

Simsbury Girls Basketball

2018-2019 Season Pre-Season & Tryout Information

Pre-Season

10/30 – pre-season player meeting in room D172 after school (10 minutes)

11/5 – 11/9: Options Preseason Conditioning 5:00 – 6:00 PM in SHS Gold Gym

11/12 – 11/16: Optional Preseason Conditioning 4:00 – 5:00 PM in SHS Gold Gym (11/12 and 11/15 are bball clinics until 5:30)

11/15 – pre-season parent meeting in room D172 at 7 PM...This meeting will last about 30 minutes, I encourage all to attend. There is no winter sports night this year, so it will just be a quick meeting with the coaching staff.

11/19 – 5th Girls Basketball Combine – weight room and blue gym from 3-6

Tryout Schedule/First Week Schedule

Date	2:30 – 5:00 Gold Gym	5:00 – 8:00 Gold Gym
Monday, November 26	ALL FR and Returning 3rds Team*	JRs, SRs & Returning JV/VAR
Tuesday, November 27	ALL FR and Returning 3rds Team*	JRs, SRs & Returning JV/VAR*
Wednesday, November 28	ALL FR and Returning 3rds Team*	JRs, SRs & Returning JV/VAR*
Thursday, November 29		7:00 – 9:00 JV/VAR Gold Gym
Friday, November 30		7:00 – 9:00 JV/VAR Gold Gym
Saturday, December 1		9:00 Lift - Mandatory Parent MTG 10 AM

*Unsure about FR/3rds Team practice slots for Thursday and Friday at this time.

*On Day 1 Only – we ask all players attending the 2:30 tryout to have backpacks and school work with them. We use the first 30 minutes of the tryout to determine if we believe any of the players have potential to play Varsity. We may/may not ask players to stay and do homework for the rest of the practice so they can begin trying out with the varsity tryout that evening.

*We may move players of any age group to different tryout slots on different days based on what we have seen. If we ask anyone to move to a different slot we will notify them before they leave on each day.

Roster Decisions

Roster decisions will be announced at the end of each tryout on Wednesday, November 28th. We ask that all parents are available for pick up 30 minutes before the end of the tryout slot so we can send kids home right after the decisions are made. We handle each roster decision in a 1 v 2 meeting between 1 player and 2 coaches

Team Formation

We don't have a set number for team formation, we generally look for about 16 players between JV and Varsity that will practice together, and we make decisions on the 3rds team based on that. We prefer to attempt to keep all FR and SO in the program but there is no guarantee if we don't have enough players for a 3rds team.

Captains

Captain(s) are selected at the end of the first week or second week of the season based on what the coaching staff has seen. Players do fill out a survey about leadership but they do not select the captains. Being a captain is an extremely important role in our program and we hold our captains to high standards starting from FR year. Being a SR doesn't guarantee being a captain, being the 'best player' doesn't guarantee being a captain. There are no captains for the sub level teams, only for varsity.

Florida Trip

Our varsity team is going to Orlando, FL from December 26 – December 30 to play in a tournament. We will only be bringing players that make the varsity roster or are JV/Varsity swing players.

We have already informed all returning varsity and varsity call ups that they will be going with us. Anyone else will be notified on November 28th. If you have questions about the potential of this please reach out anytime to discuss.