



VIRGINIA DEVELOPMENTAL BASKETBALL LEAGUE

Preparing Young Players for Life ❖ FOURTH SEASON 2011-12

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

VDBL TRY-OUT/EVALUATION INFO:

Location: Albemarle HS **Time:** 7:00 – 9:00 pm

September 11, 17, 18 (county & private school)

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

No cuts (Alb. County boys)! Individuals will be placed on either a VDBL-Gold or VDBL-Silver roster.

Girls divisions include grades 5-6 & 7-8. Must attend at least one tryout.

C'ville City students (@ Walker, 6-8pm): **September 27** (boys) **September 29** (girls)



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.

League Structure: These are not "recreational" basketball leagues; rather, these leagues provide 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.

VDBL-Boys (four divisions): 5th, 6th, 7th and 8th grade, **VDBL-Girls (two divisions):** 5 - 6th, 7 - 8th

All teams, comprised of 10 players each (chosen through try-outs), are divided based on the high school the players will eventually be attending. The boys leagues include a VDBL-Gold and a VDBL-Silver. After the tryout/evaluations, individuals will be placed on either a VDBL-Gold or a VDBL-Silver team (same offerings). VDBL-Gold teams are formed first, and those individuals not evaluated to a VDBL-Gold team will make a VDBL-Silver roster. Games and practices take place at the respective high school or middle school. Participating schools include Albemarle HS, Charlottesville HS, CCS, Covenant School, Fluvanna County HS, Louisa County HS, Monticello HS, Nelson County HS, STAB, Tandem, Western Albemarle HS, William Monroe HS and all area private schools.

BOYS LEAGUES SIGN-UP/REGISTER ONLINE TODAY! Girls league sign-ups are after tryouts when teams have been chosen.

There will be a Parent Seminar held during each try-out/evaluation. One Parent/Guardian is required to attend.

| | | TEAMS | | | | | | | | | |
|-----------|-----------------------------|---------------------------|----------------------------|---------------------------|---------------------------|-----------------------------|------------------|----------------------------|--------------------------------|------------------------------|------------------------------|
| DIVISIONS | 5th grade | "Patriots" | "Warriors" | "Mustangs" | "Black Knights" | "Eagles" | "Saints" | "Dragons" | "Flucos" | "Lions" | "Governors" |
| | 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 | Future Louisa students | Future Nelson students |

*All other private school or home-schooled students interested in participating have the choice of trying-out for either the "Eagles" or "Saints."

IMPORTANT VDBL DATES & DETAILS

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



VDBL 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/league 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, usually 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 organizing team details and game day operations.
- ❖ **Skill & Character Development Handouts:** All student-athletes are given handouts throughout the season for on-going skill & character development. 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.

LEAGUE RATES: \$205...Boys (Gold/Silver) & Girls (10-week season), 25+ practices, 12+ games
\$175...City and non-Albemarle County residents (10-week season), 25+ practices, 12+ games

Season Info – PRACTICES, GAMES & TOURNAMENT

TEAM CLINICS: Saturday, November 5 or Sunday, November 6

Team clinics are required by all participants and coaches.

League-wide “Basketball VABAthon” may be done in conjunction with these clinic dates.

FIRST PRACTICE: Week of Monday, November 14

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 4 (games take place at area high schools and rotate location each week)

LAST REGULAR SEASON GAME: Sunday, February 19 (Boys & Girls)

All games take place on Sunday afternoons between 1:00 and 7:00 pm.

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

Championship Game: Held at John Paul Jones Arena (date, TBD)