

LOCALHOOPS is excited to announce our NEW ATHLETE Spring tryout dates. These first two weekends are for athletes who did NOT participate in our current Winter season that ends March 14th. Don't miss out on the best season of the year!

Here is more information on our plans for Spring!

Tryout Format

LOCALHOOPS will have team tryouts for boys and girls, grades 2nd-12th. Each grade will have two tryout times over the next two weekends, one session per weekend. We ask that new athletes do their best to make both tryout times for a proper evaluation.



SEASON DATES

Our Spring season will begin the week of March 22nd and conclude 4th of July weekend. Each athlete

will have 1-2, in-person team practices per week.



Skills Training

LOCALHOOPS is a Training Academy that specializes in athlete development. Private, Semi, and eventually Group Training sessions will be made available for athletes during the week. Our skills sessions focus on drills that translate to more efficient and productive play in games. We will also be adding strength, mobility and conditioning classes in the near future as well to ensure our athletes are taking care of their bodies as we get back into the full swing of hoops!

Information on our training programs can be found [HERE](#).



TRYOUTS

Tryouts will take place in the Preston/Issaquah area.

LOCALHOOPS typically utilizes the Bellevue School District gyms. With those gyms being closed, we pivoted and renovated a warehouse to have an indoor facility for our athletes during Winter time.

Results of tryouts will be emailed no later than Tuesday March 9th. Team practice will take place on the Eastside area, with a combination of gyms in Issaquah and Bellevue.



Game Play

Each team will have a roster maximum of 10-11 players. Our goal is to get back to game play as quick and as SAFE as possible. Many leagues around the area are preparing for a Spring league. Tournaments are not currently allowed in Washington, however LOCALHOOPS does plan to travel

for game play if we can not get consistent game play come April. This Spring we WILL be getting back to game play!



Safety Is Key

Safety is our number 1 priority. Here are some safety precautions LOCALHOOPS will be taking during Spring Season:

- All coaches & athletes will be wearing masks until advised otherwise.
- Sanitizer, temperature checks and contact tracing will be implemented before and after each LOCALHOOPS event.
- Athletes will need to bring their own

balls and water bottles to all live events.

- Travel quarantine policies have been put in place for the safety of all members in the Academy.



Click Here To Register

If you have any questions regarding our Spring Season please [email localhoopsacademy@gmail.com](mailto:localhoopsacademy@gmail.com).

See you in the gym!

~ The LOCALHOOPS Team

"Success is a Habit"

If you'd like to unsubscribe from ALL email communications from Local Hoops enabled by the LeagueApps platform, [click here](#).