



**Girls Basketball**  
**2016-2017**

**\*All practices will be  
from 5:30 – 7:00**

**Mondays ,Tuesdays**

**And**

**Thursdays**



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## **Girls Basketball**

**2015-2016**

Dear Parents of St. Joe:

My name is Rob Shadwick and I have been given the honor to coach girls' basketball again this upcoming season. I am very excited that we have the chance to bring a girls basketball team back to St. Joe for the 4th year in a row, and am looking forward to the challenges of the upcoming basketball season. **Our first practice will be Monday October 3rd. I would like for all parents to be there at 5:15 for a meeting to discuss the season.**

We have a lot of work to do in a very short amount of time before our first game. I am very thankful that you all have entrusted me with the care of your children. I am also very thankful to the other coaches who have also selflessly donated their time to these girls.

I really think that everyone will be pleased with the product that we will have on the court each game. If at any time you need to get in touch with me, my cell number is (859) 444-2895. I can be reached at just about any time. If you prefer to text instead of call, that is fine as well.

There is no bigger support group than Parents of St. Joe. I appreciate and accept the passion that we have for all of our children in their activities. Please at all times remember that these are our children and we are their parents and we need to always be the positive example for them. Let's represent our children and school with pride, class, and dignity. Here's to a great basketball season and school year!!!

**GO WILDCATS!!!!**

Rob Shadwick

That being said please let me give you some very important information about our practices and some of the things that we will be doing:

## **PRACTICE:**

### **1) We will practice Mondays, Tuesdays and Thursdays:**

- a. This is for the start of the season, before games.
- b. I understand that there may be conflicts with other activities.
- c. Girls will not be punished for missing a practice.
- d. Additional practice days may be added as needed

### **2) Things we will be working on:**

- a. Basic fundamentals of basketball
  - i. Passing, dribbling, shooting, defense, etc.
- b. Conditioning
- c. Teamwork
- d. Being a Christian Athlete

### **3) Required for every practice:**

- a. Athletic Shoes (tennis or basketball)
- b. Athletic socks
- c. Clothes to practice in ( shorts & Shirt)
- d. Sports Bra (basketball uniforms are not very girl friendly)
- e. Positive Attitude
- f. Willingness to learn and have fun

## **Games:**

- 1) Everyone will play in every game.
  - a. I will try to be as fair as I can about the minutes that are played

- b. I want everyone to give 100%. If you are not giving us your best effort, then we will let someone else try. I want our girls to give their best in everything they do.
- c. I want us to win, but it is not the most important thing.
- d. I want the girls to have **FUN!!!** This is the most important thing!!

If your child is interested in playing basketball this year, please let Mr. Gilbert know so that we can plan accordingly.

Thank you!!