

# PA Girls Middle School Rec. Basketball



For players desiring a less competitive level of play where fun is emphasized, a recreational league is offered. The goal of this program is to develop and improve basic basketball skills and game fundamentals. We work to foster a spirit of teamwork and sportsmanship. The teams are based on grade level and play-with request. Team members practice one night per week and participate in one game per weekend. The games will be in the Parochial School League whose schedule will be determined at a later date.

Each participant is expected to attend all practices and weekend games. The goal is for continuous improvement of both the team and individual skill sets.

Rec. basketball is offered for grades 5 through 8. It focuses on developing a love for the game while building camaraderie with teammates. The Girls Varsity Basketball Coaches will also be available to help plan with instruction and would be available to come to practice at a coaches request.

## Program Goals:

1. Teach individual skills.
2. Focus on development of team concepts and ideals.
3. Teach players to be respectful to each other, opponents, officials and the game.
4. Learn to win or lose with class and good sportsmanship.
5. Foster an environment that teaches and stresses the importance of the team over individual players.
6. Facilitate an environment where each team member feels they serve an important role on her team.

### Team Logistics

- Teams would practice 1 time a week at Providence Academy.
- Teams would consist of around 10 players.
- Each player will receive equal playing time no matter what.
- Total costs for sign-up includes uniforms, gym space, and tournament entry fees.
- Rec. coaches will be selected by Varsity Coach and Middle School AD.

## Parochial League Schedule released around 12/26