



# Falls Church Basketball

## Coaching Staff

Varsity: Derek Gaunt  
Assistants: Lawrence Lewis  
                  Kevin George  
JV: Josh Figueroa  
Freshmen: Jim Ryan

October 12, 2016

Dear Parent(s) and Prospective Student-Athletes:

Thank you for your interest in the Falls Church High School Boys' Basketball program. The purpose of this document is to provide you with an overview of this year's program as well as what's on tap in the coming weeks. The intent is provide you and your son with enough information to allow you to make an informed decision about whether or not attempting to become or remain a part of this program is right for you, because the hard truth is, it is not for everyone.

## MISSION STATEMENT

It is the mission of the Falls Church Boys' Basketball Program to develop young men who strive for and exemplify championship habits that will provide an opportunity for them to reach their potential, *academically, socially and physically* through athletic competition.

## PHILOSOPHY

### GENERAL

Four Cs

CHARACTER  
COMMITMENT  
COMPOSURE  
CLASS

We want young men who strive for perfection in each of these.

Xs AND Os

Run-Shoot-Trap-Sub-Repeat—This year's program will have a decidedly different look than years past. We will be playing an unorthodox, uptempo, chaotic style with quick shooting and trapping everywhere on the floor.

### TEACHING THE GAME

Technical--Teaching specific procedures for the player to move their body in order to perform a task. We are going to balance learning and running our system of attack with instruction on the proper techniques of ballhandling, passing, shooting and footwork.

**Tactical—Teaching game strategy and intelligent play. Whether on offense or defense, players will always be in attack mode, reading and reacting to what we face. The players will be taught to recognize (read) team and player movements on the floor and make the best decision possible (react) to maximize chances for success.**

**Physical--Ensure players have the stamina to play the game with tempo. This new style of play is not for the faint of heart or legs.**

**Psychological--Basketball is a game of confidence, determination and focus. Players will be taught to:**

- believe in themselves, their teammates and the system;
- strive for success on every possession;
- play through distractions and nervousness;
- bounce back from performance setbacks

## **OFF-SEASON WORKOUTS**

***“Players that make EXCUSES in the Summer for why they can't workout are usually hard at work in season BLAMING others for failure”. –Tom Crean***

In order to get ready for the upcoming season, structured Green Day Activities (GDA) and conditioning sessions were implemented in May. These days consist of skill work, SAQ and conditioning drills as well as tactical instruction. **Participation or the lack thereof will not be the basis for the decision of who makes a team within the program.** Official selection to the teams will not take place until after three days of tryouts have been completed in November.

### **Remaining Schedule**

- GDA—October 13—5-7pm
- Conditioning--October 17—5-630pm
- Conditioning--October 19—5-630pm
- GDA—October 24—5-7pm
- GDA—October 26—5-7pm

## **PLAYING TIME**

**Based on, but not limited to:**

- effort
- performance
- skills and ability
- skills and abilities of teammates
- attendance, and effort during practice
- **attitude, behavior and conduct**

**Every player will be a part of a shift that will be rotated with frequency.**

This may change over the course of the season but every player will have an opportunity to play more than in a conventional system.

#### Freshman Team

- Purpose
  - to develop players' basic fundamental basketball skills while also reinforcing what it takes to run our system
  - provide an opportunity for every player to play
    - playing time will be distributed as evenly as possible while also staying focused on being competitive in each game

#### JV

- Purpose
  - to develop and prepare players for potentially playing at the varsity level focus is on basic fundamental basketball skill development
  - more time spent on tactics and developing the team
  - not all players will receive equal playing time

#### Varsity

- Purpose
  - put our most committed, responsible and talented students on the floor to win contests
  - starting positions and playing time are not guaranteed to seniors or anyone else

At each level of the program below Varsity, the primary emphasis will be on player development. However, as players climb up the competitive ladder there will be an increased emphasis on winning. Upon reaching the Varsity level, winning will absolutely be a primary goal. While we recognize winning is not the most important aspect of athletics, it certainly enhances the experience for all involved so we will pursue it relentlessly.

Playing time is an earned privilege. It is not a right. While we will strive to develop all players, there is no guaranteed minimum playing time or guarantee that everyone will play in every game or a certain number of minutes in every game.

As an example, just because you are a senior whom has been with the program for three years or because you played varsity last year does not guarantee that you will play this year. After a full season of exposure, we know who can play and who cannot. We will select and play the players that give us the best chance to win, period. As coaches we are charged with the task of doing what is best for the team. Sometimes what is best for the team is not what is best for an individual player. Teams where everyone understands and accepts their role usually turn out to be special teams. Unfortunately those teams are also rare. We will not accommodate one player at the expense of the team. Don't try out

Every player has the right to an explanation if they are not comfortable with their role on the team. We encourage players to discuss concerns and questions with us. All conversations relating to a player's role or playing time will be held in private with the affected player. Their role will be explained to them. If a player is not satisfied with his role they should ask the coach what he can work on to improve his position on the team. When you ask the question, make sure you are ready to hear the truth. *Playing time and/or comparisons to other players will not be discussed with the parent.*

# **TRYOUTS**

Tryouts for any basketball team are very difficult, for both coaches and athletes. Having gone through this many times over the last eight years, I can tell you that cutting a prospect is one of the worst aspects of coaching. As painful as it is for us, it is equally, if not more, painful for the prospect. It is not something to which I look forward.

