



# WEST CHESTER EAST GIRLS BASKETBALL



September 19, 2024

Attention Potential EGBB Member,

Thank you for your interest in our program. The 2024 – 2025 basketball season will be here before you know it!!! Below you will find important information to prepare you for tryouts.

## **CHECKLIST FOR PARTICIPATION:**

- ✓ **Complete and Valid PIAA Physical submitted to Family ID – dated after May 1<sup>st</sup>, 2024**
  - See link below to EHS Athletics Page for Family ID Registration Information  
<https://www.wcasd.net/domain/6132>  
**DUE BY: Friday, November 8<sup>th</sup> !!!** - NO hard copies will be accepted by the Athletic Office.
  - Sections 1-6 are mandatory for all, if you did not play a fall sport
  - Fall sport athletes must upload Section 7: Re-certification by Parent/Guardian
  - Fall sport athletes w/injury must upload Section 8: Re-certification by doctor
  
- ✓ **WCASD Activity Fee**
  - See link below for information  
<https://www.wcasd.net/Domain/1012>
  
- ✓ **ImPACT test (for freshman, juniors, new students, and those who need to re-test)**
  - Information will be sent to you by our Athletic Trainers closer to the tryout period

## **PRE-SEASON:**

We have 8 remaining weeks of voluntary Open Gym & Strength Training workouts, in the main and/or aux gymnasiums and weight room. These workouts include 1 on 1 & group instruction, skill development, scrimmage time, strength & conditioning, and team bonding activities. These workouts are optional, informal opportunities to practice your skills and get comfortable with your future teammates and coaches before tryouts begin.

## **SEASON:**

The official start date and first day of tryouts is on Friday, November 15<sup>th</sup>. The season includes practices six days per week, two scrimmages and 22 regular season games. We do practice and play games throughout the Thanksgiving and Winter breaks from school.

## **COMMUNICATION:**

Here's a great way to stay connected with EGBB with access to the team's daily events right at your fingertips.

See link below to request access to join.



**Team App** <https://wceastgirlsbasketball.teamapp.com/>



If you and/or your parents/guardians have any questions, please do not hesitate to contact Coach Listrani at any time.

Head Varsity Coach: **Erin Listrani** - [elistrani@wcasd.net](mailto:elistrani@wcasd.net)



# OUR TIME.

