

## Girls Basketball

My name is Coach Gesicki. I am filling in for coach Lombardo this year, as she is out on maternity leave.

In order to try out on December 3rd you will need to make sure all athletic paperwork is handed in. In the parent portal you will be able to find the paperwork. For any student athlete who played a fall sport and had a physical done in the fall will need to fill out the Health History form. For any student athlete who did not play a fall sport and has not already had a physical from their doctor, you will need to do so and fill out the Health history form. If you are unable to find the forms online you can also pick them up in athletics. If you are unsure if you have a physical already you can always stop in at athletics during homeroom and talk to Mrs. Wilgus, and she will help you figure out what you need. Also all paper work is due to athletics by 11/24.

**Tryouts will take place December 3,4& 7**

**December 3 will just be 7th grade 2:15-5**

**December 4 will just be 8th grade 2:15-5**

**December 7 will be both 7&8 2:15-5**

Unfortunately cuts need to be made and it's definitely the hardest part. We need to choose a manageable number of players that maximizes our limited gym space and allows for the individual attention players need to develop as a basketball team. Players are evaluated on skill level, team play, knowledge of the game, work ethic, and attitude. Our goal is to develop a program that achieves consistent success from year to year. The number one criteria for making the team is the player's ability to help their team by being a good teammate and accepting their role.

Just because you made the team does not mean playing time is guaranteed. It is a privilege to be a part of a sports team. Basketball requires a lot of sprinting up and down the court, you need to be in shape and able to handle the conditioning. Practices will be Monday- Fridays. We will have some practices on Saturdays and over Christmas break. If you plan on trying out you need to be 100% committed, and at all practices & games.

If you make the team a practice & game schedule will be handed out after cuts are made.

Expectations are set very high!

- You are to be a team player
- Always be on time!
- Give 100% effort & always try your best!
- Come everyday with a positive attitude
- Need to be teachable/coachable
- Respect yourself, team, coaches, teachers, fans, Officials, etc
- Come in ready to learn
- Thank you & looking forward to December 3rd!
- The best way to reach me is at [kgesicki@srsd.net](mailto:kgesicki@srsd.net)