

Dear Senior,

Congratulations! You are invited to play in the Vermont Basketball Coaches Association Senior All-Star Game. The Senior All-Star Games were created by the VBCA to honor the top seniors in the state and are the focus of our One More Day of Basketball end of year celebration. Your selection by a vote of our member coaches means that you are one of the best Vermont has to offer! The Senior All-Star Game is a fun and exciting way to wrap up your high school career. We hope you enjoy this opportunity to play alongside other great players, some of whom you have been playing against for many years.

We would like to make the following tips and suggestions to help you get the most out of this experience:

Get to know your teammates - The more you and your teammates are able to bond, the better you will be able to play. Make an effort to learn about each other and take advantage of this opportunity to make new friends.

Act like an All-Star - Plan to arrive at Windsor High School at least one hour before your game is scheduled to begin. When you arrive, the ticket sellers will direct you to where you can find your coach. Please dress accordingly. Dress attire is not required, but remember that this is an All-Star Game, not a Saturday morning practice.

Be Flexible - Your coach has volunteered to lead your team and they have only one practice to prepare you and your teammates for the game. They are going to teach you some basic offense and have you playing man to man defense. Rosters are built independently of position so teams may not have an ideal balance of guards and forwards. Be ready to play in a position or system that is new to you. Just do your best. It's still basketball.

Be a team player - You will be on the court with some of the best players in the state. Work together to make each other look good. Groups that play together are the most entertaining to watch and have the most fun on the court. Coaches may substitute out a player who refuses to share the ball.

Enjoy the moment - This game is a celebration. Have fun with it! There is no trophy or title on the line. Play for the love of the game and the opportunity to showcase your ability.

Again, congratulations on being selected as a VBCA Senior All-Star. We commend you for your hard work and dedication to the sport of basketball that has brought you this opportunity.

Sincerely,

The VBCA Executive Board