Athletics

MS Girls Basketball



Our basketball program has two different components. There is an interscholastic program (playing against other schools) and an intramural program (playing against other Overlake MS players).

The interscholastic program is available to players in 6th-8th grade. We expect to have three teams this year and we're playing both home and away games against other teams from the Cross Town Middle School League. Teams are created using an evaluation process that occurs during the first three days of basketball practice. This evaluation process will place boys on the most appropriate team based on what is demonstrated during those three days. Factors that will be considered during those three days are the ability to listen and follow directions, demonstrated effort, overall soccer skill/knowledge, respect for other players, and a demonstrated ability to be a good teammate.

These teams will meet three days per week.
The green team is currently scheduled for Monday, Tuesday, and Thursday
The White team is currently scheduled for Monday, Tuesday, and Friday
The Gold team is currently scheduled for Monday, Tuesday, and Friday

For our 6th-grade players who choose not to be part of the interscholastic teams and 5th-grade players, we offer a small-sided intramural option that meets 2 days per week on campus. This group will meet from 3:00-4:30 and includes the introduction of skills, skill development, and small-sided games (3v3 or 4v4). These sessions are designed to be social, allow for the development of skills at the player's own pace, and play lots of basketball. This program occurs on campus and there is no plan to travel off-campus.

Intramural Program players will meet on Tuesday and Friday. There may be an occasional Thursday practice, depending on the week.

What will every player need:

1. Clothing appropriate for the day
2. Court Shoes (optional for the small-sided program)
3. Water Bottle
4. Willingness to learn and be a good teammate

Coaches

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