



## Overtime Athletics Spring Basketball In-House League

*(This is NOT an AAU Team. If you are interested in playing AAU Basketball we encourage you to find a team and tryout for it)*

### **HERE'S HOW WE PLAY THE GAME:**

We wanted to share with you some of the most important factors for how we approach our Spring Basketball Program. It is our mission to share our love, passion, and experience for the game of basketball with players who are interested in staying connected to the game during the off season and know that individual development and a greater understanding of team play are required areas of improvement to effectively play from level to level of competition.

*Our Priorities –*

1. To teach players how to practice...really practice on their individual games.
2. To teach players how to practice...really practice in a team setting.

*\*Our coaches understand how to effectively utilize practice sessions to cover what is necessary and to provide a road map for each individual player to create and meet their goals.*

3. To teach players the mental side of the game of basketball.

*\*Our coaches teach in order for players to understand why they are doing what they have been taught to do. A greater understanding of the game not only improves a player's response to X's and O's, but also what kind of practice it takes for improvement.*

4. To teach players how to be an effective teammate.

*\*Our coaches stress commitment as the foundation for all aspects of being a great teammate. It encompasses respecting the coach, respecting the game, and respecting each other. We have no greater priority than player conduct.*

And most importantly...

5. To teach players how to have fun while working hard.

*\*Our coaches understand how essential it is for players to never forget basketball is a game, not work. The game is to be respected, competition is to be taken seriously, but playing the game should be just that... play!*

\*We encourage young athletes to play multiple sports as it will increase their overall athleticism, provide unforgettable experiences as a teammate, and strengthen their learning process for time management. Communicating conflicts for practices and games is completely understandable and encouraged. Our mission is to provide opportunities for players to spend regular time with the ball in their hands outside of the winter basketball season.

## **5 PIECES OF IMPORTANT INFORMATION**

1. Player Participation Cost = \$295  
(Former AAU Participation fee, \$650)
2. Players will be provided with a reversible  
Overtime Athletics Jersey  
(To be used for games)
3. Outcomes of Games (wins and losses) will be  
recorded for the In-House League Standings
4. Scorekeepers and Referees will be used for all  
game nights

5. Players will be put into teams after the first week of the spring season when coaches have had an opportunity to evaluate skill level
  
6. To register for the Overtime Athletics Spring Basketball Program, visit [www.overtimeaau.com](http://www.overtimeaau.com)