

Warrior Correspondence-Coach Ryan

Hi,

I am Coach Ryan. I will be working with the 8th graders this season. I have just about two decades of experience in girls' basketball and an additional 20 years' experience in high school football where I have been until recently, a varsity level coach. My most recent basketball experience has been here at Old Quarry where our varsity teams have had a winning record in every season I have been head coach. Over the last ten years we have played for conference championships five times winning three times.

I am going to ask the players to come into the season with a very good feel for their shooting technique. I expect all the girls to shoot a lot between now and January. Each player on the team should be able to make free throws (without leaving their feet) at a 60% or better rate when they come to their first practice. I have attached a link for your review. I don't agree with everything on the video but it is pretty good information overall.

<http://www.coachesclipboard.net/FreeThrowShooting.html>

Additionally, student athletes must be up to speed academically. There will be no wiggle room regarding grades. Team members must be passing all classes and also be in good standing with the office as well all teachers to play.

Student-athletes wishing to play for me this year will be making a commitment to Old Quarry and their teammates. That commitment will require they devote their energies (after family, academics and personal concerns such as religion) solely to that endeavor. That means players will not be allowed to play on other teams during our season. I have had players injured while participating in other sports more than once in the past and the effect on our team has always been devastating. Student-athletes at this age have only a certain amount of time and energy. If your daughter chooses to play for Old Quarry then that is the team that deserves their full attention.

The question of conditioning always comes up so I'd like to state up front that all athletes are expected to show up in playing shape. We will not have the luxury of a long preseason to get into shape so all players must begin running and stretching and if possible lifting weights now in preparation. Adequate conditioning can be accessed by checking the following: can the player can run a mile in less than 9 ½ minutes, do 15-20 push-ups, sprint the length of a basketball court five times without pause in 60 seconds or less? Along with running, additional strength and conditioning elements may include: squats, lunges, bench press, stairs, treadmill time and swimming. Diet is also an important variable to be considered going into the winter.

Please make sure the players are eating correctly prior to and throughout the season. This means different things to different people so I have attached a link for your review. <http://www.brianmac.co.uk/articles/scni14a4.htm>

Athletes will be provided a uniform which they are responsible for. They are costly so please be careful when laundering. We require school warm-ups because it is important we look like a team when we travel so if all the girls do not have a warm up from last year we'll have to purchase one before the season begins. I will provide information for online ordering. Players are required to have a set of **shoes used only for games and practice**. It is important that the girls do not attempt to use their walking around shoes as athletic shoes. This is both dangerous and ineffective. The players will be required to wear appropriate attire during practice and games which includes sports under-items (brand names such as Under Armor etc.), shorts and a jersey.

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Student-athletes are required to travel with the team for away games. In a few specific instances players will have to arrange for a ride either home or to a game but that is only in a few select instances and we will coordinate among ourselves to make sure all athletes are accounted for. Parents will be allowed to take players home from away games but only after signing out. When students ride the team bus back parents are asked to pick up their athletes promptly. As coaches we are not allowed to leave until all players have been picked up so please arrange to be at OQ when the bus arrives.

As things progress, I will send along practice dates and our Varsity contest calendar etc. If you have questions please write. I have also attached a link you may find helpful.

<http://www.basketballcoaching101.com/>

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