



Rattler Basketball

2009-2010

<http://www.kyrene.org/staff/sreed/hoops/bbask.htm>



Dear Rattler Parents,

Hello! Welcome to the 2009-2010 Akimel A-al Rattler basketball season. My name is Steve S. Reed and I will be coaching this year's 8th grade basketball team. I teach 7th grade science and have been coaching basketball and baseball in the Kyrene District for nineteen years. The purpose of this letter is to better inform you of the goals, objectives, procedures, and requirements that have been set forth by the district, school, and myself.

At the beginning of the school year, each student received a copy of the *School Handbook*. Within that handbook is a section pertaining to *Athletics* (pgs 35-38 – Appendix F). This section outlines all of the athletic policies, requirements, and procedures. I urge you to read this section and better acquaint yourself with its contents. I have included here five topics from the handbook which I feel are essential for you to understand before tryouts begin.

Cutting Procedures:

I wish that there were enough uniforms, supervision, and playing time to accommodate ALL students that try-out for a team. The sad truth is that there is not, and cuts *have* to be made. Cutting a student is as painful for the coach as it is for the player. I do not look forward to this particular aspect of coaching but am determined to make it as painless as possible. All cuts will be done in a personal and positive manner. I will discuss, with the player, the reasons for the cut. These discussions will be private, personal, positive, and in as much detail as the student deems necessary.

Eligibility Requirements:

These requirements are clearly outlined in the handbook. The forms your son received at the informational meeting cover the physical exam and health history, Statement of Insurance Coverage, and Emergency Information. Another requirement of eligibility concerns behavior and performance in the classroom. We should all remember that school sports revolve around an educational setting, and I feel that academics should be the top priority of the student.

Practice Schedule:

There will be a practice scheduled at the end of every school day unless otherwise notified. These practices will begin at approximately 3:15 p.m. and end at 5:15 p.m. Students will be informed of a short or canceled practice the day before the scheduled practice when at all possible. Please note the requirements of the parents concerning student pick-up on page 37 of the handbook.

Discipline Procedures and Requirements:

Each participant is a student FIRST and a player second. Whether in the classroom, on, or off the court, the student is a representative of the team and should conduct themselves accordingly. The standards for this conduct are outlined clearly in the handbook and are the responsibility of the student.

Season Schedule:

The season schedule will be distributed to the student at the completion of try-outs. Games generally begin at about 5:30 on Mondays and Wednesdays. Saturday games are possible during tournament play.

Again, I urge you to familiarize yourself with the contents of the sections in the handbook dealing with athletics. Your student should also have a copy of the agenda from our recent meeting, along with the *Tryout Observation Sheet* that I will be using during tryouts. These papers address try-outs and expectations in greater detail. If you have any questions or concerns, I encourage you to contact me before tryouts begin at 783-1628. I look forward to working with you and your student athlete.

Sincerely,

Stephen S. Reed



AMS 8th Grade Basketball 2009-2010

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I. WELCOME

A. **Introduction of coach** - Mr. Reed

B. **Purposes of the meeting:**

1. Build enthusiasm for the rapidly approaching season.
2. Provide try-out eligibility information and forms.
3. Introduce try-out procedure and evaluation process.

II. EXPECTATIONS

A. **Enthusiasm**

1. Basketball should be *fun* and *exciting*.
2. Practices should be, and will be, enjoyable and enthusiastic, but also *meaningful*.
3. Enthusiasm, morale, spirit, unity, and team chemistry form the foundation for success.
4. Basketball is a **team** sport. You *must* adopt an “*all for one, one for all*” philosophy.
There is no “I” in “TEAM!”

B. **Improvement**

1. Continual progress.
2. Learn from mistakes. It is a coach’s job to correct mistakes in an attempt to improve a player’s ability.
3. Correction vs. criticism - Criticism is attacking someone and downplaying their abilities. Correction is a positive step towards improvement.

C. **Competitive**

1. Does not necessarily translate into wins and losses.
2. Competing provides not only a chance to win but also a chance to lose.
3. Being competitive means being mentally and physically prepared and actively involved.

