



2 Terrace Road, Ladera Ranch, California 92694 • [www.teamnikos.com](http://www.teamnikos.com) • (949) 365-1212

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# **TEAM NIKOS BASKETBALL ACADEMY**

## **Welcome Packet**

**Spring-Summer 2018**  
**(March 1, 2018 – August 31, 2018)**



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## **Welcome to Team Nikos Basketball Academy**

Thank you for your interest in Team Nikos Basketball Academy. We are proud to be part of the community where our mission is to foster national amateur basketball competition through directing and controlling interscholastic athletic competitions.

### **OUR MISSION**

Our mission is to dramatically improve every player's skill level each season. By focusing on both the physical and mental aspects of the game, we will work with every player to set achievable goals designed to increase their ability, confidence and competitive drive. The end result should be each individual player's enhanced capacity to triumph against the highest levels of competition, both on and off the court.



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## Team Nikos Staff

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Erik Butz	Assistant Coach	
Daniel Dietsch	Assistant Coach	
Andre Johnson	Assistant Coach	
Alec Williams	Assistant Coach	
Nikolais White	Assistant Coach	

1 TEAM 1 UNIT



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## Getting Started

### REGISTERING YOUR PLAYER

Team Nikos club program registration is completed online. Once you have been invited to join the club and have responded with your commitment, you will be emailed internet links to complete your online registration and uniform/gear order:

Player Information and Registration – complete the following:

- Player information
- Parent/Guardian information
- Select: Payment-in-Full (or) Installment Option for club dues (see page 16 for full details)
- **NOTE:** Per Diem fees for the current season are required and will be added to your total for check-out
- Complete payment for your order through PayPal if opting to pay online with a credit card (you may checkout as a guest without logging in to PayPal)

Read and Sign:

- Acceptance of Commitment Contract, Terms and Conditions
- Team Nikos Concussion Information Sheet
- Participation Waiver and Release of Liability

Uniform/Gear Order – complete the following:

- New Players: Select New Player Uniform and Gear Package (required for all new players), plus additional a la carte options, if desired.
- Returning Players: Select from a la carte options. Submit returning jersey number if ordering a game uniform.
- Submit sizes.
- Complete payment for your uniform/gear order through PayPal (you may checkout as a guest without logging in to PayPal).
- **NOTE! FOR ALL NEW PLAYERS AND RETURNING PLAYERS ORDERING A GAME UNIFORM:** Please see the following “Uniform and Gear” section on page 6 regarding game uniform style update planned for next season (2018-19).

### PLAYER DOCUMENTATION

Team Nikos requires players to submit copies of the following important documents, which are required for player certification when teams are checked-in at tournaments:

- **Player Birth Certificate** – required for age verification.
- **Player’s Most Recent Report Card OR School ID** – required for grade level verification.
- **Copy of Phone or Utility Bill** showing home address – required for proof of residency.
- **Player’s Current AAU Membership Card** - current membership is required for all AAU-sanctioned tournaments and for liability coverage for all events in which Team Nikos participates. Memberships are obtained online by going to <http://www.aauboysbasketball.org/Membership/SignUp.aspx>. Be sure to select “Extended” membership for \$16.00. Our Team Nikos club code is WWC6WC.

Copies of the above documents must be submitted within 48 hours of player registration. Digital copies are preferred; you will be provided with instructions for digital upload or email.



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## Uniforms and Gear

All players must have the following official uniform/gear for the current season:

- One (1) Team Nikos Reversible Game Uniform Set (jersey and shorts)
- Two (2) Team Nikos Reversible Practice Jerseys
- One (1) Team Nikos Shooting Shirt
- One (1) Team Nikos Logo Backpack

**Package total: \$305.00**

**\*\*NOTE: This is separate and NOT included in your club membership dues.**

New players will be required to purchase the uniform/gear package at the time of registration, which includes all of the items listed above. You may add to this gear package, but may not deduct any items from the basic package.

