



COMMITMENT AND EXPECTATIONS

SUMMER

- A player is expected to continue training by attending a basketball summer camp and/or open practices are held during the summer.
- Cost: FREE

FALL

- Practices begin as early as the 2nd week of September
- At least 2 practices per week, 1 ½ hour each practice
- Fall League begins as early as the last week of September and ends the 2nd week of November
- 6-8 games plus End of Season Tournament during the last weekend
- Games are played on Saturdays and/or Sundays in Lynwood/Edmonds area
- Cost: \$100 for uniforms (new players only), \$300 Association Fee

WINTER

- Practices continue at least 2x/week, 1 ½ hour each practice
- Games begin the weekend after Thanksgiving through 1st weekend of March
- 15-20 games plus End of Season Tournament during the last weekend
- Games are played anywhere from Everett, Snohomish, North Bend, Renton
- Cost: \$150 Winter League Fee

SPRING

- League Play is optional and decided on as a team
- Weekly training may be provided if coaches are available
- Cost: \$50 Spring League Fee, Training is FREE to all FORCE players