



Elite Youth Girls Competitive Teams – Summer

OVERVIEW

90TEN Training Academy provides the opportunity for young athletes to enhance their ability to perform by utilizing our signature training methods for those who are selected to join our competitive basketball teams. Methods combining basketball fundamental skill training, nutritional education, sports fitness training, and a complete mind-body-skill development program to help athletes reach their full potential on and off the court.

SCHEDULE

Our youth season begins in March and ends May 28 with our Memorial Day tournament. We hold practices twice weekly with schedules published after teams are formed, a team seminar once per month (schedule handed out in March), as well as various team activities throughout the season. Number of tournaments will depend on each teams' level as we want to make sure we play at the highest competitive level appropriate.

ASSESSMENT

We are looking for players who are coachable, and whose parents have BUY IN. Fundamentals we evaluate are: ball handling skills, shooting form, passing, knowledge of the game (court awareness), and rebounding.

SELECTION

Coaches will select players after the February 25th tryout. We will notify selected players by e-mail on March 7th and they will have 48 hours to accept the invitation to join their respective team. You will be directed to a team registration link that requires a non-refundable \$50 season fee to guarantee your spot.

FEES

Cost is \$350, which does not include uniform or tournament fees. A cost breakdown and what's included is in additional handout. We offer monthly payment plans of \$100 if needed; however, player will not travel if account is not paid up to date.

RESULT

Players will grow throughout our program by developing character, discipline, self-motivation, self-worth, and an excitement for life so that they can make the right and mature decisions in all areas of their lives. Our players and families enjoy being a part of the 90TEN Training Academy and the sense of family and team that it provides. Parents enjoy watching their athletes compete at an elite level and grow as an individual. Additionally, these tournaments are prime opportunities for college scouting/recruiting.

TOURNAMENTS

- April 14-15 Seattle Youth Basketball (SYB) or similar - Auburn area
- April 20-21 End of the Trail (EOT) Spring Showcase – Portland, OR
- May 5-6 SYB or similar – Auburn area
- May 19-20 SYB – Seattle area OR West Coast Spring Showcase – Portland, OR
- May 26-28 Seattle's Memorial Day shootout