



Girls Upper School Basketball Program

Frosh/Soph Teams

Frosh/Soph teams are created when there are large numbers of students out for a particular program. Frosh/Soph teams are designed to help upper school students develop the necessary skills in a sport and to learn what it takes to play as a team. Frosh/Soph teams generally practice three to five days a week with practices lasting forty five minutes to seventy five minutes.

Junior Varsity Teams

The junior varsity team is designed as a stepping-stone to the varsity team. The foundation of skills and fundamentals are based on what is needed to play at the varsity level. The Junior varsity team is designed to be a competitive learning environment where students are educated on what it takes to get to the next step. Junior varsity teams generally practice an average of five to six days a week, practices are generally one in a half hours to one hour with two hours per practice. Practices either start at 3:15pm or at 5:15pm. There also are some Saturday practices. Many of the practices are in conjunction with the varsity team.

Varsity Teams

The varsity program is designed for our high level elite athletes. Varsity teams have a high level of commitment and skill level for participation. The main focus of this program is to win championships and have successful teams and successful athletes. Teaching sportsmanship and life lessons are also important parts of the program. Varsity teams generally practice five to six days per week practices are generally one hour and forty five minutes to two hours per practice. Practices either start at 3:15pm or at 5:15pm. There will be also be some practices, games and or tournaments over the holidays.