



## ROOSEVELT ROUGHRIDER BASKETBALL TRY-OUTS 2011 - 2012

### ■ **Monday Nov. 14**

#### **Returning Player Tryout 5:00-8:00**

Players that were in the program last year!

Note: This doesn't mean you will make the program this year!

#### **All Grade Tryouts 2:45-4:45**

If you didn't play basketball in the program last year your tryout is at 2:45.

Note: All Seniors must make the Varsity Team to play in the program.

- Try-outs will be 2-3 days long
- There may be two cuts
- Start getting in shape NOW!! You don't want to come into this out of shape!
- Wear good court shoes, but not brand new shoes.
- Arrive early to practice to properly warm-up, 10 minutes at least.
- Conditioning: Has started...Open Gym 6:15 – 7:30am in RHS Gym Mon-Thurs...  
Weights after school in Weight room Mon-Thurs.
- **All paperwork must be turned in to the main office BEFORE Nov. 11<sup>th</sup>.  
Get it done NOW! No exceptions!**
- Athletic Registration forms are online [www.rhsseattle.org/athletics.php](http://www.rhsseattle.org/athletics.php)  
(You can get physicals at Teen Health Center)
- Grade Check forms will be distributed to you on Monday at try-outs (Nov. 14<sup>th</sup>).  
They must be completed and returned to the coaching staff by the beginning of  
try-outs on Tuesday (Nov. 15<sup>th</sup>).
- Comment forms will be given to all teachers for their feedback on your class  
performance, attendance, attitude, behavior, etc.

### **First Week of Practice**

Monday, Nov. 14

Returning Tryouts 5-8pm, All Grade Tryouts 2:50-4:50pm

Tuesday, Nov. 15

Same Times, **First Cuts**

Wednesday, Nov. 16

Same Times, **Last Cuts**

Thursday, Nov. 17

Varsity 5:00-8:00pm, JV 2:45-4:15pm and JVC 3:30-5:00pm

Friday, Nov. 18

Varsity 5:00-8:00pm, JV 2:45-4:15pm and JVC 3:30-5:00pm

**Effort and Attitude will define us all!**