

To register, complete application below, and mail with fee to: *In The Zone Fall League 6870 Chrisphalt Drive Bath, PA 18014.*

Name \_\_\_\_\_

Parents' Names \_\_\_\_\_

Address \_\_\_\_\_

Winter Team \_\_\_\_\_

Phone \_\_\_\_\_ DOB \_\_\_\_\_

E-mail \_\_\_\_\_

Age on Sep 1 \_\_\_\_\_ Grade in Sep '16 \_\_\_\_\_

Basketball Experience: \_\_\_\_\_ yrs

*Consent and Waiver:*

I certify that my son/daughter \_\_\_\_\_ has had a physical examination by a licensed physician within the last year and is in sound physical condition for participation at the In The Zone Basketball Club.

I authorize the staff of In The Zone to act for me to their best judgment in situations requiring first aid or medical attention.

I understand participation in athletics has certain inherent risks and assume responsibility for those risks. I waive and release In The Zone and those directing the camp from any and all liability for any injury my child might incur while participating in the camp.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

**Why In the Zone?** Our primary instructor and program developer has almost 15 years and thousands of hours coaching kids and teaching basketball. Over the years, we've developed a training program and style that works.

**How do I register and how much does it Cost?** You can register by completing the registration form in this brochure and mailing with payment to In the Zone. Registration fee is \$130 (\$100 for 2016 ITZ AAU players)



## Basketball Tournaments 2016

Thanksgiving Tune-Up Tournament  
Friday Nov 25-Sunday Nov 27

Holiday Hoopla Tournament  
Friday Dec 30

## 3 v 3 Tournaments 2016

Saturday, September 11  
Columbus Day, Monday,  
October 10  
Saturday, Oct 29  
Sunday, Nov 20  
New Years Eve,  
Saturday Dec 31



# Fall Basketball Training League 2016 at

## In the Zone



## Athletics



Boys & Girls  
Grades 5-9<sup>th</sup>

## Fundamentally Driven!!

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

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

## Overview

This fall, In the Zone will be running a basketball training league to help kids get ready for their winter season. The program will be held on Sundays from October 2 to October 30, 2016 between 11:00 am and 3:00 pm.

Each Sunday the training program will consist of 60 minutes of skills training and 60 minutes of games.

The 60 minutes of skills training will focus on approximately 20 minutes of ball handling, 30 minutes of shooting and finishing and 10 minutes of footwork, agility and conditioning.

Each week the instructors will pick teams and these teams will play games against each other. Teams will be based on ability, age, physical size etc.

Ideally, this is how the program will develop: about 30 boys and 30 girls in grades 5-9 will enroll. The girls will train 11:00-1:00 one week and then 1:00-3:00 the next week. The boys will have the opposite schedule: 1:00-3:00 one week, then 11:00-1:00 the next. After the 60 minutes of skills training, the 30 kids would be split into six-5 player teams: 3 younger teams and 3 older teams. Two of the younger teams will play an 8-10 minute game on one court while the 3<sup>rd</sup> team rests. The same will happen on the other court with the older teams. After the first 8-10 minute game is over, one team will rest and the third team will play. This rotation will continue for the hour: play 2 games, rest one game.

Depending on the situation, some kids might double roster, some kids might play with the older group and the younger group, some kids might move from older to younger or younger to older week by week, some teams might have subs. The goal is to get 3 roughly competitive teams in each bracket each week.

*PLEASE NOTE:* There will always be some disparity between players on a team: someone is always going to be the oldest on the team; someone is always going to be the youngest; someone is always going to be the best and someone is always going to be the weakest. If you have an issue with your child being the oldest player on a team or playing with kids that are younger (or vice versa), you might want to consider other options. We'll place kids on teams that we feel will result in competitive games. We're not going to place kids on teams because their parents want them to play up, etc.

By not having set teams and standings, the focus should be more on skill development and teaching rather than winning the game or the league title. No MVPs, no All-Stars just training.

## Coaches and Trainers

The coaches and trainers will be local college/High School players and In the Zone AAU coaches.

## Referees

Games will have 2 referees each.

## Dates and Times\*

### Girls 5-9<sup>th</sup> grades:

Sunday, Oct 2, 11:00-1:00  
Sunday, Oct 9, 1:00-3:00  
Sunday, Oct 16, 11:00-1:00  
Sunday, Oct 23, 1:00-3:00  
Sunday, Oct 30, 11:00-1:00

### Boys 5-9<sup>th</sup> grades:

Sunday, Oct 2, 1:00-3:00  
Sunday, Oct 9, 11:00-1:00  
Sunday, Oct 16, 1:00-3:00  
Sunday, Oct 23, 11:00-1:00  
Sunday, Oct 30, 1:00-3:00

*\*Times might change slightly if sign-ups warrant*

## Individual Registration

Registration for this program is for individuals. You do not need a team to participate.

The registration fee for this program is \$130. 2016 ITZ AAU players receive \$30 off; fee is \$100

## Uniform Requirements.

Players need to have a blue/white reversible mesh jersey. If needed, one can be purchased for \$15.

