

# **RENO BOYS' BASKETBALL FRESHMEN PRESEASON TIMELINE/CHECKLIST**

<b>SUMMER (MAY-AUG.)</b>	<b>FALL (AUG.-NOV.)</b>	<b>WINTER (NOV.)</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> May 1<sup>st</sup>, Incoming Frosh Athlete Night; 6 pm – Big Gym.</li> <li><input type="checkbox"/> Join our pre-season Remind group by texting @onemore79 to 81010</li> <li><input type="checkbox"/> Incoming Frosh Fall league @ Wooster High School, June 18, 19, 20 and June 25, 26, 27; \$45 Per Player – Please make checks payable to Reno High School.</li> <li><input type="checkbox"/> Frosh Summer Open Gyms, start May 14<sup>th</sup>. Tues. &amp; Thurs., 7-8:30 PM.</li> <li><input type="checkbox"/> 1 hour of physical activity/workout/basketball, etc. every day (1 hour = 4% of your day – <i>how much time do you spend on your phone?</i>)</li> <li><input type="checkbox"/> 100 pushups/100 sit-ups every day</li> <li><input type="checkbox"/> READ 30 mins. every day.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Aug. 12<sup>th</sup>, First Day of school</li> <li><input type="checkbox"/> Aug. 20<sup>th</sup>, Frosh Athlete Basketball meeting, Room R15, @ lunch, starts promptly 11:20 AM</li> <li><input type="checkbox"/> Aug. 26<sup>th</sup> - Nov. 8<sup>th</sup>, Open Gym, tentatively Mondays and Wednesdays, Times TBD, all optional</li> <li><input type="checkbox"/> Oct. 6-12, Fall Break, optional workouts TBD.</li> <li><input type="checkbox"/> Oct. 16<sup>th</sup>, online registration for tryouts due (program-imposed deadline) &gt;&gt;&gt; <a href="https://www.registtermathlete.com/">https://www.registtermathlete.com/</a></li> <li><input type="checkbox"/> Oct. 18<sup>th</sup>, End of first grading period</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Nov. 12<sup>th</sup>, Basketball Program Grade Check due by 2:35 pm to Coach Ochs in R15, ALL FROSH athletes trying out for basketball are required to complete (grades are a component of tryout rubric)</li> <li><input type="checkbox"/> Nov. 16<sup>th</sup>, First Day of Tryouts</li> <li><input type="checkbox"/> Nov. 19<sup>th</sup>, Last Day of Tryouts</li> <li><input type="checkbox"/> First game 11/30 @ Fernley High School</li> </ul>

**(OVER)**

## EXPECTATIONS AND COMMITMENTS

- Humility, selflessness and focus.
- Excellent comportment both in and out of class, in the hallways, at all RHS events, and in the community.
- Regular and on time school/class attendance.
- Attend all three days AND sessions of tryouts (beginning 11/16/24).
- 2.5 GPA or greater with no F's – this is a program imposed minimum. Submit in-season, bi-weekly grade checks on time to Coach Ochs and/or Coach Allison.
- Winter basketball season runs November to mid-February.
- Expected attendance at all team events (team meals, practices, games, etc.). Teams will often practice/meet/play 6 days a week.
- There *will be* practices and games/tournaments over Thanksgiving and Winter Breaks. Freshmen have late practice times.
- An understanding that missing practice time for any reason may lead to a reduction in playing time.
- No one is entitled to make a team. Keep in mind there is a bigger pool of athletes competing to make the frosh team – maximize your time before tryouts!

## FROSH SUMMER LEAGUE DETAILS

- Incoming Freshman & Current Freshman players
- All Games played @ Wooster High School
- Two, 20 Minute Running Clock Halves; Two Games per Night
- 11 Games Guaranteed plus playoffs
- Dates: June 18, 19, 20 and June 25, 26, 27; Game Times 5:00p.m.-9:00 p.m.
- \$45 per player, cash or checks payable to Reno High School

## LET US KNOW IF YOU HAVE QUESTIONS! CONTACT INFORMATION:

### Frosh Head Coach

- Head Coach, Dave Allison, 775-233-9817, [daveallison22@yahoo.com](mailto:daveallison22@yahoo.com)

### Varsity Head Coach

- Matt Ochs, 775-530-7093, [mochs@washoeschools.net](mailto:mochs@washoeschools.net)

Join our Remind text message group by texting @onemore79 to 81010 for all updates related to the basketball pre-season.



@renohoops



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