

ECBA Elite Youth Boys (Grades 4th-8th) Spring and Summer 2020 outline

ECBA has been the premier travel/AAU program in Washington State for more than 20 years. Our program will provide the optimal opportunity for athletes seeking physical, mental, and emotional growth on and off the court. ECBA's main objective with our club teams is skill development, to best prepare players for future success. ECBA's goal is to produce and develop all levels of players from beginners to college players every year. Elite teams will travel throughout the west coast, competing in the top tournaments.

Elite Youth Boys Outline:

Retreat: At the beginning of the season ECBA holds a weekend retreat at their facility. This retreat is a weekend of practices, team building exercise's, goal setting and an overall fun experience for players to get to know their coaches and new teammates.

Training 1-day week for the entire season: All ECBA team members get a free training class. These classes are where players work of specific fundamentals with an ECBA trainer. The ECBA training method was designed by owner Jasen Baskett, its 152-week step by step process in development. This method has produced over 500 college basketball players in the last 20 years.

Additional Unlimited Training: Additional unlimited training is available at ECBA for \$110 monthly membership fee. This membership gets you unlimited training for a month.

Season: March-August

Practices: 2 days a week, same day and time each week for the duration of the season, 1.5-hour practice. (Practice days and times will be available after tryouts)

Tournaments: 12 total tournaments.

Season Tournament Dates:

March 7-8th ECBA Retreat

March 14-15 SYB

March 28-29 SYB

April 4-5 Rotary Seattle

April 17-19 Hoop Circuit Beaverton

May 2-3 SYB

May 15-17 Hoop Circuit Seattle

May 23-25 Hoop Circuit Salem

June 13-14 SYB

June 20 SYB

July 11-12 SYB

July 24-26 Bigfoot Las Vegas

August 8-9 SYB

Program Cost:

Monthly team fee of \$240

Uniform - \$125 – Each uniform comes with a practice jersey.

AAU Membership - \$14

Please visit our website allcityhoops.com for more team information. You can find a list of Frequently Asked Questions on our Teams and Tryouts tabs

Half-Time Elite Youth Boys (Grades 4th-8th) Spring and Summer 2020 outline

This program is designed for the players who might play multiple sports in the spring and summer. It's for the families that want to still improve their sons or daughter's basketball skills and play in games but can't make a full commitment.

Half-time Elite Boys Team Outline:

Retreat: At the beginning of the season ECBA holds a weekend retreat at their facility. This retreat is a weekend of practices, team building exercise's, goal setting and an overall fun experience for players to get to know their coaches and new teammates.

Training 1-day week for the entire season: All ECBA team members get a free training class. These classes are where players work of specific fundamentals with an ECBA trainer. The ECBA training method was designed by owner Jasen Baskett, its 152-week step by step process in development. This method has produced over 500 college basketball players in the last 20 years.

Additional Unlimited Training: Additional unlimited training is available at ECBA for \$110 monthly membership fee. This membership gets you unlimited training for a month.

Season: March-August

Practices: One day a week, same day and time each week for the duration of the season, 1.5-hour practice. (Practice days and times will be available after tryouts)

Tournaments: 8 total tournaments. All tournaments are local no travel required.

Season Tournament Dates:

March 7-8th ECBA Retreat

March 14-15 SYB

March 28-29 SYB

April 18-19 SYB

April 25-26 SYB

May 16-17 SYB

June 13-14 SYB

July 11-12 SYB

August 8-9 SYB

Program Cost:

Monthly team fee of \$165

Uniform - \$125 – Each uniform comes with a practice jersey.

AAU Membership - \$14

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ECBA Elite High School Boys (Grades 9th-11th) Spring and Summer 2020 outline:

ECBA has been the premier travel/AAU program in Washington State for more than 20 years. Our program will provide the optimal opportunity for athletes seeking physical, mental, and emotional growth on and off the court. ECBA's main objective with our club teams is skill development, to best prepare players for future success. ECBA's goal is to produce and develop all levels of players from beginners to college players every year. Elite teams will travel throughout the west coast, competing in the top tournaments.

Elite High School Boys Outline:

The HS Elite Teams will be playing in Local Tournaments, National Tournaments and NCAA Certified Tournaments. These Elite Teams will be playing in the Hoop Circuit League and will be playing in the Signature Division, which is the main college viewing court. ECBA is one of 24 teams selected in the West Coast to play in the Signature Division.

Season: March-August

Practices: 2 days a week, same day and time each week for the duration of the season, 1.5-hour practice. (Practice days and times will be available after tryouts)

Tournaments: 10 total tournaments.

Season Tournament Dates:

March 7-8th ECBA Retreat

March 28-29 SYB

April 4-5 Rotary Seattle

April 17-19 Hoop Circuit Beaverton

April 24-26 Hoop Circuit Anaheim

May 15-17 Hoop Circuit Seattle

May 23-25 Hoop Circuit Salem

July 11-12 Premier Hoops Bellevue

July 24-26 Bigfoot Hoops Las Vegas

August 8-9 SYB Local

Program Cost:

Monthly team fee of \$240

Uniform - \$125 – Each uniform comes with a practice jersey.

AAU Membership - \$14

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ECBA Elite Youth Girls (Grades 4th-8th) Spring and Summer 2020 outline

ECBA has been the premier travel/AAU program in Washington State for more than 20 years. Our program will provide the optimal opportunity for athletes seeking physical, mental, and emotional growth on and off the court. ECBA's main objective with our club teams is skill development, to best prepare players for future success. ECBA's goal is to produce and develop all levels of players from beginners to college players every year. Elite teams will travel throughout the west coast, competing in the top tournaments.

