

**Alamo Heights Junior School  
Girls Basketball 2016-2017**

*Important Dates to Remember*

**Monday, November 7<sup>th</sup>**

Basketball and Soccer Meeting 6:00 pm in girls gym

**Tuesday, November 8<sup>th</sup> – Friday, November 11<sup>th</sup>**

Basketball Tryouts

7<sup>th</sup> grade – 7:15 am – 9:20 am

8<sup>th</sup> grade – 3:15 pm – 5:30 pm

**Monday, November 14<sup>th</sup>**

First Day of Team Practice

**Tuesday, November 15<sup>th</sup>**

- 7<sup>th</sup> and 8<sup>th</sup> Grade Intra-squad scrimmage –  
4:00 pm – 5:30 pm
- Team Parent Meeting Directly following scrimmage –  
5:30 pm

**Thursday, December 1<sup>st</sup>**

First Game – AHJS versus Boerne South

**Saturday, December 3<sup>rd</sup>**

Girls Basketball Tournament

7<sup>th</sup> Grade @ AHJS

8<sup>th</sup> Grade @ Corbett MS



# Alamo Heights Junior School

## GIRLS Basketball Schedule

### 2016-2017 BLUE & GOLD TEAMS



- Pre-season Basketball / Soccer Parent Meeting, Monday November 7<sup>th</sup> 6:00 pm
- Basketball Tryouts – Tuesday, November 8<sup>th</sup> – Friday, November 11<sup>th</sup>
  - 7<sup>th</sup> Grade 7:30 am – 9:20 am
  - 8<sup>th</sup> Grade 3:15 pm – 5:30 pm

<u>Day/Date</u>	<u>Opponent</u>	<u>Location</u>	<u>Time</u>
Thursday December 1 <sup>st</sup>	Boerne South Middle School	Alamo Heights Junior School 8 <sup>th</sup> Gym-B / 7 <sup>th</sup> Gym-G	Gold - 5:00 pm Blue - 6:30 pm
Saturday December 3 <sup>rd</sup>	<b>8<sup>th</sup> Grade Tournament</b> Church Hill MS Church Hill MS Spring Branch MS Spring Branch MS	Corbett Middle School Blue (A) Teams – Gym 1 Gold (B) Teams – Gym 2	Gold – 9:00 am Blue - 10:30 am Blue – 12:00 pm Gold – 1:30 pm
Saturday December 3 <sup>rd</sup>	<b>7<sup>th</sup> Grade Tournament</b> Corbett Middle School Spring Branch MS Corbett Middle School Spring Branch MS	Alamo Heights Junior School Blue (A) Teams – Gym B Gold (B) Teams – Gym G	Blue – 9:00 am Blue – 12:00 pm Gold – 9:00 am Gold – 12:00 pm
Thursday December 8 <sup>th</sup>	Dobie Middle School	Dobie Middle School 8 <sup>th</sup> Gym 1 / 7 <sup>th</sup> Gym 2	Gold - 5:00 pm Blue - 6:30 pm
Thursday December 15 <sup>th</sup>	Oak Run Middle School	Alamo Heights Junior School 8 <sup>th</sup> Gym-B / 7 <sup>th</sup> Gym-G	Gold - 5:00 pm Blue - 6:30 pm
Saturday January 7 <sup>th</sup>	<b>8<sup>th</sup> Grade Tournament</b> Canyon Middle School Canyon Middle School Spring Branch MS Spring Branch MS	Church Hill Middle School Blue (A) Teams – Gym 1 Gold (B) Teams – Gym 2	Gold - 9:00 am Blue - 10:30 am Blue - 1:30 pm Gold – 3:00 pm
Saturday January 7 <sup>th</sup>	<b>7<sup>th</sup> Grade Tournament</b> Church Hill MS Church Hill MS Spring Branch MS Spring Branch MS	Canyon Middle School Blue (A) Teams – Gym 1 Gold (B) Teams – Gym 2	Gold - 9:00 am Blue - 10:30 am Blue - 1:30 pm Gold – 3:00 pm
Thursday January 12 <sup>th</sup>	New Braunfels MS	New Braunfels MS 8 <sup>th</sup> Gym 1 / 7 <sup>th</sup> Gym 2	Gold - 5:00 pm Blue - 6:30 pm
Thursday January 19 <sup>th</sup>	Corbett Middle School	Alamo Heights Junior School 8 <sup>th</sup> Gym-B / 7 <sup>th</sup> Gym-G	Gold - 5:00 pm Blue - 6:30 pm
Thursday January 26 <sup>th</sup>	Smithson Valley MS	Alamo Heights Junior School 8 <sup>th</sup> Gym-B / 7 <sup>th</sup> Gym-G	Gold - 5:00 pm Blue - 6:30 pm
Thursday February 2 <sup>nd</sup>	Canyon Middle School	Canyon Middle School 8 <sup>th</sup> Gym 1 / 7 <sup>th</sup> Gym 2	Gold - 5:00 pm Blue - 6:30 pm
Thursday February 9 <sup>th</sup>	Spring Branch MS	Alamo Heights Junior School 8 <sup>th</sup> Gym-B / 7 <sup>th</sup> Gym-G	Gold - 5:00 pm Blue - 6:30 pm
Monday February 13 <sup>th</sup>	Church Hill MS	Church Hill MS 8 <sup>th</sup> Gym 1 / 7 <sup>th</sup> Gym 2	Gold - 5:00 pm Blue - 6:30 pm

