



# McIntosh Girls Basketball



Spring Meeting: 4/19/18

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◆ **Coaching Staff**

- Coach Fontaine, Coach Anderson, Coach Coleman, Coach Arp
- [fontaine.rick@mail.fcboe.org](mailto:fontaine.rick@mail.fcboe.org)

◆ **Website & Twitter** (*Team Pictures, schedules, information, etc*)

- <http://mcintoshbasketball.com/>
- Follow us on twitter: @McIntoshBball
- Before contacting coaches, please check the website first.
- If there are suggestions to improve the website, let Coach Fontaine know.

◆ **Player Profile Form**

- Your contact information
- T-Shirt Size
- Parent Names, email addresses, cell phone numbers, etc
- Basketball Experience

◆ **Eligibility Requirements**

- Physical Date (*\$20 physicals after school on 4/19*)
- Parent Consent Form
- Concussion Awareness Form
- Athletic Dues

◆ **Summer Practice & Team Camp:**

- See Calendar for May – June 2018
- These will prepare us for Team Camps and the upcoming season

◆ **Game and Practice Schedule**

- First Practice: 10/22/18
- Will be similar to years past (School Days: 4 - 6 or 6 - 8)

◆ **Basketball Philosophy**

- We will play defense and rebound
- We will take care of the basketball
- We will be physical on both ends of the court
- We will always “outwork” the other team
- We will have good “Team Chemistry”

◆ **Parent Involvement**

- Are your parents interested in being part of the boosters?
- Fundraising is important to make the season special

◆ **Fall Workouts, Conditioning, & Weight Training:**

- There will be a meeting in the fall for those that want to attend workouts