

C Columbia Basketball C

Rubric for team selection

Player: _____ Grade: _____

Skill Level	1	2	3	4	5	Comments
Ability						
Skills						
Sports Knowledge						
Character						
Team Relations						
Preparation Motivation						
Attitude						
Competitiveness						
Self-Improvement						
Academics						

BOE approved 6/06

Tryout Testing

T-Test		
Vertical Jump		
Bench Press		
15 Foot Jump shots		
Full Court Layup drill		

Player Interview

1. What did you do from last February to this Fall? (AAU team, camps, summer league, workout program)
2. If you made the team, what do you think your role would be?
3. What team Freshmen, JV or Varsity do you see yourself playing on this year?



**Varsity Basketball
January 2014**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 OFF	2 6-8 pm	3 SHEN Home	4 8-10 am
5 4-6 pm	6 4-6 pm	7 @ Shaker	8 2:30-4pm	9 4-6 pm	10 Bethlehem Home	11 8-10 am
12 6-8 pm	13 6-8 pm	14 @ Averill Park	15 6-8 pm	16 6-8 pm	17 @ Ballston Spa	18 8-10 am
19 20 MLK Day 8-10 am	21 Nisky Home	22 4-6 pm	23 4-6 pm	24 @ Colonie	25 TBA	
26 6-7:30 pm Goff MS	27 6-7:30 pm Goff MS	28 6-7:30 pm Goff MS	29 6-7:30 pm Goff MS	30 6-7:30 pm Goff MS	31 FEB. 1 Guilderland Home	

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Off Season

March-

- Collect all uniforms- get all bins in Central Receiving
- Banquet-March 19th Order awards
- Submit Building use forms for Spring Workouts/Summer Camp
- Staff Meeting at Troy Recovery-March 7th
- Get Players to Goff for Weight Training
- Secure Non-League opponents for next year

April-

- Monday/ Wednesday Open Gyms-Shoot A- Way
- Start Player meetings
- School Budget items
- JV uniforms for next year
- Inventory check
- Colonie Spring AAU tourney?

May-

- Get Camp email out to Youth League
- Monday/ Wednesday Open Gyms-Shoot A- Way
- Player updates
- See some AAU games
- DAGS on Wednesday nights

June-

- Camp reminders EGBA
- Get out Summer League Schedules
- Staff Meeting
- Order Camp Shirts
- Colonie Team Camp

July-

- Schedule workouts
- Summer League Var/JV/Frosh
- Summer Basketball Camps-Boys July 8-12 & Girls July 15-19
- Mail/Email Golf Outing information to group/St. Judes

August-

- Golf outing-prizes, reminders etc
- Review some game tape
- New ideas
- Staff Meeting
- Secure Gym time for September

September-

- Golf Outing September 21st
- Open Gym time?

October-

- Staff Meeting
- Practice Schedule for Mike Leonard
- Meet with Girls program
- Fall Clinic of youth Coaches

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Fall Pre-Season Open Gym Workouts

**Boy's times – Week nights 5:30-7:00 pm
Saturdays 8:00am- 9:30am**

**Girl's Times- Week nights 7:00 pm-8:30 pm
Saturdays 9:30am-11:00 am**

Thursday	September 18
Tuesday	September 23
Saturday	September 27
Wednesday	October 1
Wednesday	October 8
Saturday	October 11
Tuesday	October 14
Wednesday	October 22
Saturday	October 25
Wednesday	October 29
Saturday	November 1
Wednesday	November 5

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PHASE III

Scouting Report:

Opponent:

Offense:

Defense:

Special situations:

Keys for Success: