

Plains 8th grade Tryout Information Guide

Friday night will be a combination of the below areas:

- Technical Skills – these are skills that a player possesses such as: passing, dribbling, defending on the ball, defending off the ball, rebounding, moving without the ball, hustling, shooting off the dribble, jump shot, etc.
- Tactical Understanding – this is a player's understanding of the game. Proper positioning, knowing what to do against different defenses, reading the game, knowing when to shoot vs. pass, etc.
- Athleticism – strength, jumping ability, height, movement skills, foot speed, fluidity ect.
- Small Sided Drills (1v1) (2v2) (4v4)
- Defensive situations
- Offensive situations
- Transitions
- Players are expected to show maximum effort
- Be respectful of one another.
- Stop when a whistle is blown. This is part of the evaluation process.
- Do not dribble or shoot when the coach is talking. This is also part of the evaluation.
- Listen and follow directions. Your ability to do so is part of the evaluation.

Coach Thompson might pull some athletes aside and talk about what he has seen or not seen. He will try to be as transparent as possible. This might take a few minutes after the time stated.

Saturday will also be at Plains; we will go for 90 minutes; I will have the locker room doors to the gym open 20 minutes prior to tryout.

I will post who made our team on the Boys Basketball Website after tryouts end. Traditionally we keep 12 players. This is too many to try to sub players in a Junior High game. The quarters are only 6 minutes. Players and parents can logon from home and have the comfort of family IF they receive less than desirable news.

The staff for this program is well qualified to make decisions on which players make and do not make a team. Coaches are not always looking for the **best players, but the right players to make a successful team.**

In the end – the responsibility for the final product rests with me. As they say, “The buck stops here”. I can tell you the day I post the lists is one of the worst days of the year for me. There will be those that are not happy with the final list. As a father of four, my own children have experienced success and setbacks, finding a way to console them as it relates to the latter is the hard part.

There is no magical formula for handling this situation; hopefully the guidelines on the next page could provide some insight.

I always ask for a 24 hour buffer before players contact me as to why they were not selected. I am always happy to meet with or talk to any player first about the process and the reasoning for the non-selection. I ask that Players try to handle this process first (great life lesson) and IF a PARENT would like to discuss the process or reasoning I will also talk to them.

While it is an honor to make the school team, it isn't always fun practicing hard every day and not playing. Some athletes would much rather play more and practice less. If this is their desire, please let the coaches aware of this rather than have a less than desirable season.

7 Suggestions When Your Child Doesn't Make the Team

The roster is posted. Your child didn't make the team. All his friends did.

Despite staring at the computer screen for several minutes, his name does not magically appear. He is devastated. Your heart breaks for him.

This is a pivotal parenting moment.

How we react to our child being cut from a team will directly impact his ability to cope not only to this disappointment, but the inevitable ones that will follow in his life.

Your reaction can either discourage him from continuing to pursue the sport he loves or foster the resilience needed to handle such rejections.

1. **Temper Your Reactions.**

As much as you may want to throttle the coach, reacting angrily will only worsen the situation. **It is important that your child understand that you are disappointed for him and not in him.** Becoming too upset and blaming the coach, saying it is unfair, or challenging the decision will only add to your child's grief and send the message that he is not good enough.

2. **Validate Your Child's Feelings.**

Allow him the space to feel sadness and disappointment. Sympathize with his hurt feelings. Actively listen to him. Hug him. Let him know that it is okay and normal to feel discouraged and depressed. **Dismissing the situation by saying it is "ok" or "not a big deal" will tend to invalidate his feelings.** Take a moment and remember for yourself what it feels like to be rejected.

3. **Reassure Your Child that He Still Belongs.**

As kids enter adolescence, their desire to belong becomes stronger. Being cut from a team highlights feelings of being different and not belonging. All kids suffer disappointment at one time or another. They are not alone in their disappointment and it certainly doesn't make them abnormal.

4. **Help Your Child Gain Perspective.**

Getting cut from a team is inevitable for all athletes. Many people are surprised to learn that Michael Jordan didn't make his high school varsity team. Not making a particular team is a speed bump in an athlete's journey, not a roadblock. **An easy**

road to achieving one's goals is unlikely AND no goal worth achieving ever comes easy. How an athlete handles adversity is reflected in his character. Experiencing defeat will only make future successes more meaningful.

5. Have your son schedule a Time to Talk Individually with the Coach

This can be very helpful in most situations if your child is age 12 and up. Children tend to focus on being cut as an ultimate rejection and proof that they aren't good enough. **Often talking with the coach will allow kids to acknowledge and feel good about their strengths and identify skill areas that need more work.**

Sometimes being cut has to do with the availability of certain positions and other factors that are out of the child's control, not just their inadequacies. *It is important that your child confronts the coach in a non-emotional and non-confrontational way, but rather be open to helpful feedback so some time to heal may be needed first.*

6. Teach Your Child the Power of Grace.

As hard as it may be for your child, encourage him to congratulate his teammates as well as thank the coach for allowing him to try out. *Parents can model this behavior by congratulating the parents of his peers.* **Learning to respond graciously to rejection will build a child's resilience and boost his self-confidence.** Talking to the coach and touching base with teammates will provide needed closure.

7. Help Your Child Find the Silver Lining and Regain Confidence.

Help him recognize the strengths he possesses on and off the basketball court. Recognize his unique talents whatever they may be. Encourage your child to find strength in the disappointment. Suggest he channel his strong feelings in a positive way by setting new goals for himself. Help him identify what doors opened as a result of him being cut. Will he have more time to pursue other activities? Will this rejection motivate him to work harder to improve weaknesses? Can he pursue his love of basketball in a different league or perhaps shine in a less competitive environment?

Just as our kids learn life lessons through playing basketball, parents learn parenting lessons through our children playing basketball. This pivotal parenting moment can be a golden opportunity.