New players will be assigned an available jersey number. We are unable to take requests for jersey numbers. Team Nikos avoids allowing duplicate jersey numbers within the same grade level. This is to reduce situations in which we end up having duplicate jersey numbers on the same roster (refer to the Player and Parent Handbook, Sections “Off-Weekend Tournaments” on page 10 and “Player Movement” on page 12).

**FOR THE UPCOMING 2018-19 SEASON** Team Nikos WILL be updating our game uniforms and other gear. All players who commit to the new season starting in September 2018, whether new or returning, will be required to purchase a standard uniform/gear package. The pricing for the 2018-19 standard uniform/gear package has not yet been set.

Your uniform/gear order is a separate online form from registration, and will require payment (check-out through PayPal) at the time of submission. You may check-out as a guest with your credit card, which will not require logging in.



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## The Team Nikos Club Basketball Program: What's Included

Participation in the Team Nikos club basketball program provides players with 2 team practices per week, 2 “Academy 2.0” sessions per week, 2 tournaments per month and weekly performance training. Additional opportunities for in-game experience are also available to our club players through our Off-Weekend Tournament program (“OWT”), for an additional fee. See pages 12-13 in this document for more details on the OWT program, and page 10 in the Player and Parent Handbook for additional details and refund policy.

### PRACTICES

Team practices are vital to the development of team cohesiveness on the court during games. During team practices, coaches will work on team skills such as offensive plays, in-bound plays and press-breaks, defensive sets, etc. Attendance at all practices is mandatory for all players. Teams will practice twice per week and will be assigned to one of the following sessions:

- Tuesday/Thursday from 5:00 pm to 6:30 pm
- Tuesday/Thursday from 6:30 pm to 8:00 pm

### ACADEMY 2.0

The Academy 2.0 sessions consist of specialized skill training geared toward the individual player, and is considered crucial to every youth athlete’s individual development and growth as a basketball player. While attendance at Academy 2.0 is optional, **it is highly recommended that players attend once per week at minimum.**

- Academy 2.0 is offered Monday and Wednesday afternoons/evenings:
  - 3:00 pm to 5:00 pm for grades 2<sup>nd</sup>-5<sup>th</sup>
  - 5:00 pm to 7:00 pm for grades 6<sup>th</sup>-8<sup>th</sup>

### R.O.C.K. INSTITUTE PERFORMANCE TRAINING

All Team Nikos club players have access to performance training sessions at R.O.C.K. Institute, which are age-specific and appropriate workout sessions designed to help youth athletes enhance their overall speed, strength, explosiveness, agility and sport-specific ability. Schedule options are as follows:

- Tuesdays and Thursdays: 30 minutes prior to your Team Nikos practice:
  - 4:30 pm to 5:00 pm (for players starting practice at 5:00 pm)
  - 6:00 pm to 6:30 pm (for players starting practice at 6:30 pm)
- Fridays 5:00 pm to 6:00 pm (for grades 2<sup>nd</sup>-5<sup>th</sup>) and 6:00 pm to 7:00 pm (for grades 6<sup>th</sup>-8<sup>th</sup>)

*All practices, Academy 2.0 and R.O.C.K. Institute performance training sessions will be held at Ladera Sports Center, 2 Terrace Road, Ladera Ranch, California 92694.*

*During the course of the season, we reserve the right to have only one (1) or no practices, Academy 2.0 training sessions or R.O.C.K. performance training sessions during a particular week due to holidays (e.g., Winter Break, Spring Break, etc.). We also reserve the right to change the Academy 2.0 days and times during the season, if it becomes necessary to best serve the needs of our program as a whole.*



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## **The Team Nikos Club Basketball Program: What's Included (continued)**

### **TOURNAMENTS**

All teams will be scheduled to participate in two (2) "local" tournaments per month. Locations will vary throughout the Southern California territory, but the majority of them are in the local Orange County area (Ladera Ranch, Garden Grove and Anaheim). Players will also have an opportunity to participate in one to four travel (out-of-town) tournaments per year. Destinations may include (but are not limited to) Las Vegas (Nevada), Phoenix (Arizona), Portland (Oregon), Santa Barbara and San Diego.

