

U14 GIRLS – NORTH/SUDURY

ONLINE TRYOUT INFORMATION

Ontario Basketball – North Region (Girls) will be accepting video tryout submissions until **May 13, 2026**. Submissions should be emailed to **lewachte@lakeheadu.ca**.

Please include the following in your video:

Player Information

- Name, age, position
- Basketball experience

Finishing

- Right- and left-hand layups (standard, power, counters)

Shooting

- Catch-and-shoot form
- One-dribble pull-ups

Ball Handling

- Stationary (both hands)
- Crossovers, behind-the-back
- Dynamic movement (change of direction and speed)

Game Play

- Game film (maximum of 5 minutes)

If you have any questions, please contact Head Coach Lindsey Wachter.