

6th Grade Boys & 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
- All tryouts & practices take place outside, so please be sure to send a sweatshirt and bottle of water with your child to take to our outdoor courts. We also recommend not wearing brand new basketball shoes. All games take place in a gymnasium here at VC or other local schools.

Tryout Days

- 6th Grade Basketball is a cut sport at VCJH and each team will host a minimum of 2 tryout days to select the team. Additional days may be needed and are at the coaches discretion and will be communicated directly with the players. Team placement will be communicated directly with players to allow for specific feedback regarding the tryout evaluation. If you or your child needs additional feedback to help with further development, please let us know.

Season info

- General season timeframe is 8-9 weeks starting in early November. and end mid January.
- Commitment level for practices will be Monday thru Thursday from 3:15-4:30/5:00. Game times are typically 3:30 (6th Girls) & 4:45 (6th Boys), but can vary from time to time. There is no commitment over the weekends and over Thanksgiving and Christmas break.
- If your child is chosen for the team, there will be an athletic fee that is billed at the end of the season for \$75.00. This fee is billed directly to the parent portal in your account. The team will also be purchasing their own Mesh Reversible uniforms to keep and this cost will be \$35.00 per player. This will also be billed directly to your account. If your child has their uniform from 5th grade basketball at VCES they are welcome to continue to use that uniform as it is identical to the 6th grade uniform.
- Coaches info: Please contact Mr. Gill at agill@vcs.net if you need contact information for our current set of coaches.

Physical Form

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