



## 2024-25 Boys Basketball

### Follow us on:

Instagram - @RRHAWKS

Remind – <https://www.remind.com/join/rrhshoops>

Website – <https://www.nthurston.k12.wa.us/domain/350>

### Coaches:

- Michael Crosby      Head Coach (mccrosby@nthurston.k12.wa.us)
- Ashley Clark      Assistant Varsity (Volunteer)
- Daniel Santana      Assistant Varsity (Volunteer)
- Marcus Harper      Assistant Coach (Strength & Conditioning)
- Terrance Howard      Junior Varsity
- Akil Freeman      C-Team

**\*\*\*Parent Meeting will be held on November 23<sup>rd</sup> location will be TBD \*\*\***

### Coaching philosophy:

*“To have an environment that encourages student-athletes to learn and develop on and off the court, as well as creating a positive learning environment in good and bad times. Teamwork, accountability, communication, and overcoming obstacles is also a focal point in our program, while promoting Youth Leadership Development.”*

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

*\*All forms are on Final Forms, and all payments will be done through the Online Payment Portal on our school website under Athletics*

## **GPA Requirement**

- Must be above a 2.0 and cannot be failing two classes to play in any contest (jamboree, non-league/league) games.

## **Practice Attire**

- Practice jersey
- Basketball Shoes
- Water Bottle
- Slides or Crocs (DO NOT wear shoes worn outside on the court)

## **Game Attire**

- Uniforms will be issued to all 3 teams (C-Team, JV, Varsity)
- Navy blue or black undershirts for road games and white undershirts for home games
- Warmup/Shooting shirts will be issued to the Varsity and JV teams only
- No jewelry (necklace, earrings, or bracelets)

## **Practice Routine**

- Bags will go in the locker room or bleachers prior to practice
- Team/Partner assisted stretching
- Pre-practice drills
- Practice
- Cool down stretching

## **Tryouts**

- Tryouts will consist of 3 days (November 18<sup>th</sup> - November 21<sup>st</sup>) for 10<sup>th</sup> grade through 12<sup>th</sup> grade student athletes
- Tryouts will consist of 4-5 days (November 18<sup>th</sup> – November 22<sup>nd</sup> or 23<sup>rd</sup>) for 9<sup>th</sup> grade student athletes

## **Fundraisers**

- TBD

## **Weekend Practices/games**

- Regular Saturday practices will be from 11:30pm-2:30pm
- November 30<sup>th</sup> – Varsity and JV Jamboree @ RRHS

## **Thanksgiving Break (November 22<sup>nd</sup> – November 25<sup>th</sup>)**

- Wednesday- Practice for all teams (11:30-2:30)
- Thursday- Off for Thanksgiving
- Friday- Practice for all 3 teams (11:30-2:30)

## Winter Break (December 20<sup>th</sup> – January 3<sup>rd</sup>)

- December 20<sup>th</sup> Practice for all 3 teams (11:30-2:30)
- December 21<sup>st</sup> Practice for all 3 teams (11:30-2:30)
- December 23<sup>rd</sup> Game against Spanaway Lake HS @ Spanaway Lk
- December 24<sup>th</sup> No practice
- December 25<sup>th</sup> No practice
- December 26<sup>th</sup> Practice for all 3 teams (11:30-2:30)
- December 27<sup>th</sup> Game against Steilacoom HS @ RRHS
- December 30<sup>th</sup> Game against Yelm HS @ Yelm
- December 31<sup>st</sup> No practice
- January 1<sup>st</sup> Practice for all 3 teams (11:30-2:30)
- January 2<sup>nd</sup> Practice for all 3 teams (11:30-2:30)
- January 3<sup>rd</sup> Game against Black Hills HS @ BHS

## Team Goals

- Communication
- Knowing your **ROLE** on the **TEAM**
- Learning and executing all of our plays on offense/defense
- Becoming and efficient and effective unit/team
- To improve everyday mentally and physically on and off the court

## Requirements by players

- Be on-time to all practices and meetings (5-10 min prior to posted times)
- Be coachable
- Be a good student, be a good athlete, be a good teammate, and be a good person
- Giving 110% on and off the court
- Come to practice and events with a positive attitude
- Communicate to the coaching staff when you will be absent/tardy from practice
- Maintain all your issued clothing/equipment

## Requirements by parents

- Be on-time to all practices and meetings (5-10 min prior to posted times)
- Be coachable
- Be a good student, be a good athlete, be a good teammate, and be a good person
- Giving 110% on and off the court
- Come to practice and events with a positive attitude
- Communicate to the coaching staff when you will be absent/tardy from practice
- Maintain all your issued clothing/equipment