounds of the NBA Draft (1977, 1989, 2002). It was the 10th time multiple Vols were drafted in the same year.

Tennessee joined Stanford and UConn as the only schools in the nation to have multiple upperclassmen selected in this year's draft.

Stokes is a Memphis native and grew up attending Grizzlies home games. He had worked out for the team June 9 in Memphis.

Tennessee has never previously had a player suit up for the Grizzlies. The organization was founded as an expansion team in Vancouver in 1995 and relocated to Memphis prior to the 2001-02 season.

Though he will not suit up for Utah, Stokes is the second Vol ever to be drafted by that franchise. The Jazz selected Tennessee All-American center Howard Wood in the second round in 1981.

McRae is the second Vol ever to be drafted by San Antonio. The Spurs drafted UT All-American power forward Reggie Johnson 15th overall in 1980. Interestingly, Johnson later joined the 76ers and won an NBA Championship with Philadelphia in 1983.

The 76ers brought McRae to Philly for a pre-draft workout June 1.

### STOKES SHINES IN ORLANDO SUMMER LEAGUE

Jarnell Stokes helped lead the Memphis Grizzlies to the championship game of the Orlando NBA Summer League, and the former Tennessee standout finished his summer with nearly a double-double average.

Stokes played in all five of Memphis' summer league games and averaged 12.2 points and a team-best 9.4 rebounds. He finished as the league's second-leading rebounder, behind only Kevin Jones of the Indiana Pacers (10.0 rpg).

The 6-9, 263-pound Stokes made four starts, logged nearly 27 minutes per contest and produced three double-doubles as the Grizzlies posted a 3-2 record.

Stokes' proficiency at stuffing a stat sheet comes as little surprise to Vol fans, as the Memphis, Tenn., native posted 40 double-doubles during his three-year career on Rocky Top.

### McRAE A MONSTER IN VEGAS

Jordan McRae earned All-NBA Summer League second team status after averaging a team-best 21.0 points per game and shooting .500 percent from the field for the Sixers.

He finished as the third-leading scorer among all players in the Vegas portion of the summer league. McRae appeared in four contests and played 29.0 minutes per game.

His best performance was a 25-point outburst against the Chicago Bulls July 17, during which he shot 7-of-8 from the field and 10-of-10 from the free-throw line.

### FIVE DAYS, FOUR TEAMS FOR HOPSON

On Saturday, July 12, former Tennessee All-SEC guard Scotty Hopson (2009-11) woke up as a member of the Cleveland Cavaliers. He had signed with the franchise in late March and appeared in two games for the Cavs at the end of the 2013-14 regular season.

On Wednesday, July 17, Hopson officially became a member of the Houston Rockets. And his path from Cleveland to Houston was anything but direct.

The Charlotte Hornets announced on July 12 that they had acquired Hopson in a trade with Cleveland that involved players, cash considerations and future draft picks.

The following day (July 13), the Hornets dealt Hopson to the New Orleans Pelicans in exchange for cash considerations.

It was then quickly reported that the Pelicans intended to send Hopson to Houston as part of a three-team deal in which Trevor Ariza and Omer Asik were the centerpieces. That deal became official on Wednesday, July 15, making Hopson a member of four different NBA teams in a span of five days.

### SWIPERBOY SUITS UP FOR LAKERS FOR SECOND TIME

For the second straight year, former Vol Renaldo Woolridge (2009-12) was a member of the Los Angeles Lakers NBA Summer League team. The Lakers fielded a squad in the Vegas-based summer league, and Woolridge appeared in two games, totaling four points and two rebounds.

In a July 16 appearance against the Philadelphia 76ers, Woolridge threw down a pair of slam dunks while going 2-for-3 from the floor.



Tennessee basketball strength and conditioning coach **Todd Moyer** has been reshaping the Vols all summer. Now Moyer takes you inside the weight room for a glimpse of how hard Tennessee trains.

