

## THINGS TO KNOW FOR THE MAMS 7<sup>TH</sup> & 8<sup>TH</sup> BASEKTBALL SEASON

1. Sign-ups for 7<sup>th</sup>& 8<sup>th</sup> girls' and boys' basketball will be held online the week of December 7<sup>th</sup> (***Please note that only students can fill out the sign-up form or parents have to use their student's login credentials***)
2. Practices will start the week of December 14<sup>th</sup>- ***Cohort A on Monday/Tuesday*** and ***Cohort B on Thursday/Friday. Allagash*** will be assigned times by the coaches.
3. All students must turn in a completed [\*\*\*Parent Consent Form\*\*\*](#) to their coach on their first practice day unless they played a Fall Sport and already turned one in.
4. Masks much be worn at all times and each student must bring their own water bottle.
5. Students must arrive ***NO EARLIER*** than 10 minutes before their scheduled practice and go immediately to the **Fitness Center** with their coach.
6. After practice is over students should go into the **Fitness Center** with their coach and wait for their ride to pick them up.
7. Parents should use the parking lot behind the **Gym**.
8. The first week of practices will be drills and skills development. No decision has been made yet about competition against area middle schools. If competition is allowed it will be later in January.
9. **PARENTS ARE NOT ALLOWED AT ANY PRACTICES AT THIS TIME.**
10. **THERE IS NO LATE BUS RUNNING THIS WINTER**

### **PRACTICE SCHEDULE-1<sup>ST</sup> 4 WEEKS**

*Practice Schedule:* Coaches will communicate with players the rotation for these sessions.

Session 1: 2:30pm to 3:45pm (Directly After School)

Session 2: 3:45pm to 5:00pm (Supervision Provided by School)

Session 3: 5:00pm to 6:15pm (Must Go Home and Return to School)

Session 4: 6:15pm to 7:30pm (Must Go Home and Return to School)

### **COACH INFORMATION:**

7th Grade Girls Basketball Coach Rebecca Singleton [singletonr@link75.org](mailto:singletonr@link75.org)

8th Grade Girls Basketball Coach Jack Rioux [riouxj@link75.org](mailto:riouxj@link75.org)

7th Grade Boys Basketball Coach Andy Morris [morrisa@link75.org](mailto:morrisa@link75.org)

8th Grade Boys Basketball Coach Mark Dugal [dugalm@link75.org](mailto:dugalm@link75.org)

