

## **Explanation of Spring League Programs FAQ'S**

### **When does registration open and how do I register?**

- Registration will open Feb 10<sup>th</sup>. You can only register online @ [www.parklandbasketball.ca](http://www.parklandbasketball.ca)
- Click the registration tab and select the program you are looking for, be sure to fill it out completely.

### **Is spring league Co-ed?**

- NO, The only co-ed program is or jr.NBA program for athletes born 2009-2012.

### **When does spring league start, and how long is it?**

- All spring League programs will start in April and end in early to mid June, except for jr.NBA

### **What is the Pure Performance Steve Nash Program?**

- The Steve Nash program is designed for athletes born between 2007-2008. This is for our U11 athletes. Like the jr.NBA program it is primarily focused on Long Term Athletic Development "LTAD". The program has drills and games targeted for this specific age group.
- The Pure Performance Camp combines skills training sessions, exhibition games, and team jamboree's. Play on 10' rims.
- 1 specified weekday session per age and gender, and 1 Saturday session which will consist of further training and officiated games.
- Athletes will be split into teams before each set of exhibition games, games will be officiated by PCBL officials and coaches. Game play may vary from 3 on 3, 4 on 4, and 5 on 5. The goal is to further help develop athletes through various training and gameplay experience. Games in Parkland County.
- Athletes will be grouped by age and gender.

### **What is the jr.NBA program?**

- jr.NBA program is a co-ed program primarily focused on Long Term Athletic Development "LTAD" and is designed for athletes born between 2009-2012. The program has drills and games targeted for this specific age group.
- Play on 7' rims with lighter smaller balls.
- 1 weekday session, Wednesdays, and the odd Saturday for a total of 10 sessions.
- which is a total of 10/ 1hr sessions.

**FAQ Continued on next page.....**

### What is the Pure Performance Camp ?

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- Athletes will be split into teams before each set of exhibition games, games will be officiated by PCBL officials and coaches. Game play may vary from 3 on 3, 4 on 4, and 5 on 5. The goal is to further help develop athletes through various training and gameplay experience. Games in Parkland County.
- Athletes will be grouped by age and gender.
- Pure Performance Athletes will receive the same training as Tournament and League teams. In most cases both programs will train together.

### What is a Jamboree ?

- The jamboree will be a tournament style of exhibition games against neighboring communities. We will host one tournament in Spruce Grove, and will be guests at a jamboree hosted in Edmonton or St. Albert. Dates and locations TBD

### What is the Tournament / League Teams?

- These teams are tryout teams, athletes will be selected after an evaluation process.
- League teams; The strength and skill level of each group will determine which league they are placed in, the EYBA or Jasper Place League. Games in Edmonton and Area
- League teams will receive 1 weekday training session per age and gender, 1 weekday game night, as well as one Saturday specified training or exhibition game, for a total of 2-3 days per week. These teams will participate in minimum 1 tournament.
- Tournament teams; These teams will be placed in tournaments only, approx.. 4 tournaments totaling between 10-15 games. These teams will receive 1 weekday training session per age group, 1 Saturday specified training or exhibition game session. 2 days per week, 3-4 on tournament weeks.
- Tryouts will take place Mar 4<sup>th</sup>! Time and Location TBA

### If I don't make a Tournament / League Team do I have to participate in Pure Performance?

- When you register for either program you are making a commitment to participate in PCBL spring league and its various programs. Those not selected will automatically be placed in the Pure Performance Program and refunded the difference in cost.
- Our coaches are dedicated to helping all of our athletes further develop their skills. Pure Performance athletes will receive the same type of camp training as the League teams. In fact some of them will be training together.
- Returning athletes are given priority over those who chose to leave the program.
- Players that chose to leave the program will be subject to a **\$50.00 non-refundable** fee to cover jersey and administration costs. Those players will be able to pick up there jersey once they have arrived. Partial refunds only available until April 1<sup>st</sup>, baring extraneous circumstances.