

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 6 years. We have grown from 3 teams the first year, to 24 teams the last couple years 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.

Tournaments 2012

- ❖ March Madness, Mar 9-11
 - ❖ Braggin Rightz Brawl, Mar 30-Apr 1
 - ❖ April Thaw, April 13-15
 - ❖ Spring Storm, April 27-29
 - ❖ Cinco de Mayo, May 4-6
 - ❖ May Daze, May 18-20
 - ❖ Heat is On, Jun 22-24
 - ❖ Mid Summer Blast, July 27-29
 - ❖ End of Summer Run, Aug 10-12
 - ❖ *Thanksgiving Tune-up Nov 23-25
 - ❖ *Holiday Hoopla, Dec 26-30
- * Not part of AAU program

Basketball Camps 2012

Shooting Camp; June 18-22 and July 23-27
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 2500 shots in 5 days.

Perimeter Player Camp; June 25-29, '12
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.

Post Player Camp; July 9-13, 2012
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.....


Offensive Skills and Scoring Camp;
July 16-20, 2012; Want to be a better scorer? Then this is your camp. This camp incorporates some of the Shooting Camp, some of the Perimeter Camp and some of the Big Man Camp.

Court IQ and Scrimmage Camp;
July 30-Aug 3, 2012
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 2012



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 grades 4-11 to compete in tournaments during the spring and summer of 2012.

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 2012-13 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 12 and Feb 19:

- 4-6th grade girls: 12:00-1:30
- 7-11th grade girls: 2:00-3:30
- 4-6th grade boys: 4:00-5:30
- 7-8th grade boys: 6:00-7:30
- 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 non-refundable \$35 tryout fee which covers both tryouts and can be applied toward the registration fee.

Some teams from last year are already full and don't need any players. Some teams are looking to pick up a few players; others might need a handful.

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 (Sundays)

***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, 3:00-5:45 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, usually held non-tournament Saturdays).
- **50% Discount** on 3-on-3 tournament fees (AAU member player only)
- **50% Discount** on basketball-related summer camps (not transferrable),
- **FREE Skills and Drills** during spring and summer. 50% off during fall.

Registration fees: \$415.

Includes at least 21 games (probably completed in 7 tournaments) 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, send list of qualifications to sturpening@aol.com.

Travel/Outside Tournaments

Some teams have expressed interest in traveling and participating in a few outside tournaments; doing this will be an individual team decision. Approval for funding is on a case by case basis. Teams will be responsible for administrative requirements of the tournaments. Participation in tournaments other than In the Zone's is not included in the registration fee.

Playing Levels

ITZ BC, will have A and B level teams for some grades. Players will be placed on a team based not only on ability but also on commitment. "A" level players will be expected to make every practice and tournament and most skill workshops. Kids that play other sports or who have other commitments precluding them from making practices would most likely (but not always) be on a B team. When playing other In the Zone teams, A level teams will play up one grade against B level teams. Players may get bumped up or down during the course of a season.

Alternates: Players that are not selected for a team may be placed on a team as an "Alternate." Alternates will practice with the team and have all the additional benefits of a full ITZ BC AAU member but they will not play in games (coaches may ask them to play if they need extra players). Fee for Alternates is \$205.

AAU Age Bracket Determination

For 2012, AAU has adopted a grade based eligibility standard. The GRADE determining date is October 1, 2011. There is also an age requirement that essentially allows kids who have been held back one year or started late by one year to play at their GRADE level.