



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:

7th and 8th Grade:

A heavy focus on preparation of how to compete at a high level is stressed. As with all teams, skill development will be a major part of what we do, as well as understanding the value of competition. Players will be challenged to develop the skills and understanding that it takes to compete at the High School level. Players on our 7th and 8th grade teams are challenged with advance concepts, such as understanding movement without the ball, spacing, man to man defensive concepts, attacking your opponent offensively and attacking mismatches. Players are encouraged to start thinking about what value they bring to a team/program.

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.

Dates	Tournament	Location
April 28	MAYB	West Des Moines, IA
May 11-13	5 Seasons Shootout	Cedar Rapids, IA
May 25-27	Tournament: Show Me Showdown	St. Louis, MO
June 16-17	KP3 Summer Slam	Bettendorf, IA
June 23-24	Game Time	Bloomington, IL
July 13-15	Midwest Summer Shootout	Ames, IA
July 20-22	MAYB	Cedar Falls, IA
August 3-5	National Summer Classic	Chicago, IL

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:

At this age level, our goal is to provide over 50 hours of practice during the course of the season. To achieve this goal, we will have 1-2 practices per week with some on weekdays and some on weekends. Practices are a balanced mix of skills and team play development. We will finalize the practice schedule once the rosters have been determined. 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
3/30/18	\$ 400.00
4/27/18	\$ 250.00
5/25/18	\$ 250.00
6/22/18	\$ 250.00
Total	\$1,150.00

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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