**SENTINEL GIRLS BASKETBALL 2015-2016**

***TRYOUT SCHEDULE:***

November 19, 2015 Freshmen, Sophomore, Juniors and Seniors 2:15-5:00 Main Gym

November 20, 2015 Junior & Seniors 3:15-5:15, Freshmen &Sophomores 5:15-7:15 Main Gym

November 21, 2015 Varsity and JV 8-10 am Main Gym, Freshmen and Sophomores 10-12am (final cuts will be made in the morning practices)

***Training Rules and Behavioral Expectations***

1. Athletes will comply with all MCPS Rules of Conduct and Academic Standards.
2. Athletes will practice every day, absences must be cleared with coaches. You may not practice if you miss any periods in a school day unless doctor related.
3. Practice starts on time, taping and therapy are to be done prior to the start.
4. Home games athletes must arrive one hour prior to start, you are not to wear your uniform to the gym and after the game you should again take your uniform off.
5. Away games athletes must arrive 15 minutes prior to bus departure dressed accordingly. Athletes must pay for their own meals
6. If you plan on riding with your parents after the game you will need a signed note by the administration allowing you to leave with your parent.
7. Good manners and appropriate dress. Treat all people with respect that includes teachers, bus drivers, opponents, referees and waiters/wait people.
8. All players must conduct themselves with the highest level of sportsmanship.
9. Respect your own teammates and coaches. It is the coach’s job to COACH and deal with teammates.

***Lettering Requirements***

Student athlete must play in 8 Varsity quarters, make the State Tournament Travelling Squad and be in good standing with the coach and team.

***Selection Criteria***

Fundamentals, number of participants in each position, SKILLS TEST, Coachability, work ethic, potential and overall team attitude.

We as a Staff take all of these criteria into consideration when making cuts and placing players on teams. The Skills Test gives us a measureable number and other decisions are made by observation.

I have started a website which I hope to keep updated at [www.sentinelgirlsbasketball@weebly.com](http://www.sentinelgirlsbasketball@weebly.com). Here you will find practice schedule, game schedule and contact information. I will also upload itineraries as we go through the year.

Head Coach: Karen Deden (406)546-9230 JV Coach: Brette Rubie (406)207-0177

Sophomore Coach: Nycole Devers (406)539-5223 Freshman Coach: Jordan Graves (406)396-2747