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# Varsity Coach Moves My Freshman Players Up Mid-Season

*This resource stems from a question submitted to the Ask PCA blog. Responses come from our experts including PCA Trainers, who lead live group workshops for coaches, parents, administrators and student-athletes.*

**“My first team of Freshman HS girls Bball. We are 5 and 0 in league. This is a very generous team. Great gals. With 3 games left, the Varsity coach wants to move my point guard and best post player to JV. These are two of my starters and high point scorers. I realize we are freshman. But, why disrupt the chemistry we have worked so hard for? Who benefits in the long run? The players love their team and do not wish to move. Please advise.”**

## PCA Response by Ray Lokar, PCA Trainer—Los Angeles

Congratulations on your tremendous season thus far. Not just in wins and losses, but in establishing such a positive team culture. It is typically only through very intentional efforts from the coach that camaraderie of that sort is built, especially with freshman.

As the head boys' varsity basketball coach I struggle often with the delicate balance of all the individual teams, the long-term athletic development of each player, and what's best for the program as a whole.

Mid-season roster changes may be done for a number of reasons. These could be based on programmatic need or could be what the varsity coach determines is in the best interest of the player. Sometimes it is a big jump from the freshman team to varsity and a few weeks of playing up on the JV might be a good springboard to get used to the elevated level of play required the next season.

For whatever reason the move is made, it certainly should be looked on as a reward and a compliment to the individual players for their efforts so far. It also is a testament to the coach who has prepared them enough to earn their promotion.

This is a great opportunity for some other players to step up and develop their game a little further. All coaches can do is coach the players they have to become the best players and people they can become. I'm sure the varsity coach has full confidence you will be able to do that.

*continues*



## Varsity Coach Moves My Freshman Players Up Mid-Season, continued

*Ray Lokar has coached a variety of sports for over 25 years at the youth, high school, and college levels, including his son and two daughters who have gone on to play college athletics, as well as an 8-year-old son playing youth sports. Ray was the Head Basketball Coach of the 2002 California Interscholastic Federation Champions while at Bishop Amat High School and is a Past-President of the Southern California Interscholastic Basketball Coaches Association.*

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