

Basketball Tryouts

The image features the text "Basketball Tryouts" in a bold, yellow, stylized font with a white outline. The text is set against a solid red background. Below the text, there is a shadow effect consisting of several parallel lines that create a sense of depth and perspective, making the text appear to be floating above a surface. The overall design is dynamic and energetic.

Coaches

7th Grade:

- Red Team – Leslie Fernandez
- White and Gold Teams – Kristen Jones

8th Grade:

- Red Team: Julie Davis
- White and Gold Teams: Angela Willard

7th Grade Basketball Tryouts

■ 1ST ROUND OF TRY-OUTS-

November 3th-6th (cuts made on
November 6th- each athlete will
receive a letter at the end of school)

* *DURING SCHOOL ONLY*

* INCLUDES EVERYONE EXCEPT THE
RED TEAM VOLLEYBALL PLAYERS

7th Grade Basketball Tryouts

- **2nd ROUND OF TRY-OUTS-** November 9th - 11th (cuts made on November 11th- each athlete will receive a letter at the end of practice)

** DURING THE PERIOD & AFTER- SCHOOL UNTIL 5:30*

** THIS WILL ONLY BE THE GIRLS WHO MADE IT THROUGH FIRST ROUND OF CUTS & RED TEAM VOLLEYBALL PLAYERS*

8th Grade Tryouts

- **TRY-OUTS**- November 9th -11th (cuts made on November 11th- each athlete will receive a letter at the end of practice)

** DURING THE PERIOD & AFTER-SCHOOL UNTIL 5:30*

First Scrimmage

- All girls who make the team will be required to attend a scrimmage on Thursday, November 19th 5:45pm @ Staley.
- First game is Thursday, December 3rd vs. Pioneer @ Wester

Requirements

- Good Attitude
- Good Work Ethic
- Fundamentals
 - Passing
 - Shooting
 - Dribbling
 - Communication
 - Court awareness

Expectations of Athletes

- Attend all practices and games
- Maintain passing grades in all classes
- Exhibit exceptional behavior in and out of the classroom

Practice Times (cont.)

- Girls basketball will practice after school each day of the week ending at approximately 5:30.
- The coaching staff will communicate with you in advance if there is a time change.
- Please communicate with the coaching staff if a practice is going to be missed.

Practice and Attendance

- Practices are mandatory; must attend from start to end
- If a practice is missed for any reason, the athlete will be required to make up the time missed
- If an athlete is unable to workout due to an injury for more than 2 days, a doctor's note is required
- Attending practice even if you are injured is required

Transportation

- Transportation to and from games will be provided
- Wester's expectation is for student athletes to support their teammates for the whole contest.
- If an athlete needs to attend another activity after the completion of their competition, the parent/guardian must contact the coach 24 hours in advance.

Transportation

- After notifying the coach at the end of the athlete's competition, the parent/guardian will need to present a photo ID and check out their athlete with the coach.
- Parent/Guardian must be on athlete's emergency card
- If a parent does not give 24 hour notification regarding an early check-out, the athlete will be released to the parent, but will be required to sit out the following competition.

Child Pick-up

- All athletes must be picked up at the athletic doors in the back of the school.
- Please be prompt in picking up your child at the conclusion of each practice or game.

Coaches' Concerns

The key to a successful program comes from communication between the coaches and parents, coaches and athletes, and the athletes and parents.

■ Proper Communication Channels

- Athlete to coach
- Athlete to parent
- Parent to coach
- Parent to girls' coordinator
- Parent to grade level principal
- Parent to principal

What is off-season?

- Athletes not participating in a team sport during that particular season
- Weight training and conditioning
- Only during athletic class period

Managers

- There will be 2 per grade level.
- After tryouts, anyone interested will need to get an application from the coaches.
- Coaches will choose 2 per grade level.
- It is a full season commitment.
- Must attend all practices and games

Admission Prices

Adult = \$4

Student = \$2 (Wester students are free if the game is played at Wester)

Athletic Pass- \$75 adult/ \$50 student
(includes all sporting events in Frisco except varsity football)