



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.
- 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, August 28th. This is a closed tryout. Your grade's tentative tryout time is below.
 1. 3rd, 4th & 5th – 2:30-4:00 pm
 2. 6rd, 7th & 8th – 4:00-5:30 pm
- If interested in playing on an RBC team, you will need to participate in tryouts August 28th. If you have conflicts with the date, contact RBC at admin@sepramsbasketballclub.org.

2022-2023 FALL-WINTER PROGRAM

- Teams at each grade will be led by parent coaches.
- High school coaches will collaborate with coaches so that they are familiar with the SEP girls programs drills, offense and defensive strategies.
- 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 11, 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 assisted by the SEP high school coaches and other Rams club coaches.
- Coaches are responsible for communications with team parents with some assistance from the RBC board.
- 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 2022-23 fee is \$350. All payments are fully refunded if a roster spot is not available.
- Due at tryout: \$100 (if not paid in full, the \$250 balance will be due upon assignment to RBC team)

Your RBC fee includes the following:

- ✓ Coaching assistance from SEP high school coaches
- ✓ High quality reversible uniform and warm up to be kept by the player
- ✓ Practice facility within the SEP school district with dedicated practice times
- ✓ Up to nine tournaments, depending upon grade level and tournament selection
- ✓ Locker room visit during a varsity game
- ✓ Team building activities with the Southeast Polk varsity team, including a pizza party after a practice

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. Additional entry fees are possible if a team chooses to enter tournaments beyond the RBC tournament 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 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>.