



Our Program:

Our program commits committed to providing a positive environment where your child will receive the following.

- Coaching and instruction in a positive and challenging environment
- Knowledgeable coaches focused on development of your child, both on and off the floor
- An environment where growth as a person and athlete is encouraged.
- An environment that believes success comes in many ways, not only wins
- An environment where the experience of everyone involved is valued

Our Teams:

We coach our teams in a way that players understand the importance of teamwork, playing with passion and the value of competing. While each coach in our program has their own personality and coaching “style.” Our teams are coached and taught to play the game with passion, unselfishly and in a way that fosters improvement individually and team wise. Dependent on the grade of the team, our teams have specific goals that we like to see our players achieve:

9th and 10th Grade

At the 9th and 10th grade level, there will be a strong focus on becoming a valuable productive member of their HS program. The competition that we play will give players a chance to see how they measure up not only against other players in the state but nationally as well. Regardless of what level of HS basketball, we want to provide players with tools to become more valuable to their HS program. Players are challenged and held accountable to progress and become better players each and every practice, scrimmage and tournament.

11th Grade:

Players will be coached as varsity level athletes. As players reach this level of club basketball the focus is becoming a standout player on their HS teams and putting themselves in position to continue playing in college as a student-athlete. Players are challenged to be the best player possible. They will play in front of college coaches and encouraged to play the game in a way that will get them noticed by college coaches.

Schedule:

Teams will play a schedule of 8 tournaments. Our schedule is designed to give our players chances against top-level competition, learn the game in competitive environments and expose them to different styles of basketball. Five of these are NCAA Certified events.

Dates	Tournament	Location
April 6-8	2nd Annual Nothin' But Net	Cedar Rapids, IA
April 20-22	Midwest Live I (NCAA Eval Period)	Omaha, NE
April 27-29	Adidas Spring Classic (NCAA Eval Period)	Indianapolis, IN
May 11-13	Battle at the Lakes	Minneapolis, MN
May 25-27	Show Me Showdown	St. Louis, MO
July 13-15	Midwest Summer Shootout (NCAA Eval Period)	Ames, IA
July 18-22	D1 Summer Classic (NCAA Eval Period)	Minneapolis, MN
July 25-29	Summer Slam (NCAA Eval Period)	Kansas City, MO



Travel:

Travel is not included in team fees, it is the family's responsibility to get players to and from tournaments. If you know you will not be able to make a tournament, we ask you to please check with another family to make arrangements.

We also provide room blocks for hotels during tournament weekends...this is done as a courtesy and you are not required to stay at the specified hotel.

Practice:

Practices for High School players will consist of Training Camps and Pre-Tourney Team Practices. We have scheduled six Training Camps which will be held on Sunday afternoons from 12-6 PM. The dates are March 18, March 25, April 1, April 15, July 1 and July 8. These are intensive college-level practices designed to maximize our ability to develop players and teams at this level. Pre-Tourney practices are 2 hours long and will be held during the week before each tournament. Once rosters are selected we will determine which day of the week fits best for the team. All practices are held in Iowa City/Cedar Rapids area.

Practices are vital to the success of our teams. We cannot compete as a team without the commitment to practice as a team. While we understand that many of our players are involved in other sports and believe that this is important, we do expect that players enrolled in our program will make every effort to attend all practices. If there is a conflict due to other commitments please have a conversation with us prior to committing to our program.

Team Selection:

There will be 8-10 players selected per team. Teams are selected based on a number of factors including but not limited to; team needs, skill, understanding of the game, and attitude. Our goal is to find the best pieces that fit together as a team versus simply picking the most "talented" team. Number of teams per age group will be determined by interest.

Fee Structure:

Our fees for the 2018 Spring/Summer are listed below. The fees include; tournament entry fees, gym rental, administrative and coaching costs, uniforms, shoes and miscellaneous gear. Team fees are payable all at once or in installments as listed below.

Payment Dates	Amount
3/23/18	\$ 550.00
4/27/18	\$ 250.00
5/25/18	\$ 250.00
6/22/18	\$ 250.00
Total	\$1,300.00

Coaches:

Our spring/summer coaches are hand-picked for their experience, understanding of the game, passion for competing, and love of teaching. Pump n Run coaches come with vast experience coaching and playing at different levels. This diversity of experience helps provide a more well-rounded experience for our athletes. Each team will have a coach dedicated to that particular team while Duez will evaluate and provide additional feedback to each team and player. Our goal as coaches, is to provide our athletes with a positive experience and opportunities for growth in their game.

Misc:

This is only a brief overview of our program. More detailed information provided once teams are selected. Feel free to contact me with any questions that you may have.

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