



2023 Spring/Summer Season Information

4th- 8th Boys and Girls Teams

Season Length

- **Season Length:** March thru July
~5 months (March, April, May, June, July)

Cost and Fees:

- **\$1300 team fee (5 months)** (includes: tournament fees (8), gym rentals, coaches & admin fees)
- **~\$100 Uniform Package** = NEW Uniforms for NEW players – you can add on to your package and order Spirit gear as well. (Payments are made to Uniform provider and shipped to you!) – Returning players can keep last season uniform.
- **Total Season fee = \$1,300 (5 months)**
 - \$550 due March 8th (**secures spot on team*)
 - \$250 due April
 - \$250 due May
 - \$250 due June
- ****All Out of Town trips – Teams will be invoiced for the Travel costs for coaches divided by players attended.**
- ****Any extra tournaments – Teams will be invoiced for the cost divided by players attended.**

Practices:

- **How many?:** Teams will typically have two practices a week.
- **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, Emerson High School (Kirkland), MI Peak, Bellevue B&G
- **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.

Tournaments and Leagues:

- Boys Teams: 8 or more Tournaments over the 5 month period (Local and Travel tournaments)
- Girls Teams: 8 or more Tournaments over the 5 month period (Local and Travel tournaments)
 - *Each team will pick the tournaments that they attend, with guidance from FOH administration and coaches.*
 - **Any extra tournaments or any out of town tournaments is an additional cost to the players who attend, divided equally.*

Misc. Items:

- **AAU Numbers:** Each player is required to have an up-to-date AAU Membership.
- **Trainings:** We do NOT specifically offer individual trainings, but some of our coaches do trainings. In the past we have offered additional trainings at an additional cost. More information to come.

About FOH Seattle:

This spring/summer season our Friends of Hoop (FOH) Seattle Basketball organization is operating 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 (pending availability and competitiveness of the team). We have seen many of our players excel in high school, collegiate, and even NBA ranks.

FOH is a non-profit 501c3 organization that has been putting together high school aged teams since 1997, and youth teams since 2007. Past teams have relied on the financial support of sponsors and contributors to help build our nationally recognized program. There are costs associated with running our program, including; travel, lodging, tournament fees, gym rental fees, coaching fees, insurance, and other various administrative 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.

Contacts:

FOH Administration = info@fohseattle.com

Thank you for your interest in FOH Seattle!

Thanks,

FOH Administration