

2014 Girls Fall Fastbreak Club Basketball League



Providing a positive structured environment for active participation in competitive basketball.

“NEW”

Fastbreak Club Basketball League:

The Grand Forks Fastbreak Club in conjunction with the Grand Forks Park District is pleased to offer the Girls Fall Fastbreak League for the 2014 season. This league is open to all girls in the 3rd - 4th grades in the Grand Forks Schools in the fall of 2014.

Fastbreak Club Philosophy:

To provide 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.

League Structure:

In conjunction with the philosophy of this league, quality coaches will be hired.

3rd and 4th Grade Girls “3 on 3 League”

Practice:

Practices will be 1 hour long on **Monday and Thursday** nights. Times will range between **6:30pm - 8:30pm**. Coaches will run 4 - 5 stations working on fundamentals. Practice will end with shooting and relay competitions.

Games:

Games will be played on **Saturday** mornings. Coaches will referee and coach the 3 on 3 games.

Teams:

Coaches will make teams each **Saturday** depending on the number of athletes available.

Goal:

The goal by week 4-6, is to run two 3 on 3 tournaments with athletes divided into equal teams.

Uniforms:

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

Travel Team Information:

The Fast Break Club organizes basketball traveling teams for boys and 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. This is done during the months of January to March. Information on this will be handed out during the season.

Sites:

Grand Forks Public Schools

Dates:

Girls Season: September 4 – October 11, 2014

Times will vary based on gym availability.

Registration Deadline:

August 22, 2014

Cost:

\$80 per player

Late Fee:

\$10

Financial assistance:

Financial assistance is available. Please contact Jody Thompson at 746-2205, Ext. 7121 for more information.

The Fastbreak Club contributed over \$10,000 in the 2013 season for the 5th - 8th grade fall league.

Check our Fastbreak Club's website for additional information concerning the fall leagues at

www.gffastbreak.com

Jr. Grand Am Tourney:

The tournament is April 10 - 12, 2015 in Grand Forks. It is open to boys and girls teams in grades 3-9 and high school.

Postcard:

You will receive a postcard 3-5 days prior to the starting date. Information on the first night will be given including the site and time.

Registration form located below

**Cost per Player is \$80. Please make checks payable to FastBreak Club, Inc.
ALL APPLICATIONS MUST BE IN THE
Grand Forks Park District Office
P. O. Box 12429
Grand Forks, ND 58208-2429
BY: Girls Season: August 22, 2014 Late Fee: \$10**

Please print:

Player's Name _____

Player's Address _____

Grade (in Fall 2014) _____ **School** _____

Parent's Name _____ **Phone #** _____

I understand that the GRAND FORKS FASTBREAK CLUB and the GRAND FORKS PARK DISTRICT will not be held liable for injuries to my child.

Parent Signature: _____

Please check here if you would like to become a FastBreak corporate sponsor.

Corporate Sponsor - \$100.00

Your donation is tax-deductible. A plaque will be issued to corporate sponsors.

Make checks payable to FastBreak Club, Inc.

Thank you for your support of youth basketball in Grand Forks.