

Kontich Knights Basketball Team - Spring Season 2026

Team Roster

Coach: Marc Janssens

Assistant Coach: Sarah De Vries

Players:

#5 - Manny (Point Guard)

#12 - Lucas Van Damme (Shooting Guard)

#23 - Emma Claes (Small Forward)

#34 - Noah Peeters (Power Forward)

#42 - Lotte Verhoeven (Center)

Practice Schedule

Location: Kontich Sports Hall, Mechelsesteenweg 45

Monday: 19:00 - 21:00 (Full team practice)

Wednesday: 18:30 - 20:00 (Skills and drills)

Friday: 19:00 - 20:30 (Scrimmage and conditioning)

Game Schedule - March 2026

March 5: vs Antwerp Lions (Home) - 20:00

March 12: vs Mechelen Meteors (Away) - 19:30

March 19: vs Leuven Leopards (Home) - 20:00

March 26: vs Brussels Bulldogs (Away) - 18:00

Game Schedule - April 2026

April 2: vs Ghent Giants (Home) - 20:00

April 9: vs Bruges Bears (Away) - 19:00

April 16: Playoff Round 1 (TBD)

April 23: Playoff Semifinals (TBD)

April 30: Championship Final (TBD)

Team Rules

- Arrive 30 minutes before practice/games
- Bring water bottle and proper shoes
- Respect coaches, teammates, and opponents
- No phones during practice
- 80% attendance required to play in games

Equipment Needed

- Basketball shoes (non-marking soles)
- Team jersey (provided)
- Shorts (black)
- Water bottle
- Towel

Contact

Coach Marc: marc.janssens@email.be

Team WhatsApp: Kontich Knights 2026

Go Knights! 🏀