Our tryout process is a three-day event with a finite number of minutes. Each athlete must come focused and ready to perform. Some candidates have been actively involved in making themselves better, skill and conditioning-wise, during the off-season and it will show. Others have not done as much as they should or could have. That too will show.

Our teams will consist of between 12-15 players. Every player selected will have entered into an agreement with us that they recognize everyone has a role to play and that they understand that some will get more playing time than others. When it comes to talent, people are not created equally. Some of us are better at some things than others. The same holds true for basketball. All basketball players are not created equally. Some shoot better, handle the ball better, jump higher, have higher basketball acumen, etc., than others. As such, to paraphrase John Wooden, players within this program will all be treated fairly but, when it comes to playing time, not all will be treated equally.

In every tryout, there are players who stand out as obvious selections. They have been working on their own to improve themselves, display the requisite skills at a high level or they have inherent talent. Our challenge as coaches is in deciding who will fill the bottom half of the roster.

Basketball is a competitive sport, and unfortunately we cannot keep everyone who tries out for a team. Numbers won't allow it. Skill level won't allow it. The possibility that players who were a part of the program in the past may not make a team this year is very real. Do not take tryouts for granted based on your past participation.

Before making a decision we will evaluate and consider your positional skill and ability vs the positional skill and ability of the persons whom you are competing against for a spot. In addition, team balance is very important making tryouts, in part, a numbers game. As an example, if a program is guard-heavy, when selecting the final roster, consideration will be given to the number of candidates at that position and a balance will be struck accordingly.

Student-athletes should come to tryouts with the mindset that you are going to try your hardest and give 100%. With the number of candidates trying out, you have to separate yourself. **YOU MUST IMPRESS.** We will be evaluating, among other things, how you perform the following under stress:

- Ballhandling
- Shooting
- Passing
- Defense
- Rebounding
- Athletic Ability
- Game Play
- Coachability
- Overall Strengths

For non-football players, tryouts begin November 7 and with initial selections taking place on November 10. Final selections will occur at the conclusion of the Varsity football season after those players have been evaluated.

Prospects must have all requisite forms to include a physical, on file in the Activities office prior to tryouts. Physicals must have been completed after May 1, 2016.

**Required paperwork—**

**Valid Physical  
Insurance Notice Form  
Parental Consent Form  
Emergency Care Form  
Concussion Form**

All forms can be picked up in the Activities' office or downloaded off the FallsChurchSports.Org website.

At this level the decision to keep or cut a prospect is based on but not limited to:

**Academic Eligibility  
Basketball Ability  
Attitude  
Character  
Contribution the student-athlete can make as a team member  
Number for prospects at each position**

The ratings scale for the evaluated categories is as follows:

**5=Outstanding=Proficient ability to demonstrate the skill at a competitive level**

**4=Very Good=Above-average ability to demonstrate the skill at a competitive level**

**3=Satisfactory= Average ability to demonstrate the skill at a competitive level**

**2= Limited=Below-average ability to demonstrate the skill at a competitive level, needs further instruction to develop**

**1= Unsatisfactory=Minimal ability to demonstrate the skill at a competitive level, has not mastered fundamentals**

For each player trying out, the coaches will determine what they believe would be the ideal position(s) for them to fill. Those positions are as follows:

- Point Guard**
- Perimeter**
- Post**

Remember this is a tryout process for basketball only, not life. For those of you who do not make the team, it is not the end of the world. It DOES NOT mean that the coaches do not like you or think you are no good. *It means that there are areas you need to develop further, and/or the competition between you and the other students vying for the same roster spot as you was high.* If you have a question as to why you did not make the team, the coaches will make time in the weeks that follow tryouts, before practice, to give feedback and discuss areas to develop.

We know everyone wants to play however we cannot keep everyone who tries out for a team. Numbers will not allow it. Skill level will not allow it. When choosing teams, we will base our decisions on what is best for each team.

