

Frequently Asked Questions:

What is AAU? AAU stands for Amateur Athletic Union and is one of the oldest and largest non-profit, volunteer sports organizations in the United States. It is a multi-sport program dedicated to the promotion and development of amateur athletes.

What is AAU Basketball? It generally refers to tournament basketball. Instead of competing in a league and playing one or two games a week for 2-3 months, AAU teams play in weekend tournaments and typically play 3-5 games in one weekend. It is very common to play several games in one day. Each tournament is a stand alone event and teams compete to become tournament champions. Teams from all over the region compete in these tournaments.

AAU sanctions regional tournaments where teams compete to earn invitations to national tournaments.

There are several organizations that conduct tournaments and national level events. In the Zone runs "open" tournaments which means that any team can enter: school teams, recreation, AAU, travel, YBOA, etc.

Although not completely correct, recently the phrase "AAU basketball" has been used to refer to the general practice of competing in weekend tournaments.

What is In the Zone Basketball Club (ITZ BC)? ITZ BC is a non-profit organization created to form and train basketball teams and players for participation in tournaments and leagues from March through August.

In the Zone has been fielding AAU teams for 3 years. We have grown from 3 teams the first year, to seven the second and 16 teams in 2008 which makes ITZ BC one of the largest AAU programs in the state and region.

The **In the Zone Basketball Club** is a Level 2 AAU member club and is part of the Mid-Atlantic District. Member # MABAA6TKB9

What is the relationship between In the Zone, LLC and In the Zone Basketball Club? ITZ BC is a wholly owned subsidiary of In the Zone, LLC. ITZ BC is the non-profit arm which runs the AAU program for ITZ. ITZ BC rents court time from ITZ and competes in the tournaments which ITZ runs.

Is there a lot of travel involved? Generally with AAU programs there is a lot of travel, but with ITZ BC there is **NO TRAVEL** involved. Most families say this is the best part of our program. We stay home and the competition comes to us. This approach is especially appealing for families who have children participating in other activities and don't want to devote an entire weekend traveling back and forth for games or spending extra money on hotel rooms.

My son/daughter plays another sport during the spring, can he/she still play AAU? Yes, they can still play but we do ask for a certain level of commitment from players to attend practices and games. We realize there will be conflicts here and there but players should be at almost all practices Mar through May. It is assumed that players participate in AAU ball to get better so they can excel during the regular basketball season; it would be unrealistic to think a player is going to improve without attending practices. Additionally, it is not fair to the other kids on the team for a player to routinely miss practices or games.

How competitive is AAU Basketball? AAU Basketball is very competitive and is generally considered a higher level than school or travel ball. Kids that play AAU ball usually have committed to basketball as their main sport.

In the Zone sponsored Tournaments 2009

(Included in ITZ BC AAU program)

- ❖ March Madness, Mar 20-22
- ❖ April Thaw, April 3-5
- ❖ Spring Storm, April 17-19
- ❖ Cinco de Mayo, May 1-3
- ❖ May Daze, May 15-17
- ❖ End of School, Jun 19-21
- ❖ Mid Summer Blast, July 17-19
- ❖ End of Summer Run Aug 7-9

3 on 3 Tournaments 2009

(50% discount for ITZ BC AAU players)

Jan 19, Feb 16, Apr 10, May 31, Jun 28,
July 26, Aug 30, Sep 20, Oct 10, and Nov 14

Basketball Camps 2009

(50% discount for ITZ BC AAU players)

Perimeter Player Camp; June 22-26, 2009
For guards and small forwards: over 50 offensive moves and more than 60 ball handling drills. Also passing, shooting, reading defenses, scoring off screens and much more.

Big Man Camp; July 6-10, 2009

For Power Forwards and Centers: Over 35 offensive moves and over 20 reads. How to play in the paint, offensive moves, drop steps, Shaq spins, rebounding, passing from post, posting up, sweeps, drop steps.....

Youth Fun and Fundamentals Camp

Playing games, learning basketball and having fun!! Dribble tag, shark and minnows, red light/green light, keep away—all while learning the game. *July 13-17*

Scrimmage Camp; August 3-7, 2009

Camp weaves instruction and games. Individual moves then 1 on 1, pick and roll then 2 on 2, etc., builds up to 5 on 5

AAU Basketball

at

In the Zone



Athletics

March-August 2009



In the Zone

6870 Chrisphalt Drive
Bath, PA 18014
610-837-8605

www.inthezonesports.biz

In the Zone is forming AAU basketball teams for boys and girls ages 9-17 to compete in tournaments during the spring and summer of 2009.

