

**2019-2020 MJH 7<sup>th</sup> Grade Girls Basketball Tryouts**  
**Tryout Dates- (During class period & after school)**  
**Tuesday, 11/12, Wednesday, 11/13, and Thursday, 11/14**  
**Friday, 11/15 will be during the class period only.**  
**(Tryouts will end at 4:00 pm each day. You must have a ride!)**

---

**YOU WILL BE TESTED ON:**

- Ball Handling – Dribbling, ball control, and equal use of both hands
  - Passing – Accuracy and ball control
  - Free throws – Shooting form; number of baskets made out of 10
  - Lay-ups – Shooting form; right & left handed lay-ups
  - Defense – Defensive stance and quickness
  - Running- Endurance and quickness
  - Scrimmaging- Effort, good sportsmanship, teamwork, hustle, and knowledge of the game.
- 

\*\*\***Wednesday, 11/13**: First cuts will be posted right after tryouts end at 4:00PM. If you make the first cut, you will come back for tryouts on Thursday, 11/14.

\*\*\***Friday, 11/15**: We will finish tryouts during 1<sup>st</sup> period. Final cuts will be posted after school at 2:40PM. No practice on this day.

\*\*\***Monday, 11/18**: 1<sup>st</sup> day of practice for those who made the team before school at 6:30AM.

\*\*\*All practices will be on Mondays, Tuesdays, and Wednesdays at 6:30AM.

\*\*\*The mandatory parent meeting will be **Tuesday, 11/19 at 4:15pm in the cafeteria.**

\*\*\***Our first game is on Thursday, 11/21.**

\*\*\*REMEMBER – YOU MUST HAVE A PHYSICAL ON FILE WITH COACH HIGHTOWER IN ORDER TO PARTICIPATE IN TRYOUTS!! RANK ONE MUST ALSO BE COMPLETED!!

\*\*\*YOU ALSO MUST BE PASSING ALL CLASSES!

**If you have any questions, please contact Coach Hightower- [lauren.hightower@misd.org](mailto:lauren.hightower@misd.org)**