

7th & 8th Grade Girls Basketball General Information

Requirements to Try-out

- All students must have a completed physical form turned in prior to the start of tryouts. All physicals are good for 1 year from the date taken. At the bottom of this document there is a direct link to the form if you need a copy. If you are unable to schedule a physical with your primary physician, there are many Action Day Urgent Care facilities that can accommodate. Many of our families use this for last minute physicals and the cost is in the approx. \$60. Please turn completed physicals into the athletic office by mail or scanned email. Mail: 100 Skyway Drive, San Jose Ca 95111 EMAIL: sportsmedicine@vcs.net
- Please have your child wear athletic shorts, athletic shoes and a dress code appropriate t-shirt for tryouts. Students can change in the locker room or restroom after school.

Tryout Days

- Each team will host a two tryout days to determine their team. Additional days will be at the coaches discretion and will be communicated directly with the players. In some cases we are able to extend tryout days to students that are sick or injured, but those need to be communicated directly with the Athletic Director & Coach.
- For students currently in a fall sport at VC, they MUST finish their commitment to that sport prior to starting basketball. After their last day of competition, they will report to basketball. Our basketball coaching staff is aware of the fall players that have this conflict. On occasion, if there is an off day for a fall sport then students are permitted to participate in tryouts. When these days arrive, they will be communicated directly from our athletic department.

Season info

- General season timeframe is 8-9 weeks starting in early Oct. and ending in early December.
- Commitment level for practices and games will be Monday through Thursday after school approx. 3:15-4:30/6:00pm. Once each team has been chosen, you will receive a complete game and practice schedule. On occasion we will enter a tournament and have a Friday and weekend commitment. There are no events during Thanksgiving break.
- Each player will get a school issued jersey and shorts that will be returned at the end of the season. Our coaches will set a date for uniform distribution.
- There will be a fee of \$75.00 that is charged to your child's account at the completion of the season that covers transportation, equipment, coaching stipends etc.
- Coaches info: Please contact Mr. Gill at agill@vcs.net if you need contact information for our current set of coaches.

Physical Form

https://www.vcs.net/uploaded/athletics/Athletics_Physical_Form.pdf