

Scheduling

2018 Practices, Games, and Tournaments

- There will be gym availability for practices from **October 8th-December 14th**.
- We are still working on setting up practice days/times. Michael Redell will be scheduling practices with the coaches.
- We will do **our best** to work/communicate with coaches in scheduling practices based on the times and availability that best suite each team.
- Game/Tournament **Schedule** for **7th/8th** grade: Exact locations and tournaments are TBD, however, you can expect to be playing in games (league/tournaments) on 7 consecutive weekends starting November 3rd and ending December 15th.

Practice and game times could change due to unforeseen/uncontrollable reasons, but this should give you a very good idea of the upcoming schedule for THE ROCK!

THE ROCK

Girls 7th/8th Grade Tryouts

What: (The Rock) girls youth program is having tryouts to participate in a Fall program that allows girls to continue to develop their game through team practices (2 per week), and tournaments/games (weekends) throughout the state.

Where: Tryouts will be held at Rockford High School. The application form will be due/collected on the day of tryouts.

When: Monday, October 1st from 6:30-8:30pm for girls in 7th/8th grade.

Why: This program has been created to allow girls a chance to continue playing and developing their skills and interest in the game of basketball. They will also get the chance to play against top notch competition from teams throughout the state.

Who: With the help of The Rockford Girls' basketball program and other parent/community members, I Michael Redell, will be running The Rock program. I am a former graduate of Rockford High School and played on the 2003 state championship team. I later went on to play college basketball at Western Michigan University. I know first hand what it takes to develop one's skills to the next level, and also create a winning program and tradition. I am happy to help Coach Wilson and the girls program in that worthy pursuit.

THE ROCK PROGRAM-2018

- Tryouts will be held **October 1st** at **Rockford High School** from **6:30-8:30pm** for girls in **7th/8th grade**. **Application form** will be requested to participate in the tryout.
- Players will be evaluated based on their **abilities/skill set** and put onto teams accordingly. Coaches will be selected by **Michael Redell (coordinator of THE ROCK)** and given a training session to help coaches with different drills for individual/team improvement.
- Throughout **October, November, and part of December**, teams will **practice 2 times** per week.
- The players will receive **uniforms** and a **shooting shirt**.
- Players will have the opportunity to continue to **develop** their **skills** and **interest** in the game of basketball through **practices**, as well as competing against **top notch competition** from **around the state**.
- The cost will be approximately **\$295**. That cost covers uniforms, shooting shirt, league and tournament game fees, and practice gym time expenses.
- If you have any questions feel free to contact **Michael Redell** at [**mredell22@gmail.com**](mailto:mredell22@gmail.com) or by cell **616-710-6241**. He was a **former Rockford graduate** and basketball **state champ (2003)**. He went on to play college basketball at **Western Michigan University**. He knows what it takes to excel at the game and is excited to be able to help **develop the Rockford Girls' program**.