



Pre-Season Information Packet
JV Boys' Basketball Team
2022 - 2023



Seaforth High School
444 Seaforth Road
Pittsboro, NC 27312

“Culture +
Accounta
bility =
SUCCESS”

September 13th, 2022

Dear prospective student-athlete,

You are receiving this letter because you've expressed interest in trying out for Seaforth's varsity or junior varsity boys' basketball team.

Tryouts will take place on Monday, 10/31 and Tuesday, 11/1. The final roster (of JV Boys' basketball team) will be made up of 12 players. To make team, student-athlete must demonstrate or have the following characteristics:

- High character
- Values academics
- Serious minded & demands excellence from themselves
- Basketball skill & intelligence
- Team-player oriented
- Self-accountable
- No excuse mentality

Leading up to tryouts, there will be open gym/practice sessions. For scheduling, see calendar information in pages that follow.

Student-athletes must maintain at least a 2.0 GPA, without any failing grade to remain eligible. The coaching staff will do their part to make sure student-athletes far exceed the 2.0 GPA.

During basketball season, practices are MANDATORY and will be on every school day (Monday – Friday), and occasionally Saturday. Typical practice times will be 3:30pm – 5:30pm, 5:30pm – 7:30pm, 6:00pm – 8:00pm or 6:00am – 7:30am.

Most games will be on Tuesdays and Fridays. On game days, student-athletes will be required to dress-up.

If you have further questions, contact me at jberry@coachberry.com or 919-428-0233.

Cheers,
Coach John Berry
Head Coach, Junior Varsity Boys' Basketball
Seaforth High School
www.CoachBerry.com
jberry@coachberry.com
919-428-0233

Athletic Staff

School Principal:

- Tripp Crayton
- tcrayton@chatham.k12.nc.us

Athletic Director:

- Jason Amy
- jasonamy@chatham.k12.nc.us

Head Coach, JV Boys Basketball:

- John Berry
- jberry@coachberry.com

Assistant Coach, JV Boys Basketball:

- Andre Nabors
- wedeliverwellness21@gmail.com

Important Information

Login/Password Credentials:

- <https://www.coachberry.com/login>
 - Username:
opengym
 - Password:
seaforth123

JV Boys Calendar:

- <https://www.coachberry.com/calendar>
 - Access to JV Boys calendar

Subscription to JV Boys Calendar:

- <https://www.coachberry.com/subscribe>
 - Import calendar to cell phone

Documents:

- <https://www.coachberry.com/docs>
 - Pre-season information packet, basketball playbook, commitment agreement, etc.

Blog Writings:

- <https://www.coachberry.com/writings>
 - Relevant articles written by Coach Berry that touches on life, values, and basketball

Vision & Mission Statements

Vision:

Inspire our youth to become their best selves.

Mission:

Build successful basketball program by emphasizing hard work, attracting high-character kids, and demanding academic excellence.

Philosophy

Play Hard:

Playing hard means playing with effort, determination, and courage. We never want to lose a game because the other team played harder or because the other team was in better physical condition. Playing hard starts with training hard so that you can increase the maximum effort you are able to give in a game. We never give in to taking the easy way out, in the weight room, on the practice court, or in a game.

Play Smart:

Playing smart means playing with good execution and poise, treating each possession as if were the only one in the game. We never want to lose because of mental errors. As coaches and players, we work to become serious students of the game. We stress that the key principle is to focus on the process rather than on the end-result.

Play Together:

Playing together means playing unselfishly, trusting your teammates, and doing everything possible not to let them down. We never want to lose because one player is looking out for themselves over the team. We emphasize that all five players working as one on the court can overcome any individual talent on the other team

Inspirational Quotes

A star can win any game; a team can win every game. —Jack Ramsay

*Bravery is not the absence of fear, but the action in the face of fear.
— Nelson Mandela*

*The true measure of a man is what he does with what he has. —
Anonymous*

*Self-discipline is knowing that you are responsible for everything that
happens in your life; you are the only one who can take yourself to
the desired heights. —Mike Shanahan*

*The biggest mistake a person can make is to be afraid to make a
mistake. —Anonymous*

*No whining, no complaining, no excuses. All those things are for
losers. —Anonymous*

*Great players and great teams want to be driven. They want to be
pushed to the edge. They don't want to be cheated. Ordinary players
and average teams want it to be easy. —Pat Riley*

*The company you keep will determine the trouble you meet. —
Anonymous*

Nothing will work unless you do. —Maya Angelou

Champions do not become champions when they win an event, but in the hours, weeks, and months and years they spend preparing for it. The victorious performance itself is merely a demonstration of their championship character. —Michael Jordan

Whether you think you can or you think you can't, you are probably right. —Henry Ford

Every action we take, everything we do, is either a victory or defeat in the struggle to become what we want to be. —Anne Byrne

We are what we do daily. Excellence, then, is not an act but a habit. —Aristotle

The will to succeed is important, but what's more important is the will to prepare. —Bobby Knight

Mental toughness is to physical toughness as four is to one. —Bobby Knight

We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort. —Jesse Owens

You want to be good at those things that happen a lot. —Pete Carril

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude. —Thomas Jefferson

Whatever you're doing is the most important thing that you're doing while you are doing it. —Pete Carril

The fight is won or lost far away from witnesses — it is won behind the lines, in the gym, and out there on the road, long before I dance under those lights. —Muhammad Ali

Nothing great was ever achieved without enthusiasm. —Ralph Waldo Emerson

Never be satisfied with less than your very best effort. —Gerald Ford

People who are unable to motivate themselves must be content with mediocrity, no matter how impressive their other talents. —Andrew Carnegie

You can't get much done in life if you work only on the days when you feel good. —Jerry West