



VIRGINIA DEVELOPMENTAL BASKETBALL LEAGUE

Preparing Young Players for Life ❖ THIRD SEASON 2010-11

For more info or with questions, visit www.PlayVABA.org or call 434-242-7729.

League Mission: The Mission of the VDBL is to prepare young players for life through the game of basketball.

Organized and run by the *Virginia Basketball Academy* this program is set on VABA's two main goals: **SKILL & CHARACTER DEVELOPMENT**. The VDBL is designed to help young basketball players prepare for life and the relevant possibility of playing high school basketball. As a program of VABA, a recognized 501c3/non-profit organization, the VDBL maintains the same mission and purpose, aiming to serve the extended Charlottesville-Albemarle community by funding scholarships for all interested participants. *Donations and sponsorships are vitally important to sustaining our costs and are always welcome!*

BOYS TRY-OUT DATES & TIMES (7:00 – 9:00 pm)

- ❖ Mon, 9/20 @ AHS: Patriots, Eagles, Saints
- ❖ Wed., 9/22 @ MHS: Mustangs, Warriors
- ❖ Tues., 10/12 @ Walker Upper Elem: Black Knights

GIRLS TRY-OUT DATES & TIMES

- Tues, 9/21 (7-9pm) @ AHS: Patriots, Mustangs❖
- Sun, 9/26 (2-4pm) @ WAHS: Warriors, Eagles Saints❖
- TBD @ Walker Upper Elem: Black Knights❖

There are no sign-ups at this time. Please mark your calendar! Sign-ups will be held only at try-outs.

There will be a Parent Seminar held on the evening of each try-out. One Parent/Guardian is required to attend.

NONE OF THESE TRYOUT DATES WORK? Attend Sat., Sept. 25 @ Covenant Upper School 1:00 – 3:00 pm

League Structure: This is not a "recreational" basketball league; rather, this is a league which provides a controlled environment where devoted coaches and student-athletes can sincerely focus on developing their skills, thus striving toward maximizing their potential on and off the court.

There are four "divisions" within the VDBL: 5th, 6th, 7th and 8th grade. All teams, comprised of 10 players each (chosen through try-outs), are divided based on the high school the players would be attending. The VDBL ("D-League") is not run directly by the schools, the high schools, or their athletic directors and coaches. It has been designed with their knowledge, input, and consent. Local high schools stand to benefit from the development of their future athletes and are very supportive and excited about the VDBL and its approach. Games and practices take place at the projected high school or middle school (girls). Participating schools include Albemarle HS, Charlottesville HS, CCS, Covenant School, Fluvanna County HS, Monticello HS, STAB, Tandem, Western Albemarle HS, William Monroe HS and all area private schools.

		TEAMS									
DIVISIONS	5th grade	"Patriots"	"Warriors"	"Mustangs"	"Black Knights"	"Eagles"	"Saints"	"Dragons"	"Flucos"		
	6th grade										
	7th grade										
	8th grade										
Try-outs (dates above) →		Future AHS students	Future WAHS students	Future MHS students	Future CHS students	Covenant CCS students	STAB students	Future WMHS students	Future Fluvanna students		

*All other private school or home-schooled students interested in participating have the choice of trying-out for either the "Eagles" or "Saints."
*Only those student-athletes affiliated with the designated schools listed above may participate.

IMPORTANT VDBL DATES & DETAILS

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"D-League" Offerings

- ❖ **Trained Coaches/"Coaches Clinics:"** All VDBL Head Coaches are trained, through a series of "Coaches' Clinics," on a specific basketball curriculum of Coaching Ethics, Defensive & Offensive play. There is no charge to VDBL Coaches for Coaches Clinics.
- ❖ **"Team/Player Clinics:"** All student-athletes are required to attend ONE "Team/Player Clinic." Founding Director, Ben D'Alessandro, will be conducting these teaching sessions. This is the first time VDBL Head coaches will get a chance to meet and work with their teams. "Team Clinics" will cover the fundamentals of proper man-to-man defensive play, and the individual and team skills, concepts and schemes of proper offensive play. All clinics are included in the price of the league and are REQUIRED to play.
- ❖ **Mesh Uniforms, Shooting Shirt & T-shirt:** All student-athletes are outfitted in full uniform, including a reversible mesh jersey and shorts, shooting shirt & league t-shirt in the respective colors of their future high school (student-athletes keep all apparel).
- ❖ **Full-court, Reserved, Gym-space @ HS:** Two (2) FULL-COURT practices (90-minutes) are scheduled for each team to ensure the optimum environment for teaching and learning. Practices take place at the program's respective high school or middle school (girls) gymnasium. Game locations rotate each week so each team receives, in most cases, two home games during the season.
- ❖ **Certified, High School Officials for Games:** All games are officiated by certified high school officials, three-man crews. All VHSL rules are applied and enforced.
- ❖ **"Grass-Roots" Leadership:** Through the VDBL Committee, representatives from each of the schools participate in offering league policy recommendations. Within each school "Team Pods" made up of Head & Assistant Coaches & Team Managers organize participants' families in assisting with
- ❖ **Skill & Character Development Binder:** All student-athletes are given a binder for on-going skill & character development including handouts, learning tools, etc. Each S-A is held to Academic and Conduct standards. Academic achievement, school and home conduct, and team participation will be reported and assessed weekly by VDBL team coaches and league directors.
- ❖ **League-wide Fundraiser:** VABA (and the VDBL) partners with the National Marrow Donor Program to help raise funds for bone marrow transplant research. These efforts also help participants raise money for their teams and their registration fees.
- ❖ **Full & Partial Scholarships!!** ****Cost should NOT PROHIBIT any student-athlete from trying-out/signing-up!!****
In order to bring the highest quality organization & league, it requires significant costs – listed above. The VDBL is a program of the *Virginia Basketball Academy* a non-profit organization, whose mission is to use basketball to teach life and ensuring opportunities to all potential participants is *critical* to its purpose AND success. APPLY FOR A SCHOLARSHIP! Go to www.PlayVABA.org; call 434-242-7729.

Season Info – PRACTICES, GAMES & TOURNAMENT

TEAM CLINICS: Saturday, November 6 or Sunday, November 7

Team clinics are required by all participants and coaches.

League-wide "Basketball Marrowthon" may be done in conjunction with these clinic dates.

FIRST PRACTICE: Week of Monday, November 15

All teams practice twice-a-week, on a full-court, for 90-minutes, in the evenings (usually from 7:00 – 8:30 pm). All practices usually held on Mondays & Wednesdays (no practice on day before Thanksgiving or the week of Christmas & New Year's).

FIRST GAME: Sunday, December 5.....**LAST REGULAR SEASON GAME:** Sunday, February 13

All games take place on Sunday afternoons between 1:00 and 7:00 pm (@ 1:00, 2:15, 3:30, 4:45, 6:00 pm).

Single-elimination tournament: Tournament play spans one to two weeks following end of regular season.

