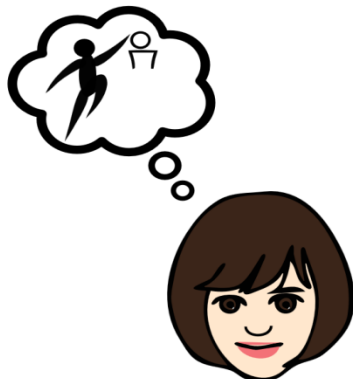


# ROCKLIN GIRLS AAU BASKETBALL---COME AND PLAY

Are you a girl who is thinking about playing basketball? Come play for the Rocklin Basketball Club (RBC)



The Rocklin High School (RHS) Girls Basketball program is beginning an AAU basketball program for girls who one day will hopefully be playing basketball for Rocklin High School. The RBC for girls is being established as a feeder program for girls interested in playing basketball at Rocklin High School.

## **In order to be eligible to tryout you must meet one of the following guidelines:**

- Attend one of the following elementary schools:
  - **Breen; Cobblestone, Parker Whitney, Rocklin, Twin Oaks or Valley View**
- Live in the Rocklin High School attendance area as set by the Rocklin Unified School District
- Have a sibling currently attending Rocklin High school.

The purpose of the Rocklin Basketball Club is to begin the player and team development process as early as possible and continue until the girls get to Rocklin High School. Our focus is on the overall development of young student athletes. We are looking for girls that love basketball, have a great attitude towards learning, are willing to work hard on developing their skills and understanding of basketball, and are willing to be a positive member of a team.

Unlike some AAU Clubs that focus mainly on just winning games, our club takes a broader approach to teaching basketball. Our primary goal is to instruct players in a way that prepares them to play middle school and high school basketball at RHS some day. **The things we teach and the way we teach them take time. However, the RBC players will be better prepared when they come to Rocklin High School since our focus is skill development as opposed to "Winning at all cost"**

RBC teams will be led by experienced coaches, under the supervision of Rob Ferraro, Varsity Girls Basketball Coach at Rocklin HS. Our goal and vision is that the RBC AAU program is an extension of our high school program and will teach:

- Offensive/defensive fundamentals
- Offensive skill development,
- RHS Offensive and Defensive systems,
- How to work hard and be a good teammate.

### **Timeline**

The 2017 spring season will begin in Mid March and go for approximately 8 weeks ending in late May 2017. We will enter approximately 4 local tournaments during this time with the majority of the games being at Hardwood Palace or Courtside here in Rocklin.

### **Costs**

Actual costs will be determined once we know how many players are on each team. Costs will include tournament fees, uniform, club fees and a district utility fee for gym usage. A detail breakdown of all costs will be provided once the teams are formed. An estimated cost is anticipated to be approximately \$275 plus the cost of a uniform. The uniform design will remain the same, so once purchased will not need another uniform unless your daughter significantly grows ☺

### **Tryout Schedule**

**All tryouts for all levels will be held at Rocklin High School. Each age group will have two tryout dates; all participants are encouraged to attend both tryout dates, so coaches can effectively evaluate their skill level. If your daughter cannot attend one or both of the tryouts, please contact me. Please arrive 20 minutes in advance of your scheduled tryout time for registration**

#### **4<sup>th</sup> and 5<sup>th</sup> Grade**

**Sat Mar 18 9:00-10:30 am & Sunday Mar 19 1:00-2:30 pm**

#### **6<sup>th</sup> and 7<sup>th</sup> Grade**

**Sat Mar 18 10:30 am-12:00 pm & Sunday Mar 19 2:30-4:00 pm**

### **Practices**

Each team will practice 2-3 times a week at RHS elementary schools, middle schools or Rocklin High school. We anticipate practices beginning the week of March 27

**We are working on establishing a website to answer a number of questions, but in the meantime if you have any questions please feel free to contact Coach Ferraro at 916-837-3559 or you can email me directly at [rocklingirlsbball@gmail.com](mailto:rocklingirlsbball@gmail.com)**

