



**90TEN**  
TRAINING ACADEMY  
6<sup>th</sup> Girls Program 2022-2023

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#### **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. Our fall/winter program pushes our athletes' development by participating in tournaments throughout the Northwest.

#### **TRYOUTS:**

October 25, 2022 | 6-7:30 PM | at the NW Sports Hub in Centralia, WA.

#### **PRACTICES:**

- Tuesdays & Thursdays, November 1 – May 29 (No practice Nov 24, Dec 26 – 30)
- 5:30-7:00 PM

#### **TENTATIVE TOURNAMENT SCHEDULE: (Subject to change upon player availability)**

- Nov 19/20 Kelso Turkey Shootout
- Dec 10/11 Centralia – NW Sports Hub
- Jan 7/8 Centralia – NW Sports Hub
- Jan 21/22 Kelso Jan Slam
- Feb 4/5 Centralia – NW Sports Hub
- Feb 18-20 Hoopsource in Portland
- Feb 25/26 Tourney TBD
- March 10-12 Spokane, WA
- March TBD
- April TBD
- Memorial Day Las Vegas, NV

#### **FEES**

- \$1,982 – Price includes fees through May 2023. Monthly payments are available online

#### **FEES INCLUDE:**

- 57 - Ninety (90) minute practices (86 hours of basketball instruction)
- 11 Basketball Tournaments – 4+ Games per tourney (approximately 44 hours of basketball)
- 1 – Uniform (players keep)
- 1 – Shooting shirt (players keep)
- 1 – Sweatshirt (players keep)
- Coach/Admin fees (insurance, website, taxes, club memberships, etc.)
- Approximately 130 total hours of basketball. Cost per hour of basketball = \$15.30

#### **FEES DO NOT INCLUDE:**

You handle all your child's travel related costs such as hotel, airfare, and any other expenses associated with out-of-town travel.

#### **CONTACT**

[90TenTraining@gmail.com](mailto:90TenTraining@gmail.com)

#### **90TEN Core Values**

Respect · Trust · Integrity · Loyalty · Attitude · Teamwork · Discipline · Focus · Dedication