



2020 Spring/Summer Season Information

High School GIRLS Teams (15u – 17u)

FOH Seattle is a top tier AAU program in the Pacific Northwest, we are currently a non-shoe circuit team but have produced top talent in the state of Washington. Our teams will travel and play in local events Our teams will also compete in NCAA sanctioned tournaments for college viewing.

****We will be making Cuts – after each round of tryouts** March 3rd = players NOT attending State tourney!**

Season Length

- **Tryouts:** March 3rd, 10th, 12th
- **Season Length:** March thru July
4 months (March, April, May, (*June = OFF for players to play with High Schools*), July)

Teams:

- **How many teams at each grade?**
 - *We will make decisions at tryouts whether or not to carry teams at each grade level. Mix up divisions or place players accordingly. If for any reason we do not have enough players committed or enough talent at each grade level, we reserve the right to fold teams at our discretion.
- **When do you post results?**
 - We post results on our website Friday March 7th. You will have by Sunday March 9th to respond.

FOH Seattle 2020 Spring/Summer High School Team Fees:

***There will be an upfront cost to join our program, then each team will be invoiced for travel expenses prior to travel tournaments. *This allows us to reduce cost for players and only charge teams who are traveling.**

All GIRLS HS Teams Payments

- **\$2,000 team fee** (includes: Local tournament fees, practices (gym rental), Gear (backpack, hoodie/sweatshirt, shooting shirt), Uniforms, coaches fees, & all other admin fees).
- **Season fee Breakdown = \$2,000**
 - \$800 due March 20th (**secures spot on team*)
 - \$600 due April 20th
 - \$600 due May 20th
- **Travel Fees = Each team is invoiced prior to travel tournament based on players attending and the following costs:** travel tournament fee, players airline costs (*if any*), lodging/hotel expenses, Rental van and gas expenses, coaches travel (*airline, gas, lodging, per diem*).
 - For Travel tournaments FOH Seattle purchases players airline tickets, hotel/lodging expenses (we place players into rooms together – and provide room checks and bed time restrictions), and rental vans for team transportation.

Practices:

- **How many:** Teams will typically have two practices a week for 1.5 hrs long (sometimes once a week)
- **Where?** Bellevue College and surrounding area gymnasiums. **When?** TBD

Tournaments/Events:

- Our High School Girl's teams compete in local and national tournaments. As well as NCAA sanctioned tournaments. More information to come about tournaments scheduled to participate in. Please see our tentative girls schedule.
- We will do our best to promote our players thru website, social media, and conversations with the various collegiate coaches that we have connections with.
- We will take June off for players to compete with their high school teams.

About FOH Seattle:

This spring/summer season our Friends of Hoop (FOH) Seattle Basketball organization is continuing to grow its program with teams in the 4th-11th grades. The teams that we will form this spring/summer will participate in both local and regional tournaments.

We have produced many collegiate and even NBA players in our history as a program on the boys side of our program. We strive to provide this and build our girls program as well, and in recent years have seen our girls players move on to the collegiate level. However, being on one of our teams does NOT guarantee any sort of college scholarship or guarantee that schools will be interested in your son/daughter. We believe in forming teams with players with high level talent and great character on and off the court. We will strive to promote our players as best we can, but we firmly believe in the notion "that if your good enough, college coaches will find the talent." We never promise players playing time, amount of shots, division one scholarships. We ask our players to buy into our program, our coaches, and our philosophies so we can help develop our student-athletes and be positive role models to help them further their academic and athletic careers.

We schedule our season based on NCAA sanctioned tournaments, and our players current high school – school teams.

FOH is a non-profit 501c3 organization that has been putting together high school aged teams since 1997. Past teams have relied on the financial support of sponsors and contributors to help build our high school program. There are costs associated with running our high school program, including; travel, lodging, tournament fees, gym time, and other various costs. The player fees listed do not cover all of these costs, we appreciate our donors and sponsors. Donations have supported many of our teams and players in so many ways. If anyone is interested in sponsoring a team or helping scholarship some of our future players, please reach out to FOH administration at your earliest convenience.

Thank you for your interest in FOH Seattle!

Thanks,

FOH Administration