

CENTRAL COAST



## Compete

-Work hard on every possession and every repetition to be the best version of you

## Commitment

-Show up for your team. Be on time and mentally and physically ready to compete

## Fundamentals

-Take pride in executing the fundamentals to the best of your ability in order to create the foundation for exponential improvement

## Intentional

-Be intentional in every drill, with leadership and being a good teammate

## Respect

-Be coachable and respectful to coaches, parents, referees and opponents

## Effort

-Give your maximum effort everyday

## Practices + Games

Gym Schedule is set until 10/19. Our goal is to go through November 20th and then go to one skills day per week.

**Mondays:** Team Practice from 6:30pm-8pm (big gym)

**Wednesdays:** Skills Practice 6pm-7:30pm (small gym)

September: Potential local league games

October: 10/15-10/16 local tournament

November: 11/19-11/20 local tournament



## Program Options

We offer two program options for athletes:

AAU Membership: \$16

**Skills only:** once a week for \$80/month

**Team:** two practices a week + tournament/league games for \$125/month + tournament fees

**To register and get on TeamSnap please email [CCFire2022@gmail.com](mailto:CCFire2022@gmail.com) and provide the following information:**

Athlete's name, Athlete's grade, Guardian's name, Guardian's email address, What program option is desired? (Team or Skills only)

 @cc\_fire\_basketball