**Important Dates:**

**Intra-squad Scrimmage** – Tuesday, November 15<sup>th</sup> - 4:00-5:30 pm

**Basketball Parent Meeting** – Tuesday, November 15<sup>th</sup> – 5:30 pm

**Middle School Night at High School Girls Basketball Game** – Friday, January 13<sup>th</sup>

**Basketball Team Event Laser Quest** – TBA

# 2016-17 Girls' Basketball Tryouts

All athletes trying out for Basketball must adhere to and have on file in the coaches' office all athletic/UII paperwork for 2016-17 school year. Girls must also have a physical for this school year on UII form, on file in the coaches' office before the first tryout date.

**You must attend all tryout sessions to be chosen for a team. Once making a team you must be able to attend all practice sessions, games, and tournaments (please review all team schedules).**

- A basketball / soccer parent meeting will be held on **Monday, November 7<sup>th</sup>** at **6:00 pm** in the **Girls Gym**.
- Tryouts will begin on **Tuesday, November 8<sup>th</sup>** and continue through **Friday, November 11<sup>th</sup>**.
- **7<sup>th</sup> grade** tryouts will be from **7:30 am to 9:20 am** each day before school and during 1<sup>st</sup> period.
- **8<sup>th</sup> grade** tryouts will be from **3:15 pm to 5:30pm** each day during 9<sup>th</sup> period and will continue after school.

Each child will be issued a number during tryouts. The # will be used when posting the list for callbacks of various teams. The list will be posted on the Internet only, internet access is available in the schools library if needed. Dates for postings will be announced to the athletes during tryout sessions.

## **Tryout format:**

Testing may include the following:

- 1. Right and Left-handed Lay-ups.** Each athlete attempts right and left-handed lay-ups dribbling from the elbows for 30 seconds. Score is based upon form and number of lay-ups attempted-made in the time limit. (10 points—5 form/5 raw score)
- 2. Shooting.** Each athlete will attempt 5 different shots from any poly spot on the court. Choices will be a free throw, elbow, baseline, 45-degree angle, or 3-point shot (all from both sides of the basket). Score is based upon form and number of shots made. One of the shots must be a free throw. (10 points— 5 form/5 raw score).
- 3. Block Shots-** Right and left side banked jump shots at a 45-degree angle to the basket from the block area. Score is based on form and number of shots made in 30 seconds. (10 points—5 form/5 raw score)
- 4. Dribble Horse.** Each athlete dribbles a timed "horse". Score is based on form and time. (10 points—5 form/5 raw score)
- 5. Horse for time.** Each athlete will run a horse without a ball for time. Score will be based on time and agility. (10 points—5 time/5 agility form).

6. **Position play-** During scrimmages and drills each player will receive a score for their position (post or guard) based on how they perform skills specific to those positions. (10 points)
7. **Court Play.** Score is based on knowledge of game, court awareness, hustle, aggressiveness, teamwork, basic overall skills with and without the ball, and control. (15 points)
8. **Miscellaneous.** This category includes several general aspects of being an athlete. (25 points)
  - a. Coachability: Can I take what the coach is saying and change my approach/skill? Can I sit and listen when the coaches are talking and make eye contact with them? I am willing to follow instructions given to me by any coach?
  - b. Attitude: Am I hustling during every drill? Do I always encourage my teammate during practices? Am I a positive influence on others?
  - c. Teamwork: Do I show that I am willing to work with any other person in class regardless of skill level or previous friendships? Will I put the TEAM before myself for the remainder of the season?

Please read the BB game schedule and tell the coaches if you see a problem before tryouts are completed. **Failure to advise coaches *prior to tryouts* about any conflict may result in team placement changes after team selection is initially made. Saturday conflicts are especially important.** *If we know ahead of time we can work on how to make it work.*

**GOOD LUCK LADIES!!**

#### **AHJS Girls Coaching Staff**

Melissa Soulas - Blue "A" team 7<sup>th</sup> grade

Kelsey Johnson – Gold "B" team 7<sup>th</sup> grade

Nicole Wogstad- Blue "A" team 8<sup>th</sup> grade

Michael McElrath- Gold "B" team 8<sup>th</sup> grade

Jackie Jupe – 7<sup>th</sup> and 8<sup>th</sup> Grade Developmental Squad