

Try-outs for JV and Varsity Girls Basketball

- Try-outs begin Monday, November 7th, 2016
- First selection of teams will be Wednesday, November 9th, 2016
- Final selection of teams will be Friday, November 11th, 2016 (if needed)

Please read the following items carefully:

1. Make sure you have followed all the appropriate procedures:
 - a. Signed up on Family ID
 - b. Had / Passed a Physical
 - c. Completed and Passed the Selective Classification Test (if in middle school)

2. If you have not been “Approved” by the try-out date, you will not be allowed to try-out.

3. All try-outs are at the Horseheads Middle School. They will be as follows:

• Monday, November 7 th	JV 6:15-9:00	Var: 6:15-9:00
• Tuesday, November 8 th	JV 5:45-8:00	Var: 3:30-5:45
• Wednesday, November 9 th	JV 6:15-9:00	Var: 6:15-9:00

(First selection of Teams)

4. This year we are keeping a maximum of TWELVE basketball players on the varsity, and a maximum of FIFTEEN players on the JV who have shown improvement over the summer and the fall. Because you played over the summer, or showed up in the fall does NOT guarantee you a spot. Those opportunities are for you to get better. Bottom line, we will keep the players who score the best in all FIVE areas. The try-out will be objective. You will EARN the score that you receive. Likewise, if you played last year, that also does not guarantee a spot on the team.

5. Make sure that you bring the appropriate basketball attire. You may also want to bring your own water or Gatorade. Please take care of your own possessions.

6. If there are any special conditions or circumstances that the coaching staff should be aware of, please make it known to us on the first day, prior to the initial practice. For example, if you have asthma, we should have an inhaler (given to us from you) in our medical kit. If you have an injury, please let us know upfront.

7. As far as injuries are concerned, if an athlete is seriously injured and cannot try-out, they MUST have a medical excuse from a physician. If there is no note, that athlete will be treated as being in normal physical condition. Likewise, if there is a doctor’s excuse, the athlete must attend all sessions in their entirety while injured. If injured, the coach, athlete, parents, and athletic director will determine the amount of time that the athlete will be allotted to try-out.

8. As a coaching staff, we have some lofty goals for each athlete. As a group, we expect each individual on the team to do the following:

- a. Be at practice every day; Work hard every day; Get better every day
- b. Show tremendous improvement from November 7th to March 16th (State Championship)
- c. Ask ourselves after each practice, “Did I give everything I had today?”
- d. Put the team before the individual and have a great unified bond
- g. Get the most out of our individual potential so the team benefits
- h. Great attitudes!! Rise to the challenge; not fall to frustration!!

Are YOU Ready for This Commitment?

TRY-OUTS

1. **Shooting Skills:** Each drill will be one minute in length. The athlete will receive one point per basket made. After a minute, the athlete will report her score to a designated coach. Any altering of scores will result in immediate dismissal from try-outs:
 - a. Mikan Drill
 - b. Dribble Lay-Ups
 - c. Block to Block
 - d. Around the Paint
 - e. Around the World
 - f. Elbow to Elbow
 - g. California Shooting Drill
 - h. Spot Shooting
 - i. 3-Pointers (2 pts each)
 - j. Free Throws

2. **Physical Fitness Test:** Athletes will compete in the categories below and receive a score based on how well they do compared to other athletes. The top 10 scores will receive points. For example if an athlete gets first in a category, they will receive 20 points; 2nd will receive 19 points, and so on down to 10th place which will get 11 points. After tenth place, players will receive “0 points”. You will compete in the following areas:
 - a. Lane Slides (30 Seconds)
 - b. Hurdle Hops (30 Seconds)
 - c. Ball Handling #1 (Stationary) (30 Sec)
 - d. Dot Drill (1 Min)
 - e. Minute Drill / Sprints...Timed Up and Backs (1, 2, 3, 4, 5)
 - f. 1 mile run (under 7:30; under 8:15 JV)

3. **Game Situations / Skills:** Each coach, four altogether, will evaluate you in six areas while you compete in drills and scrimmages. Each coach can give you up to 30 points (120 points is the max with the four coaches). You will be critiqued in the following areas:
 - a. Dribbling Skills
 - b. Passing Skills
 - c. Ball Fakes / Jump Stops (Guards); Post Moves (Forwards)
 - d. Defensive Skills (1 v 1; 3 v 3; 5 v 5)...Help and Recover; Defending the wing
 - e. Running the Primary and Secondary Breaks
 - f. Moves with the Ball

4. **Coaches Score / Off-Season Commitment:** Same evaluation as above. Each coach will be able to give 30 points max. You will be critiqued in the following areas:
 - a. Attitude
 - b. Team concept
 - c. Work ethic
 - d. Communication
 - e. Commitment (off-season workouts)
 - f. Leadership

5. **1on 1:** Each player will play as many other athletes in the time allotted. For every win, you will receive 10 points. Rules: 3 Dribbles on offense...Must check to start play. This may be optional depending on time.