



14U-17U COMPETITIVE TEAMS:

This program is the culmination of our Club as we prepare for

This program is our Spring & Summer session for High School players seeking to grow and showcase their game.

- Each session includes 2 – 1 ½ to 2 hour practices per week
- 1 Skill Training Day per week
- 6-8 Tournaments or Shootouts
- Skill Training Sessions with CGHoops trainers
- This program provides a minimum of 80 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 - \$23 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 cost and the hotel costs for our out of town tournaments.

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.

Our program consists of two levels of play:

1. Our Adidas Circuit Teams
2. Our Local Hub Teams

Contact us for more details or questions:

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