



15U - 17U Rise & Reign Parent Handbook

Welcome to Rise & Reign Basketball Club! We are excited to partner with you to develop your son or daughter's basketball skills while fostering a love for the game. Below, you will find all the essential details about our program, including schedules, expectations, and next steps.

Program Overview

Rise & Reign 15-17U is a basketball club designed for players eager to take the way they play and think the game to the next level. Our mission is to prepare players for high school basketball and beyond by focusing on fundamental concepts such as cutting, screening, spacing, and movement on both sides of the ball. The program follows an overseas basketball philosophy with a 3:1 practices-to-games ratio.

What sets Rise & Reign apart from other programs:

Rise & Reign was established with the expressed intent and vision to provide players with the opportunity to have paid coaches instead of parent and volunteer coaches. Our goal is to provide athletes with the rare opportunity to have coaches who have been background checked, are compensated for their time, are provided an established and proven teaching and coaching program, and are provided opportunities for professional growth in coaching and training.

Season Length: 3½ months (March, April, May, & July)

Practices: 2 per week (1.5 hours each)

Games/Scrimmages: 7 Tournaments, 2 Scrimmages, 16 Individual Skill Training sessions, and evaluation

- 2 April Tournament, 3 May Tournaments, 2 July Tournaments
 - 2 weekends for scrimmages & 2-3 Training Sessions with CGHoops
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Fees

- **Program Fee:** \$1,500 per player for the season
 - Includes gym rental, coaching, administrative costs, and tournament fees
 - **Jersey Fee:** \$150
 - Payment plans available upon request (e.g., monthly installments)
 - Fundraising, Sponsorship, and Scholarship Opportunities
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Parent/Player Expectations

1. **Attendance:**
 - Players are expected to attend all practices and games unless there is an emergency or prior communication.
 2. **Effort and Attitude:**
 - Players should come prepared to work hard and remain positive.
 3. **Communication:**
 - Any absences or conflicts should be communicated to the coach in advance.
 4. **Behavior:**
 - Parents and players are expected to maintain good sportsmanship at all times.
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Sample Schedule

- **Practice Days:** Mondays and Fridays
 - Time: 6:00 PM - 7:30 PM or 7:30 - 9 PM
 - Location: [TBD Gym Location]

WEEK	MONDAY	WEDNESDAY Skills Training	FRIDAY	SATURDAY/TOURNAMENT
EVALUATIONS				March 15th & 22nd
WEEK 1	3/24	3/26	3/28	Scrimmage
WEEK 2	3/31	4/2	4/4	<i>CG Hoops Training</i>
WEEK 3	4/7	4/9	4/11	Scrimmage
WEEK 4	4/14	4/16	-----	Tournament
WEEK 5	4//21	4/23	4/25	Tournament
WEEK 6	4/28	4/30	5/2	<i>CG Hoops Training</i>
WEEK 7	5/5	5/7	5/9	Tournament
WEEK 8	5/12	5/14	5/16	Tournament
WEEK 9	5/19	5/21	---	
WEEK 10	5/26	5/28	5/30	Tournament
Off For HS	-----	---	---	---
WEEK 11	6/23	6/25	6/27	
WEEK 12	6/30	7/2	---	
WEEK 13	7/7	7/9	---	Tournament
WEEK 14	7/14	7/16	---	Tournament