

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 an 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 4 years. We have grown from 3 teams the first year, to 25 teams last year which makes ITZ BC one of the largest AAU programs on the east coast.

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

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 expect 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. 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. Not attending practices may impact playing time; although there is a fee for this program, that fee does not guarantee playing time. Players need to be in "good standing" to play.

Can my son/daughter play on more than one AAU team at the same time? Technically, yes but we discourage it. It's probably better to make a firm commitment to one team.

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 2010

(Included in ITZ BC AAU program)

- ❖ March Madness, Mar 26-28
- ❖ April Thaw, April 9-11
- ❖ Spring Storm, April 23-25
- ❖ Cinco de Mayo, Apr 30-May 2
- ❖ May Daze, May 14-16
- ❖ Rumble in the Valley, May 21-23
- ❖ School's Out Jam, Jun 11-13
- ❖ Mid Summer Blast, Jun 25-27
- ❖ End of Summer Run Aug 6-8

Basketball Camps 2010

(50% discount for ITZ BC AAU players)

Shooting Camp; June 14-18 and July 26-30
Build or refine your shot from the ground up and then practice, practice, practice. Shoot off dribble, off pass, step backs, 1-2, hops etc. Plus practice guidelines.
Goal is 5000 shots in 5 days.

Perimeter Player Camp; June 21-25, 2010
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 more.

Big Man Camp; July 5-9, 2010
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-damentals Camp July 12-16, 2010

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

Court IQ and Scrimmage Camp; August 2-6

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

AAU Basketball at In the Zone Athletics

March-August 2010



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 2010.

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 2010-11 season. Our focus will be:

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

Within this framework we will also:

- Insure about 8 minutes of playing time each game for every player in good standing.*
- Dedicate 20-30 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. If a player is not in good standing, he might not get any playing time.

TRYOUTS will be held Sundays, Feb 14 and Feb 21:

- 4-7th grade girls: 11:30-1:00
- 8-11th grade girls: 1:30-3:00
- 4-6th grade boys: 3:30-5:00
- 7-8th grade boys: 5:30-7:00
- 9-11th grade boys: 7:30-9:00

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 7: Practice 2 x/ week
One practice between 6-9 pm Tue-Thu and one practice on Sunday.
June 7 – August 6: 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, Power and Explosion and Speed, Agility and Quickness classes and camps (discounts good through end of 2010).

Registration fees:
\$385. Includes 7 (21+ games) tournament registration fees, court time for practices March 1-Aug 6, open gyms 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, talk with Steve.

Participation in tournaments other than In the Zone's is 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, 09. Grade determining date is March 1, 2010

- Junior Boys (U17): Born on or after 9/1/92
- 16U/10th grade: Born on or after 9/1/93
- 15U/9th grade: Born on or after 9/1/94
- 14U/8th grade: Born on or after 9/1/95
- 13U/7th grade: Born on or after 9/1/96
- 12U/6th grade: Born on or after 9/1/97
- 11U/5th grade: Born on or after 9/1/98
- 10U/4th grade: Born on or after 9/1/99

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 1993 or after
- 15U/10th grade: Born in 1994 or after
- 14U/9th grade: Born in 1995 or after
- 13U/8th grade: Born in 1996 or after
- 12U/7th grade: Born in 1997 or after
- 11U/6th grade: Born in 1998 or after
- 10U/5th grade: Born in 1999 or after
- 9U/4th grade: Born in 2000 or after

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

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