



# HOOPS4HEALTH<sup>®</sup>



## Winter Nov-Dec Travel AAU

Our Travel AAU Basketball program is for all players looking to develop their skills on a more competitive level. This program promotes sportsmanship, teamwork, friendship, hard work, discipline, sportsmanship, communication, leadership, 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 build offensive and defensive team principles, skill development, 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 Nov-Dec. Teams for Boys and Girls grades 2-12. There will be multiple teams per grade level. Teams are divided up based on skill level. We place your child on the best fit team where they can grow with proper development and competition. Teams compete on the AAU (Amateur Athletic Union) and/or Travel circuit and will compete against appropriate competition.

**Practices and Tournaments** - Teams practice 2x a week in Winnetka & other surrounding locations. Grades 6-8 practice Mondays and Wednesday to not conflict with feeder practices. 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 four 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.

**Fee** - New Player: \$795 includes Uniform Package - Reversible Uniform, Hoodie, T-Shirt, Practice Jersey, Shooting Shirt, Backpack, Water Bottle, & Socks. Returning 2018 Fall, Winter, Spring, or Summer Player: \$675. 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 run 10/28-10/30 in Winnetka. See website for exact tryout times. \*If you cannot attend one of the tryouts please contact support@hoops4health.com for other options

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