



FALL TEAM Program Basic Information/Setup – Higher Level Basketball (HLB) Boys Grades 4-8 (middle school)

Emphasis: (1) Player Preparation for School ball tryouts/start of seasons in Oct/Nov.
(2) Start building core of teams for next spring competitive season

- **SEASON** 9/1 through 11/3
- **PRACTICES/LG GROUP SKILL SESSIONS**
 - With primary goal of player preparation & secondary goal of building team competitive level. Fall teams only have 3-5 full traditional team style practices – most early on before games begin (typically Sat or Sun)
 - Each week, Fall teams have combo practice/workout sessions with at least ½ of session devoted to large group skill session work – individual/group drills to emphasize ballhandling, shooting, etc. Remaining time is some traditional team style work/scrimmage time & basic physical conditioning. 1-2 sessions per week.
- **Physical Training Sessions**

These are supplemental/optional sessions open to any players that run 50 min – 1 hr & focus on core physical skills in areas of agility, explosiveness (ground based plyometrics) & conditioning.
- **SCHEDULING: VERY IMPORTANT!**

We work to build customized schedules for teams since there are some players who are also involved in other sports (Football, Soccer, etc.) We DO also have some part time participants (*See below*)

Typically there are 1-2 team practices/group workouts per week (with 1 usually on Sat), games on Sundays in October & a few of the *optional* Physical conditioning sessions (2 every 3 weeks)

We work to minimize/eliminate scheduling conflicts & maximize practice attendance by gathering availability info for all players 9/1-9/7, then create a calendar for fall (hard copy & online)
- **COMPETITION:**

Sun games 10/6-11/3. Early afternoon to early evening time frame. 8-11 total games
- **Fall team fees:** \$170-\$190 per player. (specific amount will be set once we know # of players)
*Fees cover: Head coach stipend, Staff assistant stipend, Team insurance, Team's league fees, Gym rental for practices/workouts, Balls/equipment & all administrative costs

How to get Involved or Find out More:

- **Formal SIGNUPS for fall ball are taken from now through 9/6.**

To sign up, email player name/grade to info@higherlevelbb.com OR inform coach at workouts
- For those who are interested, but unsure of whether they wish to commit, we hold some open workouts through week of 9/1. Players are welcomed to attend with no obligation/cost to any of those workouts to see if the program is a fit
- For those limited to only a portion/part time due to scheduling, email us at above email
- **FORMAL 1ST WORKOUTS/OPEN workouts** announced via email & posted on www.higherlevelbb.com -updated regularly