5th – 8th GRADE COMPETITIVE TEAMS:

This program is the cornerstone of our CLUB

We provide year round teams and training, divided into (4) 12-week sessions.

- Spring, Summer, Fall, and Winter Sessions
- Each session includes 2 – 1 ½ hour practices per week
- 1 Skill Training Night per week
- 12-15 games per session – Tournaments or League games
- Skill Training Sessions with CGHoops trainers
- Scrimmages or Shootouts.
- Each session provides a minimum of 60 hours of on court instruction through practices, training sessions, and games.
- We believe in a philosophy of a 3:1 ratio of practices & skill work to games

Program Costs break down to approximately $20 per hour.

Costs include all practices, coaches salaries, administrative costs, games, insurance, and facility rental. We do not believe in hidden costs. The only additional costs are a one time uniform and shooting shirt purchase.

We offer trained and paid coaches. Our coaches are dedicated, background checked, involved in continuous education in the current skills & concepts of the game, and concerned with the primary club directive of preparing your son or daughter with the necessary skills and mental preparation to be an effective basketball player.

Our program is grounded in the philosophy of continual growth, man-to-man defense, effective offensive skill development, and the fundamentals of shooting, passing, and ball-handling. We believe in developing each player's skill set and mental approach to the game.

Total Fees:

- **Program Fee:** $300 per month (3-month program commitment)
  - Includes gym rental, coaching, administrative costs, and tournament fees
- **Jersey Fee:** $150 (one-time cost; reusable until outgrown)
- **Administrative Fee:** $100 - fee applied to player insurance & facility rental insurance
- Administrative fee is included in the program fees
- Fundraising, Sponsorship, and Scholarship Opportunities