### **TOURNAMENT SCHEDULES**

Included in this packet is the planned tournament schedule for the Spring-Summer 2018 season (see page 11). We make every effort to pre-schedule tournament dates so that families can adequately plan their schedules well in advance. Please understand that changes to the schedule can and will occur, and that we will make every attempt to provide timely notification of any changes.

Tournaments vary in size and level of competition. For this reason, we do not send all of our teams to the same tournaments. Team Nikos maintains 3 to 4 different tournament schedules with approximately 8 teams on each schedule. For some of the larger tournaments during the season, we may send all youth teams to the same tournament.

#### **2017-18 Tournament Schedules:**

- JORDAN – 3<sup>rd</sup> Grade Black, 4<sup>th</sup> Grade Black, 5<sup>th</sup> Grade Black, 6<sup>th</sup> Grade Elite, 6<sup>th</sup> Grade Black, 7<sup>th</sup> Grade Elite, 7<sup>th</sup> Grade Black, 8<sup>th</sup> Grade Elite and 8<sup>th</sup> Grade Black
- CURRY – 2<sup>nd</sup> Grade, 3<sup>rd</sup> Grade White, 4<sup>th</sup> Grade Grey, 5<sup>th</sup> Grade White, 6<sup>th</sup> Grade White, 7<sup>th</sup> Grade White and 8<sup>th</sup> Grade White
- LEBRON – 4<sup>th</sup> Grade White, 4<sup>th</sup> Grade Blue, 5<sup>th</sup> Grade Blue, 6<sup>th</sup> Grade Blue, 7<sup>th</sup> Grade Blue and 8<sup>th</sup> Grade Blue
- KD – 5<sup>th</sup> Grade Grey, 6<sup>th</sup> Grade Grey, 7<sup>th</sup> Grade Grey, 7<sup>th</sup> Grade Green, 8<sup>th</sup> Grade Grey and 8<sup>th</sup> Grade Green

### **TOURNAMENT COSTS**

The cost of team registration for regularly-scheduled tournaments are completely covered in the club dues; associated costs NOT covered in the club dues include (but are not limited to): travel to and from tournaments, parking and spectator admission, and for out-of-town tournaments, per diem fees (see page 9), travel expenses, hotel accommodations and food/meals. The cost for OWT tournaments is NOT included in your club dues, and is available to players for an additional fee. (see page 12 for additional information).





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## **The Team Nikos Club Basketball Program: What's Included (continued)**

PER DIEM FEES (FOR OUT-OF-TOWN TOURNAMENTS – **NOT** included in club dues)

A per diem fee will be assessed at the beginning of the season in the Payment Schedule to cover the coaches' cost of travel, accommodations and meals for the out-of-town tournament listed on the schedule. Additional per diem fees will also apply to any teams doing more than two (2) out-of-town tournaments and/or teams traveling for AAU Nationals, and will be assessed at a minimum of \$100.00 per player per tournament (depending on the associated costs of each specific tournament), once attendance/registration in the tournament(s) is confirmed. *Please note that, for any travel tournaments that require air travel for our coaches (i.e., tournament locations that are greater than a 5-hour drive by car), the per diem fees may be significantly increased.* Per diem fees are calculated based on a full team and will not be refunded to players who decide not to travel to these tournaments with the team.

**The standard Spring 2018 season per diem fees are \$206.20, and are not included in your club dues.**

12-MONTH PROGRAM / AUGUST 2018 MODIFIED SCHEDULE

Team Nikos is now a 12-month, year-round club basketball program. Youth athletes will now have the option to continue training and working out during the month of August, and it is included in your yearly club membership dues.

