



Winter 2023 - 2024

Basketball Programs

Tiger Cubs

Boys & Girls - Grades K-3

Saturday mornings beginning November 11th

K-1st Graders - 9:30am-10:30am

2nd-3rd Graders - 11:00am-12:30pm

This 12-week instructional program places an emphasis on fun and teaches the fundamental skills necessary for younger players to learn to play the game the right way. These sessions will be led by our various St Therese coaches and Varsity basketball players who will work closely with every participant to ensure that they learn the basics and have a great time doing it! The first half of the program will be dedicated to skill development while the second half of the season will incorporate game play, discussion of rules and strategies and transitioning between offense and defense.

Developmental

Boys & Girls - Grade 4

Begins week of November 1st

These developmental teams allow players the opportunity to compete against other local schools and teams while continuing to build on the fundamentals. Teams will practice 1-2 times per week and will have a league schedule of games from December through February, with the majority of games played on the weekends.

Junior Varsity

Boys & Girls - Grades 5-6

Boys Tryouts:

Sunday 10/15 6:30-8:00pm & Tuesday 10/17 6:30-8:00pm

Girls Tryouts

Monday 10/16 6:00-7:30pm & Sunday 10/22 12:00-1:30pm

Varsity

Boys & Girls - Grades 7-8

Boys Tryouts:

Monday 10/16 8:00-9:30pm & Sunday 10/22 1:30-3:00pm

Girls Tryout / Practice Wednesday 10/18 7:30-9:00pm