[CLICK HERE FOR VIDEO](#)

### Want to Receive the Tennessee Basketball MVP Newsletter?

If you want to be added to our MVP Newsletter email list, just send a message that includes your email address to: [mbbcoach@tennessee.edu](mailto:mbbcoach@tennessee.edu)

The newsletter also is always accessible on the Basketball page at [UTsports.com](http://UTsports.com). You can find it at the right side of the page under "Related Content."



# DALE ELLIS BLOGS ABOUT TYNDALL

Vol and NBA legend maintains a regularly updated blog at [Sportsblog.com](http://Sportsblog.com)



July 16

## PATIENCE

Coach Donnie Tyndall hit the ground running the very moment he arrived in the Volunteer State. He has signed several promising young players to replace a depleted class to begin his reign as the new head coach of the Tennessee Volunteers.

Tyndall has not hesitated to familiarize himself with the needs of the community and is quick to get involved.

Commendable!

He's not Bruce Pearl or Cuonzo Martin, he's Coach Tyndall. And what he brings to the table is 20 years of coaching experience along with a winning attitude on and off the court. This fiery coach refuses to give up on anything, and he's a proven winner.

It's going to be a challenge for him to win big this year with the absence of Stokes and other key players, but don't count him out. I've heard nothing but beautiful things about him and I'm very excited about the VOLS future.

VFL.

To follow Dale Ellis' blog on [Sportsblog.com](http://Sportsblog.com), click [HERE](#).  
You can follow Dale on Twitter [@dale\\_ellis3d](https://twitter.com/dale_ellis3d).

## #DONNIEKNOXVILLE MAILBAG

**Susan Mastromatteo:** Are you getting any advice from Pat Summitt?

**DT:** "Coach Summitt has been a great resource for our staff. I've always had a tremendous amount of respect and admiration for the way she coached her teams. A lot of the resources we enjoy here at Tennessee are a direct result of the hard work and dedication of coach Summitt. My staff and I have been fortunate enough to spend some quality time with her on multiple occasions. Those interactions have been invaluable."

**John Peery:** What role do you see Willie Carmichael playing for the Vols this season?

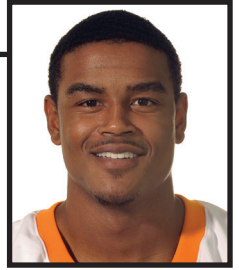
**DT:** "Freshman Willie Carmichael will play a big role for us this season. He's worked hard since he got to campus this summer. He's really invested in our strength and conditioning program. He came in at 185 pounds and will end the summer around 206. We see him being a low-post presence for us. That said, we still have a long way to go in his development as a player."

**Jan Lippert:** The fanbase has been through so much turmoil regarding our coaching changes in recent years. Although the roster suffered early losses, you have proven you can recruit players. What are your plans to re-energize our fan support and confidence in you and your first team at Tennessee? Question from section 109 last row.

**DT:** "Hello Section 109, last row. We appreciate your continued support. We have the best fans in the country. It's an honor to be the head coach at the University of Tennessee. My staff and I have taken every opportunity possible to get out in the community and speak to the fans. I'm told we've done about 150 events so far and counting. There are more exciting events planned for this fall. One of the things I really enjoy doing is going around and visiting all of the fraternities and sororities associated with UT. I'm confident once fans hear what we're trying to do long-term they'll be excited. We ask that everyone give us time to put our system in place. We want fans to be invested in that process. Together we can raise the program."

# WHERE ARE THEY NOW?

## Josh Bone (2010-11)



**Q:** Give us an update on what you've been doing since graduating in 2011.

**A:** "Well, I love the game of basketball so I've been trying to get a deal to play overseas. I played on ABA and UBA teams my first two years out, and I just recently signed a pro contract with a team in Germany. I leave on Aug. 16. You know, I worked a couple jobs trying to see if I liked doing something away from the game. But I realized it was just a job to feed my family; it wasn't something I truly loved doing. So I decided to focus on playing basketball. It's been a long process, but here I am now."

