

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 but will probably travel to Philadelphia, Lancaster, Wilkes-Barre and NJ.

My son/daughter plays another sport during the spring. Can he/she still play AAU? Will there be conflicts? Yes and Yes.. 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 9-11th grade, there is only one criterion. Here are the brackets ITZ will follow:

10U: No older than 10 on Aug 31, 2018
(i.e. can't be 11 on 8/31/18).

11U No older than 11 on Aug 31, 2018

12U No older than 12 on Aug 31, 2018

13U No older than 13 on Aug 31, 2018

14U No older than 14 on Aug 31, 2018

15U/9th grade: no older than 15 on Aug 31, 2018

Grade Exception: In 9th grade on 10/1/17 AND no older than 16 on Aug 31, 2018

16U/10th grade: no older than 16 on Aug 31, 2018
Grade Exception: In 10th grade on 10/1/17 AND no older than 17 on Aug 31, 2018

17U/11th grade: no older than 17 on Aug 31, 2018
Grade Exception: In 11th grade on 10/1/17 AND no older than 18 on Aug 31, 2018

Girls

10U/4th grade: In 4th grade on 10/1/17 and no older than 11 on Aug 31, 2018

11U/5th grade: In 5th grade on 10/1/17 and no older than 12 on Aug 31, 2018

12U/6th grade: In 6th grade on 10/1/17 and no older than 13 on Aug 31, 2018

13U/7th grade: In 7th grade on 10/1/17 and no older than 14 on Aug 31, 2018

14U/8th grade: In 8th grade on 10/1/17 and no older than 15 on Aug 31, 2018

15U/9th grade: In 9th grade on 10/1/17 and no older than 16 on Aug 31, 2018

16U/10th grade: In 10th grade on 10/1/17 and no older than 17 on Aug 31, 2018

17U/11th grade: In 11th grade on 10/1/17 and no older than 18 on Aug 31, 2018

2018 AAU Basketball Program at

In the Zone



Athletics

March – June 2018



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

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 2018

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 National A+ level teams and represent our highest level of play.

For grades 5-8, these teams compete for national titles. Grades 8-11 focus on national 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.

ATTACK 1 Teams are A level teams that travel and compete in regional level tournaments. These teams travel within a 2 hour radius that shouldn't require overnight stays. These teams will also play in some ITZ tournaments.

ATTACK 2 Teams are B level teams that travel and compete in local and 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.

Spring to Summer Training Program (SSTP):

Those players not selected for an AAU team will be given the option of participating in the SSTP developmental program. This program consists of the AAU skills and drills during the spring and playing in the 3v3 summer league. This program is designed to enhance basic skills and develop court IQ.

Alternates: Alternates are practice players. They practice with a team but do not play in games unless invited by the coach. There are generally 2 types of alternates: 1) Athletes who play another spring sport and can't make the time commitment to be a full player but still want to train. 2) Athletes whose skill isn't quite high enough to be a full rostered player but still want to train, work on their game and get better.

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 1 teams play a very competitive regional schedule and also play in some ITZ 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 7 and 14:

- 4-6th grade girls 11:00-12:30
- 7-8th grade girls 12:45-2:15
- 9-11th grade girls 2:30-4:00
- U10-12 boys 4:15-5:45
- U13-14 boys 6:00-7:30
- 9-10th grade boys 7:45-9:00

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.

Uniforms: This year players will be required to purchase their own uniforms (this is a change from previous years). Uniforms will be reversible black/white and will cost \$68 for a complete set. This will be a one time purchase; the same uniform can be used year to year. Players will also be required to wear practice jerseys at practice. The blue/white mesh practice jerseys will still be used. Practice jerseys can be purchased for \$20 at the front desk. Platinum uniforms will be handled the same way as in the past years (ordered through ITZ, cost \$85).

Registration Fees:

Attack Teams: \$585; includes 21 games

Platinum Teams: \$680; includes 27 games

A \$300 deposit is required within one week of being offered a spot on a team to confirm your spot. Remainder of fee is due March 1, 2018.

SSTP: \$235 (\$150 deposit, balance Mar 1)

Alternates: \$285 (\$150 deposit, balance Mar 1)

*Due to the higher cost of NCAA certified tournaments, required NCAA coaching certifications, etc, Platinum players/parents may also be required to volunteer 10 hours at an ITZ tournament (keeping score, admissions desk, etc) or another fund raiser.

Additional benefits of playing AAU at In the Zone:

- Open gym every weekday from 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 1/1/19
- 40% discount on basketball summer camps for 2018 (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%)!
- You'll have access to a vast number of training opportunities throughout the year.

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.