



HOOPS4HEALTH®



3 on 3 Spring League

Join us for the most exciting and fastest growing league on the North Shore! The first and original 3 on 3 League in the North Shore and Chicagoland. Be ready for some great games. Our 3 on 3 league consists of divisions for boys and girls of all grade levels. Teams will be competing for a run to the championship with big awards to be won. The league will be played in a fun atmosphere where basketball fundamentals will be key to each teams growth throughout the league. 3 on 3 basketball, which recently became an Olympic sport, has been shown to rapidly increase player development through more touches and ball movement. On clinic days we will instruct on the fundamentals including 3 out motion which involves proper spacing, cutting, and ball movement plus screen and roll situations. This will help teams excel on the court and grow as players. Our goal is to increase individual and team skills as well as the players basketball IQ.

League Details

For: For Boys and Girls Grades K-4 (Divisions divided into K-1, 2-3, and 4)

When: League runs 4/4-6/7- **Individual (Free Agent) Evaluation:** 3/16

10 Game regular season - Teams play 2 games Saturday or Sunday in 1.5-2hr hr blocks.

Games are played either Saturday or Sunday between 4-8PM. Playoffs are the finals two weeks.

Games are refereed by Hoops4Health coaches. Players coach themselves and make their own substitutions. This is a fun way of developing leadership. Hoops4Health Referee/Coaches will monitor substitutions as well as give teams instruction.

Location: Winnetka Community House 620 Lincoln Ave. Winnetka, IL

2 Instructional Clinic days throughout the league season (take place during the week).

Team Signup: If registering as a team each team player must sign up individually. At sign up the names of the players on the team must be put in.

Individual (Free Agent) Signup: Individual signups will be evaluated at the Evaluation Night and formed as a team with other free agents. Minimum of 4 and Max 6 players per team

End of the season All Star Game. Statistics and Player Write Ups updated weekly.

Deadline to register is 3/15

Cost per player: \$230 includes Reversible Jersey.

10% Discount for Family Members 2 and more.

***There are no scheduling conflicts for players looking to play in both our 3 on 3 League and Spring Travel AAU.**

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