

**Important Information about
Maywood 7th and 8th Grade Girls Basketball!
Tryouts start Monday, November 2, 2009**



Tryouts will last 2 or 3 days depending on the number of participants.

PREPARING FOR TRYOUTS!

In order to be eligible for tryouts, you must complete all the paperwork **BEFORE the first day of tryouts.**

The paper work includes:

1. Physical - must not expire during the season.
2. Sports Packet with parent and athlete signature
3. Concussion form
4. Inherent Risk Form
5. Grade Check form signed by all your teachers

And finally, if you make the team you must:

6. Yellow Emergency Card
7. Pay the sports fee of \$30.00

HOW DO TRYOUTS WORK?

There will be 2 coaches and 1 staff member evaluating the athletes.

Things that the evaluators are looking for include:

1. Physical condition of the athlete
2. Dribbling/Shooting/Passing/Rebounding/Free-throw Shooting Ability
3. Defensive Ability
4. Knowledge of the game shown by scrimmaging against others
5. Reviewing the grade check form to see how the athletes are doing with their schoolwork and reading any comments that their teachers have written. We try to reinforce that they are a student first and an athlete second.
6. Listening ability of the athlete.

Things to know about tryouts:

1. Athletes should be prepared to do physical conditioning during tryouts. If you are not in shape, some of the drills may be extremely difficult. Conditioning drills are evaluated and will play a part in determining the final team. Our expectation is that each person gives their best effort.

*Please note - even those that are in shape usually say they are sore after Maywood basketball tryouts.

2. Athletes are also evaluated on various basketball drills.

3. Depending on the number of participants, some may be cut the first day of tryouts. Some years we have had 30 athletes trying out for a team so the gym gets too crowded to accurately assess the players. When we have high numbers, there will be cuts the first day and they are usually those who aren't in condition or those that have limited skill levels.

4. We try to choose a team of approximately 10 players. Each grade level is unique so we use 10 as a baseline and either adjust up or down according to the number and type of participants we get.

5. Each player that is chosen for the team must have 10 practices in before the first competition. Tryouts count towards that number so it is important that the athlete make as many days as possible otherwise they cannot play in the first game. There have been some years where we only have 10 days of available practice dates before the first game.

6. Make sure to bring your gym shoes and a water bottle to the tryouts. You will be given some breaks but they won't last long. You don't want to be waiting in line for a drink because when the whistle blows, your break is over.

Good luck to you and we look forward to the next basketball season.

Coach Takata and Coach Winegar