

2014-15 CDH Girls Basketball Parent-Athlete Meeting
Monday, October 20, 2014

1. Introduction of Coaching Staff
9 – Art Blakey III & Kevin Ollison
B Squad – Tim Fichtel
JV – Alyssa Van Klei
Varsity – Lauren Bowlin, Kendra Harris and Jessica Rene
2. Team Captains – Kayla Salmen, Meghan Vosbeek, Jackie Radford
3. Program Philosophy – Show Up, Practice and Play Hard, Have Fun!
Small things are Big things!
4. Team Levels – 9, B Squad, JV and Varsity
Practice Times/amount
9th – 1.5-2 hrs. 5-6x/week – will vary based upon Holidays, Breaks, etc.
B, JV & Varsity – 2hrs. 6x/week with a few exceptions
Games –Suburban East Conference – schedule available on web page
<http://www.cretin-derhamhall.org/athletics/girls-teams/basketball/overview-announcements/>
Playing Time
9 – All will play, it may not be equal every game, but during the course of the season it will balance out – we want to develop all the players
B Squad – All may play – play will be dependent upon – practice habits, game situations
JV – All may play - play dependent upon – practice habits and attendance, game situations, etc.
Varsity – not all will play, all who make this roster will receive an Athletic letter at the end of the season
5. Tryout Process & Schedule
All Players start together
November 17 – 22
Wednesday, November 19th – 9th Grade team
Thursday, November 20th – B Squad
Position, skill/ability, team chemistry, competitive
Inter Squad Scrimmage – Friday, November 21st – 9th, B Squad, JV and Varsity
Scrimmage @ Minnehaha – Saturday, November 22nd – return to CDH , evaluate, decide
Scrimmage @Wayzata – Saturday, November 29th
Season starts Tuesday, Dec. 2nd
6. Program Expectations – practices and games
 - a. Absences – excused – injuries, illness, school related (college visits, scholarship opportunities, etc.), family emergencies

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Unexcused – Holiday trips, off season sports practices/games (unless previously approved), detention – all of these will affect the playing time at every level

- b. Holidays/Breaks – planned time off for each level, different schedules for those times when school is not in session or there is a Break/In-Service
- c. Player dress – at practice – all players at all levels should have a shirt or other top on underneath their scrimmage top
Games – JV/Varsity expected to wear provided warm ups
B Squad/9th grade – school uniforms or basketball appropriate attire
- d. Service events – JV/Varsity teams will participate in 2 service projects during the year – expected to attend

7. Uniforms & Fees

9th Grade – Cost - \$65 – reversible scrimmage/uniform top/shorts
B, JV and Varsity – Cost – JV & Varsity - \$145 – Nike Hyperdunk shoes, Nike Elite Sox (2 pr.), Nike Backpack, Shooting shirt, Nike Warm Up Top, Nike Warm up pants

8. Captain's Parents – Introduction

Chris and Lisa Vosbeek, Mike and Dina Salmen, Jim & Terese Radford
Contact/communication
Involvement/assistance

9. Spirit Wear

Brochure hand out
Initial Order period – October 20 – November 15th – will receive for Christmas
Shoes/Socks – For anyone, please see information about those on the JV/Varsity team -
Order period – October 20 – October 26th – will receive by November 10th

10. Communications

Parent Email – please sign up
GroupMe – to Student Athlete
CDH Email – Student-Athlete
Phone – coaches
If concerns – first S-A meet with coach, then meet with S-A, parent and coach, next S-A, parent, Coach, Head Coach, finally S-A, parent, Coach, head coach, AD
Please email me – use CDH email address, please do not try to talk with me or any level Coach right after a game

11. Event Nights

Program Night – Dec. 6
Alumnae Night – Dec. 19

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Youth Night – Jan. 13

Faculty/Staff Appreciation Night – Jan. 20

Parent Night – Jan. 30

Senior Night – Feb. 13

12. Program Potluck – Wednesday, December 3rd – all levels, introduce all players in the program and parents
13. Pasta dinners – To be arranged and communicated by Captains parents