



TRIPLE THREAT JR. SKILLS (Grades K-2)

Sullivan Community Center, Gym A

This clinic breaks kids into age and skill appropriate groups while working on ball handling, passing, shooting, lay-ups and defense. In each class, coaches focus on teaching fundamental skills of the game while providing a fun and safe environment for players.

CODE	DATES	DAYS	TIME	FEE
221004-1	8/29 - 9/14	Tu/Th	4:30-5:30p	\$89
221004-2	9/19 - 10/5	Tu/Th	4:30-5:30p	\$89
221004-3	10/10 - 10/26	Tu/Th	4:30-5:30p	\$89
221004-4	11/2 - 11/21	Tu/Th	4:30-5:30p	\$89

TRIPLE THREAT PREP LEAGUE (Grades 1-6)



NEW! Sullivan Community Center, Gym B

Triple Threat Prep League is designed to prepare all players for their upcoming season. The league will teach each player offensive and defensive concepts in a team setting. Once players have been taught the concepts, they will be broken into teams for instructional game play to help the players practice what they have learned in real game situations.

GRADES	CODE	DATES	DAY	TIME	FEE
1-2	221013-1	10/11 - 11/15	W	4:30-5:30p	\$119
3-4	221013-2	10/16 - 11/20	M	4:30-5:30p	\$119
5-6	221013-3	10/16 - 11/20	M	7:00-8:00p	\$119

TRIPLE THREAT BASKETBALL PRE-SEASON TUNE-UP



(Grades 3-8) NEW! Sullivan Community Center, Gym B

Fine tune your skills before your league's evaluations or tryouts. Triple Threat will work on improving ball handling, shooting, passing, footwork and moves for attacking the basket. This is a great opportunity for players to get into shape and be ready for their upcoming season.

GRADES	CODE	DATES	DAY	TIME	FEE
3-4	221014-1	9/10 - 10/1	Su	10:00-11:00a	\$75
5-6	221014-2	9/10 - 10/1	Su	11:15a-12:15p	\$75
7-8	221014-3	9/10 - 10/1	Su	12:30-1:30p	\$75

TRIPLE THREAT CAMP (Grades K-6)

WINTER BREAK! Sullivan Community Center, Gym A

Continue working on your skills during the holiday with Triple Threat's winter break camps. Each session our trainers will focus on ball handling, shooting, passing, and other fundamental skills in a fun and enthusiastic environment. Each session will include individual and group skill work, competitions, and controlled game-play.



GRADES K-2	CODE	DATES	DAYS	TIME	FEE
	221006-1	12/27	W	9:00-10:30a	\$25
	221006-2	12/28	Th	9:00-10:30a	\$25
	221006-3	12/29	F	9:00-10:30a	\$25
	221006-4	12/27 - 12/29	W-F	9:00-10:30a	\$60
	221006-A	1/3	W	9:00-10:30a	\$25
	221006-B	1/4	Th	9:00-10:30a	\$25
	221006-C	1/5	F	9:00-10:30a	\$25
	221006-D	1/3 - 1/5	W-F	9:00-10:30a	\$60

TRIPLE THREAT NEXT LEVEL TRAINING (Grades 3-6)

Sullivan Community Center, Gym A

This clinic continues to build fundamental skills in ball handling, shooting, passing, footwork and attacking the basket. In each class, players perform drills individually and in skill appropriate groups to continue to elevate their game to the next level. Competitive game situational drills are incorporated to improve overall game performance and knowledge.

CODE	DATES	DAYS	TIME	FEE
221010-1	8/29 - 9/14	Tu/Th	6:00-7:00p	\$119
221010-2	9/19 - 10/5	Tu/Th	6:00-7:00p	\$119
221010-3	10/10 - 10/26	Tu/Th	6:00-7:00p	\$119
221010-4	11/2 - 11/21	Tu/Th	6:00-7:00p	\$119

TRIPLE THREAT ADVANCED LEVEL TRAINING (Grades 6-8)

Sullivan Community Center, Gym B

Triple Threat's fall Advanced Level Training program is designed for the serious players looking to elevate their skills to the next level. Classes will focus on skill improvement in ball handling, passing, shooting, footwork and individual scoring moves. Players will learn how to utilize and incorporate skill sets into games with situational drills and controlled game play. Game play will have continuous instruction in order to improve a players understanding in game situations.

CODE	DATES	DAYS	TIME	FEE
221012-1	9/11 - 9/27	M/W	6:00-7:00p	\$129
221012-2	10/2 - 10/23	M/W	6:00-7:00p	\$129
221012-3	10/30 - 11/15	M/W	6:00-7:00p	\$129

No class 10/9.

