



PROGRAM OVERVIEW

- Competitive tournament teams will be formed with girls in 3rd through 8th grades in the Southeast Polk school district.
- 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.
- The goal of this program is to develop girls for high school basketball, rather than to win grade level championships.
- 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 is Sunday, September 8th, 2019. This is a closed tryout. Your grade's tentative tryout time is below.
 1. 3rd, 4th & 5th – 2:00-3:30 pm
 2. 6rd, 7th & 8th – 3:30-5:00 pm
- If interested in playing on an RBC team, you will need to participate in tryouts September 8th. If you have conflicts with the date, contact RBC at admin@sepramsbasketballclub.org.

2019-2020 FALL-WINTER PROGRAM

- Teams at each grade will be led by parent coaches and a representative of the high school girls basketball program.
- Uniforms will be provided and RBC players can keep those uniforms.
- Please like the RBC Facebook and Twitter pages. We will be communicating special dates and events on these pages.
 - ✓ Facebook: Rams Basketball Club – RBC
 - ✓ Twitter: @RamsBball_RBC

TEAMS

- Teams will be announced on or before Sunday, September 22, via the RBC website -- <http://www.sepramsbasketballclub.org>.
- Each team 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 coach are asked to complete the Coaches Information Form that can be found under RBC Information on the website.
- Coaches will be provided leadership, direction and desired activities by a high school coach assigned to each grade.
- Coaches will likely lead teams during tournaments, applying the principals and direction of high school coaches. They will also work together with other parent coach(s) at their grade level. Coaches are 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

- The 2019-2020 fee is \$325. All payments are fully refunded if a roster spot is not available.
- Due at tryout: \$100 (if not paid in full, the \$225 balance will be due upon assignment to RBC team)
- 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. Free admission to all regular season home girls basketball games when wearing “shooter” shirt.
 4. Practice facility, with dedicated practice times when school is in session.
 5. Up to nine tournaments, depending upon grade level and tournament selection
 6. Locker room visit during varsity game
 7. 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.
 8. Coaching leadership from SEP high school coaches.
 9. 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. Also please consider making your league payment at the same time to make check in more efficient for your daughter at tryouts. You can enroll and pay fees online at: <http://www.sepramsbasketballclub.org/rbc-information.html>