



## Boy's Spring League

### Jr. Mini & Mini

| DATE          | TIME                             | AGE                          | COST  |
|---------------|----------------------------------|------------------------------|-------|
| May 1–June 26 |                                  | Jr. Mini 8–9*<br>Mini 10–11* | \$130 |
| Saturdays     | 9:00am, 10:20am, 11:40am, 1:00pm |                              |       |
| Tuesdays      | 6:00pm, 7:20pm, 8:40pm           |                              |       |

\*Ages as of October 1, 2009

### Bantam & Midget

| DATE               | TIME                     | AGE                            | COST  |
|--------------------|--------------------------|--------------------------------|-------|
| April 28 – June 23 |                          | Bantam 12–13*<br>Midget 14–15* | \$130 |
| Sundays            | 10:20am, 11:40am, 1:00pm |                                |       |
| Wednesdays         | 6:00pm, 7:20pm, 8:40pm   |                                |       |

\*Ages as of October 1, 2009

#### Registration Deadline: April 15

All teams will play 12 or 13 games including playoffs.

Includes full reversible mesh uniform. See Uniform Policy on Registration Form.

### Scheduling

Schedules will be developed to ensure an even distribution of game times for each team.

## 4 General Information

- Players will be placed on teams of eleven according to their resume so as to try to achieve competitive balance. We will try to honor requests that do not interfere with this concept. Some changes may be required during the first few games.
- Each game will consist of two 30 minute straight time halves. The final three minutes will be stop time. Substitutions are made every five minutes. All players receive equal playing time.
- Each team will be coached by varsity basketball players to the extent that can occur during the game. We regret that time and space do not allow for practices. This league is about playing.
- We believe in ball movement and use a four second rule. If the same player has possession of the ball for four seconds it is a violation.



## ★ BOY'S BASKETBALL ★

### Co-Ed Tots Camp

| DATE     | TIME          | AGE  | COST                    |
|----------|---------------|------|-------------------------|
| July 5–9 | 9am – 12 noon | 5–10 | \$80 (includes t-shirt) |

- Half day camp for beginner basketball players.
- Introduction to basic basketball skills and concepts.
- Introduction to team play & co-operative games.

### Boy's Summer Camps

| DATE       | TIME                              | AGE  | COST                             |
|------------|-----------------------------------|------|----------------------------------|
| July 19–23 | 9am – 4pm<br>Supervised 8am – 5pm | 7–16 | \$225<br>(includes full uniform) |
| July 26–30 |                                   |      |                                  |
| August 2–6 |                                   |      |                                  |

- Supervised drop off from 8 a.m. and pick up until 5 pm
- Limited enrolment ensures adequate court space for everyone
- 10:1 camper/instructor ratio
- mini hoops & balls
- plenty of prizes
- competition
- FUN
- Hot Lunch Program option - \$35 additional fee

### Typical Summer Daily Schedule

|                  |                              |
|------------------|------------------------------|
| 8:15–8:45 am     | Extra Effort – optional      |
| 9:00–9:20 am     | Roll Call & Warm Up          |
| 9:20–10:30 am    | Skill Sessions               |
| 10:30–10:40 am   | Break                        |
| 10:40–11:10 am   | 3-on-3 skills                |
| 11:10–12:00 noon | Full Court Games             |
| 12:00–1:00 pm    | Lunch                        |
| 1:00–1:30 pm     | One-on-One                   |
| 1:30–2:00 pm     | Daily Lecture/Skills Contest |
| 2:00–2:50 pm     | Skill Sessions               |
| 2:50–3:00 pm     | Break                        |
| 3:00–3:50 pm     | Full Court Games             |
| 3:50–4:00 pm     | Wrap up & Camper of the Day  |

### Skills Sessions

Solid fundamental skills are critical to success as a basketball player. Consequently we spend two full hours each day dedicated to the teaching of the skills of basketball in a structured, instructional environment. The skills worked on include; shooting, passing, ball handling, screening, offensive footwork, defence, rebounding and transition. The rest of our schedule allows the campers to test their skills in various competitive situations.

### Uniform Policy (Applies to Boy's Basketball Camps & Leagues)

All players must wear the uniform provided. Should you already have a full uniform, you may choose the uniform adjustment of \$20.00 on the registration form. T-shirts worn under the uniform must be either white or maroon.