

Jeff Skowronski

Head Coach 11U

Jeff Skowronski is entering his fourth season with the Wilmington Tigers. This will be his second season as a head coach. In his first season as head coach his 10U team won over 20 games and qualified for nationals. Each player on that team made their school's first team with two players actually playing up a grade level.

Jeff began coaching in the North East Peanut League where he coached a 7-8 year old girls team for two years. Upon moving back to Delaware Jeff became involved with IHM and Delaware Ghost Players. At IHM he has coached the 4th grade girls team, as well as the JV 1 team which competes in the St. Elizabeth's JV Press League. He spent a year coaching DE Ghost Players 5th grade team before joining the Tigers. Jeff spent his first two seasons with the Tigers as an assistant coach with the 10U team before taking the helm of the 10s last year.

Jeff's practices emphasize fundamentals and team play, especially team defense. While his overall goal is not always winning but rather preparing his players for the next level, winning usually follows. Drills follow the idea that repetition leads to habit leads to reflex. Drills are often refined and built upon as the girls become more familiar with them. Jeff believes that players get better by playing against better players. As such, he looks for the most challenging tournaments playing either an "A" schedule or by playing up a year. His teams are hard working, fundamentally sound, and disciplined.

Jeff has played basketball most of his life and continues to play twice a week. Jeff played high school basketball at Salesianum. He excelled as a post player despite playing against opponents who were usually 3-6 inched taller than he. Jeff tries to instill a love for the game, as well that same work ethic, intensity, and dedication in his players.

2003-2004	NEPL 7-8 year old Girls. League Champions 2003.
2005	IHM 4th Grade Girls Assistant Coach
2006	Delaware Ghost Players 5th Grade Head Coach
2006-2008	Two seasons as IHM JV1 Girls Assistant Coach
2007-2008	IHM 4th Grade Girls Head Coach
2007 & 2008	Wilmington Tigers 10U Assistant Coach
2008-2009	IHM JV1 Girls Head Coach
2009	Wilmington Tigers 10U Head Coach
2009-2010	IHM JV1 Girls Head Coach
2010	Wilmington Tigers 11U Head Coach