



# LAKE BRADDOCK GIRLS' BASKETBALL

## TRYOUT INFORMATION AND CRITERIA 2023-2024 SEASON

Required Paperwork. Please see LakeBraddockBruins.com (<https://lakebraddock-ar.schooltoday.com/home>) for more details on the requirements, and to register online for tryouts. Players must have all forms complete and turned in **prior to the first day of tryouts** in order to be eligible to try out. The only item turned into the coaching staff on the first day of tryouts will be your tryout card, which can be picked up by eligible student-athletes during the week of October 30 – November 3.

Tryout Schedule. VHSL Rules require that all student-athletes are provided at least three full days to try out for the program. Those days will be held the week of November 6.

<b>Monday, 11/6:</b>	All Grades:	Arrive between 5:30-5:45pm for check-in Tryout: 6:00pm-8:00pm
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<b>Tuesday, 11/7:</b>	All Grades:	Tryout: 6:00pm-8:00pm
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<b>Wednesday, 11/8:</b>	All Grades:	Tryout: 6:00pm-8:00pm *
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\* Be prepared to stay later for team selection

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Players should attend all tryout days. If any have a prior commitment that cannot be moved, that must be communicated to the coaches in advance. At tryouts, players will be grouped at various times by grade level and ability and may be moved to multiple groups throughout tryouts in order to give the coaches ample opportunity to adequately evaluate each player.

There may be additional days of tryouts beyond the first cuts on Wednesday. Final rosters will be selected at the latest by Friday, November 10. Each team will have approximately 10-15 players.

*Tryouts, like practices, are closed and only players and coaches may attend.*

*For All Tryouts and Practices:*

*Be dressed and ready to warm up in the hallway  
at least 15 minutes prior to the start time.*



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### Tryout Evaluation Criteria

Players at all three levels will be evaluated in three primary areas: basketball skills, physical skills, and intangibles. Players should consider all areas equally important in their overall evaluation.

The **Basketball Skills** area of evaluation includes, but is not limited to, the following sub-areas:

- Shooting
- Passing/Catching
- Ballhandling
- Rebounding
- Potential to Develop (short-term and long-term)
- Cutting, Pivoting, Footwork
- On Ball Defense
- Off Ball Defense
- Decision-making/Understanding of the Game

The **Physical Skills** area of evaluation includes, but is not limited to, the following sub-areas:

- Conditioning
- Strength
- Speed
- Quickness
- Leaping Ability
- Body Control/Balance
- Hand-Eye Coordination

The **Intangibles** area of evaluation includes, but is not limited to, the following sub-areas:

- Leadership
- Teamwork
- Effort
- Communication
- Attitude
- Coachability
- Responsibility (timeliness, preparedness, availability)
- Confidence
- Love of the Game/Enthusiasm
- Toughness (physical and mental)

The Head Coach will have the final say over which players are selected for each team. Input from assistants and other coaches in the program will aid the Head Coach's decision-making process.