



# 2018-2019 Boys Basketball Tryout Packet

**BE ON TIME FOR ALL TRYOUT SESSIONS AND KNOW WHEN THE NEXT TRYOUT SESSION IS BEFORE YOU LEAVE.**

**MONDAY, NOVEMBER 12th**

- 9<sup>th</sup> Grade- 3:20-5:30 pm- Aux Gym
- 10<sup>TH</sup> - 12<sup>th</sup> Grade- 5:45-8:30 pm- Main Gym

**FRESHMEN- WEAR AN OLD, WHITE T-SHIRT WITH YOUR LAST NAME ON THE BACK TO ALL TRYOUT SESSIONS!**

**NO JEWELRY/NECKLACES!**

**LOCK UP ALL VALUABLES DURING THE TRYOUT!**

**MAKE SURE ALL FORMS ARE TURNED INTO THE OFFICE BEFORE TRYOUTS START. IF YOU HAVE ANY MISSING FORMS YOU WON'T BE ALLOWED TO TRYOUT UNTIL ALL FORMS ARE COMPLETE AND TURNED INTO THE OFFICE.**

**WE WILL BE CHECKING GRADES AND ATTENDANCE!**

**WE WILL HIRE A COUPLE OF STUDENT MANAGERS AFTER THE TRYOUT. IF YOU DON'T MAKE THE TEAM AND WOULD STILL LIKE TO BE INVOLVED, COME AND TALK TO COACH STROH or COACH HAAS AFTER TRYOUTS.**

**\*NO NEON COLORED SHOES... TEAM COLORS ONLY!**

**\*If you plan to wear sleeves/tights under your game uniform they will need to match the main color of the uniform (white, black, or green).**

**You can purchase Adidas undershirts or tights with Jocks Nitch at 40% off and Adidas team shoes at 35% off retail.**

# FREE STATE BOYS BASKETBALL 2017-2018 IMPORTANT DATES TO REMEMBER

## Tryouts Begin on Monday, Nov. 12:

All forms must be turned into the office before the first day of tryouts. The forms can be picked up and dropped off in the main office. See Lisa Jones if you have questions or you need to turn the forms in.

1. Physical
2. Proof of insurance form
3. Code of Conduct
4. Tryout/Participation form
5. KSHSSA Head Injury/Concussion form

## **TRYOUT/PRACTICE SCHEDULE FOR NOV. 12TH to NOV. 17TH**

Times and Cut dates are subject to change.

Gyms: MAIN=(M), AUX(A)

### Monday, Nov. 12

3:20-5:30 pm- Freshmen (A)

5:45-8:30 pm- Sophomores, Juniors, Seniors (M)

### Tuesday, Nov. 13

3:20-5:30pm- Freshmen (A) \*\*\*Preliminary Cuts for Freshmen\*\*\*

5:45-8:30pm- Soph/Jr/Sr (M) \*\*\*Possible Preliminary Cut for Soph./JV/Varsity\*\*\*

### Wednesday, Nov. 14

3:20-5:15- Freshmen (A)

5:30-8:30- Soph/Jr/Sr (M) \*\*\*Possible Final Cuts for all levels\*\*\*

### Thursday, Nov. 15

5:15-7:30- Soph/Freshmen (A)

5:15-8:15 - JV/Varsity (M) \*\*\*Final Cuts for Soph/JV/V if we don't make them on Wednesday\*\*\*

### Friday, Nov. 16

3:20-5:00 pm- JV/Varsity (M)

Soph/Freshmen- No Practice (Attend team meeting at 5:45pm)

5:00-6:15pm- **Mandatory Player Meeting in the Room 510. This is for every player in the program and we will go over the expectations and standards for the year.**

**Dinner will be served.**

### Saturday, Nov. 17

8:00-10:30 am- JV/V (M)

12:30-2:30 pm- Soph/Freshmen (M)

### Monday, Nov. 19

3:20-5:30- V/JV (M)

3:20-5:15- Soph/Freshmen (A)

(Football Banquet after practice)

### Tuesday, Nov. 20

5:30-8:00 – V/JV (M)

5:15-7:30 – Soph/Freshmen (A)

### Wednesday, Nov. 21

8:00-10:30am- All Teams Practice (JV/V will go until 11:00) (M)

**Thursday, Nov. 22**

No practice for all teams – Happy Thanksgiving

**Friday, Nov. 23**

No practice for all teams

**Saturday, Nov. 24**

3:00-5:30pm – V/JV (M)

12:00pm-2:00pm- Soph/Freshmen (M)

**Sunday, Nov. 25**

JV/Varsity at 3:00-5:00

1:30-2:45- Parent meeting for all teams-Black Box. Parents may watch JV/Varsity after our meeting. Coach Stroh will go over Standards and Expectations of the program. **Attendance required by at least one parent.** (Players do not need to attend this meeting)

**Monday, Nov. 26**

Scrimmage Night

Soph/Freshmen-5:00

JV/Varsity-6:00

**Other Dates of Interest:**

Nov. 29<sup>th</sup> - Pictures will take place after school (All Teams)

Dec. 1<sup>st</sup> -1<sup>st</sup> Game (Varsity at Liberty HS vs Blue Springs-2:30)

Dec. 4<sup>th</sup>- Chipotle Night (Program Fundraiser from 4-8pm)

**Winter Break Practices**

Winter Break from school is Dec. 24-Jan 7 (School resumes Jan 8)

No Practice from Wednesday, Dec. 23 to Thursday, Dec. 27

Practice for all levels resumes on Friday, Dec. 28 – JV/Varsity at 9:00-11:30

We will also practice on Monday, Jan. 1...Happy New Year!

