



## League Frequently Asked Questions

### 1. What is Team Selection?

Team Selection is not a tryout, everyone will make a team. All new athletes are required to attend (if they are unable to make it, they will be placed on a team based on age and evaluated at the first practice) and returning athletes are not required but it is highly recommended. The athletes will run drills while the coaches evaluate their skill level and from there we build teams. **This process is to ensure that teams will be balanced and competitive.**

### 2. When will practices start?

Practices will start the Tuesday after Team Selection.

<b>Basketball (Tuesday)</b>	<b>Volleyball (Tuesday)</b>
JR Division (Ages 4-8): 6pm-7pm	JR Division (Ages 5-7): 6pm-7pm
INT Division (Ages 9-11): 7pm-8pm	INT Division (Ages 8-11): 7pm-8pm
SR Division (Ages 12-16): 8pm-9pm	SR Division (Ages 12-16): 8pm-9pm

<b>Basketball (Thursday)</b>	<b>Volleyball (Thursday)</b>
JR Division (Ages 4-8): 6pm-7pm	JR/INT Division (Ages 5-11): 6pm-7pm
INT/SR Division (Ages 9-16): 7pm-8pm	SR Division (Ages 12-16): 7pm-8pm

### 3. Can we practice on Thursday instead of Tuesday?

Yes, they can practice on Thursday instead of Tuesday. (Get the athletes name so that we may add them to the Thursday roster)

### 4. When will games start?

Games will begin the Saturday following Team Selection. (Team rosters and game schedules will be sent out no later than the Thursday after Team Selection)

### 5. How are practices ran?

We run our practices academy style. The entire division will practice at the same time, they will be broken in to small groups and rotate to different stations or drills.

**Why?** They get more touches and can work with a variety of coaches.

### 6. Do you have volunteer coaches?

We do not use volunteer coaches, all coaches are highly trained.