

# Open Tryouts for Girl's Basketball

Ages 8-14

Be sure to bring to try-outs:

- Signed flyer
- Physical signed by a doctor (anyone without one will not be allowed to try out)
- Gym shoes
- Appropriate gym clothes (shorts, t-shirt etc.)

Tryouts will consist of:

- Dribbling drills
- Shooting drills
- Passing drills
- Defensive drills
- Rebounding drills
- Scrimmage
- Effort

\*for each drill all athletes will be graded on a 1-5 scale. 1-lacks ability  
5-excels in ability. Team decisions will be based on these criteria and athlete's score

## Club Expectations

- At all times, players, coaches and staff will....
- work hard.
- be respectful and encouraging toward themselves and each other.
- be in attendance, on time, and prepared for practices and games.
- keep open lines of communication with the coach.
- observe the 24 hour rule
- represent the club and all the people affiliated with it with class, good sportsmanship and dignity

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Athletes who will be asked to join the team will receive practice and game schedule, coaches contact information, the code of conduct and disciplinary procedures at the first practice.

**\*\*Please complete the form on back and bring to tryouts\*\***

Athlete information:

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Phone: \_\_\_\_\_ Desired Position: \_\_\_\_\_

Emergency Contact: (please provide 2 emergency contacts)

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

Please describe your previous experiences with basketball

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Please describe anything the coaching staff should be aware of about you the athlete

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Basketball is a physical sport and there are risks involved in playing. If you are not aware of the risks please seek a staff member who would be willing to discuss

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the possible risks. By signing you understand and accept the risks involved in participating as well as agree to follow the expectations of the club.

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Signature of athlete

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Date

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Signature of parent/legal guardian

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Date