Academy 2.0 sessions, R.O.C.K. Institute performance training sessions and Open Run “organized” scrimmages (in place of team practices) are offered to all club players throughout the month of August. There will also be opportunities to participate in tournaments (e.g., LSC 3-on-3 Tournament Fundraiser and LSC “Take Flight” Tournament). The tentative schedule for August 2018 is as follows (subject to change):

Weekly (subject to change):

Academy 2.0 – Mondays and Wednesdays from 5:00 pm to 7:00 pm

R.O.C.K. Training – Tuesdays and Thursdays (time TBA)

Open Run – Tuesdays and Thursdays from 5:00 pm to 8:00 pm

Tournaments (subject to change):

August 11-12: LSC 3-on-3 Tournament

August 18-19: LSC “Take Flight” Tournament



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## **Spring-Summer 2018 Season Schedule**

### **TRYOUTS**

Tryouts will be conducted on Tuesday, February 20<sup>th</sup> and Thursday, February 22<sup>nd</sup>.

Grades 2<sup>nd</sup>-5<sup>th</sup> should attend from 6:00 pm to 7:30 pm.

Grades 6<sup>th</sup>-8<sup>th</sup> should attend from 7:30 pm to 9:00 pm.

Invitations to join Team Nikos will be emailed to selected players by Friday, February 23<sup>rd</sup>. Invitations must be accepted by no later than Monday, February 26<sup>th</sup> at 12:00-noon. Invitations for any open spots will then be emailed to players on the wait list by 2:00 pm.

Registration information and internet links will be emailed to all players who have accepted the invitation to join the club. These emails will go out by no later than Monday evening, February 26<sup>th</sup>.

### **MANDATORY ALL-PLAYER AND PARENT REGISTRATION AND WELCOME MEETING:**

Tuesday, February 27<sup>th</sup> from 6:00 pm to 8:00 pm at Ladera Sports Center

(All registrations and initial payments must be submitted by or before this mandatory meeting.)

### **FIRST TOURNAMENT**

The first official tournament following new player registrations will take place for some of the new players on March 3<sup>rd</sup>-4<sup>th</sup> at Ladera Sports Center. Others will have their first tournament the weekend of March 10<sup>th</sup>-11<sup>th</sup> (tournament and location TBD). Please see page 11 for the full Spring-Summer 2018 Tournament Schedule.



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## TEAM NIKOS SPRING-SUMMER 2018 TOURNAMENT SCHEDULE

Date	Tournament	Location	Jordan	Curry	LeBron	KD
<b>MARCH</b>						
3rd-4th	Team Nikos March Madness	LSC	X	X	X	X
10th-11th	JW	Next Level			X	
10th-11th	LA Elite	AIM		X		
<b>13th</b>	<b>Team Nikos Bonding Event</b>	<b>TBA</b>	<b>ALL TEAMS</b>			
17th-18th	LA Bobcats	LSC	X			
24th-25th	OGP	LSC				X
<b>APRIL</b>						
7th-8th	OGP	TBA				X
21st-22nd	JW	Next Level	X			
21st-22nd	Swoosh	Santa Barbara		X	X	
28th-29th	LSC The Reunion	LSC	X	X	X	X
<b>MAY</b>						
5th-6th	OGP	TBA		X	X	X
19th-20th	AVAC Hoyas	LSC	X			
26th-28th	Team Nikos Memorial Day Mayhem	LSC	(TEAM NIKOS HIGH SCHOOL TEAMS)			
26th-28th	TBD	Arizona	X			
26th-28th	Inspire Courts	Arizona		X	X	X
<b>JUNE</b>						
2nd-3rd	CAVS	NL, MAP	X			
9th-10th	Edge	MAP				X
9th-10th	LA Elite	AIM			X	
9th-10th	FRO	Inland Empire		X		
16th-17th	ACES	Garden Grove	X			
22nd-24th	AAU West Coast Championships	Sacramento, CA	Select teams**			
23rd-24th	LSC All In	LSC			X	X
23rd-24th	LA Bobcats	MAP		X		
<b>JULY</b>						
13th-16th	Jam On It West Coast Nationals	Las Vegas, NV	X	X	X	X
21st-22nd	LSC Beat the Heat	LSC	X	X	X	X
<b>25th</b>	<b>6TH ANNUAL AWARDS BANQUET</b>	<b>TBA</b>	<b>ALL TEAMS</b>			
<b>AUGUST - MODIFIED SCHEDULE</b>						
11th-12th	LSC 3-on-3 Tournament	LSC	X	X	X	X
18th-19th	LSC Take Flight (OWT)	LSC	X	X	X	X
25th-26th	Team Nikos In-House Tourney	LSC	X	X	X	X

