

**\*\*UPDATED\*\*ROOSEVELT GIRLS' BASKETBALL OFF-SEASON SCHEDULE 2019**

Dates & Times	Event & Location	What to Expect:	What to Bring:
Saturday, June 1, 10:00 am-12:00 pm	All-comers summer kick-off meeting & initial workout (This is the only Saturday practice of June)	All potential 2019 players. COMMITMENT REQUESTED. Intro to the summer program, meet the coaches and other players and learn about upcoming events. First Practice of summer. MANDATORY	Basketball jersey/shoes and running Shoes. Readiness to get busy! Positive Attitude
Tuesdays and Thursdays June 4 <sup>th</sup> -28 <sup>th</sup> <b>(8 practices</b> – specific days 4:00-6:00) 4 <sup>th</sup> , 6 <sup>th</sup> , 10 <sup>th</sup> ,13 <sup>th</sup> , 18 <sup>th</sup> , 20 <sup>th</sup> , 25 <sup>th</sup> and 27 <sup>th</sup> .	Practice and Preparation for June weekend tournaments.	All interested 2019 players. Full practice: begin learning the plays. Focus on O and D. Position work; time to make an impression on position coaches and gain invaluable extra experience. V and JV divisions. OPTIONAL, BUT HIGHLY ENCOURAGED.	Basketball jersey/shoes, readiness to learn and put into practice all you have been practicing between the end of the regular season and June 1st.
Monday and Wednesday June 3 <sup>rd</sup> -28 <sup>th</sup> <b>(8 workouts</b> —specific days 4:00-5:00) 3 <sup>rd</sup> , 5 <sup>th</sup> ,10 <sup>th</sup> , 12 <sup>th</sup> ,17 <sup>th</sup> ,19 <sup>th</sup> ,24 <sup>th</sup> ,and 26 <sup>th</sup>	Strength and Conditioning + Agility/speed and quickness  RHS gym and fitness center	Specialized strength and conditioning program to help support injury prevention and strength building. OPTIONAL, BUT HIGHLY ENCOURAGED (if you are choosing to not participate in the strength and conditioning program, please touch base with Sara Thomas)	Fitness clothed/shoes, ability to go outside rain or shine  Basketball shoes for gym workouts
Wednesdays July 3-Aug 21 <b>(8 games</b> —7:00, 8:00 or 9:00) July: 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> , 31 <sup>st</sup> Aug: 13 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup>	NW Summer League: NCAA Sanctioned summer league. Games at Shoreline CC and will play with the Roosevelt Team	This opportunity is open to current <i>Juniors and Seniors</i> playing for RHS. OPTIONAL, BUT ENCOURAGED	Reversible jersey, shoes. We will play against tough competition, so an attitude of competitiveness and intensity is a must
June Tournaments: Franklin: June 8-9 (JV and V) King's: June 21-22 (JV and V)	Different locations and times depending on the tournament and team attending	All players in tournaments will play at their respective locations, on their respective dates/times. Attendance is REQUIRED if you have committed to summer tournaments.	Reversible Jersey, basketball gear; players have a readiness to be coached at a high level, a competitive spirit and determination to help the team continue to build a foundation of We before ME, Do it Together, Hunger to Compete.
July 8 <sup>th</sup> -11 <sup>th</sup>	Hoop Camp: Mini-Hooper 9:00-12:00 Advanced Camp: 1:00-4:00	RHS summer hoop camp for 1 <sup>st</sup> -6 <sup>th</sup> and 7 <sup>th</sup> -9 <sup>th</sup> graders. Drills & Fundamentals taught by program coaches and players. OPTIONAL	Workout attire, Athletic shoes, All RHS gear

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July 16 <sup>th</sup> -19 <sup>th</sup> , 9:30-3:30 <a href="#">Team Awesome Basketball Leadership Academy Camp</a> (Emphasis on Leadership and Mental Skills Training)	Shoreline CC and University of Washington	This camp is organized with time on the court working on both post and guard skills. It is linked with leadership workshops and this year there is an emphasis on mental skills training. OPTIONAL, BUT ENCOURAGED.	Reversible jersey, basketball gear. Come with the intention of learning and growing an aspect of your game. What tidbits can you get to help you take your game to the next level?
July 1-August 30; (Tues-Thurs 11:00-1:00)	Roosevelt Open Weight Room @ RHS Workouts with fitness partner	Work out with your partner on a consistent basis with the focus on Injury prevention, strength, speed and quickness, how many can you attend?	Workout attire, Cleats, Athletic shoes. A focus and intention to maintain the work you started in June.
September 9 <sup>th</sup> -30 <sup>th</sup> Monday, Wed, Friday (all days 4:00-5:00)	<b>Mon and Wed:</b> Strength and Conditioning/Endurance <b>Friday:</b> Open Gym @ Greenlake	Maintain condition for the upcoming season with the focus on injury prevention. Also, play pick up with teammates and boys at Greenlake.	Practice Jerseys, running shoes, clothes for workouts outside.
October 1 <sup>st</sup> -October 31 <sup>st</sup>	Fall League @ Rainier Beach HS  Dates and Times TBD	We will hopefully enter both a JV and V team. If you commit to 1 game, you must commit to all games. OPTIONAL, BUT HIGHLY ENCOURAGED	Reversible Jersey, shoes and other basketball gear.
November 4 <sup>th</sup> -7 <sup>th</sup> right after school (one day this week for a 20 minute meeting)	Roosevelt Gym for basketball Interest Meeting	Any player interested or planning to attend tryouts should be present for this meeting.	Yourself—ALL PAPERWORK SHOULD BE TURNED IN TO FRONT OFFICE
November 18 <sup>th</sup> -20 <sup>th</sup> 4:00-6:00	RHS gym girls Basketball TRYOUTS	Any player planning to tryout should be in attendance. MANDATORY	Basketball clothes/shoes, running shoes (for the mile), warm clothes for potential rain. ALL PAPERWORK MUST BE TURNED IN AND PROCESSED BEFORE YOU CAN TRYOUT! There are only 3 days of tryouts! Be sure to plan ahead!
November 21 <sup>st</sup> 6pm-7pm	Parent/Player meeting at RHS Gym	Gain understanding of purpose and direction of the girls' basketball program and coaching philosophy.	Yourself! An excitement and willingness to be a part of a team focused on WE before ME, Do it Together and a Hunger to Compete!