



## 2018 Spring/Summer Information

Welcome to the 9<sup>th</sup> season of North City Basketball! We will again be offering both AAU teams for the 2018 spring/summer season along with small group training (no tryout) for all ages.

PLEASE USE OUR TRYOUTS PAGE TO REGISTER. [WWW.NORTHCITYAAU.COM/TRYOUTS](http://WWW.NORTHCITYAAU.COM/TRYOUTS)

### **ABOUT**

Since 2010, North City Basketball has provided players in King, Snohomish and Skagit County with quality training and competitive AAU teams. We are focused on improving each player through skills training, an innovative strength/conditioning program and competing against the top AAU teams for both in-state and out of state tournaments.

In 2017, we had 16 teams (4<sup>th</sup> grade through HS) and 240+ total players take part in AAU competition and/or training. We are expecting to have teams from 4<sup>th</sup> grade through HS again this year.

### **TRAINING STAFF & TEAM COACHES**

**Sgt. Mike Lawson**, one of our Founders and Director of Training, ([www.coachmiketraining.com](http://www.coachmiketraining.com)) "Three-Time King5 Best in Western Washington for Adult Bootcamps" will once again run our training and strength development program. Coach Lawson has 25+ years of experience of coaching and training basketball players, including collegiate and professional athletes.

**Our staff includes several coaches and trainers** with significant coaching experience, including current/former college and high school coaches.

Here are the coaching assignments for 2018. Subject to change.

Team	Coach
17UA	Marshall Massengale
17UB	Cameron Swanson
16UA	Andrew Grinaker
16UB	Michael Arquillano
15UA	Taylor Stevens

15UB	Kevin Crawford
14UA	Max Green
14UB	Bill Homann
13UA	Anxhelos Pere
13UB	Seiya Kitchens
12UA	Mike Lawson
12UB	Shawn Reid
11UA	Brian Zimmerman
11UB	Jeff Brown
10UA	Tony Williams
10UB	OPEN

## **SPRING SEASON SCHEDULE**

Teams: 10U, 11U, 12U, 13U

Start: March 6<sup>th</sup>

End: June 17<sup>th</sup>

- The program will work with each team and their families to determine if the team will compete in July tournaments.

Teams: 14U, 15U, 16U, 17U

Start: March 6<sup>th</sup>

End: May 28<sup>th</sup>

- Our teams will take the month of June off so players can compete with their HS teams.
- The Top 15U, 16U, and 17U teams will continue to play in July tournaments. This cost will be extra and divided between the number of players participating.

## **TEAMS**

The program will field teams starting at 4<sup>th</sup> (10U) grade up through 11<sup>th</sup> grade (17U) with two teams at each level, our “Black” (A) teams and our “Blue” (B) teams.

- Our top teams will compete against the highest level of competition in the state and travel.
- We reserve the right to keep only one team at a grade depending on the quantity and skill level of players.

## **PRACTICE LOCATION**

- Teams will practice at either Jackson HS or Archbishop Murphy HS.
  - Jackson HS (1508 136th St SE, Mill Creek, WA 98012)
  - Archbishop Murphy HS (12911 39th Ave SE, Everett, WA 98208)
- We will seek out additional gym space if we need to accommodate either more teams or training space.

## **PRACTICE DETAILS**

- Each team will get (2) Two hour practices each week, from a combination of days between Monday, Tuesday, Wednesday and Thursday. (example: 4<sup>th</sup> grade (Mon/Wed), 10<sup>th</sup> grade (Tues/Thurs))
- Practices will be broken into two phases, 30 minutes of skill development and core strength training and 90 minutes of team practice.

## **TOURNAMENT SCHEDULE**

### **HS SCHEDULE (15U, 16U, 17U teams)**

- 3/24-3/25 – WTA Sweet Shot (Renton/Kent)
- 4/7-8 - Rotary NETS (Seattle)
- 4/20-4/22 - Premier Showcase (Bellevue) – *NCAA Certified*
- 4/27-4/29 - Premier Open Run (Portland, OR) – *NCAA Certified*
- 5/19-5/20 – Premier Great Seattle Shootout (Seattle)
- 5/26-5/28 - Hoop Salem Invitational (Salem, OR)
- 7/13-7/15 - Premier Summer Showcase (Bellevue) – *NCAA Certified*
- 7/19-7/22 - Double Pump Best of Summer (Anaheim, CA)\*\* – *NCAA Certified*
- 7/25-7/29 - Bigfoot Classic (Las Vegas, NV)\*\*\* – *NCAA Certified*

\*\*17U Black, 16U Black only

\*\*\*17U Black, 16U Black, 15U Black only

- Each family is responsible for out of state travel expenses. The program will help to reserve hotels and coordinate travel. If a child needs assistance getting to an out of state tournament, we will work with the family on travel options.
- For our “B” teams at the 15U, 16U, 17U level, the tournament above is subject to change to provide the most competitive environment possible.

### **YOUTH BOYS SCHEDULE (10U-14U Top teams)**

### **SAMPLE SCHEDULE**

- 4/7-8 - Rotary NETS (Seattle)
  - 4/20-4/22 - Premier Showcase (Bellevue) –
  - 4/27-4/29 - Premier Open Run (Portland, OR) – *or* 5/4-5/6 – Best in the West (Yakima)
  - 5/12-5/13 – WTA Puget Sound Classic (Lynnwood/Shoreline)
  - 5/19-5/20 – Premier Great Seattle Shootout (Seattle)
  - 5/26-5/28 – WTA Slamma Jamma (Kent, WA)
  - 6/2-6/3 – WTA Luau (Lynnwood/Everett)
  - 6/16-6/17 – SYB Father’s Day Tournament
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  - For our “B” teams at the 15U, 16U, 17U level, the tournament above is subject to change to provide the most competitive environment possible.

## **COSTS**

HS Team Costs: (15U, 16U, 17U)

\$875 (+Tax) – Team Fee

\$80 (+Tax) – Uniform

Youth Boys Team Costs: (10U, 11U, 12U, 13, 14U)

\$900 (+Tax)

\$80 (+Tax) - Uniform

Our team fee costs includes expenses for:

- Gym costs (we rent out public/private schools)
- Practices/training sessions (4 hours per week in practices and training)
- Personalized Apparel package (sweatshirt, pants, shooting shirt, bag)
- Paid Head Coaches and Trainers
- Tournaments (average of 25 total games).

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- Out of state tournaments are an additional cost. Any extra tournaments in July is an additional cost to the players who attend, divided equally.

- Team Payments will be offered in single payment, 50/50 or (4) monthly installments. The first required payment of \$250 is non-refundable and due on March 16<sup>th</sup> to secure your roster spot.

### **FUNDRAISING AND SCHOLARSHIPS**

We have never turned away a family because they weren't able to pay. We have fundraising and scholarship opportunities for those that need help. Fundraising and scholarships cover a percentage of the total cost.

### **Contact Information for Questions**

Founder/Owner

Andrew Grinaker

[northcityaau@gmail.com](mailto:northcityaau@gmail.com)

425-753-3035 (please leave a message and the organization will return your call)