

# BERKELEY BULLDOGS GIRLS' BASKETBALL 2018

**COACHES:** Coach Glisan (291-7977)  
Coach Holiday

## PHYSICALS

You must have a **completed** sports physical form (dated May 1, 2018 or after) on file **BEFORE** tryouts in order to participate in basketball tryouts. You may get sports physical through your regular doctor or through places such as Med Express. The physical form can be found at <http://www.vhsl.org/forms> (SMAC -Physical Form for Athletics).

## GRADES

It is our expectation that you are a student first and an athlete second. You should strive to put forth your best effort both academically and athletically. We expect that you will be at least an average student, with no grade falling below a "C". There **may** be weekly teacher report forms due to me. If any of your grades fall below a "C", you run the risk of not playing. We will work on tutoring for you and I will talk to your teachers about how to bring up your grades. Simply not doing the work, or being lazy and not turning in your work is not an excuse. We expect you to **WORK HARD!** Not making the grade not only hurts you, but also hurts your teammates who are depending on you. And as an athlete, there is no excuse for not dressing out for PE! If you cannot dress out for PE, you will not dress out for a basketball game.

## BEHAVIOR

If you are chosen as a member of the girls' basketball team, the expectation is that you will be a positive representative of Berkeley Middle School. The coaches will not condone rude behavior and reports from teachers of inappropriate behavior will be addressed. We will go over proper bench behavior, bus behavior, etc. once tryouts are over.

## PRESEASON WORKOUT SCHEDULE

Tryouts for the Berkeley Bulldogs girls' basketball team will officially begin on Monday, November 5. Tryouts will continue on Wednesday, November 7 and Thursday, November 8. There will not be tryouts on Tuesday, November 6, since there is no school on that day. At this time, I do not have the exact times for the tryouts. We will have preseason workouts as follows:

<b>Date</b>	<b>Times</b>
Wednesday, October 10	3:20 – 4:45pm
Monday, October 22	3:20 – 4:45pm
Wednesday, October 24	3:20 – 4:45pm
Wednesday, October 31	3:20 – 4:45pm
Thursday, November 1	3:20 – 4:45pm