



#54 Matthew Holmes

Position: Guard/Forward

Height: 6-5

Weight: 235

Class: Senior

Hometown: Houston, TX

High School: Marshall

Statistical Averages/College Career

GAMES PLAYED	MINUTES PER GAME	POINTS PER GAME	FG PERCENTAGE	FT PERCENTAGE	REBOUNDS PER GAME	ASSISTS PER GAME	STEALS PER GAME
26	25.1	13.7	.599	.515	7.9	2.6	0.8

Main Position: Shooting Guard **Secondary Position:** Small Forward/Power Forward

Skillful hand: Right **Height:** 6'5" / 196 cm **Weight:** 235 lbs. / 107 kg.

Years of competitive experience: 10 **Professional Sports Experience:** 1
College(s): Missouri Baptist University (fall 2011-spring 2013) and Mckendree University (fall 2013-Spring 2015) **Degree Studied:** Business Administration **Language(s):** English **Birthdate:** 12/09/1992

Objective

I have lived my life motivated by the quote, "Hard work beats talent when talent doesn't work hard", and this I continue to follow in my life. I want to be the best versatile basketball player possible. I want to increase my level in all aspects, and help my team be better in all ways. My mindset goals of bettering myself and all players around me are at an all time high. I want to

go as far as I can. I agree with a previous coach when he said I could sometimes be too unselfish. He told me that when I finally realize that I am fast enough, strong enough and more athletic than others nobody will be able to stop me from getting to my goals! I know that now and I know I'm always in control of my behavior. Now its time for everyone else to see and believe!

Working skills

OFFENSIVE SKILLS

- Great scorer, can shoot from the perimeter, drive to the paint and finish in traffic with contact. He scored up to 28 points as a shooting guard/small forward/power forward on multiple occasions.
- Great team captain and leader on and off the court, and run any style of offense from the various positions.
- Floor leader, can create for others, and great and very aggressive to the rim off of the pick and roll.
- Big guard (196 cm.), so he has an advantage in the paint, by posting guards his size and smaller.

DEFENSIVE SKILLS

- Strong defender, at 6'5, 235 lbs. can defend multiple positions.
- Great rebounder for his position. The best rebounding Shooting guard on any team he played.
- Excellent on ball and help defender, and uses basketball intelligence on defense.
- Stays out of Foul Trouble.

Achievements

2014-15 SEASON: Played in 26 games as a senior and started in 25 at guard/forward. Holmes was ranked 15th in the Great lakes Valley Conference for scoring and second leading scorer on his team in scoring with 13.7 points per game and 13.9 points per game in conference. Also lead the team in rebounding averaging 7.9 rebounds per game and ranked 2nd in conference for offensive rebounding and 5th in the conference for defensive rebounding. Holmes was ranked 6th in conference for FG percentage. Adding on Holmes posted 8 career Double Doubles with a 28 point game high against Bellarmine University and a 20 rebound game high against Salem International.

2013-14 SEASON: Played in all 26 games with 21 starts at guard/forward...was third on team in scoring at 10.8 points per game...was second for the Bearcats in rebounding at 7.1 per contest and led the team in field goal percentage at .586...ranked 10th in the GLVC in field goal percentage and ninth in rebounding...netted a season-high 26 points versus Saint Joseph's on Jan. 23rd 2014. Holmes had 17 games of scoring 10 or more points, including a streak of seven straight from Jan. 16-Feb. 1 and pulled down at least 10 rebounds on seven different occasions, including a season-high 15 against Lewis on Jan. 16th 2014.

BEFORE McKendree University: Averaged 8.9 points and 4.5 rebounds per game as a sophomore at Missouri Baptist University. He played in all 32 games with 29 starts at Shooting Guard for the Spartans and was second on team with 13 blocked shot. Holmes shot a team best of 44 percent from the three-point perimeter and earned Academic All-Conference honors in the American Midwest Conference. High school Holmes averaged 23.7 points and 8.3 rebounds per game as a senior at Marshall High School in Texas and was named All-East Texas as a senior. Nominated first-team All-District honors and team Offensive MVP accolades as a senior.

Pro Experience: Following Holmes Freshman year, he was invited to Coats Sports Management Pro combine in which he attended. The camp was intended for players that used up all of their years of eligibility and were seeking further play and professional players that were looking for different teams. As the only freshman to receive an invite he immediately opened the eyes of spectators attending. Holmes had a vertical leap of 37 inches and showed a great deal of versatility by playing point guard/shooting guard Holmes averaged 17 points and 5 rebounds. Instead of pursuing Holmes decided to return to school and seek all American honors.

Athletic Qualities

- 38 inch vertical leap
- Skillful Hand (both)
- Can guard any position point guard through power forward
- Great footwork
- Great hands
- Strong to the basket
- Very Aggressive
- Handles the ball exceptionally well
- Good jump shooter
- Very versatile
- Great defense
- Great team leader

Scouting report

Holmes is a great offensive player, and equally as good on defense. He has very good shot blocking timing, slides his feet well and is able to effectively guard the 1-4 positions on the floor. Holmes's best game strengths are his aggressive driving ability, floor movement and awareness along with adjusting to what the defense offers. His body size and athleticism gives him a huge advantage over smaller guards. His intensity, his work ethic, his never quit attitude and huddle leadership gives strength to the players around him.

Matthew	Holmes
Nationality: USA (African American)	Birthdate: December 9 th 1992

Videos:

Matthew Holmes #54 Mckendree University vs. (4) Bellarmine University Highlights...28 points 8 rebounds 3 assist 2 steals. Shows aggression and ability to pass and attack the basket and every rebound.

<https://www.youtube.com/watch?v=VrLd7bjyzNg>

Matthew Holmes Missouri Baptist University 3-game highlight clip. Shows versatility of getting to the basket and great 3-point shot. (44%)

https://www.youtube.com/watch?v=kSAkZXP_bO8

Matthew Holmes #54 McKendree University Season Highlights.

<https://www.youtube.com/watch?v=GLtbSlbkb9o>

Full Game Film

Mckendree University vs. (4) Bellarmine University

(White jersey #54)

<https://www.youtube.com/watch?v=99oLd7uaFCA&list=PLOkRGMvRIZRWEK8EHoye9xGjK-YLKNFrd&index=2>

**Mckendree University vs. Travecca Nazarene University
(Purple jersey #54)**

https://www.youtube.com/watch?v=BmU7be_RCr0&index=1&list=PLOkRGMvRIZRUhe99kp5HzKjtPA-DSKqAD