Elite Youth Girls Outline:

Retreat: At the beginning of the season ECBA holds a weekend retreat at their facility. This retreat is a weekend of practices, team building exercise's, goal setting and an overall fun experience for players to get to know their coaches and new teammates.

Training 1-day week for the entire season: All ECBA team members get a free training class. These classes are where players work of specific fundamentals with an ECBA trainer. The ECBA training method was designed by owner Jasen Baskett, its 152-week step by step process in development. This method has produced over 500 college basketball players in the last 20 years.

Additional Unlimited Training: Additional unlimited training is available at ECBA for \$110 monthly membership fee. This membership gets you unlimited training for a month.

Season: March-August

Practices: 2 days a week, same day and time each week for the duration of the season, 1.5-hour practice. (Practice days and times will be available after tryouts)

Tournaments: 12 total tournaments.

Season Tournament Dates:

March 7-8th ECBA Retreat

March 14-15 SYB

March 28-29 SYB

April 4-5 Rotary Seattle

April 17-19 SYB

May 2-3 SYB

May 15-17 Hoop Circuit Seattle

May 23-25 Hoop Circuit Salem

June 13-14 SYB Local

June 20 SYB Local

July 11-12 SYB Local

July 24-26 Bigfoot Las Vegas

August 8-9 SYB Local

Program Cost:

Monthly team fee of \$240

Uniform - \$125 – Each uniform comes with a practice jersey.

AAU Membership - \$14

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Half-Time Elite Youth Girls (Grades 4th-8th) Spring and Summer 2020 outline

This program is designed for the players who might play multiple sports in the spring and summer. It's for the families that want to still improve their sons or daughter's basketball skills and play in games but can't make a full commitment.

Half-time Elite Girls Team Outline:

Retreat: At the beginning of the season ECBA holds a weekend retreat at their facility. This retreat is a weekend of practices, team building exercise's, goal setting and an overall fun experience for players to get to know their coaches and new teammates.

Training 1-day week for the entire season: All ECBA team members get a free training class. These classes are where players work on specific fundamentals with an ECBA trainer. The ECBA training method was designed by owner Jasen Baskett, its 152-week step by step process in development. This method has produced over 500 college basketball players in the last 20 years.

Additional Unlimited Training: Additional unlimited training is available at ECBA for \$110 monthly membership fee. This membership gets you unlimited training for a month.

Season: March-August

Practices: One day a week, same day and time each week for the duration of the season, 1.5-hour practice. (Practice days and times will be available after tryouts)

Tournaments: 8 total tournaments. All tournaments are local no travel required.

Season Tournament Dates:

March 7-8th ECBA Retreat

March 14-15 SYB

March 28-29 SYB

April 18-19 SYB

April 25-26 SYB

May 16-17 SYB

June 13-14 SYB

July 11-12 SYB

August 8-9 SYB

Program Cost:

Monthly team fee of \$165

Uniform - \$125 – Each uniform comes with a practice jersey.

AAU Membership - \$14

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ECBA Elite High School Girls (Grades 9th-11th) Spring and Summer 2020 outline:

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Elite High School Girls Outline:

The HS Elite Teams will be playing in Local Tournaments, National Tournaments and NCAA Certified Tournaments. These Elite Teams will be playing in the Hoop Circuit League and will be playing in the Signature Division, which is the main college viewing court. ECBA is one of 24 teams selected in the West Coast to play in the Signature Division.

Season: March-August

Practices: 2 days a week, same day and time each week for the duration of the season, 1.5-hour practice. (Practice days and times will be available after tryouts)

Tournaments: 10 total tournaments.

Season Tournament Dates:

March 7-8th ECBA Retreat

March 28-29 SYB

April 4-5 Rotary Seattle

April 17-19 SYB

April 24-26 Premier Showcase Bellevue

May 9-10 WTA

May 15-17 EOT Oregon City

May 23-25 SYB

July 5-8 EOT Oregon City

July 10-12 EOT Auburn

July 23-25 EOT Irvine

August 8-9 SYB

Program Cost:

Monthly team fee of \$240

Uniform - \$125 – Each uniform comes with a practice jersey.

AAU Membership - \$14

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Boys & Girls 2nd & 3rd Grade Spring and Summer 2020 outline

This program is a development program designed for players who are just starting out and want to still improve their basketball skills through practice, training and games.

Boys & Girls 2nd -3rd grade outline:

Retreat: At the beginning of the season ECBA holds a weekend retreat at their facility. This retreat is a weekend of practices, team building exercise's, goal setting and an overall fun experience for players to get to know their coaches and new teammates.

Training 1-day week for the entire season: All ECBA team members get a free training class. These classes are where players work of specific fundamentals with an ECBA trainer. The ECBA training method was designed by owner Jasen Baskett, its 152-week step by step process in development. This method has produced over 500 college basketball players in the last 20 years.

Additional Unlimited Training: Additional unlimited training is available at ECBA for \$110 monthly membership fee. This membership gets you unlimited training for a month.

Season: March-August

Practices: One day a week, same day and time each week for the duration of the season, 1.5-hour practice. (Practice days and times will be available after tryouts)

Tournaments: local Leagues and/or Tournaments

Season Tournament Dates: TBD

Program Cost:

Monthly team fee of \$110

Uniform - \$30 for a practice jersey that will be worn for games

AAU Membership - \$14

Please visit our website allcityhoops.com for more team information. You can find a list of Frequently Asked Questions on our Teams and Tryouts tabs