

Billings Senior High Basketball Pre-Season Letter Home

This letter needs to be taken home to your parents/guardians. It is important that everyone is informed of the process of choosing a basketball team.

- **Each player trying out needs to have an updated physical in our school current May 2017 or after.** Do not wait!!!! You will not be allowed to participate in tryouts without one. Yes, this will hurt your chances of making a team IF YOU MISS DAYS OF TRYOUTS. For those of you in a fall sport chances are that you are already covered. Check in the activities office to be sure.
- **Plan ahead!** The first day of tryouts is Nov. 16 (Thursday). If you are planning on a family vacation during this time and will be missing tryouts (or other practices that week if you make a team) you may need to consider not trying out. We are looking for committed players. **Communicate with me if this applies. There are exceptions.**
- **Open gyms: 2 per week** (consists of shooting workouts, ball handling, 10,000 Shot Club, 3 on 3, and 5 on 5)
- **Conditioning-** The boys basketball coaches will put the players that are planning on trying out for basketball that are not in a fall sport through a conditioning workout after school every Tuesday starting at 3:10 PM. These workouts will be designed to enhance their athletic performance and establish a level of conditioning.
- **Sunday nights (5:00-6:30 PM) and Thursday mornings (6:30 AM-7:30 AM).** The first open gym will be on September 21, 2017 6:30 am-7:30 am and then every Sunday night (5:00-6:30) and Thursday morning (6:30 AM) until November 9th.
- **Although they are not required, open gyms help the coaches get to know each player and help the evaluation process.** If you are not in a fall sport, it is **highly recommended** that you attend open gyms. Those of you in fall sports should work on your ball handling and shooting each week. If it is important, you will budget your time wisely. **There are rules for those participating at the Varsity level.** You will **NOT** be allowed to engage in an activity that injury could occur. You **will be** allowed to shoot on your own. Shooting workouts will be provided. They are timed and you need to keep track of your time and try to beat that time each workout.

Tryout schedule:

November 16, 17, 18. Cuts could be made after Saturday or possibly Monday. The tryout time will be 3:20-5:30 PM Thursday and Friday November 16 and 17th, and Saturday 18th 8 AM-10 AM. If you make a team you will receive a schedule of practice times.

***The ideal numbers for the freshmen/sophomore teams is 10 and 16-18 for JV/Varsity teams.**

Senior Basketball Tryout policies

The Billings Senior High Basketball Program strives to develop a team composed of student athletes as well as student leaders. We want our athletes to represent our program and school in a positive manner. To achieve this goal, coaches must select athletes that show both athletic skill as well as quality leadership ability in and outside of the classroom and gym. The following criterion, in no particular order, has been established to create a quality basketball program:

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| 1. Overall athletic ability | 5. Communication skills |
| 2. Overall Basketball ability | 6. Ability to be coached |
| 3. Basketball IQ (Intelligence level) | 7. Character on and off the court |
| 4. Leadership skills | |

Drills are set up to help coaches test these skills and abilities. The coaches will formulate their own list of players by looking at the player's grade level, position and ability to play more than one position. Seniors who are not as skilled as underclassmen will have a much tougher time making varsity, juniors making JV, etc.