



Lady Hawk Basketball 2017-2018

Freshman Information

Website-www.ladyhawkbasketball.com

Facebook: Birdville Lady Hawk Basketball Twitter: @LadyHawksbball

1. All athletes must have their physical and paperwork completed **BEFORE** school starts. Offseason will begin on **Tuesday Aug 22nd**. Online paperwork can be found on this link- <https://birdvilleisd.rankonesport.com/New/Home.aspx>
2. If your athlete is in Volleyball they will come to basketball and try out on **Oct 25th** after their last Volleyball game. So it is important that they turn in their vb stuff on Oct 25th to their coaches so they can be at basketball practice at 6:30AM Oct 25th. Then they will be with basketball until the completion of the season in February.
3. Offseason for freshman who are **not** playing a fall sport and playing basketball will begin Tuesday Aug 22nd and will be from 7:30AM-8:08AM. Tshirts will be given to athletes to wear during offseason-you need to get your own shorts-black-to wear for offseason. (**Offseason** is where we can practice for 40 mins a day in the athletic period to work on their skills before we get started on our season in October.) Offseason consists of fundamentals and strength and conditioning workouts. Offseason for JV/V is 7th period from 2-2:40PM.
4. In season practice will start on Oct 18th. Freshman will practice before school all year from 6:30-8:00AM and some Saturday practices as listed in the packet. If your daughter makes the JV or Varsity they will be moved to 7th period and practice until 4 or 4:30 and some Saturdays included in the packet.
5. Once we start our season we will provide practice gear for your daughter to wear that includes 2 sets of shorts and jerseys to be worn every day in season. All athletes need to get sports bras and wear their hair up if it is long. No jewelry whatsoever is allowed in practices or games. So please do not get your ears pierced during the season if you do you will have to remove your earrings while at practice or games-**no exceptions.**
6. It is the athlete's responsibility to call the coaches office at 817-547-8346 to let them know if they will be missing offseason or inseason practices. More will be said about inseason practices at the parent meeting for basketball that will be held on **Monday Oct 16th at 6:30PM** in the lecture hall at Birdville HS. This is a **mandatory parent** meeting for all who are going to play basketball.

***We are looking forward to a great 2017-2018 Basketball Season and look forward to continued success as we've been building a solid program these past 6 years. We highly recommend all FRESHMAN attend Lady Hawk Basketball Camp June 12-15th from 8-10AM at BHS. Welcome aboard!
GO HAWKS!

-COACH INGRAM- Amy.Ingram@birdvilleschools.net Office: 817-547-8436