



## **Menlo School Athletics**

### **Upper School Girls Junior Varsity Team**

#### **Junior Varsity Team**

The junior varsity team is designed for students who want to progress to the varsity program. Junior varsity teams have a high level of commitment and want to improve their skill level for participation. The main focus of this program is to develop the necessary skills to progress to the varsity team. Teaching sportsmanship and life lessons are also important parts of the program. Junior 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.

#### **Team Motto**

Team First

#### **Team Goals**

- Take individual responsibility for the good of the team
- Build camaraderie within the team
- Create a inclusive environment- empathetic, consistent, and understanding
- Be a good student in all subjects not just basketball
- Give your best at all times
- Use the sport of basketball as another tool to become a better person