



RISE AS ONE

FALL COST

Rise as One AAU teams are the most competitive teams at each age level. Our AAU fall season will be a two month program that starts at the end of September and ends the third week of November. As you know, we at Rise as One are committed to bringing only the best AAU experience for every player in our program. To stay committed to these values that lie at the core of our organization.

BOYS AND GIRLS' PLAYERS \$745 GREY

Rise as One is the perfect choice for players who need to learn the game but are looking for a more competitive playing and training environment than the traditional recreational and youth leagues/tournaments have to offer. Heavy emphasis being put on court awareness, fundamentals, and teamwork. Practice one day per week for an 1:30hr to 2:00hr. Uniform & other gear cost is separate.

FALL LEAGUE OR TOURNAMENTS

All tournaments are local unless otherwise stated.

Each team will participate in 4 tournaments: 2 in October and 2 in November.

Specific dates for each team's tournaments will be announced at a later date.

POSSIBLE DATES

OCTOBER

October 7th
October 8th
October 21st
October 22nd

NOVEMBER

November 4th
November 5th
November 18th
November 19th

OPEN GYM

DAY AND TIME MIGHT CHANGE DUE
TO FACILITY AVAILABILITY

SEPTEMBER TBA

OCTOBER TBA

NOVEMBER TBA





RISE AS ONE

FALL PRACTICE SCHEDULE (SUBJECT TO CHANGE)

PRACTICE SESSION 1 (5PM -6:30PM) FRIDAY

FIRST PRACTICE SATURDAY SEPTEMBER 30TH TIME: 10AM - 11:30AM

THIS WILL BE THE ONLY PRACTICE ON SATURDAY THEN FOLLOW SCHEDULE BELOW

FRIDAY | TIME: 5PM -6:30PM

October 6TH, 13TH, 20TH, 27TH

November 3RD, 10TH, 17TH

PRACTICE SESSION 2 (6:30PM-8PM) FRIDAY

FIRST PRACTICE SATURDAY SEPTEMBER 30TH TIME: 11:30AM - 1PM

THIS WILL BE THE ONLY PRACTICE ON SATURDAY THEN FOLLOW SCHEDULE BELOW

FRIDAY | TIME: (6:30PM -8PM)

October 6TH, 13TH, 20TH, 27TH

November 3RD, 10TH, 17TH

PRACTICE SESSION 3 (8PM-9:30PM) FRIDAY

FIRST PRACTICE SATURDAY SEPTEMBER 30TH TIME: 1PM - 2:30PM

THIS WILL BE THE ONLY PRACTICE ON SATURDAY THEN FOLLOW SCHEDULE BELOW

FRIDAY | TIME: 8PM -9:30PM

October 6TH, 13TH, 20TH, 27TH

November 3RD, 10TH, 17TH

SUNDAY SKILL TRAINING SESSION (SUBJECT TO CHANGE)

PROGRAM DATES

STARTS: OCTOBER, 1ST

EVERY: SUNDAY

OCTOBER

1ST,8TH,15TH,22ND,29TH

NOVEMBER

5TH,12TH

SUNDAY SKILL TRAINING TIME

11AM - 12:30PM

MIDDLE SCHOOL ACADEMY SESSION BOYS & GIRLS

12:30PM - 2PM

HIGH SCHOOL PRESEASON WORKOUT SESSION BOYS & GIRLS

