



## **2024 – 25 LADY HAWKS BASKETBALL**

### **First Meeting Agenda**

*Wednesday, October 23<sup>rd</sup>*

#### **Follow us on:**

Twitter - @rrladyhawksBB

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Website - [www.leaguelineup.com/ladyhawkssrrhs](http://www.leaguelineup.com/ladyhawkssrrhs) (Calendar and schedules)

#### **Coaches**

- Chad Arko – Head Coach
- Corey Armstrong – Assistant Varsity Coach
- Janay Creamer – Junior Varsity
- Jason Patterson – C-Team

**Parent meeting on Thursday, November 14<sup>th</sup> in House B (room 212), @ 6:00 after our last open gym. This is before the season, and we won't have another parent meeting once the season starts!**

#### **Paperwork & fees must be taken care by no later than Friday, November 15<sup>th</sup>**

- All forms are on FinalForms and payment is through Online Payment Portal on our school website

#### **GPA Requirement**

- Must be above a 2.0 and can't be failing 2 classes to play in any kind of contest

#### **Practice attire**

- Practice jersey (provided but must return and shorts are available if needed)
- Basketball shoes
- Water
- Slides or crocks (don't wear your shoes from the outside onto the court)

#### **Game attire**

- 2 Uniforms (navy blue & white) issued to JV and V teams (must return) and C-team has a brand new reversible jersey that will be collected after each game
- Navy blue or black undershirts for road games & white undershirts for home games
- Warmup shirts, jacket and pants plus bag all issued to JV and V teams (must return)
- No sweatbands or arm bands

### **Player Pack (Basketball Attire)**

- Everything will be on-line at <https://bsnteamssports.com/shop/VaCFXYoNrK>
- First order will go out by Thursday, October 31<sup>st</sup>
- We will open up the window a 2<sup>nd</sup> time after the season starts

### **Practice Routine**

- Bags go in the bleachers
- Water is accessible so we don't take forever in between drills

### **3 days of tryouts for 10<sup>th</sup> – 12<sup>th</sup> graders, 5 days of tryouts for freshmen**

- November 18<sup>th</sup> – 20<sup>th</sup> for 10<sup>th</sup> thru 12<sup>th</sup> graders
- November 18<sup>th</sup> – 22<sup>nd</sup> for Freshmen

### **Fundraisers (raise a minimum of \$50)**

- Free-Throw-A-Thon on November 23<sup>rd</sup> @ 8:30 a.m.
- Permission slips due on Friday, November 22<sup>nd</sup>

### **Saturdays that are filled**

- November 23<sup>rd</sup> – Free-Throw-A-Thon & Practice (Mandatory Fundraiser/practice for all 3 teams)
- November 30<sup>th</sup> – JV & V jamboree @ home @ 10:00 & 11:00 a.m., no practice for C-team
- Varsity will most likely use some Saturday mornings (9:00-11:00) for practice or shootarounds but those will be announced as the season goes

### **Thanksgiving Break (Nov. 27<sup>th</sup> thru 30<sup>th</sup>)**

- Wednesday 11/27 – Practice for all 3 teams 9:00-11:00
- Thursday 11/28 – Off for Thanksgiving
- Friday 11/29 – Practice for all 3 teams 9:00-11:00
- Saturday 11/30 – V and JV jamboree (See above)

### **Winter Break (Dec. 23<sup>rd</sup> thru Jan. 3<sup>rd</sup>) – JV and C can join the varsity team practice the first week but they don't have any team practices until December 31<sup>st</sup>**

- Monday 12/23 – V Practice 9:00-11:00
- Tuesday 12/24 – V Practice 9:00-11:00
- Wednesday 12/25 – Off for Christmas
- Thurs – Sat (12/26 – 12/28 – Varsity only tournament in Tacoma
- Monday 12/30 – Off
- Tuesday 12/31 – Practice for all 3 teams 9:00-11:00
- Wednesday 1/1 – Off for New Year's Day
- Thursday 1/2 – Practice for all 3 teams 9:00-11:00
- Friday 1/3 – Game @ Black Hills for all 3 teams @ 4:00 JV, 5:30 Varsity & 7:00 C-team

### **Program Concepts/Skills**

- Know how to play help side defense
- Know how to press
- Know how to move in our 4 out offense
- Know how to run our press break
- Learn how to rebound
- Work all year on the fundamentals of 1 on 1 defense, passing, shooting and moving without the ball

### **Requirements by players**

- Play as hard as you can every day
- Be a great teammate – help each other out, tell a teammate great job when they do well, don't emphasize on the negative plays since no one meant to make the bad pass or miss a shot, be a positive teammate, etc.
- Come to compete every day – we will have competition(s) every day in practice and you are required to go hard and compete to make it like a game day situation as much as possible

**Optional Open Gym starting November 4<sup>th</sup> 4:30-6:00 and then go Nov. 6<sup>th</sup>, 13<sup>th</sup> & 14<sup>th</sup> with parent meeting following the last open gym.**

**Starting Monday, November 25<sup>th</sup> grades will be pulled (I check year-round and have already checked girls who played this summer). If their grades are under a 2.0 GPA, then they won't play in any game after that day until their grades are above a 2.0 GPA.**

### **Summer Basketball**

- Practice starting Tuesday, May 27<sup>th</sup> 2:30-4:30 every Tuesday and Thursday
- 3 Tournaments: June 7-8 & 14-15 @ Centralia and June 20-22 @ South Kitsap hoping to not charge if we raise enough money from the Free-Throw-A-Thon. The three tournaments would cost \$100 per player if we don't raise enough money.
- Open gyms Tuesdays and Thursdays in July (most likely in the aux gym so that will be announced later)