

# Tryouts begin Monday 10/16.

Parents,

Yes it's that time of year again, the SJB Boys JV (grades 5 & 6) and Varsity (grades 7 & 8) Basketball tryouts.

Below are some specifics:

## Monday, October 16th - McKean Auxiliary Gym

- 5:30 to 7:15 JV Boys 5th & 6th grade
- 7:15 to 9 Varsity Boys 7th & 8th grade

We will try to have all our tryouts over the next three Mondays, gyms for tryouts 2 and three will be determined and communicated. Yes I know that Soccer and Cross country have practices on Mondays but it is the only night we can have the Football team.

We will be using pinned numbers and the practice (white/black) shirts we started with a few seasons ago. If your son still has one please bring it with him Monday night. If you coached last year bring any tryout/practice shirts you have from last season with you. If you played pre-JV last year and your shirt still fits, wear it Monday night.

Coach Williams will be running JV tryouts tomorrow night and Coach McBride will be running Varsity Tryouts. Please give them your utmost attention and respect.

Parents, please bring all the remaining forms (CYM registration forms, Concussion forms, Parent contracts, etc.), Fees and Deposits to your first tryout.

Check the SJB Basketball Facebook page ([www.facebook.com/SJBeaglesbball](https://www.facebook.com/SJBeaglesbball) <https://www.facebook.com/SJBeaglesbball>) to confirm changes, timings and the latest information.

If you have any questions you may contact me at [Jparlament@msn.com](mailto:Jparlament@msn.com)

John Parlamenti  
SJB Boys Basketball Coordinator

Parents

and

Athletes,

Here at St. John the Beloved every player makes a team, we have no cuts, all JV and Varsity teams **represent the St. John the Beloved Parish** community in competition with other schools and parishes. Regardless of the team you're selected to play on you represent all the members of our Parish, the St. John the Beloved Eagles.

The coaches know the boys are nervous, excited and eager to play, but before tryouts begin we'd like for you to take a few minutes to understand our expectations and what we're looking for at tryouts.

**Coaches don't have a great deal of time to look at all the players, so first impressions are very important. All the Coaches want athletes who look like they want to be here, make an effort, try hard, hustle after loose balls and play with confidence. Remember, hard work, hustle and a good attitude will impress the coach, even if you're not shooting well.**

**The skills we are looking for are the fundamentals... shooting, dribbling, passing, rebounding and defense. We want to see who knows how to box out and rebound; who knows how to make good passes, and who knows how to avoid turnovers. Don't try to impress us by dribbling between your legs; but show us that you can dribble with your left and right hands.**

**Be on time for tryouts; warm up, and be ready to play when we start. Show respect for the coaches and most important, respect for the other players at all times.**

**Please remember, the top two Varsity teams are in divisions where there are no "minimum playing time rules", so not all players on those teams will get the same playing time.**

**Finally, and most important, your basketball skills are meaningless if you**

***cannot maintain your grades or get your school work completed on time. Being on the basketball team is a privilege, and it requires a great deal of your time and commitment to balance school and team work.***

*Good luck during the tryouts and good luck with your season.*

*John  
Boys Basketball Coordinator*

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