

Fall Basketball League

Girls

General Information



Providing a positive structured environment for active participation in competitive basketball while allowing individual athletes to develop their skills and abilities to the highest possible level.

Grades 3-4:

This league is a “3 on 3” league and is open to all girls entering grades 3-4 next Fall. In conjunction with the philosophy of this league, quality coaches will be hired.

Practices will be one hour long on **Monday and Thursday** nights. Times/dates will vary based on gym availability. Various Grand Forks Public School sites will be used. Coaches will run 4-5 stations working on fundamentals. Practice will end with shooting and relay competitions.

Games will be played on **Saturday** mornings. Coaches will referee and coach the “3 on 3” games. Coaches will make teams each Saturday depending on the number of athletes available. The goal by weeks 4-6, is to run two “3 on 3” tournaments with athletes divided into equal teams.

This season generally runs from late August to early October.

Uniforms will be supplied to all players to use throughout the season. These uniforms must be returned on the last day.

The Fast Break Club organizes basketball traveling teams during the winter season for girls in Grades 3-6.

These teams offer a more competitive opportunity for players who have previously played organized basketball (YBL), and for whom an increased level of competition is appropriate. Information on Winter Traveling teams will be available on our website.

For further information please contact **Justin Knowlton** at jknowlton190@mygfschools.org

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Grades 5-8:

This league is open to all girls entering grades 5-8 next Fall. In conjunction with the philosophy of this league, quality coaches and registered officials will be hired.

Players will be divided into teams and divisions by skill level, which will be selected by the Basketball

League Committee. In most cases 3rd and 4th graders will play together, 5th and 6th graders will play together and 7th and 8th graders will play together.

Practices will be held twice per week **Monday and Thursday**. Times may vary slightly based on gym availability. Games will be held on **Saturdays** and occasionally on a weekday night. Various Grand Forks Public School sites will be used.

The season generally runs from late August to early October.

A registration form will be available on our website when the season approaches.

For further information please contact **Steve Paintner** at spaintner230@mygfschools.org

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