

# ***Good Counsel***

B A S K E T B A L L

## 2011-2012 Tryout Information

**IF YOU DID NOT ATTEND THE MANDATORY MEETING ON TUESDAY, NOVEMBER 1, TO RECEIVE THIS HANDOUT, YOU MUST SEE COACH MILLS TO SIGN UP. ONLY THOSE WHO HAVE OFFICIALLY SIGNED UP WILL BE ABLE TO TRYOUT.**

- 1) Physical
  - a. See Pete or Kelly in the training room to see if you need one.
  - b. **You may not participate without it and not practicing because of a missing physical will be held against you!**
- 2) Tryout days, times, and info
  - a. Varsity
    - i. Tuesday, November 8; 5-7pm Litton Gym
      1. **Mandatory study hall in Rm. 305 from 3:15-4:30**
    - ii. Wednesday, November 9; 7-9pm Litton Gym
      1. **Mandatory study hall in Rm. 305 from 3:15-4:50**
      2. Lifting 5:15-6:15
    - iii. Thursday, November 10; 5-7pm Litton Gym
      1. **Mandatory study hall in Rm. 305 from 3:30-4:45**
  - b. JV/Freshmen
    - i. Tuesday, November 8; 7:30-9:15 Kane Center
      1. Media Center and Cafeteria open for studying
    - ii. Wednesday, November 9; 5-7pm Litton Gym
      1. **Mandatory study hall in Rm. 305 from 3:30-4:45**
    - iii. Thursday, November 10; 7:15-9:15pm Kane Center
      1. Media Center and Cafeteria open for studying
  - c. The schedule (with times) for the remainder of the week will be handed out at the first tryout.
    - i. Varsity
      1. First cuts likely made on Thursday with subsequent cuts to possibly be made.
    - ii. JV and Freshmen
      1. Three joint tryouts (Tuesday-Thursday)
      2. Split into JV and Freshmen team with the first cut happening after Thursday's practice.
  - d. First day for Football Players (or any other fall sports)
    - i. 3 days after the end of your season
    - ii. If you move up to varsity, the same rule applies!
      1. **Ex. If varsity football makes the championship game (Nov. 19), players on the team will not be able to participate in basketball until Friday, Nov. 23, the day before Thanksgiving. Meaning you miss 3 weeks of basketball.**
    - iii. Players who do participate in fall sports will receive a 3 day tryout, starting on their first day with the team.
  - e. Appropriate Dress
    - i. No cut offs, undershirts, head bands or wrist bands. No inappropriate attire.

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## BASKETBALL

- ii. Bring a reversible jersey, preferably blue and white. If you have GC practice gear, wear it!
  - iii. Wear white socks with white shoes and black socks with black shoes.
  - iv. If you have to ask, then the answer is probably **NO!**
- 3) Playing for GC is a huge commitment
- a. Practices and games will be held 5 or 6 days a week.
    - i. Off days are determined by several factors, but typically Sunday is our off day.
    - ii. For JV and Varsity lifting will occur twice a week
    - iii. **Every team will have a mandatory study hall if your practice begins after 3:30**
      - 1. Our GPAs traditionally go up during basketball season.
  - b. Freshmen and JV have around 20 games and Varsity 28.
  - c. Games are usually played on Tuesday and Friday, but some may take place on different week nights or the weekend to accommodate each school's schedule.
  - d. **We have practices over Thanksgiving and Christmas break. You are expected to attend!**
  - e. Playing for GC or any team in the WCAC is a privilege and should be viewed as such.
  - f. Failure to follow team rules and guidelines will result in disciplinary action by your coach.
- 4) Tryout Criteria
- a. Potential players will be evaluated by the coaching staff on their performance in drills and scrimmage situations.
- 5) Cuts and Roster adjustments
- a. Unfortunately, every player cannot make the team and we are forced to reduce the size of our roster.
  - b. Every player will have a brief meeting with the coaching staff to discuss positives and negatives of their tryout.
  - c. Multiple roster adjustments may occur to finalize the roster to a manageable size
- 6) If you make the team your gear costs will be:
- a. Varsity: \$ 215
  - b. JV and Freshmen: \$ 140
  - c. **Nobody will receive gear until their dues have been paid.**
- 7) If for any reason you have a question or problem please contact your team's head coach at:
- a. Varsity:
    - i. Coach Blair Mills
      - 1. [Mills@olgchs.org](mailto:Mills@olgchs.org)
      - 2. (202) 236-8140
  - b. JV
    - i. Coach Darnell Evans
      - 1. [Sportdog27@gmail.com](mailto:Sportdog27@gmail.com)
      - 2. (301) 437-2544
  - c. Freshmen
    - i. Coach Justin Junghans
      - 1. [Junghans@olgchs.org](mailto:Junghans@olgchs.org)
      - 2. (301) 938-7965
- 8) **If you are late to school you will not be allowed to play or practice for that day.**