



# HOOPS4HEALTH®



## Spring Travel AAU

Our Travel AAU Basketball program is for all players looking to develop their skills on a more competitive level. This program promotes teamwork, friendship, hard work, discipline, fundamentals, and a healthy lifestyle. We always provide professional coaching and challenge our players to become not only better players but better people. Since 2010 Hoops4Health has and continues to provide excellence in teaching youth basketball the fundamentals. Serving the North Shore & the Chicago Area.

### Season/Team Details

Season runs March-mid June for Boys and Girls grades 2-12. There will be multiple teams per grade consisting of National, A and B teams. Teams compete on the AAU (Amateur Athletic Union) and/or Travel circuit and will play in either the (A) or (B) division among the tournaments. National teams also take part in the NY2LA Generation Next Basketball Association. National teams are for 6-12<sup>th</sup> grade only. There are no practices or games during holidays.

### Practices and Tournaments

Teams practice 2x a week in Winnetka & other surrounding locations. Teamwork & defense are the backbone of our philosophy and emphasized by each coach. All the tournaments are within 20min-1hr from the Winnetka/Wilmette area. There will be six weekend tournaments either Saturday or Sunday 3 games. National teams play in 2-4 overnight tournaments depending on grade.

### Professional Coaching

Our staff includes all coaches with an incredible amount of expertise and experience in coaching basketball. Each one has a passion for teaching the art of the game, offensive and defensive schemes, and the fundamentals & qualities necessary to be a great teammate and player. Our coaches stress sportsmanship, teamwork, importance of nutrition, taking care of your mind and body, and excelling in school.

### Cost

New Player Cost: \$1095 includes: 3 Month Season, 2 Practices a week, 6 tournaments, Uniform Package Reversible Uniform, Hoodie, T-Shirt, Practice Jersey, Shooting Shirt, Backpack, Water Bottle, & Socks. Returning Winter Player Cost: \$975. Grades 6-7 National Team Cost: \$1295 Grades 8-12 National: \$1395 (includes overnight tournaments) \*Parents cover hotel costs. There are discounted room rates.

### Tryouts

There are NO CUTS. Players are evaluated and placed according to age and skill level. See the website for exact tryout dates and locations. Tryouts start 2/22 in Winnetka.

**To register and for more details visit our website at**  
**[www.hoops4health.com](http://www.hoops4health.com) (P) 847-997-6759**  
**(E) [support@hoops4health.com](mailto:support@hoops4health.com)**

