



# HOOPS4HEALTH<sup>®</sup>



## Winter Travel AAU

Our Travel AAU Basketball program is for all players looking to develop their skills on a more competitive level. This program promotes teamwork, friendship, hard work, discipline, and a healthy lifestyle. We always provide professional coaching and challenge our players to become not only better players but better people. Our core teaching methods help build team offensive and defensive schemes, skill development, teamwork, and fundamentals. Our number one priority is to improve the game of each player and teach how to play structured team basketball. "Since 2010 Hoops4Health has and continues to provide excellence in teaching youth basketball the fundamentals. Serving the North Shore & Chicago Metropolitan Area."

**Season** - Season runs 11/5-2/3. Teams for Boys and Girls grades 2-12. There will be multiple teams per grade consisting of A and B teams. Teams compete on the AAU (Amateur Athletic Union) and/or Travel circuit and will play in either the (A) or (B) division among the tournaments. There are no practices or games during holidays.

**Practices and Tournaments** - Teams practice 2x a week in Winnetka & other surrounding locations. Teamwork & defense are the backbone of our philosophy and emphasized by each coach. All the tournaments are within 20min-1hr from the Winnetka/Wilmette area. There will be six weekend tournaments either Saturday or Sunday consisting of 3 games each.

**Professional Coaching** - Our staff includes all coaches with an incredible amount of expertise and experience in coaching basketball. Each one has a passion for teaching the art of the game, offensive and defensive schemes, and the fundamentals & qualities necessary to be a great teammate and player. Our coaches stress sportsmanship, teamwork, importance of nutrition, taking care of your mind and body, and excelling in school.

**Cost** - New Player Cost: \$1095 includes: 3 Month Season, 2 Practices a week, 6 tournaments, Uniform Package - Reversible Uniform, Hoodie, T-Shirt, Practice Jersey, Shooting Shirt, Backpack, Water Bottle, & Socks. Returning Fall 2018 Player Cost: \$975. There is a 5% family discount for family members 2 and up.

**Tryouts** - There are NO CUTS. Players are evaluated and placed according to age and skill level. See the website for exact tryout dates and locations. Tryouts start 10/26 in Winnetka.

**Web:** [www.hoops4health.com](http://www.hoops4health.com)

**Phone:** 847-997-6759

**Email:** [support@hoops4health.com](mailto:support@hoops4health.com)

