

**NEWINGTON HIGH SCHOOL
GIRLS BASKETBALL**



“BE A CHAMPION BEFORE YOU ARE A CHAMPION”

PRE-SEASON MEETING 10/29

COACHING STAFF

VARSITY COACH	MARC TANCREDI
JV COACH	JEFF BRUNETTI
FRESHMEN COACH	ELLIOTT HOLMES
ASSISTANT COACH	YASMIN ITHIER
ASSISTANT COACH/ DIRECTOR OF ADVANCED ANALYTICS	DAVE MILARDO

TRY-OUT REGISTRATION

- ★ All registration information found on Newington Athletic Site
- ★ Registration submitted 11/2-11/19
- ★ Physicals with Nurse - Nov.17th [must sign up before 11/17]
- ★ Participation Fee:
- ★ Academically Eligible = good academic standing

****All items/ fees must be submitted before try-out date - 11/21****

EXPECTATIONS WITHIN 'OUR' PROGRAM "TOGETHER"

Commitment/ Buy-In

Show-up every day on-time; committed to being the best we can be [work ethic]; 'WE' mentality

Communication

Effective communication with coaching staff & teammates

Coachability

Able to accept feedback; growth mindset

Accountability

Be safe and smart; think about how decisions on and off the court affect the team



TRY-OUT EVALUATION CRITERIA

SKILL-LEVEL

Varies by level - looking for strong fundamentals/ skill set suitable for the level your trying out for
Ability to make game-like decisions/ reads

COMPETITIVENESS (toughness)

Effort/ Work ethic/ willingness to do whatever it takes to win

ENERGY

Positive Attitude/ Positive body language/ Positive responses

FIT

How do you 'fit' into programs vision & long term impact



TRYOUT SCHEDULE



<p>SATURDAY NOVEMBER 21ST</p>	<p>SUNDAY NOVEMBER 22ND</p>	<p>MONDAY NOVEMBER 23RD <i>*Cuts will be made after each session**</i></p>
<p>RETURNING VARSITY 12:00pm-1:30pm</p> <p>SUB-VARSITY [SO, JR, SR] 1:40 pm-2:50 pm</p> <p>FRESHMEN 3:00pm-4:00pm</p>	<p>OFF - NO PRACTICES ON SUNDAYS</p>	<p>FRESHMEN 2:45pm-3:45pm</p> <p>SUB-VARSITY [SO. JR, SR] 4:00pm-5:00pm</p> <p>VARSIITY 5:15pm-6:45pm</p>

RULES/ PROTOCOLS

PLAYERS MUST

- Come into tryouts/ practices with masks
- Have own personal water bottle
- Bags/ items placed 6-feet away from others
- Enter from gym entrance - leave from back doors of gym



WHAT'S NEW?

- Arrival/ Departure protocols
- Masks during practice as much as possible
- Much more selective process - limited numbers
- No 'set' practice times for either level (will vary)
- Shorter practice sessions

IN-SEASON PRACTICE STRUCTURE

- PRACTICES WILL BE BROKEN UP INTO 2 GROUPS
 - VARSITY
 - SUB-VARSITY (JV/FR)



- WHAT DOES THIS MEAN?
 - SOME 'JV' PRACTICING WITH 'VARSITY' WILL STILL PLAY IN JV GAMES
 - PLAYERS WILL STILL HAVE THE OPPORTUNITY TO MOVE UP DURING THE SEASON
 - HOWEVER, WILL BE STRUCTURE ONCE TRYOUTS ARE OVER TO START THE SEASON

SEASON SCHEDULE



WILL PLAY WITHIN A 'POD' SYSTEM

- Berlin, Bulkeley, Platt, Maloney, Middletown, Rocky Hill, Wethersfield
- 2 cross-over games with another pod

- Most likely 2 games a week

PLAN IS TO HAVE A 'REGIONAL' STATE TOURNAMENT

- More details at a later date

COMMUNICATION

All communication with players & parents through
Remind app

Message #: 81010

Text message: @kgkc2b



Information also streamlined through Team Athletic Site
(practice/ game schedule)

Email: mtancredi4@gmail.com

Good luck to all
student athletes

The Athletic Department