

The Mount Vernon Girls Basketball Club will be entering its fourth season this fall offering a competitive, fundamentals-based basketball experience for girls currently in 2nd-8th grade.

How do we sign-up?

As we begin to organize teams, please complete the form below if your daughter is interested in joining a team this season.

[MVBC Interest Form](#) - **Please respond by Friday, September 12th.**

As we receive more information regarding tournament dates, you will receive a second google form from me to indicate your availability during the season. That email will give you the opportunity to order jerseys / shorts as needed.

When does the season start?

Practices will likely begin around the second week of October. Most teams will practice 1-2x per week, and will play in 5-8 weekend tournaments from November - January. The coaches will communicate practice times as they become available.

2nd Grade will have a shorter season playing in the Y-League with one practice per week and no tournaments. Those games are on Saturday mornings at the Cedar Rapids YMCA.

7th-8th Grade may be combined to form one team depending on how many players are interested. Since the middle season overlaps in October - December, there would be no additional practices prior to winter break. This team would play 3-6 local tournaments depending on availability.

What does it cost?

The fee for each team will vary slightly by grade level depending on the number of tournaments they choose to play. The average cost for each player was \$150 last season.

Who coaches the teams?

Each grade level will have a lead coach that will help coordinate logistics. We encourage other parents to get involved as extra hands at practice and games. Please indicate on the form if you would be interested in helping coach this year.

What can players do before the season starts?

We encourage anyone interested in playing basketball this season to attend our fall skill clinics. Gym space is a bit more limited this year, so those sessions will likely be on Mondays, Tuesdays & Thursdays (this will vary by week). Please indicate your daughter's availability on

the interest form and we will follow up once the schedule is finalized. Sessions will start the week of September 15th.

Note - Due to the limited gym space we may not be able to offer sessions for the youngest grade levels.

Please share this information with anyone in the Mount Vernon district that may be interested, and feel free to reach out if you have any questions.

Yours in Basketball,

Coach Sanderson

Goals of the Program

1. Create a FUN and enjoyable basketball experience
2. Focus on fundamentals and skill development
3. Provide competitive opportunities in the local area
4. Connect youth players to the varsity program
5. Design a balanced schedule for the multi-sport athlete
6. Align offense, defense, and philosophy with the high school program

Mount Vernon Basketball Club will feature:

- Organized teams at grade level
- Access to Mount Vernon gyms for practices
- Resources and support for volunteer coaches
- Periodic skill sessions, camps, and open gyms

The girls program has worked in parallel with the boys to develop a feeder program that offers competitive opportunities to develop basketball-specific skills, leadership, confidence, and teamwork. We hope to create a viable alternative for those looking for something beyond a recreational experience while offering greater convenience and affordability than a private club / AAU program.