

JH Girls Basketball

We plan on having two levels of JH Girls Basketball again this year. Although JH sports do include 9th graders, the make up of both the freshman and 8th grade teams will be mostly 7th and 8th graders.

Practices begin Friday, November 18. Typical practice times are daily after school from 3:30-5:00. For this year there will be one scrimmage and 14 games. The final game of the season is scheduled for February 3.

For Locust Grove players, there will be a shuttle bus running daily between the Lancaster and Locust Grove campuses. The bus will leave the Lancaster campus from in front of the HS office at 3:15, travel to Locust Grove and return.

Any student wishing to participate **MUST** have a completed physical on a PIAA physical form dated after June 1, 2011. Forms can be found on the Athletic Trainers page of the school's athletics web page. For \$15 you can get a physical at the Lancaster Campus on November 10 or 18. Call Rachel at Extension 310 for an appointment. Pages 1-4 must be completed and signed by parent/guardian prior to the physical being administered. Completed physicals can be turned in at the HS office or the Athletic Trainer.

Feel free to contact the coach:

Andrew Whitlatch: andy.whitlatch@gmail.com

JH Boys Basketball

JH sports include grades 7-9. We will attempt to have the following teams for JH Boys Basketball:

-Freshman team made up primarily of 9th graders and qualified 8th graders.

-8th grade team may consist of both 7th and 8th graders.

-C team may consist of both 7th and 8th graders.

Practices begin Friday, November 18. Typical practice times are daily after school from 3:30-5:00. For the Freshman and 8th grade teams there will be one scrimmage and 14 games. The final game of the season is scheduled for February 3. The C team practice schedule will vary between 3 and 4 practices a week after school until 5:00. The C team schedule is still being built. Freshman and 8th grade will play all home games in the high school gym. Home C team games will be played at the Locust Grove campus. All 7th and 8th graders should plan on

practicing at the HS on November 18, 21 and 22. After the 22nd the teams will be determined by the coaching staff.

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There will be open gyms on Monday and Wednesday (Nov 7,9,14,16) after school for 7th and 8th graders until 5:00 at the high school. This time is for anyone wanting to play pick-up with other classmates. This is not a mandatory activity or practice. Just intramurals.

Feel free to contact the coaches:

Freshman team: Mike Robbins: robbins133@aol.com

8th Grade team: Mike Natale: mnatale440@comcast.net

C team: Alex Brubaker: alexbru21@gmail.com