INDIVIDUAL & SMALL GROUP TRAINING

Individual and group training is available year round. Trainer Tom Bahnick provides the ideal environment for perfecting shooting mechanics, ball-handling skills, attacking moves and overall position presence. Workouts can also be structured for specific positions. Individual and group training allows each player to enhance their overall skills and prepare them for the next level. Group training can consist of 2-5 players. Groups need to be formed prior to registration. Triple Threat does not form the groups. Sessions are available for 30 or 60 minutes. Email info@triple-threatbball.com for questions and to schedule training sessions.

GRADES 3-6	CODE	DATES	DAYS	TIME	FEE
	221007-1	12/27	W	10:30a-12:00p	\$25
	221007-2	12/28	Th	10:30a-12:00p	\$25
	221007-3	12/29	F	10:30a-12:00p	\$25
	221007-4	12/27 - 12/29	W-F	10:30a-12:00p	\$60
	221007-A	1/3	W	10:30a-12:00p	\$25
	221007-B	1/4	Th	10:30a-12:00p	\$25
	221007-C	1/5	F	10:30a-12:00p	\$25
	221007-D	1/3 - 1/5	W-F	10:30a-12:00p	\$60



Youth Basketball

BOYS & GIRLS 1ST & 2ND GRADE WINTER BASKETBALL PROGRAM

Sullivan Community Center Gym B

This program is a great opportunity for young players to develop their skills in a fun team environment. The emphasis of this league will be on skill development, participation and FUN! A smaller court, lower hoops and junior sized basketball will be used.

Players will attend a skill evaluation clinic on January 6. After this introductory meeting, players will be divided into teams and schedules will be distributed. The first team meeting on January 20 will be a one-hour practice; the subsequent eight sessions will consist of a 30-minute practice followed by a game. All practices/games will be held on Saturday mornings.

Volunteer coaches are needed to lead team practices. All training is provided. Please contact Jay Bullman at jasonb@vhparkdistrict.org if you are interested in coaching.

CODE	DATES	DAY	TIME
220505-1	1/6 - 3/24	Sa	8:00a-1:00p

BOYS & GIRLS 3RD & 4TH GRADE LEAGUES

Sullivan Community Center Gym A

Our 3rd and 4th grade basketball leagues are a great opportunity for young players to develop fundamental basketball skills in a fun team environment. Leagues will be divided by gender. If necessary, 3rd and 4th graders may be combined into one league. The emphasis in these leagues will be sportsmanship, skill development, participation and fun. A smaller court, lower hoops and a junior sized basketball will be used. We will keep score.

Leagues will play 10 games on Saturday morning/afternoon beginning in mid-December. Occasionally, Friday evening games may be scheduled, if necessary.

CODE	DATES	DAY	TIME
Girls 3/4			
220505-2	1/13 - 3/24	Sa	8:00a-1:00p
Boys 3			
220505-3	1/13 - 3/24	Sa	8:00a-1:00p
Boys 4			
220505-4	1/13 - 3/24	Sa	8:00a-1:00p

BOYS 5TH & 6TH GRADE LEAGUES

Townline Elementary

The 5th and 6th Grade Leagues provide players an opportunity to continue their skill development while introducing the element of competition. At this level we will begin to keep score, but no standings are kept. The emphasis in these leagues will continue to be sportsmanship, skill development, participation and fun. Both leagues will use a full-size court and have two referees per game. The 5th graders will use an intermediate size ball while the 6th graders will move up to the regulation ball.

Leagues will play 10 games on Friday evenings and/or Saturday morning/afternoon beginning in mid-December.

CODE	DATES	DAY	TIME
Boys 5			
220505-5	1/13 - 3/24	Sa	8:00a-1:00p
Boys 6			
220505-6	1/13 - 3/24	Sa	8:00a-1:00p

BOYS 7TH & 8TH GRADE LEAGUES

Townline Elementary

The 7th and 8th Grade League provides players an opportunity to continue developing their basketball skills and showcase what they have learned through the years of basketball. At this stage, game scores as well as league standings are kept. This will lead to a single elimination tournament to end the season. The emphasis in this league continues to be sportsmanship, skill development, participation and fun, but competition is embraced teaching players how to win and lose with grace. This league will use a full-size court and an official size basketball. Two referees will be assigned to each game.

This league will play 8 games on Friday evenings and/or Saturday morning/afternoon beginning in mid-December plus an end-of-season tournament.

