

This letter contains information for the Jesuit Frosh Basketball Winter Season 2022-2023.

*Please note: Receiving this letter does not mean you have made the team. This letter is only to help you plan your calendar, gain insight into the basketball program, and to avoid scheduling conflicts if possible. All players must tryout for the team.*

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**Head Coaches:** Christian Demarais - Frosh Red- [Christian.Demarais@jesuithighschool.org](mailto:Christian.Demarais@jesuithighschool.org)  
Greg Harcos - Frosh Gold- [greg.harcos@jesuithighschool.org](mailto:greg.harcos@jesuithighschool.org)

**Purpose of Frosh Basketball:** Our goal as coaches, under the leadership of the Varsity Basketball Coach, Tim Kelly, is to teach the game of basketball through fundamentals as well as prepare them to proceed through the program to the varsity level. Learning to win is part of that preparation and thus playing time is earned and not a right. Roles on the team are varied and it is important that each individual is willing to accept their role once it has been established. Roles can change throughout the year, so working to improve is encouraged and the value of practice is important, as for some, this may be their greatest opportunity to perform. The ultimate goal is to learn basketball within the Jesuit system, improve individual skills, build relationships with your peers, and to have fun.

**Sign-up Freshmen Questionnaire:** Complete the following:  
<https://forms.gle/EcrYHJi7mM5y1UxY9>

**Final Forms and Physicals:** In order to try out, each athlete must have a physical on file, which almost all freshmen do since it is a requirement to attend school your first year. The physical should be dated after 2/10/22 if you plan to be eligible to play the entire season. Each athlete and parent must also complete the athletic registration, FinalForms. Access to FinalForms can be found at: <https://jesuiths-ca.finalforms.com/> You will not be able to try out until both of these tasks are complete. Days missed due to these oversights will count as unexcused absences toward your three days of tryouts. **Make sure your son uses his Jesuit assigned email.**

**Tryouts:** Tryouts will take place starting November 1st and conclude November 5th. They will take place from 5 to 7 PM, Tues- Fri. in the Fr. Barry Gymnasium. **All athletes trying out will meet in Welcome Center on each day at 4:45 PM to take roll and stretch.** Each athlete will be given three days to try out. Any unexcused absence will count towards those three days. Cuts will take place after day three and day five. Please contact coaches in advance if there are any injuries preventing tryouts. With the number of athletes trying out, we ask that parents refrain from entering the gymnasium during tryouts. If still participating in a fall sport, you will be given three days to try-out upon completion of your fall season.

**Tryout needs:** Be on time, dressed and ready to go at the designated start time. Wear a t-shirt or jersey with your last name easily visible on the back and front (An old shirt with handwritten letters will do). Please wear this every day during tryouts so we can distinguish individuals by name.

**Areas for evaluation:** Knowledge of the game, intensity, anticipatory skills, defensive effort, coachability, attitude, shooting ability, and offensive skills - passing and dribbling, athletic ability, and overall fitness.

**Practice Requirements** After tryouts and once you have made the team, practices will generally take place Monday through Saturday when games are not scheduled from 5 to 6:30 PM on weekdays and early afternoons on Saturdays until games start. Your son should also be available for 30 minutes before and after for meetings, film, weights, etc. Commitment to play a high school sport is just that, a commitment. Those who plan to travel, play on other sports teams outside of the school, or any other conflict should realize that those are not excused absences and that you are taking away the chance for someone else to participate. **You must let the coaching staff know if you have either of these issues in advance of making cuts.** Outside competition in basketball is prohibited during basketball season per CIF SJS Bylaw 600. In season, unexcused absences of games and practices may result in subsequent missing of games as we try to reward those who are present. **Expectation is to attend all scheduled events.**

**Frosh Mandatory-Player Pack and fees:**

- |                                   |       |
|-----------------------------------|-------|
| • BSN Reversible Game Uniform     | \$110 |
| • Nike Long Sleeve Shooting Shirt | \$35  |
| • Nike Team Hoodie                | \$50  |
| • Basketball Program Fee          | \$25  |

**Cost Total: \$220**

**Weight Room**

Coach Jay Nacionales will lead our strength and conditioning program. Coach Nacionales is an excellent resource for our players. All players and managers (and coaches!) are required to complete a **minimum** of two workouts per week before practice after tryouts are over.

**Student Activities Fundraiser**

The school's annual Student Activities Fundraiser (email campaign) launched in September 2021 and is still going on.. The money raised is an important source of funding our program. There are individual needs-based scholarships available to help players pay for team fees (travel and player packages). Access to this money is only available to teams and individuals that participate in the fundraiser. Therefore, it is mandatory for all basketball players to participate. Participation will make you eligible to ask for assistance to help pay for your player package and any team costs. Please make sure you solicited 15 emails if you plan to make a request.

**2021-2022 Important Dates**

- November 1- 5, 2022 - Tryouts M-F 5-7 pm, S TBD
- 2022-23 Frosh Schedules: Updated on RepU App or Jesuit Calendar
- 2021-22 Basketball Calendar - Will pass out day one of tryouts

## 2022-23 Jesuit Frosh Basketball tryouts Information

- November 2, 1st Cut, November 4, Final Cut, November 5, First Practice
- November 15 - Player package order due
- Holiday schedules: ***Expect to attend practice and games over all holidays.***
  - Veteran's Day: Nov. 11, Time TBD
  - Thanksgiving Week: Nov. 22-27, Practice Daily, time tbd, except Thanksgiving
  - Christmas Break: Dec 19 - Jan 3, Practice Dec.21-23,26,27 TBD, Jesuit Tournament, Dec. 28-30. All other days are free.
  - Basketball Awards Ceremony: Monday, March 6, 2023

We look forward to getting back on the court with the players. As always, please feel free to contact Coach Harcos (greg.harcos@jesuithighschool.org) or Coach Demarais (Christian.demarais@jesuithighschool.org) if you have any questions or concerns.