



2019-2020 Fall and Winter Season Information

Boys (3rd-8th) & Girls (5th-8th) Youth Teams

*Fall-Winter Season Format

Our format for our 2019-2020 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 gaps in the season over Winter Holidays as well as the first two weeks of September.

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 and/or a league (still TBD on events and is based on the teams that we form).

Season Length

- **Tryouts:** August 27th thru August 29th
- **Season Start Date:** August 27th
- **Season End Date:** February 29th
- **Length:** 6 months (September, October, November, December, January, February)
- **Second Chance Tryouts:** *ONLY for teams that need players = First week of November

Cost and Fees:

- **\$1,500 team fee (\$250 per month)** (includes: tournament or league fees, gym rentals, coaches & admin fees) *We break up payments into 4 payments over season (\$600 down to secure spot, 3 payments of \$300)
- **\$100 Uniform** = NEW Uniforms are required for NEW players, past players may keep existing uniform
- ***We may conduct one mandatory fundraiser in the Fall/Winter season.**
- ***Any out of town expenses (coaches travel) costs are invoiced to players attending tournament.**

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), Rose Hill MS (Redmond/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.

- Boys Teams (3rd thru 8th Grade) – (Girls will play in tournaments only):
 - Option 1 = 9 tournaments
 - Option 2 = 6 tournaments and League (Saturday or Sunday mornings)
 - Option 3 = Winter League – few selected tournaments

Misc Items:

- **Fall** = Focus on skill development
- **Winter** = Focus more on team development and schemes, as we gear up to play more games in the Winter.
- **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 but all of them. 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 scholarship 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,

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