

American Fork Girls Basketball

9th Grade Tryout Information



Tryouts

- ✓ Starts: Monday, November 6th -Tuesday November 7th
 - Monday the tryouts will be at the high school for those who want to try for the high school teams. Those that do not want to tryout for the high school teams do not need to come on this day. You can just come on Tuesday, which will be held at the junior high in the girls gym.
- ✓ 3-5 PM
 - Tryouts will be closed to the public with only the coaching staff present to select the team. No parents, siblings, or friends are allowed to attend.
- ✓ Must have a 2.0 GPA from Term 1 (which ends Oct. 18) and **NO** F's.
- ✓ Must follow the AFJH code of conduct throughout the season.
- ✓ Must have a Physical **before** you can tryout.
 - The form is in this packet.
 - If you already had a physical this year for any other sport, you can bring it and drop it off in Ward's classroom (gym) or fax that form to the school with Attn: Coach Ward on the cover sheet.

You will not be allowed to tryout unless you have a physical.

Other Information:

- Open gym has been going during September and will continue until tryouts. It is every B-day that is on a Tuesday, Wednesday, or Thursday after school till 4 pm. It is highly recommended that you attend open gym—it gives the coaching staff a chance to see you play and get to know you better.
- 10-12 players will be selected for the team. Start practicing the fundamentals now (dribbling, shooting, rebounding, passing, defending). Not only are fundamentals important, but players with intensity, good attitudes, and a desire to learn and improve are important as well.

If You Make the Team:

Practices are Mandatory

- Practice is where you get better at the skills necessary to win games and get better at playing basketball!
- We hold practice every day after school unless we have a game. There are also some practices during school holidays—Christmas break (Dec. 27-29) and Martin Luther King, Jr. Day (Jan. 15).
- Practice is after school in the girls gym from 3:00-5:00—**on holidays it is from 8:00-10:00 AM.**

**** You can miss practice two times (sometimes you have extenuating circumstance), but the third miss will result in you sitting out the next game.**

Player Fees

- District Fee--\$100, this covers the cost of the bus and refs for our games.
- Practice Jersey--\$20

Club Sports

- It is **HIGHLY** discouraged for any member of the team to participate on another team during our season. This includes:
 - Club Sports like soccer, volleyball, softball, etc.
 - "Open Gym" for another sport
 - Church Sports are in direct violation of the UHSSA and any athlete who breaks this rule will lose eligibility.

We look forward to the upcoming season and wish everyone good luck. Any questions from parents or athletes can be directed to Coach Ward.