

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 '19 ____

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 20 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 \$140 (\$110 for 2019 AAU players)



**Fall 3 v 3
Tournaments**

- Sunday September 29
- Columbus Day, Monday, October 14
- Saturday Oct 26
- Sunday, Nov 10
- Thanksgiving Weekend, Nov 30-Dec 1



**2019
Fall Basketball
Training League**

In the Zone



Athletics



Boys & Girls
Grades 5th-9th

Fundamentally Driven

*In the Zone
6870 Chrisphalt Drive,
Bath PA 18014*

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 6 to November 3, 2019 between 11:00 am and 3:00 pm.

Each Sunday, the training program will consist of 60 minutes of skill 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 defense, footwork, agility and conditioning.

For the 60 minutes of games, 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 3rd 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 two 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, and 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. We'll place kids on teams that we feel will result in competitive games..

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 5-9th grades:

Sunday, Oct 6, 11:00-1:00
Sunday, Oct 13, 1:00-3:00
Sunday, Oct 20, 11:00-1:00
Sunday, Oct 27, 1:00-3:00
Sunday, Nov 3, 11:00-1:00

Boys 5-9th grades:

Sunday, Oct 6, 1:00-3:00
Sunday, Oct 13, 11:00-1:00
Sunday, Oct 20, 1:00-3:00
Sunday, Oct 27, 11:00-1:00
Sunday, Nov 3, 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 \$140. 2019 ITZ AAU players receive \$30 off; fee is \$110

Uniform Requirements.

Players need to have a blue/white reversible mesh jersey. If needed, one can be purchased for \$20.

