



# 2018-2019 Fall and Winter Season Information

## Girls Youth Teams

### Fall-Winter Season Format

Our format for our 2018-2019 Fall/Winter season will be the same as last year's season. Essentially, we will be combining both the fall and the winter. 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 for teams who need a few more players.

This season will be based on skill development and competing in certain selected tournaments. We want to spend this season focused on more quality basketball and training our players more. 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 27<sup>th</sup> thru August 30<sup>th</sup>
- **Season Start Date:** August 27<sup>th</sup>
- **Season End Date:** February 24<sup>th</sup>
- **Length:** 6 months (September, October, November, December, January, February)
- **Second Chance Tryouts:** \*For teams that need players = First week of November

### Cost and Fees:

- **\$1,320 team fee (\$220 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** = NEW Uniforms are required for ALL players, past and present.
- **\*We may conduct one mandatory fundraiser in the Fall/Winter season.**

### Practices:

- **How many?:** Teams will typically have two practices a week for 1.5 hrs long with options for additional weekend trainings when not participating in tournaments.
- **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.

## **Misc Items:**

- **Fall/Winter** = Focus on skill development
- **Participate** in specifically selected tournaments.
- **AAU Numbers:** Each player is required to have an up-to-date AAU Membership.
- **Trainings:** We will offer as many additional trainings that we can with the gym time that we currently have.

## **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**