

# Girls' Basketball

Tryouts for the Cabin John Girls' Basketball Team take place over three days. There is no set number of players who will make the roster; work diligently to the best of your current ability all three days. The goal is to put together the most balanced **team**. Understand that there are many girls trying out for the same position and this is a competition. Have a labeled water bottle at every session and come to the floor dressed appropriately. Below are the criteria for selection. Note that some of these are "intangibles."

- Hustle during every moment of tryouts, which is expected for every practice and game
- Your individual speed with and without the ball
- Stamina throughout tryouts
- Movement with and without the ball
- Free-throw shooting accuracy
- Using both hands to make lay-ups accurately; one must be able score a lay-up from either direction
- Shooting accurately from distance
- Accuracy of passing, throwing, AND catching
- Dribbling the ball with alternate hands while watching the court
- Recognizing and setting/avoiding picks
- Knowing when and how to block-out
- Possessing a positive attitude
- Encouraging others
- Showing respect to the game, teammates, opponents, coaches, and self

*Do the best you can with what you possess, and what you don't possess, work daily to make better.*

-Coach Hass

-Coach Unger

My parent/guardian(s) understand the evaluation process:

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Signature of student and parent/guardian