

K-2 Winter Program Information

How will the K/1 winter training sessions be structured?

The goals of the K/1 winter training sessions are to teach the fundamentals of the game while having fun, and to build confidence and a love of the game. Players will work on specific skills and participate in fun competitions and games. Each week, a new skill will be emphasized while previously taught skills will be reinforced. The K/1 winter training sessions are one-hour sessions on weekends only and are led by a professional trainer. Hoops are lowered to accommodate our younger players. There are no teams in grades K/1. Participants are divided by gender, grade, and school in an attempt to keep school friends together with no more than 20 kids in a session. If a particular school has a large enrollment, they will be divided between two sessions. Participants will be given a t-shirt, should bring a 27.5" size basketball, plenty of water, and wear appropriate court shoes. High top shoes are not required although encouraged. Training sessions will run mid-November through the mid-February. Notification of training session placement will be made in early-November.

How is the Grade 2 winter house league structured?

The goals of the Grade 2 winter league are for participants to develop sound fundamentals while having fun, and to build confidence and a love of the game in a team environment. Players will be provided an opportunity to test their skills in competitions and eventually real games. Grade 2 winter house league consists of 90 minute sessions on weekends only. Teams are drafted by volunteer coaches prior to the start of the season. Requests for team placements or rostering with a friend are not permitted as we strive to create balanced teams. Hoops are lowered to accommodate our younger players. Each weekend two teams share the gym on a rotating schedule in order to match up against new competition for fun skills and drills challenges. The first 30 minutes of each session are led by a professional trainer where a new skill will be emphasized each week and previously taught skills will be reinforced. The next 30 minutes are team break-out sessions led by the coaches. The final 30 minutes are trainer-led fun team competitions. These sessions will run mid-November through mid-February. The final few weeks of the season will consist of full-court one hour games (no skills training sessions) against other 2nd grade teams with referees and a clock so that players can experience the feel of a real game. Players will be provided jerseys, should bring a 27.5" size basketball, plenty of water, and wear appropriate court shoes. High tops are not required although encouraged. Schedules will be posted on the website in mid-November.