*Dates and locations subject to change. Team Nikos reserves the right to change, add or cancel attendance at any tournament if determined to be necessary or beneficial for our teams and our program. \*\* To be announced: AAU Qualifiers and teams, AAU D1, D2 and D3 Nationals and teams.*



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## **Off-Weekend Tournament (“OWT”) Program**

Team Nikos offers the optional OWT program to allow players additional in-game experience throughout the season. This program is only open to players who are currently enrolled in our club basketball program and whose accounts are in good standing.

For players who wish to participate in the OWT program, full details, instructions on how to sign up and refund policy information can be found in the Player and Parent Handbook, page 10.

Invitations to sign up including the link and password to register for OWT’s, will be sent out via email toward the beginning of each month.

The basic details on the OWT program are as follows:

- Participating players may sign up to participate in 1 to 2 additional tournaments per month
- Cost to register is \$62.00 per player, per tournament
- OWT fees are NON-REFUNDABLE, no exceptions (see full policy details in the Player and Parent Handbook, page 10)
- Players are accepted on a first-come, first-served basis
- A minimum of 8 players is needed to form a team; teams will max out at 10 players
- Existing Team Nikos club teams may sign up to participate together as a whole team – in this case the Head Coach or Team Manager will need to collect fees from the individual players and then will come to the Team Nikos offices by the sign-up deadline to register and pay for their team

### **NEW THIS SEASON**

Team Nikos is offering at least one (1) out-of-town/overnight OWT. These events are not open to individual players – only existing/regular club teams who are able to get at least 8 of their players to attend will be able to register for these tournaments. The cost per player will be \$180.50; this includes the per diem fee, but not travel expenses, hotel accommodations or food for the player and/or family.



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## SPRING-SUMMER 2018 OFF-WEEKEND TOURNAMENT (OWT) SCHEDULE

Date	Tournament	Location	Open to
MARCH			
17th-18th	OGP	TBA	CURRY, LEBRON, KD
24th-25th	OGP	LSC	JORDAN, CURRY LEBRON
24th-25th	ARC/SPK	Palm Springs	ALL/FULL TEAMS ONLY
APRIL			
7th-8th	OGP	TBA	JORDAN, CURRY, LEBRON
21st-22nd	AVAC Hoyas	Garden Grove	KD
MAY			
12th	Shootout - TBA	TBA	ALL
JUNE			
16th-17th	JW	Next Level	CURRY, LEBRON, KD
23rd-24th	LSC All In	LSC	JORDAN
JULY			
6/30-7/1	OGP	ASC, MAP, NL	ALL
7th-8th	SGV Summer Finale	ASC, MAP, NL	ALL
AUGUST			
18th-19th	LSC Take Flight	LSC	ALL

*All dates and locations subject to change.*

*Team Nikos reserves the right to change, add or delete OWT events, if deemed necessary.*



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## Spring-Summer 2018 Club Dues and Payment Options

Club Fees (6-month program @ \$300/month): ..... \$1,800.00

### PAYMENT IN FULL DISCOUNT:

Families who choose to pay in full (including club dues, uniforms/gear and per diem fees) at registration may deduct \$90.00 from their total. Payment must be made on or before Tuesday, February 27, 2018 at the Mandatory All-Player and Parent Registration and Welcome and Meeting.

