

# Excel in Basketball Camp Leger

## Frank Allocco, Jr.

5'10" Point Guard

Northgate High School, Saint Mary's College

**What Excel Meant to Me:** Excel was, and still is my favorite summer activity. I loved the Station Drills, Ballhandling and Dribbling and of course the competition in games and one on one. I went to 5 Star one summer and couldn't wait to get home to go back to Excel. The lessons I learned at camp made me a great player and have challenged me to be a better coach.



**Career:** Frank was a legendary Excel Camper, High School Player, and Collegiate Player. Frank led Northgate to the State Championship in 1995 and to the State Runnerup in 1996. A great competitor, he was named to the First Team All State Team in 1996 and scored 2008 points in his high school career. He earned a basketball scholarship to Saint Mary's College where he was the starting point guard for three years. He averaged 11.2 ppg and shot 40% from the three point line in his career at SMC. His career high was a 31 point effort against Gonzaga University. Today, Frank runs the Advanced Skills Academy and is the Junior Varsity Basketball Coach at De La Salle.

### Excel Awards Won:

**Outstanding Player:** 5 Times

**One on One Champion:** 9 Times

**Free Throw Champion:** 14 Times

**All Star Selection:** 24 Times