

# WACHUSETT REGIONAL HIGH SCHOOL ATHLETIC DEPARTMENT



## Girls Basketball Program Expectation Sheet

- Any player wishing to earn a roster spot must attend tryouts. Tryouts are held after school in the field house beginning on the first Monday after Thanksgiving. In the event that a player is injured and prevented from trying out, she should contact the head coach and athletic director. The varsity coach will meet in November after school with all girls wishing to try out for a team to answer any questions pertaining to tryouts.
- The girls program has been successful because of the commitment of its players. Varsity basketball players practice/play six days a week, including Sunday evenings. Sub-varsity girls could practice on the weekend at the discretion of their coaches. All coaches expect players to attend scheduled practices and games during the holiday season when school is not in session. There will be no scheduled practices or games on Christmas or New Year's Day. Practices and games are scheduled during the February vacation, and all players are expected to attend.
- The varsity players also participate in activities during the off season. Participation in these activities is optional. Out-of-season activities are scheduled and coordinated by team mothers and include a June-July summer league, an August team camp at the University of New Haven, an August tournament at Assumption College, and a November tournament at Babson College. The varsity basketball coach also runs an August basketball camp for all girls in the Wachusett Regional School District. Varsity players have the option to volunteer their time as camp coaches.
- Communication is important to the success of any team sport. All girls basketball coaches encourage their players to approach them directly when issues and concerns arise. All girls basketball coaches encourage dialogue to occur face-to-face in a calm environment. Moreover, all girls basketball coaches encourage their players to go directly to them to arrange times for this dialogue to take place.
- Parents are encouraged to consult the brochure for the Athletic Director's guidelines on parent/coach communication. Each girls basketball coach will indicate in writing to his/her players the preferred means to arrange a parent/coach meeting. The varsity coach can be reached via e-mail at [coachjimoxford@yahoo.com](mailto:coachjimoxford@yahoo.com).
- Fundraising activities will be coordinated by the captains during the season and require every player's participation. The varsity team also does an annual fundraiser in April to help defray costs for out-of-season activities.