



STONE BRIDGE Boys Basketball



2013 – 2014 Tryouts

Varsity tryouts:

Monday	Nov. 11 th	4:00 – 6:00 pm	Main Gym
Tuesday	Nov. 12 th	4:00 – 6:00 pm	Main Gym
Wednesday	Nov. 13 th	4:00 – 6:00 pm	Main Gym
Thursday**	Nov. 14 th	4:00 – 6:00 pm	Main Gym
Friday**	Nov. 15 th	4:00 – 6:00 pm	Main Gym

Junior Varsity tryouts:

Monday	Nov. 11 th	4:00 – 6:00 pm	Main Gym
Tuesday	Nov. 12 th	4:00 – 6:00 pm	Main Gym
Wednesday	Nov. 13 th	4:15 – 6:15 pm	BRMS
Thursday**	Nov. 14 th	4:15 – 6:15 pm	BRMS
Friday**	Nov. 15 th	4:15 – 6:15 pm	BRMS

Freshman tryouts:

Monday	Nov. 11 th	8:00 – 9:30 pm	Main Gym
Tuesday	Nov. 12 th	6:15 – 8:00 pm	Aux Gym
Wednesday	Nov. 13 th	8:00 – 9:30 pm	Main Gym
Thursday**	Nov. 14 th	6:15 – 8:00 pm	Aux Gym
Friday**	Nov. 15 th	8:00 – 9:30 pm	Main 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 one of the coaches 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 7 players (with possible joint practices) 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 8, 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 the main office prior to tryouts. **All of these forms are available online at www.stonebridgesports.org.** On the front page, click the link for “Athletic Forms” at the top of the page.

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, toughness, 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 are 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 on:

- **4:00-5:30 pm on Monday, Oct. 28th and Friday, Nov. 1st.**

<u>Grade</u>	<u>Sit-ups</u>	<u>Push-ups</u>	<u>2 mile run</u>	<u>Bench</u>
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- 110% 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)
- **Bench Press**
- **Squat or Leg Press**
- **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 to set-up a face-to-face meeting.

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

Sincerely,

The Stone Bridge Boys Basketball Coaching Staff

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****Check www.stonebridgesports.org and the bulletin board by the gym for updates****