



WEST CHESTER EAST GIRLS BASKETBALL



September 27, 2018

Attention Potential EGBB Member,

Thank you for your interest in our program. Basketball season will be here before you know it!!!
Below you will find important information to prepare you for tryouts.

CHECKLIST FOR PARTICIPATION:

- ✓ **Complete and Valid PIAA Physical submitted to Family ID**
 - See link below to EHS Winter Athletics Family ID Registration
<https://www.familyid.com/west-chester-east-high-school/east-high-school-2018-winter-athletics-registration>
 - See link below to Family ID cover letter & PIAA Section 6 <https://www.wcasd.net/Domain/3350>
 - **DUE BY: Friday, November 9th !!!** - NO hard copies will be accepted by the Athletic Office.
 - Sections 1-6 are mandatory for all, if you did not play a fall sport
 - Fall sport athletes must upload Section 7: Re-certification by Parent/Guardian
 - Fall sport athletes w/injury must upload Section 8: Re-certification by doctor

***Having trouble getting a dr. appointment? Go to Pioneer Urgent Care 610-459-3278**

- ✓ **WCASD Activity Fee**
 - See link below for information
<https://www.wcasd.net/Domain/1012>
- ✓ **ImPACT test** (for freshman, juniors, new students, and those who need to re-test)
 - Given by our Athletic Trainer – Mr. Grothmann – mgrothmann@wcasd.net
 - Date: TBA – during tryout period

PRE-SEASON:

We have 7 remaining weeks of voluntary Open Gym Workouts on Monday and Thursday evenings in the main and/or aux gymnasium from 5:30 – 7:30 pm. These workouts include 1 on 1 & group instruction, skill development, scrimmage time, strength & conditioning, and team bonding activities. Open Gym workouts are optional, informal workouts to practice your skills and get comfortable with your future teammates and coaches.

Remaining Open Gym Dates: Oct. 2, 4, 9, 11, 16, 18, 23, 25, 30 Nov. 1, 8, 13

SEASON:

The official start date and first day of tryouts is on Friday, November 16th. The season includes practices six days per week, two scrimmages and 22 regular season games. We do practice and play games through the Thanksgiving and winter breaks from school.

COMMUNICATION:

Here's a great way to stay connected with EGBB with access to the team's daily events right at your fingertips.



Team App <https://wceastgirlsbasketball.teamapp.com/>



If you and/or your parents/guardians have any questions, please do not hesitate to contact Coach Listrani at any time.

Head Varsity Coach: **Erin Listrani** - elistrani@wcasd.net

VIKING PRIDE