**Q:** Can you share the story on how your new pro contract came to be?

**A:** "My (faculty) mentor from UT, Rainer Meisterjahn, is from Germany. He gave me some contacts and made it happen. He's been helping me from Day 1 since I left college. We developed a good relationship when he was my mentor there, and we've stayed in close contact ever since then. He's helped me a lot along the way and has always believed in me."

"He sent my info and my bio to some teams overseas, and one of the teams in Germany really liked me."

**Q:** What was your favorite part of playing for the Vols?

**A:** "My fondest memories weren't even on the court. I loved playing for UT, but my favorite memory is just forming a bond with my teammates. I still talk to almost every one of those guys today. I talk to Cam (Tatum), Scotty (Hopson), Renaldo (Woolridge). Kenny Hall actually just stayed at my house a couple weeks ago; we played in a tournament together."

"That was the best part for me, just establishing those lifelong relation-

ships. It was a brotherhood. I see J.P. Prince and we train together all the time when he's back home (from playing overseas); he lives in Nashville now.

"I don't feel like I ever played like I was capable of playing while I was at UT, but as a team we did some great things. We made it to the Elite Eight my junior year and also made the NCAA Tournament my senior year. So we did some great things on the court, but it was the off-the-court stuff that stood out to me."

**Q:** What are your impressions of new head coach Donnie Tyndall and his staff so far?

**A:** "I haven't met them yet, but I've heard a lot of good things about

them. I know they're working the guys out hard. I heard coach Tyndall is a really intense coach, and I love that. I love when coaches show that intensity."

**Q:** Tell us about your family.

**A:** "My family is great. My fiancée, Lutece, and I had a baby girl, Jersey, on May 2. We are getting married next summer. Everything I do is for the two of them. They're my pride and joy."



*A Nashville native known as a fierce perimeter defender, Bone transferred to Tennessee after beginning his collegiate career at Southern Illinois University.*

# STRONG SUMMER

## Moyer has the Vols working harder than ever in the weight room

The Volunteers have spent their summer sweating it out in the weight room and enduring grinding conditioning sessions under the watchful eye of first-year strength and conditioning coach Todd Moyer, who accompanied head coach Donnie Tyndall to Rocky Top from Southern Miss.

In his words, here is some insight into Moyer's approach:

"Our biggest goal is to increase our guys' strength. Once you increase their strength, weight gain will come with that.

We have a great nutrition program in place. They're getting the proper meals in their bodies. We make them eat breakfast, do post-workout protein shakes, to-go bags that they take with them to snack on throughout the day, we stock the locker room with snacks, supplements, shakes and Gatorade products that are all at their disposal. We want to make sure they're getting enough calories in their bodies to gain weight. We also want them to be able to prepare and recover, which gets them ready for the next workout.

We're grinding right now. A lot of these guys aren't used to the intensity that we train at consistently every day for all eight weeks over the summer. We want to keep pushing them every day so they are mentally and physically tough.

To start the summer, we used a machine called a 'bod pod' that analyzes body composition. This is used a lot in professional sports. When a person steps on a scale, it will tell you the weight of a person but not the true story like

a bod pod, which tells us how many pounds of muscles a person has versus the amount of fat they have.

After that, we tested their lifting strength. Then, we tested their jumping ability. We tested bench press, vertical, broad jump, chin ups, etc. We wanted to get as much data as possible to have as a baseline score of where we were as a team. At the end of July, we tested them again to see how far we've come in eight weeks of training. The results have been extremely positive. We still have a long way to go, though.

Our team works closely with team nutritionist Allison Maurer to come up with a specific diet for each player. When they visit the fueling station, it's very individualized to their needs. For a player who might need to gain 15-20 pounds, their post-workout shake might be 1200 calories. For a player who needs to lose 10-12 pounds, their shake may only be 500 calories. We set nutrition goals for them so that they can have their body at a place that allows for them to perform at a peak level.

We've made it very clear that we want to be the strongest, most physical, well-conditioned team in the country. It starts in our league. We have to be the best in the SEC first. I take a great deal of pride in making sure guys stay healthy. That starts with nutrition and conditioning. If we can keep them strong, they'll be able to be productive and help this program win games."

