



# STONE BRIDGE BOYS BASKETBALL



## *2011-2012 Tryouts*

### Tryout Schedules

Varsity tryouts:

Monday	Nov. 7 <sup>th</sup>	4:00 – 6:00 pm	Main Gym
Tuesday	Nov. 8 <sup>th</sup>	4:00 – 6:00 pm	Main Gym
Wednesday	Nov. 9 <sup>th</sup>	4:00 – 6:00 pm	Main Gym
Thursday**	Nov. 10 <sup>th</sup>	4:00 – 6:00 pm	Main Gym
Friday**	Nov. 11 <sup>th</sup>	4:00 – 6:00 pm	Main Gym

Junior Varsity tryouts:

Monday	Nov. 7 <sup>th</sup>	4:00 – 6:00 pm	Main Gym
Tuesday	Nov. 8 <sup>th</sup>	4:00 – 6:00 pm	Main Gym
Wednesday	Nov. 9 <sup>th</sup>	6:30 – 8:15 am	Main Gym
Thursday**	Nov. 10 <sup>th</sup>	6:30 – 8:15 am	Main Gym
Friday**	Nov. 11 <sup>th</sup>	6:30 – 8:15 am	Main Gym

Freshman tryouts:

Monday	Nov. 7 <sup>th</sup>	6:30 – 8:00 pm	Aux Gym
Tuesday	Nov. 8 <sup>th</sup>	6:30 – 8:00 pm	Aux Gym
Wednesday	Nov. 9 <sup>th</sup>	6:30 – 8:00 pm	Aux Gym
Thursday**	Nov. 10 <sup>th</sup>	6:30 – 8:00 pm	Aux Gym
Friday**	Nov. 11 <sup>th</sup>	6:30 – 8:00 pm	Aux Gym

\*\* = *If necessary*

All Seniors and Juniors will try-out for Varsity, all Sophomores will try-out for Junior Varsity, and all Freshman will try out for Freshman. The only exception to this rule is if a younger player is personally invited by Coach West to attend tryouts for a higher-level team (*for example, a Freshman may be invited to try-out for JV*). It is important to understand, however, that if a player accepts the invitation to try out for a team that is at a higher-level than his grade and doesn't make it, he will not automatically be given a roster spot on a lower-level team (*for example, if a freshman takes the invitation to try-out for JV and doesn't make it, he will have to go through an additional one-day tryout in order to make the Freshman team*).

LCPS requires every athlete to have a minimum of 3 days of tryouts. Therefore, a coach has the option of making all of the final cuts on Wednesday or Thursday, and the selected team can begin practicing the next day. Only in circumstances where a coach needs to see more of a player in order to make a final decision will tryouts extend all the way until Friday.

### **Fall Athletes**

If fall athletes are unable to attend the first week of tryouts due to an extended fall season, they will be given 3 days of tryouts when they are eligible to participate (the day after the fall season is completely over). Each coach will keep at least 10 players (Varsity may keep as little as 8, and pull several JV players up for practice) from the normal tryout period in order to have effective practices until the remaining fall athletes are able to tryout. It is then up to the coach as to how many of those fall athletes will be selected to the team after their 3-day tryout period (the max number of late-tryout athletes selected to the team is set at 5 [7 for Varsity], since 15 is our maximum roster number). Players that are selected to the team after the normal tryout period will not have to try-out again with the fall athletes. However, there may be a case where a coach asks a player who was cut during the normal tryout period to tryout again with the fall athletes.

### **Prerequisites to Trying Out**

In order to tryout, you will need the following documents on file with the school:

1. Completed VHSL Physical
2. Emergency Care Card
3. Loudoun County Training Rules & Regulations
4. Warning & Assumption of Risk for Participation
5. Concussion Guidelines

Please do not bring these documents with you to tryouts. They should already be completed and turned-in to Mrs. Lancaster in the main office prior to tryouts. **All of these forms are available online at [www.stonebridgesports.org](http://www.stonebridgesports.org). On the front page, under “Announcements & Events”, click on “WINTER 2011-2012 TRYOUT PAPERWORK.”**

### **Selection Criteria**

The following criteria will be used during the player evaluation and team selection process:

- Attitude/Conduct – We will play extremely hard, yet always compete with respect and honor. Your behavior and conduct will be considered. This includes your behavior on- and off-the-court.
- Skills/talent – How well can you play? This includes: Shooting, dribbling, passing, awareness, rebounding, one-on-one defense, and team defense.

- Strength/Conditioning – Basketball is a sport that favors height, strength, speed, and quickness.
- Team work – There are a lot of players who can do well shooting on their own or having the ball in their hands during pick-up games, but struggle during 5-on-5 team-oriented situations. We need players that put success of the Team above themselves.
- Team balance – We cannot field a team with all guards or all forwards, or a team with all offensive players or all defensive players. We need a good balance of players by position and skill set. You may very well be the third best player trying out and not make the team, because the two best players play your position.
- Scholarship – There are academic requirements and expectations for participating. All other criteria being equal, the better student will always have the advantage during the selection process.

