

POMS GIRLS BASKETBALL INTEREST MEETING SEPTEMBER 29, 2021

TRYOUT DATES: Wednesday, October 20th - Friday, October 22nd

TIME: Doors will open at 6:20 am and tryouts will begin at 6:30-7:45am. Please enter in the gate near the football field closest towards the gym doors. (The gate will be open)

Required Documents in Order to Tryout!

YOU MUST CREATE AN ACCOUNT ON REGISTER MY ATHLETE AND UPLOAD YOUR PHYSICAL AND ATHLETIC INSURANCE WAIVER. IF YOU ARE PURCHASING HISD INSURANCE, YOU DO NOT HAVE TO UPLOAD AN ATHLETIC INSURANCE WAIVER. THIS MUST BE TAKEN CARE OF BEFORE TRYOUTS. If your account is not created prior to tryouts, you CANNOT tryout for the team. (<https://www.registermyathlete.com/>) Please make sure to register for basketball on RMA so we can view your account.

Please bring the following copies to tryouts

1. **Hard Copy of your Physical (MUST BE THE REVISED 2020 FORM, NOT REVISED 09) with your Parents/Guardian's Signature!** Make sure that all signatures on the form are filled. **YOU MUST BRING YOUR PHYSICAL ON THE 1ST DAY OF TRYOUTS!** If you **DO NOT** bring your physical the first day, you cannot try out!
2. **Hard Copy of your Medical Insurance Card, Insurance Waiver, and Copy of Parent/Guardian's Driver's License:** If you do not want to use HISD's insurance, the insurance waiver must be completed in full, with a copy of your parent's/guardian's insurance card along with their driver's license.
 - a. **If you would like to purchase medical insurance through HISD, the cost is \$35.** Highly encouraged all to purchase HISD's insurance. If you decide to purchase insurance, you will only have to bring your physical and \$35 cash or check written out to Pin Oak Middle School to tryouts.
 - b. If you have purchased HISD insurance in another sport this year, ex: volleyball, cross country, you do not have to repurchase the insurance.

IF YOU DO NOT HAVE YOUR PHYSICAL, A COPY OF YOUR INSURANCE CARD, PARENT'S/GUARDIAN'S DRIVER'S LICENSE, INSURANCE WAIVER, AND OR/\$35 TO PURCHASE HISD'S INSURANCE, YOU CANNOT TRY OUT! NO EXCEPTIONS!

Areas of Focus During Tryouts: Practice these skill sets over the weekend.

- Passing
- Dribbling
- Shooting
- Endurance
- Court Awareness/Knowledge of Sport
- **Coachability and Attitude**

COVID-19 Guidelines for tryouts:

1. Mask **ARE REQUIRED** to enter the gym

2. Mask **MUST** be worn on the bench when you are not on the court
3. Masks are **HIGHLY ENCOURAGED** while on the court
4. Must have your **OWN** water bottle. Athletes will **NOT** share water bottles
5. Must come already dressed for tryouts, you will have time to change into your school uniform.

8th Grade Head Coach: Coach Willis (alexis.willis@houstonisd.org)

7th Grade Coach: Coach Butler (gbutler1@houstonisd.org)