



2023 Girls Basketball Season/General Information

Paperwork must be completed through: <https://lucileerwin.bigteams.com/>

IMPORTANT: All participants need to have ALL online paperwork turned in by Friday, December 8th AND get a **GOLD CARD** from the front office confirming all registration is complete (including \$75 payment)

Tryout Dates:

- December 11, 12, and 13. Be there if you want consideration to the 6th, 7th, or 8th grade Varsity teams. Tryouts are not necessary to make Junior Varsity (JV). However, these are our first practices.

Tryout Times:

Tryout Times:	<u>Day#1 Mon 12/11</u>	<u>Day#2 Tues 12/12</u>	<u>Day #3 Wed 12/13</u>	<u>Day #3 Thur 12/14</u>
• 6 th Grade-	4:15-5:15 PM	4:15-5:15 PM	4:15-5:30 PM	Completed
• 7 th Grade-	5:15-6:15 PM	5:15-6:15 PM	*Choir Concert	7:20 - 8:20 AM
• 8 th Grade-	6:15-7:15 PM	6:15-7:15 PM	*Choir Concert	4:15 - 5:15 PM

OPEN GYM: We will be holding an optional open gym on **Friday (12/15)** after school for 1 hour. This will be open to all athletes (Varsity players and JV players). This will only be for an hour after school from **4:15-5:15**.

Tryout Skills that will be considered:

- Inside and Outside Shooting and Shooting Form (Follow thru with your “hand in the cookie jar.” Index finger pointing at the basket, wrist bent, and thumb pointing down)
- Lay-ups -Passing (chest pass, bounce pass, baseball lob pass, over-head soccer pass)
- Ball Handling/ Dribbling -Game awareness (positioning, court sense, knowledge)
- Team work/encouragement -General Fitness -Positive Attitude
- Defense (Individual and Team, positioning, hands up and out, slides)

Other Information:

- Decisions for Varsity and JV players will occur during the last tryout time
- Each grade has a Varsity team of 9-12 players **and** JV teams.
 - Season runs from January 4 to Feb. 29th. JV practices are Monday’s, Tuesday’s, and games on Friday’s. JV games will be on Friday afternoons in the Erwin Gym.
 - A calendar will be provided with specific dates of all practices and games
 - **Typical Practice Times-**
 - JV (6th, 7th, 8th)- 7:20-8:20am (Mon & Tues) Game Day Friday 4:15-5:30pm
 - Varsity 6th- Mon and Tues 4:15 to 5:45 (Games Mon and Wed), **Fri 7:20-8:20am**
 - Varsity 7th- Mon and Tues 4:15 to 5:45 (Games Mon and Wed), **Fri 7:20-8:20am**
 - Varsity 8th- Mon and Tues 4:15 to 5:45 (Games Mon and Wed), **Fri 7:20-8:20am**

Coaches:

- 6th Meredith Kinney meredith.kinney@tsd.org
- 7th Tim Bren Timothy.bren@tsd.org
- 8th Josh George Joshua.george@tsd.org *Please contact me with any questions regarding the program.