



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.

TRY-OUTS & CLINIC DATES

First-chance "Open" D-League TRY-OUTS!

Sunday, September 12th @ Albemarle HS

Two Sessions (come to either one)

2:00 – 4:00 pm or 4:30 – 6:30pm

Boys & Girls, Grades 5 – 8 – All are encouraged to attend!



Due to an overwhelming response to our initial tryout dates, and in order to accommodate those participating in weekday fall-sports we are providing the opportunity to come on a weekend, this Sunday afternoon! This tryout will begin the evaluation process for this the third season of the VDBL (Boys) and our inaugural Girls Season! **DON'T MISS OUT!**

All participants will be thoroughly evaluated through drill-work and full-court 5-on-5 play.

Each attendee will be notified within 48 hours whether he/she (a) has made the team OR (b) has been invited to return to the assigned weekday tryout to be evaluated again (see below).

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 "EVALUATION" 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**

Participants will be grouped based on future high school. Please mark your calendar! Sign-ups will be held only at try-outs. There will be a Parent Seminar held during each try-out. One Parent/Guardian is required to attend.

Season Info – CLINICS, COACHES, PRACTICES, GAMES & TOURNAMENT

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

Team clinics are required by all participants and coaches.

League-wide fundraiser ("Basketball Marrowthon") may be done in conjunction with these clinic dates to raise funding for area charities.

FIRST PRACTICE: Week of Monday, November 15

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

FIRST GAME: Sunday, December 5 (games take place at area high schools and rotate location each week)

LAST REGULAR SEASON GAME: Sunday, February 6 (Girls), Sunday, February 20 (Boys)

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.

Coaching Assignments: Most teams have already been assigned coaches. All coaches are trained through our 10-hour "Coaches Training Program."

For more questions regarding coaching or anything else, please call 434-242-7729 or email VDBL@PlayVABA.org.