**Special Olympics Feb. 9<sup>th</sup>**

**Senior Night- Feb. 15<sup>th</sup>**

**Banquet- March 25<sup>th</sup>-Small Gym 6:30**

# Free State Boys Basketball

## Guidelines for Team Selections

The Free State Boys Basketball program takes their team selection process very seriously. We search for student athletes who will benefit the program in numerous ways. The following guidelines are considerations that are taken into account when making player selections for the boy's basketball program.

### **Skill**

The fundamentals of the game of basketball to include:

1. Offensive skills such as shooting, passing, ball handling, rebounding, screening, reading the defense, and footwork.
2. Defensive skills such as on-ball defense, defense one pass away, helpside, defending screens, closing out, challenging shots, and boxing out.

These skills will be evaluated by the coaches in scrimmages and drills.

### **Physical Talent**

The coaching staff will look for players who possess speed and quickness with both hands and feet, strength, jumping ability, agility and coordination.

### **Selection by Positions**

There are only a certain number of positions available on a team. Generally, point guards (2), off guard/small forwards (4-5), and posts (2-3).

### **Remaining Years of Eligibility**

If two players are equal in ability, the younger player may benefit the program most as he will have additional years to improve.

### **Knowledge and Instinctiveness for the Game**

Our staff looks for players who demonstrate basketball savvy and court awareness by knowing what to do and when to do it. We want players who have knowledge of the rules and strategies of the game within the concept of teamwork.

### **Coachability**

We want players with the ability to accept coaching. Will you listen to instruction, redirection, and criticism with the intent to learn and improve? Will you accept the decision of the coach and keep the good of the team in mind?

### **Attitude**

Free State players need to have a positive, team first attitude. They are working toward individual improvement and achievement in an effort to strengthen the team.

### **Desire, Work Ethic, and Poise**

Free State players need to have the ability to demonstrate competitiveness with emotional control. You must consistently work hard and push yourself everyday toward your full potential.

### **Self-Discipline**

Be able to use good judgment and be responsible for your own actions on and off the court remaining drug, alcohol and tobacco free. You need to be dependable and responsible.

### **Team Player**

You should be an individual who will benefit the team most by accepting, respecting and supporting your teammates and working toward the goals established by the team. Individual recognition, scoring and playing time is a secondary result of being a team player.

### **Attendance/Academic Performance**

Regular attendance in all classes and maintaining academic standards set by the district are important requirements of all team members. Athletes with irregular attendance and/or questionable academic performance may receive less consideration when coaches evaluate athletes of similar talent.

### **Citizenship**

You are expected to be a positive representative of your team, school, and community through your actions as a citizen, student and athlete.

If you make one of the teams, we will ask all players to purchase team clothing/practice gear.

\*Varsity/JV \$175-This will include Adidas Practice Jersey/Shorts, Adidas FS Hoodie and Pants, Gatorade Bottle, Protein Bars/Energy Chews, Pregame Meals, Banquet and Team Dinner.

\*FR/Soph \$85- This will include Adidas Practice Jersey, Long sleeve T, Gatorade Bottle, Banquet, and Team Dinner.

We have already placed the order. This will allow the players to wear team clothing to school and games. The shirts/jerseys will be for the players to keep after the season and to use again for summer. If this will be a problem, please contact Coach Stroh after tryouts.

# Free State Boys Basketball

## Boys Basketball Tryout Information

In an effort to improve communication, we are asking each athlete who will be trying out for the boy's basketball program to **RETURN THIS FORM TO COACH HAAS (Room 510) or COACH STROH (OAF) ON OR BEFORE MONDAY, NOVEMBER 12, 2018.**

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(Student's Name. Please Print)

**My parent(s)/guardian(s) and I have familiarized ourselves with the information handouts regarding Free State Boy's Basketball Tryouts. We are aware of the guidelines used in the team selection. We are also aware of the length of season and time commitment involved in the basketball season over the Thanksgiving and winter breaks as indicated on the "Important Dates to Remember" sheet and game schedule.**

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(Student's Signature)

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(Parent/Guardian Name(s)- Please Print)

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(Parent/Guardian Signature)

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(Parent/Guardian Email Address)

-If your son makes a team we will send out practice schedules and other updates through email.

**PLEASE RETURN THIS SIGNED FORM TO  
COACH STROH (OAF) OR COACH HAAS (ROOM 510 ON OR BEFORE  
MONDAY, NOVEMBER 12, 2018.**