

**City of Lakes
Girls Basketball**



TRYOUT

SATURDAY

SEPTEMBER 26

PEARL PARK

414 E. DIAMOND LAKE RD

Grades 5 & 6

10:00 —11:45 am

Grades 7 & 8

12:00 —1:45 pm

No tryout fee

**City of Lakes
Girls Basketball Association
3829 Pillsbury Avenue
Minneapolis, Minnesota 55409**



2009-10 Traveling Basketball Season

City Of Lakes Girls Basketball Association

Success
Fun
Friendship
Fundamentals
Teamwork
Growth
Confidence
Leadership

COL is a volunteer, non-profit club that has been providing girls at the **5th through 8th grade** levels with the opportunity to play fundamentally sound traveling basketball since 1987.

The Association relies on parent and community volunteers to serve as board members, fundraisers, coaches and team managers.

Eligibility: An eligible player either lives or attends school in the **City of Minneapolis**. A candidate from outside the Minneapolis area may be approved to play under certain circumstances including qualifying under Minnesota Youth Athletic Service (MYAS) guidelines.

www.colbasketball.org

Traveling Basketball: Players and families choose traveling basketball because it's the place to play for:

- Higher levels of competition
- More emphasis on practice
- More games
- More playing time
- High school level preparation
- Sound instruction

Traveling basketball players show a willingness to commit the time necessary to become better basketball players and to experience success on the basketball court.

Winning is important but we believe there are other measures of success to emphasize in every game and at every practice. The execution of a play or a move that has been practiced over and over may have a far greater impact on a player's growth, confidence and enthusiasm to achieve individual and team success.

When you choose our traveling program, please expect:

- Teams form in September
- Practice begins in October, ends in March
- Normally 2 evening practices a week
- Games 2-3 weekends a month
- Games played across the metro area
- Saturday and Sunday games
- Playing time reductions for absences

Teams & Player Placement: We form teams and place players with the idea of trying to balance the benefits that come with players "staying and playing together" with the need to group players by skill level to help them prepare for high school basketball.

In recent years, COL alumnae have played varsity and junior varsity minutes at Southwest, South, Roosevelt, Washburn, North, Benilde-St. Margaret, DeLaSalle, Visitation and Holy Angels High Schools.

Our goal is to place every potential player on a team but depending on the number of participants, the number of coaches available, and individual player ability, not every potential player may be placed on a team.

TRYOUT: Every fall we use a free open TRY-OUT to help organize the teams for the upcoming winter season.

The session is a safe, structured environment to assess players in three areas:

Basic Skills—shooting, dribbling, passing, rebounding, ball handling, pivoting

Athletic Ability/Effort—speed, footwork, quickness, jumping, hustle, focus

Team Concepts—defensive position, running the floor, moving without the ball, cutting, screening, communicating

Cost & Registration: The player fee for the 2009-10 winter season is \$195. Seventy-five percent (75%) of the fee covers the cost of playing @ 25 game schedule. The remainder covers expenses such as insurance, website, facility rentals, promotional materials, uniforms and equipment, and scholarships.

Each team can decide to play more games but they will be responsible for the additional costs. The purchase of a COL sweatshirt, sweatpant and/or traveling bag is a separate and optional cost.

Our policy is that financial circumstances should not prevent a girl from playing. If a family has difficulty with the financial commitment, arrangements can be made including scholarship assistance. All financial arrangements are confidential.

Registration and payment of the fee must be completed or arrangements made before a player is allowed to compete in a scheduled game.

There is not a required uniform deposit, however players are responsible for the cost of replacing a lost or damaged uniform.

For More Information Contact

info@colbasketball.org

or

612.827-4423