III. TRY-OUT ELIGIBILITY

A. **Athletic Participation and Physician Statement**

B. **Academic Rating Sheet** – grade/behavior sheet signed by each teacher

C. **Athletic Participation Fee Agreement**

D. **Kyrene Sportsmanship Agreement**

(ALL forms are due to Student Services by **FRIDAY, OCTOBER 30 at 3:15 p.m.**)

IV. TRY-OUTS

A. **Date:** Nov. 2/Nov. 3/Nov. 5/Nov. 6/Nov. 9/Nov. 10 (must attend all days)

B. **Time:** 3:15 – 5:15 p.m.

C. **Place:** Locker Room

D. **Necessities:** T-shirt, shorts, tennis shoes and the desire to hustle

E. **Procedure:**

1. Warm-up - stretching and running
2. Stations
3. Position/group work
4. Scrimmage(s)

F. Observation/Evaluation Process:

1. Multiple observers/evaluators
2. Rating scales (see attached forms)
3. First Cuts = tentatively Thursday, Nov. 5 after practice
4. Final Cuts (if needed) = tentatively Tuesday, Nov. 10 after practice

G. Characteristics being observed:

1. Discipline

- a. Good players and teams are highly disciplined.
- b. Discipline is personal commitment; self control.
- c. The coaches will expect and establish discipline but the players need to have the opportunity to develop self-discipline.

2. Hustle/Effort

- a. ALWAYS try! There is no substitute for hard work.
- b. People have different levels of talent, but EVERYONE can try.
- c. Effort/hustle will ALWAYS be acknowledged and rewarded.

3. Enthusiasm

- a. Enthusiasm is contagious.
- b. Enthusiasm builds unity and togetherness.

4. Concentration/ Mental Awareness

- a. Basketball is a thinking game.
- b. Concentration is essential to good performance.

5. Sportsmanship

- a. Great competitors respect their opponents.
- b. Competing means being able to take the wins AND the losses.

6. Coachability

- a. A coach's job is to get the maximum effort and performance from the athletes.
- b. Correcting mistakes for improvement, not criticizing.

7. Athletic Ability

- a. You all have different levels of ability and skill.
- b. The coach must combine and refine the collective talents to build a "team."

8. Grades

V. CLOSING NOTES:

- A. **First game** - Monday, November 23 (not too far away)
- B. **Begin preparing today.** Be ready to perform during try-outs.
 1. Running
 2. Ball handling
 3. Shooting

SUCCESS - The self satisfaction that comes with the knowledge that you've done everything you could to be the best that you can be.

- John Wooden



Akimel A-al Rattler Basketball Try-Out Observation

Name _____ ID # _____

GENERAL	Poor	Excellent	SHOOTING	Poor	Excellent
Communication	1 2 3 4 5		Form	1 2 3 4 5	
Court Sense	1 2 3 4 5		Use of Legs	1 2 3 4 5	
Leadership	1 2 3 4 5		Range	1 2 3 4 5	
Hustle	1 2 3 4 5				
Concentration	1 2 3 4 5		BALL HANDLING	Poor	Excellent
Knowledge of Game	1 2 3 4 5		Left Handed	1 2 3 4 5	
Coachability	1 2 3 4 5		Right Handed	1 2 3 4 5	
Discipline	1 2 3 4 5		Ball Control	1 2 3 4 5	
Enthusiasm	1 2 3 4 5		Speed Dribble	1 2 3 4 5	
REBOUNDING	Poor	Excellent	DEFENSE	Poor	Excellent
Box Out	1 2 3 4 5		Quickness	1 2 3 4 5	
Jumping Ability	1 2 3 4 5		Footwork	1 2 3 4 5	
Aggressiveness	1 2 3 4 5		Hand Quickness	1 2 3 4 5	
Strength	1 2 3 4 5		Positioning	1 2 3 4 5	

1/2 Mile Run (Rank =)

Time =

Vertical Jump (Rank =)

Reach =

Jump #1 =

Jump #2 =

Jump Avg. =

Vertical Jump =

Broad Jump (Rank =)

Jump #1 =

Jump #2 =

Jump Avg. =

Freethrows (Rank =)

Made =

Attempted =

Percentage =

Box Shuffle (Rank =)

Time #1 =

Time #2 =

Avg. Time =

25 Yard Dash (Rank =)

Time #1 =

Time #2 =

Time #3 =

Avg. Time =

Dribble Weave (Rank =)

Time #1 =

Time #2 =

Avg. Time =

Spot Shot (Rank =)

1 pointers =

3 pointers =

5 pointers =

Total Points =

Overall Ranking:

COMMENTS/NOTES:

GRADES/BEHAVIOR:

Excellent = _____

Good = _____

Average = _____

Needs Improvement = _____