### OPTION # 1: PAYMENT IN FULL - **RECOMMENDED**

Total of \$1,710.00 for Club Dues (includes \$90.00 discount for Payment in Full at registration). Credit card payment option includes 3.5% additional fee for processing = \$1,772.02. NOTE: Uniform/Gear and Per Diem fees are paid separately and therefore are NOT included in these amounts.

	<u>Payment Due Date</u>	<u>Credit Card Payment</u>	<u>Cash Payment</u>
<b>1 PAYMENT:</b>	<b>February 27, 2018</b>	<b>\$1,772.02</b>	<b>\$1,710.00</b>

### OPTION # 2: PAYMENT IN 2 INSTALLMENTS

Pay 1<sup>st</sup> installment (\$990.00) upon registration, and balance of club dues in 1 additional installment for the balance. This amount includes additional installment processing fees. Credit card payment option also includes 3.5% additional fee for processing. NOTE: the second installment payment *must* be paid using a credit card on automatic recurring billing (signed authorization required upon submission of registration) – no exceptions. Uniform/Gear and Per Diem fees are paid separately and therefore are NOT included in these amounts.

	<u>Payment Due Date</u>	<u>Credit Card Payment</u>	<u>Cash Payment</u>
<b>Installment # 1</b>	<b>February 27, 2018</b>	<b>\$1,025.91</b>	<b>\$990.00</b>
<b>Installment # 2</b>	<b>March 27, 2018</b>	<b>\$1,025.91</b>	<b>not available</b>

**SIBLING DISCOUNT:** Families with more than 1 child in the program are eligible to take an additional 5% discount off the club fees (\$90.00) for each additional child after the first child. Total fees for each additional child after the first child, NOT including uniform/gear and per diem, will be \$1,620.00 (pay-in-full/cash) or \$1,678.76 (pay-in-full/credit card). If choosing Option 2, the sibling discount will be applied to Installment #1 (\$900.00 cash or check payments; \$932.64 credit card payments).

*Payment amounts listed above may vary based on valid discounts applied. Please complete your online registration, which will automatically calculate and confirm the total due at registration.*

If paying by check, please make check payable to:

**Team Nikos Basketball Academy**

**IMPORTANT:** be sure to identify your child's full name in the memo section on your check.

Bring your check or cash payment with you to the Mandatory All-Player and Parent Registration and Welcome Meeting on February 27, 2018.

For your convenience, credit card payments for Option 1 or Option 2 first installment can be made online at the time of your registration submission. Please complete checkout and payment through PayPal (you may check out as a guest with your credit card) upon submission of your child's online registration form.

**\*\*Please review our Payment, Refund (Drop) and Injury Policies in our Player and Parent Handbook (page 20).** Families wishing to apply for Financial Aid or Alternate Payment Plan, please refer to the "Tuition Assistance" section of our Player and Parent Handbook (page 21).



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## FREQUENTLY ASKED QUESTIONS

We have put together these Frequently Asked Questions (“FAQ’s”) to help you in deciding about Club Basketball.

*Being part of a travel team is demanding and time consuming for all parties involved. We stress the importance of family/religion, schoolwork and development of our players throughout our club at all levels.*

**Q: How long is the Club season?**

A: Our full club season is 12 months and runs from September through August. Spring season is 6 months and runs from March through August.

**Q: How many days will my son/daughter have practice?**

A: Team practices are generally held twice per week on Tuesday/Thursday, with Academy 2.0 training on Monday and Wednesday evenings.

**Q: What is Academy 2.0?**

A: Academy 2.0 is fundamental skill training focused on improving players’ dribbling, ball handling, shooting and footwork. Academy 2.0 is separate from the team practice sessions, and we highly encourage all club players to attend regularly.

