

## *Frequently Asked Questions:*

**What is AAU?** AAU stands for Amateur Athletic Union and is one of the largest and oldest non-profit, volunteer sports organizations in the United States. It is a multi-sport program dedicated to the promotion and development of amateur athletes

**What is AAU Basketball?** It generally refers to tournament basketball. Instead of competing in a league and playing one or two games a week for 2-3 months, AAU teams play in weekend tournaments and typically play 3-5 games in one weekend. It is very common to play several games in one day. Each tournament is a stand-alone event and teams compete to become tournament champions. Teams from all over the region compete in these events. Tournaments range in size from 10 teams to several hundred teams.

AAU sanctions regional tournaments where teams compete to earn invitations to national tournaments.

There are several organizations that conduct tournaments and national events. In the Zone runs "open" tournaments which means that any team can enter: school teams, CYO, Travel, YBOA, AYBA, etc.

Although not technically correct, recently the phrase "AAU basketball" has been used to refer to the general practice of competing in weekend tournaments.

**What is In the Zone Basketball Club (ITZ BC)?** ITZ BC is an organization formed to train basketball teams and players for participation in tournaments and leagues from March to July.

In the Zone BC has been fielding teams since 2006 and has grown from 3 teams to 30+ teams which makes us one of the largest AAU programs on the East Coast.

ITZ BC is a level 2 AAU member club and is part of the Mid-Atlantic District.

**Is there a lot of travel involved?** That depends on the level of team you play on. Our Platinum teams will travel more often and further distances than our Attack teams. Generally Attack teams won't have overnight stays. The ITZ Defenders won't travel outside the Lehigh Valley at all.

**My son/daughter plays another sport during the spring. Can he/she still play AAU? Will there be conflicts?** Yes and Yes. One unique aspect of ITZ AAU is we run our own tournaments so we give the option of no-travel AAU. The ITZ Defenders level is ideal for kids who play another sport. We do however expect a certain level of commitment to attend practices and games. There will be conflicts here and there but we do expect players to make a majority of practices and games. It is assumed that players participating in AAU basketball do so to get better for their winter season; it would be unrealistic to think a player is going to improve without attending practices.

Additionally, it is not fair to the other kids on the team for a player to routinely miss practices or games. Not attending practices may impact a player's playing time; although there is a fee for this program, the fee does not guarantee playing time. Players need to be in good standing to play.

**Can my son/daughter play on more than one AAU team?** Technically, yes but we discourage it. It's probably better to make a commitment to one team. With 2 teams, there will be conflicts between practices and/or games.

**How Competitive is AAU Basketball?** AAU Basketball is very competitive and is generally considered a higher level than school or travel ball. Kids that play AAU ball usually have

committed to basketball as their primary sport. AAU is not a developmental program for kids just starting out or learning the game.

**What are the age brackets and cut-off dates?** Boys and girls AAU have different criteria.

**Boys:** The boys actually have 2 different tiers; one grade based and one age based. For 9-11<sup>th</sup> grade, there is only one criterion. Here are the brackets ITZ will follow:

10U: No older than 10 on Aug 31, 2017  
(i.e. can't be 11 yo on 8/31/17).

11U No older than 11 on Aug 31, 2017

12U No older than 12 on Aug 31, 2017

13U No older than 13 on Aug 31, 2017

14U No older than 14 on Aug 31, 2017

15U/9<sup>th</sup> grade: no older than 15 on Aug 31, 2017

Grade Exception: In 9<sup>th</sup> grade on 10/1/16 AND no older than 16 on Aug 31, 2017

16U/10<sup>th</sup> grade: no older than 16 on Aug 31, 2017

Grade Exception: In 10<sup>th</sup> grade on 10/1/16 AND no older than 17 on Aug 31, 2017

17U/11<sup>th</sup> grade: no older than 17 on Aug 31, 2017

Grade Exception: In 11<sup>th</sup> grade on 10/1/16 AND no older than 18 on Aug 31, 2017

### **Girls**

10U/4<sup>th</sup> grade: In 4<sup>th</sup> grade on 10/1/16 and no older than 11 on Aug 31, 2017

11U/5<sup>th</sup> grade: In 5<sup>th</sup> grade on 10/1/16 and no older than 12 on Aug 31, 2017

12U/6<sup>th</sup> grade: In 6<sup>th</sup> grade on 10/1/16 and no older than 13 on Aug 31, 2017

13U/7<sup>th</sup> grade: In 7<sup>th</sup> grade on 10/1/16 and no older than 13 on Aug 31, 2017

14U/8<sup>th</sup> grade: In 8<sup>th</sup> grade on 10/1/16 and no older than 14 on Aug 31, 2017

15U/9<sup>th</sup> grade: In 9<sup>th</sup> grade on 10/1/16 and no older than 15 on Aug 31, 2017

16U/10<sup>th</sup> grade: In 10<sup>th</sup> grade on 10/1/16 and no older than 16 on Aug 31, 2017

17U/11<sup>th</sup> grade: In 11<sup>th</sup> grade on 10/1/16 and no older than 17 on Aug 31, 2017

# 2017 AAU Basketball Program

at

# In the Zone



## Athletics

*March – June 2017*



*In the Zone*  
6870 Chrisphalt Drive  
Bath, PA 18014  
610-837-8605

[www.inthezonesports.biz](http://www.inthezonesports.biz)

*Fundamentally Driven*

*In the Zone is forming AAU basketball teams for boys and girls grades 4-11 to compete in tournaments during the spring of 2017*

In the Zone Basketball Club is a fundamentals driven program. We believe that you never outgrow the fundamentals of a sport. We stress playing the game, not running the play.