### **Not everyone can make it**

Competition for selection onto a high school basketball team is fierce. Only 10-15 kids will make each of the 3 teams. At tryouts, we will undoubtedly have the best 5% or so of the players at Stone Bridge. Unfortunately, only the top 2% will end up making a team. No player likes to be told he is not on the team, and no coach likes to tell a player that, either. But it is something that has to be done when there is a limited number of roster spots.

Whatever the circumstances for not making the team, there are plenty of other opportunities for those players not chosen: other Stone Bridge winter sports, recreation youth basketball leagues, etc.

### **Testing Goals and Benchmarks**

Conditioning Testing is Mandatory for all student-athletes not involved in a fall sport and trying-out for the Varsity or Junior varsity basketball teams. Conditioning testing will take place from **4:10-5:00 pm on Monday, Oct. 31<sup>st</sup> and Wednesday, Nov. 2<sup>nd</sup>.**

<b><u>Grade</u></b>	<b><u>Sit-ups</u></b>	<b><u>Push-ups</u></b>	<b><u>2 mile run</u></b>	<b><u>Bench</u></b>
A	75-82	65-72	12:30-13:00	90-100% of Goal
B	68-74	57-64	13:01-13:30	80-89% of Goal
C	59-67	49-56	13:31-14:00	70-79% of Goal
D	52-58	41-48	14:01-14:30	60-69% of Goal
F	below 52	below 41	above 14:31	below 59% of Goal

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**Goals:      82/2 min.      72/2 min.      12:30      bench- 100% of body weight**

### Other Conditioning Testing Events:

- **Vertical Jump** (measured from a standing reach to highest point touched from a 2-foot jump with 1-step lead-in)
- **Lane Shuffle** (start at the elbow, sprint to baseline, defensive slide across lane, back-peddle to elbow, defensive slide across lane, and back to the starting elbow)
- **Dead Lift / Leg Press** (Seniors and Juniors will do Dead Lift, Sophomores and any Freshman trying out for a higher level team will do Leg Press)
- **Dot Drill** (through all dot cycles, with .1 second penalty for missing a dot)
- **Down-&-Back Sprint** (run to the opposite baseline, touch the line, and run back)

*These conditioning testing events are subject to change.*

The bottom line is that you should be in peak physical shape by the week preceding tryouts in order to achieve the best results possible during these tests.

### If you have any questions:

Each player will receive one-on-one feedback at the conclusion of tryouts. If you want to talk about your individual situation after the selection process, please give your respective team's coach a call or set-up a face-to-face meeting.

Good luck during tryouts, and let me know if you have any questions.

Sincerely,

### **Ben West**

Head Boys' Basketball Coach

Stone Bridge High School

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Cell: (703) 725-9265



2011-2012 Stone Bridge Boys Basketball



# Team Rules

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1. Maintain the highest level of academic success.
  - Academic progress reports will be collected several times during the season.
  - If a player has a failing grade in any course, he will not participate in games until he provides proof that he has achieved a passing grade.
  - If a player turns-in two consecutive progress reports with great results, he will no longer need to submit them. However, that player (like every player on the team) will still be constantly supervised by his coach to ensure consistent academic and behavioral success.
2. Attend all practices, games and meetings.

It's extremely important that every player is dependable and always on-time. If there is ever a situation that causes (or will cause) a player to be absent or tardy to any event (practices, games, meetings, etc...), it is his responsibility to contact the Head Coach prior to the event.

During the season, there will also be mandatory practices during Thanksgiving break, Winter break, and on Teacher Workdays.

  - I. Excused absence, tardy, or early departure\*\*:
    - Family Emergency
    - Health/Medical excuse with parent confirmation
    - Mandatory academic school function
    - Religious Holidays
  - II. Consequences for unexcused absence
    - 1<sup>st</sup> offense – Apology to team and will not dress-out for the next game
    - 2<sup>nd</sup> offense - Apology to team and will not dress-out for the next game
    - 3<sup>rd</sup> offense – player may be dismissed from the team.
  - III. Consequences for unexcused tardiness
    - 1<sup>st</sup> offense – conditioning (2 ladders for every minute late)
    - 2<sup>nd</sup> offense – conditioning by the entire team and verbal apology to team
    - 3<sup>rd</sup> offense – counts as unexcused absence (sit-out 1 game)

*\*\*If any player has an excused absence for the practice preceding a game, there is a possibility that his playing time will be reduced (and/or not start) for that game. The last practice before a game is very important in maintaining conditioning, preparing for the opposing team, and learning any planned strategies.*
3. Adhere to the school's and county's Participation Policy.
4. Maintain highest level of standards in regards to behavior at all times
5. Dress appropriately on game days:
  - On Away game days: All players must wear a dress shirt and pants, tie, and dress shoes to school and on the bus to and from the game.
  - On Home game days: Players will decide what Stone Bridge clothing to wear.
6. Ride the Team Bus to and from away games.
7. Be a loyal, supportive teammate and make positive contributions.
8. Maintain a mature attitude, work hard, and dedicate yourself to the success of the TEAM.

*Players will earn a varsity letter by playing on the varsity team for the entire season, finishing the season in good standing, and turning-in all equipment.*