



2019-2020 Tryout Packet

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

MONDAY, NOVEMBER 18th

- 9th Grade- 3:20-5:30 pm- Main Gym
- 10TH - 12th 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 2019-2020 IMPORTANT DATES TO REMEMBER

Tryouts Begin on Monday, Nov. 18:

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. 18TH to DEC. 2ND

Times and Cut dates are subject to change.

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

Monday, Nov. 18

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

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

Tuesday, Nov. 19

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. 20

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

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

Thursday, Nov. 21

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. 22

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

Soph/Freshmen- No Practice (Attend team meeting at 5:00pm)

5:00-6:15pm- **Mandatory Player Meeting in the Room 905. 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. 23

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

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

Monday, Nov. 25

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

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

Tuesday, Nov. 26

3:20-5:30 – V/JV (M)

5:15-7:30 – Soph/Freshmen (A)

Wednesday, Nov. 27

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

10:30-12:30- Soph/Freshmen (M)

Thursday, Nov. 28

No practice for all teams – Happy Thanksgiving

Friday, Nov. 29

No practice for all teams

Saturday, Nov. 30

3:00-5:30pm – V/JV (M)

10:00pm-12:00pm- Soph/Freshmen (M)

Sunday, Dec. 1st

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, Dec. 2nd

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

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

Other Dates of Interest:

Nov. 25th- All Teams report after school to start our Snap Raise Campaign

Nov. 26th - Pictures will take place after school (All Teams)

Dec. 4th- Chipotle Night (Program Fundraiser from 4-8pm)

Dec. 5th -1st Game (Varsity at Hays Shootout)

Winter Break Practices

Winter Break from school is Dec. 23-Jan 7 (School resumes Jan 8)

No Practice from Monday, Dec. 22 to Friday, Dec. 26

Practice for all levels resumes on Saturday, Dec. 27 – JV/Varsity at 8:30-13:30

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

Special Olympics Jan. 18th

Senior Night- Feb. 25th

Banquet- March 23rd-Commons 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.

DNA

Who are you on and off the court? What type of person and player are you? You are expected to be a positive representative of your team, school, and community through your actions as a citizen, student and athlete. Our Kind of Bird!

Competitiveness

This is non-negotiable. Toughness is a talent! We want players who want to win! OKG!

Drive and determination

Are you maximizing your time in the gym or just punching the clock? Actions speak louder than words. OKG!

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, help side, 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)

Appreciation vs. Entitlement

Do you expect to play because you are a Senior or Junior? That's called Entitlement... If two players are equal in ability, the younger player may benefit the program most as he will have additional years to improve. Playing time is earned!

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?

Me Guy or Team Guy?

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. 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.

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.

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

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

*Varsity/JV \$185-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, Adidas 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 STROH (Room 905) ON OR BEFORE MONDAY, NOVEMBER 18, 2019.**

(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.

(Student's Signature)

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

(Parent/Guardian Signature)

(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 (Room 905) BEFORE MONDAY, NOVEMBER 18,
2019.**