

Dear Athletes and Parents,

Tryouts for the upcoming season are quickly approaching, and we are looking forward to a great season! The coaches this year will be Mrs. Sra (6th Grade), Mr. Guzman (7th Grade), and Ms. Selken (8th Grade). The following are important pieces of information regarding the season, tryouts, and general expectations.

- ALL athletes MUST wear tennis shoes, no vans or street shoes, this does not mean that you need to purchase new shoes. (***come dressed prior to practice and tryouts please.***)
- ALL athletes MUST disclose any health issues that may be a concern when participating in a sport such as basketball.
- ALL athletes MUST have permission from their parents to participate.

Tryouts for a basketball team are usually very difficult, for both coaches and athletes, and it is the coaches that make the painful decision of who gets cut. Our tryout process is a **two-day** event, due to busy schedules and gym time availability, so each athlete must come ready to go. We will be having **Practices** every **Monday and Wednesday** from **7AM to 8AM** so, that we may practice inside the gym due to our 7th and 8th graders girls practicing after school. I know this time for practice is extremely difficult for many of my parents and in the past some parents actually carpooled to ensure getting the girls on time for practice. That is why our practices are only twice a week for a total of 12 – 14 practice days. Our game days are Tuesday and Thursday's unless the schedule states otherwise. Your child will be given a notification form if they have made the team and a schedule attached of upcoming games and a calendar of practices on Tuesday after tryouts.

TRYOUT FOR 6th Grade: Monday and Tuesday - October 24th & 25th @ 7 AM to 8 AM

The most important attribute for the tryout period is a sense of fairness among the candidates. Every girl will be ran just as hard, shoot the same amount of shots, pass the same amount of passes, and challenged mentally the same. Come to tryouts with the mindset that you are going to try your hardest and give it your all. Sixth graders will be monitored on their attitude, physical condition, their team attitude, coachability and willingness to learn the game. We will calculate all these figures and announce the team at the end of tryouts. At this point each athlete will know if they have made the team or not. Remember this is a tryout process for basketball only, not life. We know everyone wants to play, however some have more basketball abilities than others. It is better to have tried out and not make it, than to have not tried out at all!

In every tryout, there will be some players that stand out as obvious picks for the team. However, coaches will not only be looking for athletes with the best skills, but also those with a positive attitude and willingness to improve their game. Although many of you will come with varying degrees of skill, it will be your willingness to learn and work hard that will be valued the most. For instance, one player may have fewer skills than another, but shows more potential. Other players have weak skills but show an enormous amount of heart, drive, and coachability. **Athletes will be evaluated in 3 ways over the tryouts.**

1. Attitude and coachability.
2. Basketball fundamentals (learning the skills during the duration of the season)
3. Timed running events, laps, liners, etc.

Thanks for participating!
Bear River Girls Basketball Coaches