***YELM TORNADO BASKETBALL***

***PRE-SEASON NEED TO KNOW ITEMS***

* **CONTACT INFORMATION:**
	+ **Russ Riches – Head Coach**
		- **Classroom – 360-458-6470**
		- **Cell – 360-280-3208**
	+ **Jenn Sleeman – Varsity Assistant Coach**
		- **Cell - 360-359-5093**
	+ **Tom Rundle – JV Coach**
		- **Cell - 360-561-9420**
	+ **Kayla Turcott – “C” Coach**
		- **Cell – 360-280-9551**
* **IMPORTANT DATES:**
	+ **TRYOUTS BEGIN MONDAY, NOV. 13TH @ 2:30**
	+ **Lock-in or Retreat – Nov. 17th**
	+ **Red & Black Game – Fri., Nov. 24th – 5:30**
	+ **Jamboree–Sat., Nov. 25th – JV/Var-12:00-2:00**
	+ **Christmas Break from Dec. 16-25**
	+ **Practice Dec. 26 & 28 & 30**
	+ **C/JV/V Games over Christmas Break**
		- **C/JV/V - Dec. 27 @ River Ridge 3:30/5:15/7:00**
		- **C/JV/V – Dec. 29 @ Mercer Island – 3:45/5:15/7:00**
	+ **Regular Schedule starting Jan. 2**
* **MUST BE REGISTERED AND CLEARED ON FAMILY ID BY NOV. 1 IN ORDER TO BE ON THE FLOOR THE FIRST DAY!!!!**
* **LOCK-IN/RETREAT HELP**
	+ **We will do a potluck for lock-in**
	+ **We will need dinner & breakfast for retreat**
* **STRENGTH AND CONDITIONING SCHEDULE**
	+ **We need to be in basketball shape**
	+ **Schedule is on the calendar**
* **GBB PAPERWORK DUE BY NOV. 8TH**
* **CAPTAIN INTERVIEWS – NOV. 7TH after conditioning.**