



*Being Our Best Developmental & High Performance
Boys' and Girls' Tryouts*

*Grade 7's and 8's (Born in 2003 & 2004)
Grade 9's (Born in 2002)*

September 30th – October 1st, 2016
Newfoundland and Labrador Sports Center
100 Crosbie Road, St. John's
Registration Fee: \$40.00

Submit Applications via:

Mail to: NLBA 1296A Kenmount Road, Paradise, NL A1L 1N3
Fax to: 709-576-8787
Email to: lchatman@sportnl.ca

The NLBA will **not be accepting onsite registration** for these programs. The attached registration form **MUST** be received at the provincial office by the September 26th deadline for both age groups.

Refund Policy: All payments made through PayPal are subject to the deduction of the PayPal fee charged to the NLBA. All cancellations must be in writing and are subject to the following conditions:

- **\$10.00 Non-Refundable Administration Fee:** There will be \$10.00 administrative fee for any athlete who drops out prior to the September 26th deadline.
- **There will be no refunds after September 26th deadline.** NO SHOWS – NO REFUND!

Being Our Best Programs

In preparation for the 2017 – 2019 Midget National Championships, the NLBA is continuing the “Being Our Best” program to prepare the athletes for these competitions. The program commences at the Developmental phase stage and then feeds into the High Performance phase.

Developmental Program: Grade 7 and 8 boys and girls

Coaches: Doreen Pond (Female) & Steve Ryan (Male)

This program will be conducted from October 2016 – March 2017. The developmental program will consist of a pool of 40 players per gender who are selected through a tryout. There will be roughly 20 grade 7's and 20 grade 8's selected, TBD by the head coaches. Parents and athletes should be aware this is a “skills development program” which focuses on teaching proper basketball skills to assist the individual to perform on the court at a higher level in the future. **This is not intended to be a game oriented program and there will be very few games.**

Athletes selected to the program will receive a reversible jersey, an indoor Spalding 1000 basketball, a hoody and approximately 75 - 80 hours of training including a nutrition, injury prevention and mental training session. Players will be exposed to former provincial team athletes and coaches who will teach skills as guest instructors. The total cost of the program will be \$600.00 (admin. fee included)

During mid-April 2016, open tryouts will be held to select an U14 provincial team to attend an invitational event in Atlantic Canada. This is a separate program and costs for this are not included.

High Performance: Grade 9 boys and girls

Coaches: Geoff Moore (Female) & Dave Banfield (Male)

This program will be conducted from October 2016 – March 2017. Approximately 20 athletes will be selected to train to

have the opportunity to compete at the Midget National Championships in 2017. Athletes selected to the programs will receive an indoor Spalding 1000 basketball, reversible jersey; a hoody and approximately 75 - 80 hours of training. Selected athletes will also start a comprehensive weight training program under the guidance of Jerome Brennan at the NLSC including a nutrition, injury prevention and mental training session. Players will be exposed to former provincial team athletes and coaches and a variety of guest instructors. There will be approximately 10 – 12 games played during this program. The total cost of the High Performance program will be \$950.00 (admin. fee included).

During mid-April, open tryouts will be held to select an U15 provincial team to attend the 2017 National Midget Championships. This is a separate program and costs for this are not included in the above fees.

September 30th – October 1st Tryout Times:

Developmental Boys' Sessions	<i>Fri., Sep30th: 4:00 – 6:00pm (gr. 7's & 8's)</i>
Head Coach	<i>Sat., Oct 1st: 8:00 – 9:30am (Gr 7's only)</i>
Steve Ryan	<i>11:00am – 12:30pm (Gr 8's only)</i>
	<i>2:00 – 4:00pm (Gr 7's & 8's)</i>
Developmental Girls' Sessions	<i>Fri., Sep30th: 4:00 – 6:00pm (gr. 7's & 8's)</i>
Head Coach	<i>Sat., Oct 1st: 9:30 – 11:00am (Gr 7's only)</i>
Doreen Pond	<i>12:30 – 2:00pm (Gr 8's only)</i>
	<i>4:00 – 6:00pm (Gr 7's & 8's)</i>
High Performance Boys' Sessions	<i>Fri., Sep 30th: 6:00 – 8:00pm</i>
Head Coach	<i>Sat., Oct 1st: 8:00 – 9:30am</i>
Dave Banfield	<i>11:00am – 12:30pm</i>
High Performance Girls' Sessions	<i>Fri., Sep 30th: 6:00 – 8:00pm</i>
Head Coach	<i>Sat., Oct 1st: 9:30 – 11:00am</i>
Geoff Moore	<i>12:30 – 2:00pm</i>

Registration Fee: \$40.00 (administrative fee included) to be paid on or before September 26th.

