



BRUINS "Black" / BRUINS "Red"

Families/athletes are given the choice to play for a "Bruins Black" or a "Bruins Red" team.

Bruins Black:

- *Athletes play predominantly basketball
- *Practices are up to 2x/week
- *Weekend tournaments begin in spring

Bruins Red:

- *Athletes participate in spring sports
- *Practices are no more than 1x/week
- *Weekend tournaments begin in the summer

Schedule

- *A potential schedule may look like this (see below) – but VABA Bruins coaches will make final decisions on the overall schedule based on the coaches' availability and the vision they have for their team, all within the framework of the VABA Mission.*
- *Overall the VABA Bruins program is centered around a "year-round" concept – the idea being that student-athletes will gain the most from an on-going program that provides continuity and consistency with one team, and one qualified/trained head coach, while always staying consistent with the VABA Mission of character and skill development.*

SPRING:

The VABA Bruin program begins in the spring of each year (mid-March). Practices take place once or twice a week with occasional tournaments (1-3 day tournaments) on specified weekends.

SUMMER:

Starting June 1, teams would be participating in regular weekend tournaments with the hopes of qualifying for larger sanctioned AAU tournaments. From June 1 through mid-July, each VABA Team will play in a series of weekend tournaments. From June 1 through July 31, VABA Teams will continue to practice at least one time each week. During June and continuing through July 31, each VABA Bruins team will also play in the **VABA Summer League**. With a break in the month of August, team activities would resume again in the fall.

FALL:

Beginning in September and going through the start of the winter season, the VABA Bruins would practice one time each week with the focus being on individual fundamentals and team development. There will be no games during this period.

WINTER:

For those in grades 5 – 8 and participating in the VDBL, Bruins teams would play only in one-day Saturday-only events that would not conflict with the VDBL winter team schedule. There are no VABA Bruins practices during the VDBL winter season. Any VABA Bruins teams in the ninth grade and up would not participate in the winter, focusing on their high school season.

Bruins@PlayVABA.org ♦ www.PlayVABA.org ♦ 434-242-7729