



Middle School Boys Basketball

Welcome to the 2025 Middle School Volleyball season! We are excited for another season of fun, growth and competition. Below you can find key information about the upcoming season. **First practice is 11/4.**

Practice schedule

- Middle School Practices will be on Tuesdays and Fridays from 3:30-5:00. If there are any additional gym practice opportunities throughout the season, the coach will update families as quickly as possible.
- ***We will have practice on 11/5 in the gym from 3:30-5:00***
- From January 5th – January 16th the team will operate in game only this is to give the girls team gym time as that is when their season will start. I am working on trying to get a game every Tuesday/Friday during that week. If there is not a game on one of those days, we will provide supervision for any students that need it.

Middle School Athletics Philosophy and Attendance

- Our number one goal as a program is for athletes to have fun, learn how to play a sport and develop the basic skills of the game.
- Our committed coaches are ready to set a standard of hard work to create a positive environment for athletes' growth on and off of the court.
- All athletes should make every effort to attend all practices and games; they are not viewed as optional. While there can be occasional conflicts, we ask that this team is a priority. If there is a conflict, we ask that you please notify the coach as soon as possible to help plan games and practices.

- For questions about practices and games please email your athletes coach, for general program questions please email the athletics director.

Teams

- This season we are expecting to have three teams: Green, White and Gold. Green will be our older and more competitive team comprised of mostly 7th and 8th graders. White is the next oldest/competitive team comprised of 6th-8th graders. Gold is a more developmental team for new basketball athletes and will be mostly 6th graders. The first two practices of the season will have all teams together to help determine what team is best for each athlete. From there, the coaches will place each athlete on the team that will help them grow as an athlete on and off the court. Before the first Friday practice you will be notified by your athletes coach what team they have been placed on through school's buddy.

Coach Communication Expectations

- Coaches will communicate every Monday on any updates to the schedule and updates on the team performance and growth through schools buddy.
- All games will be listed on our arbiter page which can be found - [here](#).

Transportation Logistics

- Practices and home games will take place in the Willows Prep main gym. When dismissed from class, Gold and white teams will meet in the gym. Where will the green team meet in the PE room.
- For away games athletes are expected to change at Willows Prep then head to the front office to wait for the coach to get the bus ready. Once the coach is ready athletes will join their team as they travel on the bus to their game.



- **Post-Game Pick up** will happen 10 minutes after the end of a game where the game takes place. After 10 minutes, the coach will take the remaining athletes back to Willows Prep to get picked up there. To pick up your athlete at another school, please check in with the coach.

Uniforms and Gear

- All athletes will be provided with a game jersey uniform top. All players need to wear their own black shorts or black spandex/leggings to be worn for matches. Athletes **must** also have tennis shoes or basketball shoes.
- Any uniforms not returned at the end of the season will be charged to the family account as a replacement fee.
- Any jewelry is not allowed to be worn during games so please be prepared to take it off for games. If it cannot be removed, we cannot let the athlete play in the game.
 - **If the jewelry cannot come off for medical or religious reasons we have medical tape that we can use to cover it to avoid injuries.**
- Optional team gear will be available for an extra cost the first week of the season. Late orders cannot be placed so be sure to get the orders in before November 7th

Inclement Weather and Forms

- For middle school athletics we do not have any required forms; however, we do recommend that each athlete has a bi-annual yearly physical examination. This will allow coaches and athletes to be best informed on how to keep each athlete safe.
- It is likely at some point we will have inclement weather in that case; you will get an email from the athletics department or your athletes coach when it has been decided that a practice or a game has been canceled. We try to do it as early as possible to give as much notice as possible. For any missed games, a make up game will be attempted to be rescheduled.



Matthew Owen
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League Rules and Referees

- Each game will be played in 2, 20 minute halves.
- Please be respectful to referees. They are humans doing their best. If you have an issue with a referee, please let me know and I will investigate it further.
- If you would like the full league rules document please email the athletics director.