

2019-2020 MJH 8th Grade Girls Basketball Tryouts

Tryout Dates: (During class period & after school)

Wednesday, 11/6, Thursday, 11/7, and Monday 11/11

**We will not have tryouts on Friday, 11/8 because of the Veteran's Day program
(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 hand lay-ups
 - Defense - Defensive stance and quickness
 - Running- Endurance and quickness
 - Scrimmaging- Effort, good sportsmanship, teamwork, hustle, and knowledge of the game.
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*****Thursday, 11/7:** If needed, 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 Monday, 11/11.

*****Monday, 11/11:** Final cuts will be posted after tryouts at 4:00PM.

*****Monday, 11/18:** 1st day of practice for those who made the team after school until 4:00PM.

***We will practice during the class period on 11/12, 11/13, 11/14, and 11/15. There will be no after school practices on these dates due to 7th grade girls and boys tryouts.

***All practices will be after school on Mondays, Tuesdays, and Wednesdays until 4:00PM.

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

*****For Those That Make the Team: 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(athletic coordinator) – lauren.hightower@mysd.org
or Coach Wallace (8th grade) – brittany.wallace@mysd.org