All registration forms MUST be received in the provincial office prior to the deadline. For additional information, please visit our web site at http://www.nlba.nf.ca/provincial_teams.php or contact our office at 709-576-0247 (telephone) or 709-576-8787 (fax).

Please forward completed application and fees, prior to the deadline to:

NLBA
1296A Kenmount Road
Paradise, NL
A1L 1N3
Fax: 709-576-8787
Email: ichatman@sportnl.ca

Payment can be made through the NLBA website using PayPal with credit card or interac. Simply follow the on screen directions at: http://www.nlba.nf.ca/provincial_teams.php. For All PayPal transactions, PayPal charges the NLBA a transaction fee. For anyone who has paid via PayPal and wants a refund / reimbursement, the NLBA will now deduct the PayPal amount from the amount returned. Payments can also be made by e-Transfer to nlba@sportnl.ca. Please send along the answer to the security question to the same email address as well, as well as the name of the athlete registering.

FAQ

My child is in grade 8 but MAY be good enough to play in the High Performance Program with the Grade 9's. What program should I register him for the tryouts- Developmental (grade 7-8) or High Performance grade 9?

All athletes are asked to register with their appropriate grade levels for the tryouts. The HP program will be operating at the same times as the Developmental group and athletes will be viewed and provided the opportunity to attend the High Performance camp if the coaches feel they can compete at that level. Athletes will also have the opportunity to move up during the year if they display the talent and commitment to train at that level. This will be determined by the coaches of both programs and what is “**best for the athlete**”.

When will the group of athletes for the Developmental and High Performance program be selected?

The NLBA will post the coaches selections on the NLBA web 2 – 3 business days following the tryout.

Are there any other hidden costs if selected for this program?

The NLBA does not anticipate any additional costs after the program ends at in March.

How is playing time going to be handled for games?

Playing time in the HP program will be at the sole discretion of the head coach. While the NLBA does not promote game play at the developmental age group but there may be opportunities to compete in a game environment. If this occurs, they will play under the fair play model.

Are there minimum requirements for attendance?

Naturally any coach would like to see 100% attendance, but we all know that today's athlete usually participates in more than one sport and several other activities. There are also family functions that may arise that often outweigh a practice session. While the coaching staff will be taking attendance at all sessions they fully understand the schedules of today's athletes. Individuals will NOT be penalized for missing sessions but may receive reduced playing time during any games that take place in the HP Program.

Refund Policy

HP and Grade 7 & 8 Development Programs

Athletes who depart from the program prior to the end of December are eligible for a 25% rebate of the total fees minus \$200.00 for apparel/equipment, administrative fees and PayPal fees. There will be no refunds for departure after Dec. 31st, 2016.

If there are excess funds remaining at the end of the program, the NLBA will direct those funds to the Alumni Committee to assist with funding provincial athletes.

Training Times

Athletes selected to the programs will commence training on the week of October 16th, 2016. Programs will train 2x a week prior to Christmas. Below are the training times for the year along with the starting dates. All sessions will take place at the NLSC.

Dev. Girls' – Start date is Sunday October 16th
Training times – Sundays: 11am – 12:30pm and Tuesdays: 4 – 6:00pm

Dev. Boys' – Start date is Sunday October 16th
Training times – Sundays: 12:30pm – 2:00pm and Tuesdays: 4 – 6:00pm

HP Girls' – Start date is Sunday October 16th
Training Times – Sundays: 6 – 8:00pm and Wednesdays 4 – 6:00pm

HP Boys' – Start date is Sunday October 16th
Training Times – Sundays: 6 – 8:00pm and Wednesdays: 4 – 6:00pm

Commencing in January the skill training sessions will be reduced to once a week. There will also be a series of Saturday sessions during the course of the program. Saturday sessions will take place on: November 5th, December 3rd, January 7th, February 25th and March 25th.

Athletes will receive up to 6 hours a day of classroom and on court sessions each Saturday. Mid-week skill sessions may be altered the week of these Saturday sessions. Exact times will be released as we get closer to each Saturday.

In order to reduce any potential conflicts athletes involved in the program are asked to inform their club/school coaches of these Saturday sessions.