



2017-2018 Fall and Winter Season Information

Boys and Girls Teams

***NEW Fall-Winter Season Format**

New format for our 2017-2018 Fall/Winter season. Essentially, we will be combining both seasons. We will form teams for the Fall/Winter season (6 months) – with the ability for another tryout in the month of November for second chance to players who did not play in the Fall with us.

The first months of the season will be based on skill development and competing in a few selected tournaments. Then as we get deeper into the Winter and the season, teams will compete in more tournaments. We have decided to combine seasons to fully develop our players and develop our team environment. We want to make sure all teams get placed in the appropriate competition level in tournament and league play. We also want to help develop our younger teams.

Season Length

- **Tryouts:** August 28th thru September 6th
- **Season Start Date:** August 28th
- **Season End Date:** February 28th
- **Length:** 6 months (September, October, November, December, January, February)
- **Second Chance Tryouts:** First week of November

Cost and Fees:

- **\$1,200 team fee (\$200 per month)** (includes: tournament or league fees, gym rentals, coaches & admin fees) *Any out of town expenses or extra tournament costs are invoiced to players attending tournament.
- **\$100 Uniform** = Uniforms are for NEW players and/or returning players who would like to purchase a new uniform. If you have a current uniform, you may use it from past seasons.
- ***High School Boys and Girls teams is a different cost than above.**
- ***We will have one mandatory fundraiser in the Fall/Winter season.**

Practices:

- **How many?:** Teams will typically have two practices a week for 1.5 hrs long
- **Where? :** Practices are at local Bellevue area gyms that we have access too. We do NOT have a facility and have to rent gym space from local gyms. Gym time is limited.
 - Projected Gyms:
 - Bellevue College, Bellevue School District Middle Schools, Emerson High School (Kirkland)
- **When? :** Practice dates and times can fluctuate from team to team based off of team conflicts and gym space available. Our older teams usually practice in the later timeslots we have.

Potential Tournaments and Leagues:

*Below is a list of potential scenarios. Based on team availability, competition level, and conflicts – below is subject to change based on each team formed this season.

- Girls and Boys Teams (3rd thru 8th Grade):
 - Option 1 = 9 tournaments
 - Option 2 = 6 tournaments and League (Saturday or Sunday mornings)
 - Option 3 = League – few selected tournaments
- High School Boys and Girls Teams:
 - 2-month season (September and October)
 - Boys = Rain City Fall League
 - Girls = September Sanctioned tournament - Trainings

Misc Items:

- **AAU Numbers:** Each player is required to have an up-to-date AAU Membership.
- **Trainings:** We will offer as much trainings that we can with the gym time that we currently have. Our focus as an organization is on the team aspect, but we know that skill development and training is a key asset to learning the game.

About FOH Seattle:

FOH is a non-profit 501c3 organization that has been putting together high school aged teams since 1997, and youth teams since 2007. There are costs associated with running our organization, including; gym times, tournament fees, insurance, coaches'/admin fees, and other various costs. The player fees listed above help cover some of these fees. All of us at FOH appreciate those who have made donations and those who have provided sponsorship. This type of support has supported many of our teams and players in so many ways. If you are interested in sponsoring a team, sponsoring a player, or donating to the general fund, please contact us directly and we will work with you to ensure your donation will be spent in an appropriate manner.

We are extremely excited and looking forward to this upcoming season!

Thank you for your interest in FOH Seattle!

Thanks,

FOH Administration