

RENO BOYS' BASKETBALL FRESHMEN PRESEASON TIMELINE/CHECKLIST

SUMMER (MAY-AUG.)

- May 1st, Incoming Frosh Athlete Night; 6 pm – Big Gym.
- Join our pre-season Remind group by texting @onemore79 to 81010
- 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.
- Frosh Summer Open Gyms, start May 14th. Tues. & Thurs., 7-8:30 PM.
- 1 hour of physical activity/workout/basketball, etc. every day (1 hour = 4% of your day – *how much time do you spend on your phone?*)
- 100 pushups/100 sit-ups every day
- READ 30 mins. every day.

FALL (AUG.-NOV.)

- Aug. 12th, First Day of school
- Aug. 20th, Frosh Athlete Basketball meeting, Room R15, @ lunch, starts promptly 11:20 AM
- Aug. 26th - Nov. 8th, Open Gym, tentatively Mondays and Wednesdays, Times TBD, all optional
- Oct. 6-12, Fall Break, optional workouts TBD.
- Oct. 16th, online registration for tryouts due (program-imposed deadline) >>> <https://www.registermyathlete.com/>
- Oct. 18th, End of first grading period

WINTER (NOV.)

- Nov. 12th, 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)
- Nov. 16th, First Day of Tryouts
- Nov. 19th, Last Day of Tryouts
- First game 11/30 @ Fernley High School

(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

Varsity Head Coach

- Matt Ochs, 775-530-7093, 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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