**ALL TRYOUTS ARE CLOSED. NO ONE, NOT ASSOCIATED WITH THE PROGRAM, MAY OBSERVE.**

### ELIGIBILITY

- regular bona fide student in good standing of the school you represent. • must be enrolled in the last four years of high school
- must have enrolled not later than the fifteenth day of the current semester
- for the first semester must be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding year or the immediately preceding semester for schools that certify credits on a semester basis. Courses for which credit has already been awarded (being repeated for a better passing grade or better understanding) do NOT count for eligibility purposes
- for the second semester must be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding semester
- must sit out all VHSL competition for 365 consecutive calendar days following a school transfer unless the transfer corresponded with a family move
- must not have reached your nineteenth birthday on or before the first day of August of the current school year
- must not, after entering the ninth grade for the first time, have been enrolled in or been eligible for enrollment in high school more than eight consecutive semesters
- must not be in violation of VHSL Amateur, Awards, All Star or College Team Rules. Eligibility to participate in interscholastic athletics is a privilege you earn by meeting not only the above-listed minimum standards, but also all other standards set by the Virginia High School League, the school district and the school. If you have any question regarding your eligibility or are in doubt about the effect an activity might have on your eligibility, check with your Director of Student Activities (DSA) for interpretations and exceptions provided under League rules. Meeting the intent and spirit of League standards will prevent you, your team, school and community from being penalized.

## GENERAL INFORMATION

- **WE ARE LOOKING FOR PLAYERS WITH ABOVE-AVERAGE TO SUPERIOR BASKETBALL SKILL AND ABILITY AT EACH LEVEL. OUT OF THAT GROUP, WE WILL SELECT PLAYERS WHO HAVE THE ATTITUDE AND COACHABILITY TO FIT IN WITH THE PROGRAM. WE WANT PLAYERS WITH MORE QUESTIONS THAN ANSWERS.**
- **THE PROBABILITY THAT PLAYERS WHO WERE A PART OF THE PROGRAM IN YEARS PAST MAY NOT MAKE A TEAM THIS YEAR IS VERY REAL. DO NOT ASSUME THAT BECAUSE WHO WERE IN THE PROGRAM PREVIOUSLY THAT YOU WILL AUTOMATICALLY BE IN THE PROGRAM THIS YEAR.**
- The decisions of the coaches are final.
- The coaching staff will determine the appropriate level (Freshmen, JV or Varsity) for each athlete. The freshmen team is made up of all freshmen and the JV team may be made up of predominantly sophomores. The varsity team will consist of predominantly upper classman.
- Tryouts will last three days – November 7, 9 and 11. You must attend all three days. If you are going to miss a day due to extenuating circumstances, e.g., extended sports season, sickness, injury or another compelling reason, you must have prior approval from the Head Varsity Coach and the DSA.
- The coaching staff will make cuts at the end of the 3<sup>rd</sup> day. At that time the athlete will be informed of the coaches' decision in a private meeting.
- The entire coaching staff is involved in selecting all three teams.
- Team balance--Tryouts are, in part, a numbers game. We will consider the number of candidates at each position and balance our choices accordingly. **THIS MEANS THAT SOME MAY NOT BE SELECTED SIMPLY BECAUSE OF THE LIMITED NUMBER OF POSITIONS AVAILABLE AT EACH SPOT.**
- The attire for all three days of tryouts will be:
  - Plain white t-shirt with your last name in large black print on the back
  - Black or dark blue shorts
  - **Basketball shoes**

The coaching staff will determine the appropriate level (Freshmen, JV or Varsity) for each athlete and will make selections at the conclusion of tryouts. At that time the prospects will be informed of the coaches' decision in a private meeting. The tryout schedule and locations have yet to be determined. This information will be posted/published as soon as it is known.

## **PRACTICES**

Practices are daily, except for Sunday - and are mandatory. Coaches need to have at least one week advanced notice of any practices that will be missed. There may be several “2-a-day” practices (Saturdays) for the Varsity team during the months of November and December. ALL THREE LEVELS WILL BE PRACTICING OVER THE HOLIDAY BREAKS.

## **GAMES**

Games are normally held on Tuesdays and Fridays, but there will be a couple of exceptions. Freshmen at 4:30/5:30. JV at 5:45 and varsity at 7:15.

## **COSTS**

After making the team, each player will be asked to purchase a “spirit pack” of team apparel and footwear. If a family is experiencing a hardship that would otherwise preclude them from purchasing a “spirit pack” or team shoe, they can contact me privately.

Sincerely,

Coach Gaunt





**FCHS BOYS' BASKETBALL 2016  
TRYOUT  
INFORMATION SHEET  
(To be completed and returned to coaching staff)**

**Name:** \_\_\_\_\_ **Grade** \_\_\_\_\_

**Height** \_\_\_\_\_ **Weight** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Jersey Size** \_\_\_\_\_ **Short Size** \_\_\_\_\_ **Under Armour Shoe Size** \_\_\_\_\_

**Contact Information:**

**E-mail:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Mother's Name:** \_\_\_\_\_ **Cell:** \_\_\_\_\_

**Father's Name:** \_\_\_\_\_ **Cell:** \_\_\_\_\_

**Class Schedule  
Please print legibly**

PERIOD	SUBJECT	TEACHER	EMAIL ADDRESS
1			
2			
3			
4			
5			
6			
7			

**Varsity Coaches**

**Head**  
**Derek Gaunt**  
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**Assistants**  
**Lawrence Lewis**  
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**Kevin George**  
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**JV Coach**

**Josh Figueroa**  
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**Freshman Coach**

**Jim Ryan**  
**ryan.appraisal@verizon.net**