

2015-16 CDH Girls Basketball Parent-Athlete Meeting
Monday, October 28, 2014

1. Introductions

Coaching Staff : 9 – Joe Moss – jmoss@c-dh.org B Squad – Caitlin McKernon-cmckerno@css.edu , JV – John Siegler – jsiegler@askllp.com - Varsity Assistant – Kevin Ollison-kollison15@gmail.com Varsity – Joe Lynch – jlynch@c-dh.org
Team Captains – Anna Hendricks, Jackie Radford
Captain's Parents – Shannon Hendricks, Jim & Terese Radford

2. Program Philosophy – Great people, Great players, Great program -#bebetter
We will strive to improve every player's skills, understanding and ability to compete.
We will also seek to improve their ability to communicate, to relate to new and challenging situations, and enhance their problem solving tool set.

3. Tryout Process & Schedule

November 17 – 22

9th Grade -1.5 hours each day, 3:15-4:45- Roster 10 players-may keep more depending on skill level

Some 9th graders may be considered for other teams -

10-12 graders will tryout out together after the 9th – 2 hours each day

By Thursday/Friday of first week B Squad determined - 10 players- this may include 9th graders

All other eligible players will practice/play together until first scrimmage

Scrimmage @CDH – Saturday, November 21st – Varsity/JV teams decided – 18 players

V/JV Scrimmage @Wayzata – Saturday, November 28th – 7:30 a.m. bus departure!

Each team chosen based upon position, skill/ability, team chemistry, and competitiveness. Season starts for all on Tuesday, Dec. 1st

4. Team Levels – 9, B Squad, JV and Varsity

Practice Times/amount

9th – 1.5hrs. 5-6x/week – usually right after school -will vary based upon Holidays, Breaks, etc.

B, JV & Varsity – 1.5hrs. 6x/week with a few exceptions – schedule will vary

PLEASE CHECK THE GIRLS BASKETBALL WEB PAGE AND THE WINDOW OF THE AD OFFICE TO CHECK ON GYM SCHEDULE FOR THE WEEK AND ANY CHANGES!!!

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.

2015-16 CDH Girls Basketball Parent-Athlete Meeting
Monday, October 28, 2014

B Squad – All may play – play will be dependent upon – attendance, practice habits, game situations

JV/Varsity – JV - all may play but will not be equal , V-not all will play, all who make this roster will receive an Athletic letter at the end of the season

5. Program Expectations – practices and games – We want to Win, we want to be better and we want to be a united program

a. Absences – excused – injuries, illness, school related (college visits, scholarship opportunities, etc.), family emergencies

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

If a practice is missed before a game, player will not play the first half. If normally a starter, will not start. If not right before a game, will affect playing time in the next game. All need to attend required shoot around. If you are on time, you are late!

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 – please check the Girls Basketball web page.

c. Player dress

Practices - all players at all levels should have a shirt or other top on underneath their scrimmage top – all players at all levels required to have their scrimmage top on at each practice

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

6. Uniforms & Fees

9th Grade – Cost - \$70 – reversible scrimmage top/uniform & shorts

JV and Varsity – Cost – \$150 – includes shoes, warm ups, shooting shirt, backpack and socks

7. Spirit Wear - Brochure hand out

Initial Order period – October 19-31 – will receive for Thanksgiving

Shoes/Socks – For anyone, please see information about those on the order site

8. Communications

Parent Email – Signup at the Potluck dinner – Wednesday, Dec. 2nd

GroupMe – to Student Athletes –each team will have separate

CDH Email – Student-Athlete

Phone – coaches # on web site

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 use CDH email address and phone numbers posted. Please no contact right after a game!