



**2018-2019 Girls Basketball
Tryout Packet**

There is a cost to each player to participate. All players will be expected to purchase team clothing and practice gear.

Varsity and JV cost \$175. This will include practice jersey/shorts, FS Hoodie, Long Sleeve T-shirt, Gatorade bottle, Pregame meals on the road and end of season Banquet.

Freshman and C-Team cost \$125 This will include practice Jersey, Long sleeve t-shirt, Gatorade Bottle, team Banquet

Money will be collected from players with a Nov. 22 deadline so orders can be made as soon as possible. This will allow players to wear team clothes to school and games. The t-shirts and practice jersey will be for the players to keep after the season.

Tryout Information

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 Mrs. Hayes 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. 15TH

Times and Cut dates are subject to change.

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

Monday, Nov. 12

5:30-7:30 pm- Freshmen (A)

3:30-5:45 pm- Sophomores, Juniors, Seniors (M)

Tuesday, Nov. 13

5:45-7:30 - Freshman(A)

3:20-5:45 pm- Soph/Jr/Sr (M)

Wednesday, Nov. 14

3:20-5:45- Soph/Jr/Sr (M)

5:45-7:30 Freshman (A)

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

FRESHMEN AND SOPH- WEAR AN OLD 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 NEED STUDENT MANAGERS AFTER THE TRYOUT. IF YOU DON'T MAKE THE TEAM AND WOULD STILL LIKE TO BE INVOLVED, COME AND TALK TO COACH JUNEAU OR COACH BERGESON AFTER THE TRYOUTS.

General information about tryouts

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 she 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.

Coachable

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.

IMPORTANT DATES

Saturday, Nov. 19

2:00- Parent meeting for all teams-Library. Coach Juneau will go over rules and regulations of the program. Fundraising and parent support programs will be discussed. **Attendance required by at least one parent.** (Players do not need to attend this meeting).

There will be no practice Thanksgiving Day. Depending on players' travel plans we will decide other practice dates during Thanksgiving. We play our first game on Nov. 29 which will make practices during Thanksgiving very important.

No Practice Dec. 20 to Dec. 27th

Practice for all levels resumes on Friday, Dec. 28 –

Varsity/JV will practice Jan. 1 2018

Free State Girls Basketball

Girls Basketball Tryout Information

My parent(s)/guardian(s) and I have familiarized ourselves with the information handouts regarding Free State Girls' 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.

In an effort to improve communication, we are asking each athlete who will be trying out for the Girls' basketball program to RETURN THIS FORM TO COACH JUNEAU (Room 315-A) no later than MONDAY, NOVEMBER 12, 2015.

Student's Name. Please Print)

(Student's Signature)

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

(Parent/Guardian Signature)

(Parent/Guardian Email Address)

-If your daughter makes a team we will post practice schedules and other updates on our website

**PLEASE RETURN THIS SIGNED FORM TO COACH
Juneau (Room315A) BY MONDAY, NOVEMBER 12, 2016.**