CODE	DATES	DAY	TIME
220505-7	1/13 - 3/24	Sa	8:00a-1:00p

FEES (R/NR)

Through October 15: \$133/166

After October 15: \$183/216

Boys & Girls 1st & 2nd Grade: \$104/130

10/15 Registration Deadline

11/20 Players will be Contacted

11/27 Practices Begin

No basketball 12/22-1/7.

MANDATORY SKILL DAY

January 6

Grades 1/2 (Co-Ed): 10:00 am

October 21

Grades 3/4 (Girls): 8:00 am

Grade 3 (Boys): 9:00 am

Grade 4 (Boys): 10:00 am

Grades 5 (Boys): 11:00 am

Grade 6 (Boys): 12:00 pm

Grades 7-8 (Boys): 1:00 pm

All players will receive a team jersey and participation medal.



TEAM FORMATION

All teams are formed by a coach's draft. Players are measured for height and evaluated at the Skill Evaluation Day. This information is provided to coaches to select teams. Because of the draft process, no coach or teammate requests will be considered. The only way to guarantee that two kids are placed on the same team is if their parents sign up to coach together.

PRACTICE

Teams practice 1-2 hours per week at various schools. Practice times can be as early as 6:00 pm and go as late as 9:00 pm (8:30 pm for 3rd & 4th grade teams). Practice schedules are dictated by coaches; therefore, specific practice schedule requests cannot be honored. (If there is ONE specific day of the week that your child will not be available to practice, please note on registration).

BOYS TRYING OUT FOR VHCYAA FEEDER BASKETBALL

The Park District realizes that tryouts and team selection for feeder basketball are after our registration deadline but before practices/games begin. Players are encouraged to register for the Park District league and attend Skill Evaluation day. If you make the feeder team, and decide not to play both feeder and Park District, as long as a refund is requested prior to our team selection, you will receive a refund of the full league fee. Do not wait until after the feeder team has been selected or you will be subject to the late registration fee.

VERNON HILLS LADY COUGARS FEEDER BASKETBALL

This program provides an opportunity for girls that will attend Vernon Hills High School to participate in an organized competitive basketball program for grades 5 through 8, against similarly organized teams. An informational program overview meeting will be held in September with tryouts for the 2017-2018 season taking place late September and/or early October. For more information, visit www.VHHSFeeder.com

Thank you to our 2016/2017 Volunteer Youth Basketball Coaches

BOYS AND GIRLS 1ST AND 2ND GRADE

- Voula Sparagis
- Suresh Sethuraman
- Carey Getlin
- Peter Lamberti
- Kevin Kaiser
- Jason Glassman
- Dan Romanoff
- Kenny Stoller
- Brooke Cline
- John Freihammer
- Brett Castle
- Steve Ryniec
- Jason Jost
- Jeff Liss
- Neill Lee
- Mike Zybylut

BOYS 3RD GRADE

- Mitch Ratnow
- Jeff Slavish
- Danny Beniwal
- Nada Jukovich
- Jeff Eichenbaum
- Voula Sparagis

BOYS 4TH GRADE

- David Dillon
- Thomas Udvance
- Glen Pinkus
- Shannon Shoemaker
- Socrates Vela
- Michael Boehme
- Jonas Jocson
- Wesley Stinson

BOYS 5TH GRADE

- John Choi
- Robert Cherwenka
- Dave Collier
- Scott Klene
- Scott Reckers
- Rocco Espina
- Jeremy Seaver

BOYS 6TH GRADE

- John Freihammer
- Ruben Herrera
- Greg Gerken
- David Kim
- Mark Song
- Mike Lee
- Craig Takakoa
- Jerry Papiernik
- Jeff Slavish
- Tim Nockels
- Jason Mick

BOYS 7TH AND 8TH GRADE

- Bart Newman
- Jeff Pomerantz
- Dennis Drexler
- Scott O'Flaherty
- Bob Kalicki
- Rocco Espina
- Ken Traskaski
- Randall Davis
- Tim Nockels
- Ryan Kaufman

GIRLS 3RD AND 4TH GRADE

- Craig Schumacher
- Tony Bedell
- Howard Ellen
- Theresa Jagasia
- Brian Sambor
- Al Jazbutis
- Lisa Kozin
- Robert Kozin
- Stacy Castro
- Jeremy Raines
- Sterling Geasey

VOLUNTEER BASKETBALL COACHES INFORMATION FORM

NAME _____

EMAIL _____

DAY PHONE _____ EVENING PHONE _____

CATEGORIES **BOYS** Grade 3 Grade 4 Grade 5 Grade 6 Grade 7/8
 GIRLS Grade 3/4
 CO-ED Grade 1/2

I WOULD LIKE TO COACH WITH _____