



What to bring to each practice session:

Practice Jersey - provided

Practice shorts – navy or white required

Basketballs – provided by The J; no need to bring ones own

Water Bottle – there will be water breaks, but access to water fountains will be limited

Basketball Shoes – preferred that players change into basketball shoes at court side instead of wearing their basketball shoes in from the street

Additional weather appropriate clothing as needed – sweats, hoodie, jacket

A Good Attitude and Readiness to Learn and Work Hard