In the Zone Basketball Club is a fundamentals driven program. We believe that you never outgrow the fundamentals of a sport. We stress playing the game, not running the play.

Our goal is to provide players with the opportunity to gain experience in competitive game situations, improve their fundamentals and help them take their game to the next level for the 2009-10 season. Our focus will be:

- Individual player development
- Improving fundamentals
- Teamwork and court smarts

Within this framework we will also:

- Insure about 12 minutes of playing time each game for every player in good standing.*
- Dedicate about 30 minutes each practice to individual skills (ball handling, form shooting, footwork)
- Conduct skill workshops that will focus specifically on individual skills (shooting, perimeter play, big man moves, moving without the ball, etc)

**good standing* means that a player attends practice, knows the offense and defense, maintains

a good attitude, plays team ball and displays good sportsmanship.

TRYOUTS will be held:

- Sunday, Feb 15, 6:00-7:30, 9u-13u
7:30-9:00, 14u-17u
- Sunday, Feb 22, 6:00-7:30, 9u-13u
7:30-9:00, 14u-17u

Unless other arrangements are made, players need to attend at least one tryout and should attend both. There is a \$35 tryout fee which covers both tryouts and can be applied toward the registration fee.

Basic Practice Schedule:

March 1 – June 5: Practice 2 x/ week

One practice between 6-9 pm Tue-Thu and one practice on Sunday.

June 5 – August 10: Practice 1 x/week

Why play AAU Basketball at In the Zone?
We are committed to teaching the fundamentals of the game.
PLUS
-- AAU competition without the TRAVEL!!!

Enjoy the benefits of playing AAU basketball against some of the toughest competition on the east coast without having to travel. -- We play in our tournaments and the competition comes to us! This arrangement is ideal for families with more than one child involved in sports or activities and who can't devote an entire weekend traveling all over the region for basketball games.

Over the past few years, In The Zone has hosted tournaments that attracted teams from Toronto,

Wash DC, Baltimore, NYC, Dover, Wilmington, Philadelphia, Camden, Trenton, Newark, Rochester, Norwalk CT, Rhode Island, Fairfax, VA, Harrisburg, and Scranton as well as many local teams. We attracted several nationally ranked teams and organizations including the NY Gauchos, South Jersey Blitz, Team Philly and the Capital Athletics (Harrisburg).

Additional benefits of playing AAU Basketball at In the Zone include:

- **FREE Open Gym** every weekday Mon-Fri, 3:00-5:30 Mar-Aug (hours subject to minor changes).
- **FREE Use of "The Gun"** during open gym (if court space available).
- **FREE Skill Workshops** throughout the season (i.e Shooting, Perimeter Player, Big Man, etc).
- **50% Discount** on 3-on-3 tournament fees (AAU member player only)
- **50% Discount** on basketball-related summer camps, Vertical Leap and Explosion Training and Speed and Agility classes and camps (discounts good through end of 2009).

Registration fees:

\$385. Includes 7 (21+ games) tournament registration fees, court time for practices March 1-Aug 9, open gyms, pickup games and skill workshops.



Coaches will most likely be qualified parent volunteers. We believe that there is a wealth of knowledge residing in the experiences of parents and that no one cares more about the development of the kids than a parent. If you

are interested in coaching, please talk with Steve.

Participation in tournaments other than In the Zone's are not included in the registration fee although teams can play providing they pay their own fees.

AAU Age Bracket Determination

Boys: The Age determining date is Sep 1, 2009. Grade determining date is March 1, 2009

Junior Boys (U17): Born on or after 9/1/91

16U/10th grade: Born on or after 9/1/92

15U/9th grade: Born on or after 9/1/93

14U/8th grade: Born on or after 9/1/94

13U/7th grade: Born on or after 9/1/95

12U/6th grade: Born on or after 9/1/96

11U/5th grade: Born on or after 9/1/97

10U/4th grade: Born on or after 9/1/98

Grade exception policy: A player in the grade but not more than one year older than requirements may play with his grade (max 3 per team 10U-14U, no limit 15U-17U).

Girls: The Age determining date is Jan 1

16U/11th grade: Born in 1992 or after

15U/10th grade: Born in 1993 or after

14U/9th grade: Born in 1994 or after

13U/8th grade: Born in 1995 or after

12U/7th grade: Born in 1996 or after

11U/6th grade: Born in 1997 or after

10U/5th grade: Born in 1998 or after

9U/4th grade: Born in 1999 or after

Grade exception policy: A player in the grade but not more than one year older than requirements may play with his grade.

For players that do not make the AAU teams, there will be another more instructional program for them: the D-League. --*Details to follow.....*