

7th & 8th Grade Boys 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
- Initial tryouts will take place outside, so please be sure to send a sweatshirt and bottle of water with your son to take to our outdoor courts. We also recommend not wearing brand new basketball shoes. Once the tryout period has finished, the teams will be practicing in the small gym.

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.

Season info

- General season timeframe is 9-10 weeks starting in mid November. and ending in early Feb.
- Commitment level for practices will be Monday thru Thursday from 3:15-4:30/6:00. Game times are typically 3:30 (7th Grade) & 4:45 (8th Grade). There is an occasional commitment on Friday's and weekends for tournaments. We typically enter a Holiday tournament the weekend that school dismisses for Christmas break. On occasion we will have practices over Christmas break for those that are in town.
- 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