**Q: How many players will be on a team?**

A: Roster sizes may vary by team. Our target is for rosters to have 8 to 10 players on each team.

**Q: Will my son/daughter have guaranteed playing time?**

A: Club basketball is different from NJB or recreational basketball leagues in that there is no guaranteed playing time for any player. Coaches will do their best to get every player in the game, but some players will play more than others.

**Q: How many tournaments do you play in and how often?**

A: We play in two tournaments on average per month. Most tournaments will have games on both Saturday and Sunday. Some tournaments will be on holiday weekends with games taking place over three days.



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## **FAQ's (continued)**

### **Q: How soon in advance will we know the game times for a tournament?**

A: We realize that every family has schedules outside of basketball and likes to plan their weekends in advance. With many club basketball tournament organizers, schedules are not set until typically the Thursday night before the tournament begins. In other words, the schedules are not set by us, but by those putting on the tournament. We send out schedules as soon as we receive them, in order to give our families as much notice as possible. Please know that scheduled tournament dates are always subject to change at the tournament hosts' discretion, and is outside of our control.

### **Q: Do you play in out-of-town tournaments that require hotel stay?**

A: The large majority of our tournaments will be local (most will be in Ladera Ranch, Garden Grove and Anaheim). However, we will play in 1 to 3 out-of-town tournaments each season. In previous seasons we have traveled to locations such as Santa Barbara, San Diego, Phoenix, Arizona and Las Vegas, Nevada. Hotel stay is recommended for out-of-town tournaments, and we typically contract with a local property for a group rate.

### **Q: Do tournaments cost extra?**

A: The cost for a team to play in a regularly-scheduled tournament is covered in your club dues. However, every tournament charges an entry fee for spectators. It is the nature of the sport. Parents, grandparents, siblings, etc. will pay a daily admission fee and most often a parking fee. These fees are determined by the tournament host(s) and/or facility, and are not controlled by TNBA. OWT's (Off-Weekend Tournaments) do cost extra – see pages 12-13 in our Welcome Packet and page 10 in our Player and Parent Handbook for more information.

### **Q: What is AAU Basketball?**

A: Team Nikos is officially sanctioned by AAU (Amateur Athletic Union) which allows us to be nationally ranked and play in high quality AAU tournaments. Each club player must become a member of AAU. Membership is \$16 for one year.

### **Q: What is Performance Training?**

A: As part of their paid dues, Team Nikos club players have access to performance training sessions with R.O.C.K. Institute. These workouts are not designed to “bulk up” youth athletes, but help them improve their speed, agility, balance, strength, endurance and overall athletic conditioning. With regular attendance, players typically see better overall performance when competing in their sport.

### **Q: What does Team Nikos Club Basketball cost?**

A: Team Nikos Club Basketball has a fee structure for a full 12-month season and a shorter 6-month season (Spring-Summer). We also offer discounts based on your payment method. Please see the Payment Schedule in the Welcome Packet (page 14) for complete details for the upcoming season.

### **Q: Are uniforms and gear included in the cost?**

A: The cost of the uniforms/gear are specified in the Uniforms and Gear section of the Welcome Packet and is paid at the time of registration as part of the non-refundable registration fee. It is not part of the Club Dues. The uniform/gear package includes game uniform (reversible jersey and shorts), game shooting shirt, reversible practice jersey (2) and team bag. There are optional items available for purchase when completing your registration online.





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## **FAQ's (continued)**

### **Q: Can we drop out if it's not for us?**

A: We ask every player to make a commitment they plan to honor for the entire season. Pulling out of the program is disruptive to the program and the team. Please see our full Drop Policy found in our Welcome Packet.

### **Q: What is the next step after tryouts if my son/daughter makes the team?**

A: If your son/daughter makes the team you will be contacted within 3 days of tryouts.

For any additional questions, please contact us through our website at:

<http://teamnikos.com/contact/>

Thank you!