



**2019-2020 Tryout Packet
Free State Girls Basketball**

FREE STATE GIRLS BASKETBALL 2019-2020 IMPORTANT DATES TO REMEMBER

Tryouts Begin on Monday, Nov. 18:

In order for a student-athlete to tryout/participate in a sport at Free State, he/she must be registered on Register My Athlete, an electronic registration that has taken the place of student-athletes submitting hard copies of the five required documents. <http://registermyathlete.com/schools/>

Specifically, the Lawrence Public Schools Code of Conduct, Lawrence Public Schools Tryout/Participation Agreement, and the KHSSA Recommended Concussion & Head Injury Information Release Form are to be signed electronically by the parent/legal guardian. Additionally, the following three documents are to be completed and uploaded to the site: KSHSAA Physical, KSHSAA Checklist, and Lawrence Public Schools Insurance Compliance Form.

Please note the failure to complete the registration process will result in the ineligibility of a student-athlete.

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 NOV. 20TH

Times and Cut dates are subject to change.

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

Monday, Nov. 18

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

Tuesday, Nov. 19

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

Wednesday, Nov. 20

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

*****Final Cuts for all levels*****

Thursday, Nov. 21

1st Day of Practice- Time will be determined based on what team you are on.

Other Dates of Interest:

Saturday, Nov. 23rd- Fundraising meeting 12:00pm (all players will attend)

Saturday, Nov. 23rd-Parent meeting 12:30pm in Coach Wood's room 212 (all teams)

Tuesday, Dec. 3rd (Raise the Roof) 7:30pm

No practice on Thursday, Nov. 28th(Thanksgiving)

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

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

Free State Girls Basketball Guidelines for Team Selections

The Free State Girls 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 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.

Competitiveness

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

Drive and determination

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

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)

Knowledge and Instinctiveness for the Game

Our staff looks for players who demonstrate basketball IQ 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?

Team Player

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

Coaching Staff:

Varsity Head Coach-Nick Wood

Varsity Assistant-Jay Deiser

JV Coach-Mackenzie Yaw

Freshman/C-Team Coach-Mattithyah Bergersen

Freshman/C-Team Coach-Summer Frantz

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, Adidas Free State Hoodie, Adidas Shooting Shirt, T-Shirt, and Post-Game Meals

***Freshman/C-Team \$100**- This will include Adidas Practice Jersey, Adidas FS Hoodie, and T-Shirt

We have already placed the order. This will allow the players to wear team clothing to school and games. The hoodies/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 Wood after tryouts.

Free State Girls Basketball

Tryout Information

In an effort to improve communication, we are asking each athlete who will be trying out for the Free State girls basketball program to **RETURN THIS FORM TO COACH WOOD (Room 212) 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 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.

(Student's Signature)

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

(Parent/Guardian Signature)

**PLEASE RETURN THIS SIGNED FORM TO
Coach Wood (Room 212) ON OR BEFORE MONDAY, NOVEMBER 18.**