



YOUTH BASKETBALL

2019-2020 SEASON INFO



- **Players' eligibility is based on their age as of February 28, 2020.**
- Each team shall have a maximum of *ten players*.
- Every league has a minimum and maximum participation rule that requires each player to play a certain number of minutes.
- Boys and Girls leagues for ages 7-8 will use an 8 ½ foot basket for all practices and games. Boys and Girls ages 9-10 will use a 9 foot basket. All other leagues will use a 10 foot basket.
- All coaches are volunteers who have been approved by APR&CR and are certified through the NYSCA. To volunteer as a head or assistant coach, please email kyle.talley@apexnc.org
- There are team placement tryouts for all ages and leagues (see schedule below).
- Practice will start the week of **November 12**. Each team will have one practice during the week and one on Saturday or Sunday (depending on the league).
Note: Practice times and days will be rotated.
- Games will start on **December 7, 2019** and finish by the end of February.
- Uniforms (game jersey) will be provided by APR&CR.
- In case of inclement weather you may call our Information Hotline at (919) 249-3348 after 4:00pm weekdays, 8:00am on Saturdays and 12:00pm on Sundays. If Apex schools have canceled classes and/or afterschool activities, practices will also be canceled.
- Please remember to support your team through good sportsmanship.
- If you have any questions or concerns call (919) 249-3402.

TEAM PLACEMENT TRYOUTS – SATURDAY, NOVEMBER 2nd
All Tryouts will be held at the Apex Community Center



<u>LEAGUE</u>	<u>TIME</u>	<u>LOCATION</u>
Pee Wee Boys (7-8)	8:30am	Gym 2
Mite Boys (9-10)	10:00am	Gym 2
Major Boys (11-12)	11:30am	Gym 2
Junior Boys (13-14)	1:00pm	Gym 2
Senior Boys (15-16)	12:30pm	Gym 1
Pee Wee Girls (7-8)	8:30am	Gym 1
Mite Girls (9-10)	9:30am	Gym 1
Major Girls (11-12)	10:30am	Gym 1
Junior Girls (13-15)	11:30am	Gym 1

(Please arrive 15 minutes early for check in)

Am I an APEX RESIDENT or NON-RESIDENT?

Resident: Resides WITHIN the Apex Corporate Limit as defined by the Planning Department and also pays Apex taxes. You can be considered a non-resident even though you have an Apex address.

Non-Resident: Resides OUTSIDE the Apex Corporate Limits as defined by the Planning Department

Note: Addresses located in the "ETJ" (Extra Territorial Jurisdiction) are considered Non-Residents for registration purposes.

Waiting List Policy

Waiting lists are available for some programs and activities offered by the Apex Parks, Recreation, and Cultural Resources Department. Waiting lists are typically created after all participants and / or coaches are verified for the program / activity in question and the program is deemed full based on a number established by the department. Participants on the Waiting List will then be reassigned based on their place of residency with Apex Residents always receiving priority over non-residents based on the above definition of "APEX RESIDENT."

Once a determination is made to release someone from the waiting list, they will be contacted by APR&CR and have 3 working days from the time they are contacted either in person or by message to complete all remaining registration requirements for their particular program. Failure to do so will authorize APR&CR to go to the next person on the waiting list. For Youth Athletic Programs, once regular season games have begun Players / Participants will not be added from the waiting list unless it will result in a forfeit situation.

Refund Policy

A full refund of registration and participation fees and charges will be made for all programs, activities, and events canceled or adjusted by the Apex Parks, Recreation, and Cultural Resources Department (APRCR). For all other situations where refunds may be requested, the following guidelines shall apply. The Director of Parks, Recreation, and Cultural Resources shall have the authority to make decisions on all requests not specifically covered herein.

Community Center / Athletic / Instructional / and Non-Athletic Programs

1. If a participant requests a refund, in writing, at least 10 calendar days before the first day of athletic league tryouts or at least 10 calendar days before the first meeting of a class or non-athletic / instructional program, a full refund, minus a \$5.00 processing fee, will be issued.
2. If a participant requests a refund, in writing, less than 10 calendar days prior to the first day of athletic tryouts, or less than 10 calendar days prior to the first meeting of a class or non-athletic / instructional program, a 75% refund will be issued only if the participant can be replaced from the waiting list.
3. For athletic programs, no refunds will be issued on or after the first day of regular season games for the affected league. For Community Center classes or non-athletic / instructional programs, no refund will be issued on the day of or after the first class meeting.

EXCEPTIONS

For Youth Athletics, Instructional, and Non-Athletic Programs, a full refund of all fees paid, less a \$5.00 processing fee, will be made if:

- 1) Prior to the first regular season game or first class meeting, a written excuse, from a licensed medical doctor, is provided indicating that the participant should not participate due to medical concerns or physical limitations.
- 2) Prior to the first regular season game or first class meeting, a written verification is provided that the participant has been included in either a Middle School, High School, or College program that prohibits participation in recreational programs.

SPORT SNACK GAME PLAN

When it's your turn to bring snacks for the team, it can be tough to decide which options are the best and healthiest. Here are a few tips to help you find tasty and healthy snacks the whole team can enjoy.

<p>SNACK & DRINK SUGGESTIONS</p> <p>Fruit and water are always the best snack choices for kids on the move. Try these popular options:</p> <ul style="list-style-type: none">> Orange & apple wedges> Fresh peaches, pears, watermelon or other seasonal fruit> Dried fruit, nuts and raisins> Bananas, grapes & strawberries> Fruit cups (packed in juice) or unsweetened applesauce> Water - no need for sugar-packed drinks	<p>GRAB & GO - THE PRICE IS RIGHT!</p> <p>Not only is grabbing fresh fruit and water fast and easy, it's cost effective too. Check out this price comparison for a team of 12.</p> <p>Healthy Snack Total = \$7.29</p> <ul style="list-style-type: none">> Fresh bananas/oranges/apples - \$3 to \$4 a bag> 16-pz. natural spring water bottles (15 pack) - \$3.29 <p>Typical Snack Total = \$10.25</p> <ul style="list-style-type: none">> Mini bags of cookies (12 pack) - \$4> Two boxes of 7 oz. Capri Sun drink pouches (10 packs in each) - \$6.25
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