Our goal is to provide players with the opportunity to gain experience in competitive game situations, improve their fundamentals and help them take their game to the next level. Our focus will be:

- Individual player development
- Improving fundamentals
- Teamwork and court IQ

Within this framework we will also:

- Provide an **average** of 6 minutes of playing time each game for every player in good standing\* (assuming 16 min stop clock halves; 5 minutes if 14 min halves).
- Dedicate 20-30 minutes each practice to individual skills (ball handling, shooting, footwork etc)
- Conduct skill workshops that will focus specifically on individual skills.

*\*good standing means that a player attends practice, knows the offense and defense, maintains a good attitude, plays team ball and displays good sportsmanship. If a player is not in good standing, playing time is not guaranteed.*

## Team Options:

PLATINUM Teams are our highest level of play. For grades 5-8, these teams compete for

national titles. Grades 8-11 focus on top level competition and college exposure. There can be significant travel involved with several overnight events (DC, Louisville, Chicago, etc) Not every age level will have a Pt team while some ages might have a couple—it depends on the competitiveness of each year group.

ATTACK Teams are high level teams that travel and compete in regional tournaments. These teams travel within a 2 hour radius that shouldn't require overnight stays. These teams will also play in some ITZ tournaments.

DEFENDER Teams are our new no-travel option. These teams will stay in the Lehigh Valley either at ITZ tournaments or at other local events. This level is designed for kids and families that can't make the time commitment to travel. This level is ideal for those who play another spring sport but want to continue to develop their basketball game. The lack of travel frees up a lot of time and makes the dual sport schedule feasible.

## **Tournaments:**

In the Zone participates in a wide variety of tournaments. Our Platinum teams play a national schedule and match up against the best teams in the country. The Attack teams play a regional schedule **but** also play in a couple ITZ tournaments while the Defenders generally play just in ITZ and local tournaments.

Basic Practice Schedule: We practice 2 times a week for 90 minutes each: once on a weekday between 5:30 and 9:30 and once on the weekend. Generally 4 teams practice at the same time and rotate between half court, full court and the performance training area.

TRYOUTS are Sundays January 8 and 15:

- 4-6<sup>th</sup> grade girls 11:00-12:30
- 7-8<sup>th</sup> grade girls 12:45-2:15
- 9-11<sup>th</sup> grade girls 2:30-4:00
- U10-12 boys 4:15-5:45
- U13-14 boys 6:00-7:30
- 9-11<sup>th</sup> grade boys 7:45-9:00

*\*If your child has an other-than-normal age/grade combination (i.e. held back, started late/early etc.) check FAQ of this brochure for specific cutoffs.*

Unless other arrangements are made, players need to attend at least one tryout and should attend both. There is a non-refundable \$35 tryout fee which covers both tryouts and can be applied toward the AAU registration fee.

Some teams from last year are already full and don't need any players. Some teams are looking to pick up a few players; others are wide open.

## **Registration Fees:**

Defender Teams: \$485; includes 15 games

Attack Teams: \$545; includes 21 games

Platinum Teams: Boys (all grades) and Girls 5-6<sup>th</sup> grades: \$545; includes 21 games

\*Girls grades 7-11<sup>th</sup> \$630; includes 21 games, NCAA certified events, membership to **\*\*SportsRecruits.com**

50% deposit is required within one week of offer to confirm your spot on a team. Remainder is due March 1, 2017.

\*Due to the higher cost of NCAA certified tournaments, required NCAA coaching certifications, etc, Platinum players will also be required to volunteer 10 hours at an ITZ tournament (keeping score, admissions desk, etc)

**\*\*SportsRecruits** is a software management tool to help prospective student athletes track and monitor their recruiting process. Athletes can create profiles, create highlight tapes, search for schools and communicate directly with every college coach in the country. For more info see [www.SportsRecruits.com](http://www.SportsRecruits.com). \$249/year value.

**Additional benefits** of playing AAU at In the Zone:

- Open gym every weekday form 3:00-5:45 Mar-Jun (hours subject to minor changes)
- Free skills workshops throughout the season.
- 40% discount on 3 v 3 tournament fees (AAU member only) to 1/1/18
- 40% discount on basketball summer camps for 2017 (not transferrable)
- FREE skills and drills sessions during spring. 40% off summer, fall and winter sessions.
- HUGE discounts on use of Dr. Dish and the Gun (up to 80%)!

**Coaches** will most likely be qualified parents. We believe that there is a wealth of knowledge residing in the experiences of parents and that no one cares more about the development of their kids than a parent. Some coaches are recent or current college players.

## **Agreements:**

In addition to the registration form, players and parents will need to sign a Standards of Conduct Letter and abide by In the Zone's policies and procedures.