

Hi <First Name>

My name is <Name> and I am the Head Coach of this year's <U16 Girls> West Ottawa Hornets. This email is to remind you that you or your <son or daughter> is registered for our upcoming tryouts. The following is some key information you should be aware of for the tryouts.

Tryout Dates and Locations

We have two tryouts scheduled for this team:

- <Tryout Date>, <Time>, <Location>
- <Tryout Date>, <Time>, <Location>

We ask that you please arrive a minimum of 15 minutes prior to the start of each tryout for check-in and numbering. Note that all athletes must stay outside the gym until the preceding tryout is done and those athletes have exited the gym.

What to Bring

The most important thing to remember is to bring your own ball. We do not have an excess of balls to provide to athletes at tryouts. Athletes should ensure that their names are clearly printed on their ball.

Athletes should bring 1-2 water bottles and fill them up at home. Athletes will not have time during the tryout to run to water fountains.

We do **recommend that you leave valuables such as cell phones at home**. At the very least, please ensure they are safely zipped up and not out in the open. We are not responsible for lost or stolen items at our tryouts and valuables such as cell phones have gone missing at previous tryouts.

Coaches and Athletes in the Gym Only

West Ottawa's policy is that only coaches and participating athletes are allowed in the gym during tryouts. We kindly ask that after athlete check-in you leave the premises and return for pick-up. We are happy to chat with you at the end of the tryout process about how your child performed throughout the tryouts.

Team Information

Here is some information for you to start considering about our team in the event you or your <son or daughter> is selected to the team:

- **League Play:** Our intention is to play in the <identify which league you intend to play in this season>.
- **Tournaments:** We intend to participate in the following local tournaments this season <identify local tournaments such as Chris Paulin, hosted by ONL in December, and Mike O'Connor (Girls) or Mike Suys (Boys), hosted by GCBA in February or March> and 1-2 out of town tournaments
- **Championships:** We intend to compete in the Eastern Ontario Championships and the Ontario Cup at the end of the season. <Identify where the Ontario Cup is being hosted this season. You can [check here](#). Note that the locations for this coming season may not be posted yet.>
- **Practice Information:** We will be practicing 2-3 times per week for two hours per practice. Practice schedule and location is still to be determined by our association. West Ottawa practice gyms are located in Stittsville, Richmond, and Kanata.
- **Player Development:** West Ottawa invests significantly in player development.
 - **Video-Development:** All teams at the U14 level and above use [Hudl](#) as a video platform for players to be able to watch their games and for coaches to use it as a visual means of player development.
 - **Off-Court Development:** Our Whole Athlete Program provides teams with the opportunity to do off-court training at [FitQuest](#) for injury prevention, speed, agility, and strength training. The program also includes Sport Nutrition and Hydration workshops from a Sport Dietitian and Mental Performance Training from Ashley Strike, the Sports Psychologist at the Nepean Sports Medicine Centre.
 - **Coach Apprentice Program:** West Ottawa Players who are 14 years or older also have the opportunity to participate in our Coach Apprentice program as an introduction to coaching and to develop their leadership skills.
 - **Shooters Shoot Camp:** West Ottawa Players have priority access to attend our Shooters Shoot camp, led by WNBA and NBA shooting coach BriAnna Garza.

We look forward to seeing you at the tryouts.

Best,
<Your Name>