



Ram Girls Basketball Club

PROGRAM OVERVIEW

- Competitive tournament teams will be formed with girls in the Southeast Polk school district at 3rd, 4th, 5th, 6th, 7th, & 8th grades.
- The RBC will strive to develop girls for the next stage of their basketball development. Attention will be paid to fielding the most competitive teams possible, while supporting the best interests of the entire Southeast Polk basketball program.
- There will be one or two teams/grade, depending upon the number of players. There may not be roster spots for all girls that tryout. If the number of girls and resources (coaches and gyms) is adequate, there may be a third team at some grades.
- This program requires a significant commitment from both players and parents, to attend and compete in practices and tournaments and be supportive of a team atmosphere.

TRYOUTS

- RBC teams are selected based on a thorough and objective tryout process. The tryout date and parents' meeting is Sunday, September 17, 2016. Parents will meet while the girls try out. Your grade's tentative tryout time is below.
 1. 3rd, 4th & 5th – 1:00-2:30 pm
 2. 6rd, 7th & 8th – 3:00-5:30 pm
- If interested in playing on an RBC team, you will need to participate in tryouts September 17. If you have conflicts with the date, contact RBC at admin@sepramsbasketballclub.org.
- There will be a free voluntary pre-tryout skills clinic on Sunday, September 10. Grades 3-5 from 1 pm to 2:30 pm. Grades 6-8 from 2:30 pm to 4 pm. This is an opportunity for potential RBC participants to work on skills that will be evaluated at tryouts.

2016-2017 PROGRAM

- Black and Gold teams at each grade will be led by a head coach affiliated with the high school program. If there are enough kids and resources (coaches and gyms), a third team may be offered.
- Head coaches will be assisted by one parent coach from each team. Together these coaches will lead that grade's teams throughout the season.
- There will be two potential seasons: The traditional winter program (Oct-February), and for girls in 3rd-7th grade there will be a spring program (April-June). Girls who wish to play in the optional spring program, must participate in the winter program.
- The fall-winter season will tentatively end on February 25. The spring season will begin tentatively begin April 1.
- Full uniforms will be provided, and players can keep those uniforms.
- To keep current, visit <http://www.sepramsbasketballclub.org>, or the RBC Facebook site.

TEAMS

- Teams will be announced on or before Sunday, September 24, via the RBC website -- <http://www.sepramsbasketballclub.org>.
- Each grade will be assigned practice time at a SEP school gym for 60-90 minutes at least twice per week, sometime between 5:30-8:00 pm, while school is in session.

- Practices are typically Monday and Thursday, in order to allow girls to attend varsity games on Tuesday and Friday.
- Students who do not make one of the competitive tournament teams have options with other developmental leagues. The Altoona Campus provides a basketball league for 2nd – 7th grades starting in January. Campus sign-ups will be in November.
- We encourage those who do not make an RBC team to continue working on skills through other teams/leagues, and tryout again the following season.

COACHING

- Parents who wish to be an assistant to the head coach of their girl(s) team are asked to attend a coaches meeting, Sunday, September 10, at 1 pm in the high school commons.
- Assistant coaches will be provided leadership, direction and desired activities by a head coach assigned to each grade.
- Assistant coaches will likely lead or assist in leading teams during tournaments, applying the principals and direction of grade head coaches. They will also work together with other parent coach(s) at their grade level. They will be responsible for communications with team parents.
- The RBC Board and the Southeast Polk varsity program put a strong emphasis on developing young girls “the Ram’s way”.

FEES AND FINANCIAL COMMITMENT

- RBC Winter program is \$250.
- Due at tryout: \$100 (if not paid in full, the \$150 balance will be due upon assignment to an RBC team)
- All payments are fully refunded if a roster spot is not available.
- Spring program fee is to be determined, but expected to be \$150.
- Your RBC fee includes the following:
 1. Full uniform, to be kept by the player
 2. Warm up or “shooter” shirt, to be kept by the player
 3. Practice facility, with dedicated practice times when school is in session.
 4. Up to nine tournaments, depending upon grade level and tournament selection
 5. Locker room visit during varsity game
 6. The potential to develop, at an early age, the specific skills, knowledge and teamwork Southeast Polk varsity coaches wish to bring to their high school teams.
 7. Coaching leadership from SEP high school coaches.
 8. Program and team building activities with the Southeast Polk varsity team, including a pizza party after a practice or game.
- Besides the initial enrollment fee, families will incur other expenses such as gate admission into tournaments, and discretionary purchases of clothing or merchandise, food and travel expenses at tournaments, and potential additional entry fees if a team chooses to enter tournaments beyond the RBC paid allotment.
- Scholarships are available for those who qualify. Please email RBC (admin@sepramsbasketballclub.org) for the scholarship application. This form needs to be turned in prior to tryouts.

REGISTRATION

- Please register prior to tryouts. You can enroll and pay fees online at: <http://www.sepramsbasketballclub.org/rbc-information.html>