

ALA Basketball League (ALABL)

The ALA Basketball League (ALABL) is starting!

The league will meet once a week every Wednesday from 2:40 to 3:30 under the Tent. This is a year round co-ed league for grades 5-12.

Students will require sneakers and athletic clothing (shorts or sweatpants, t-shirt or sweatshirt, sneakers). Having your own basketball is encouraged. Bring a water bottle.

If you are interested in joining the league, please fill out the waiver-form below and return it to Mr. Huang at the Music Room. Please have this form signed and delivered to Mr. Huang by the first practice on October 28, 2009.

The ALABL is committed to teaching students the right way to play the game of basketball. Students will learn the basics of passing, shooting, dribbling, rebounding, defense, and team play. Practices will consist of two parts: training in fundamentals and then playing actual 5-on-5 games. Students will be rotated on and off team rosters to ensure that everybody gets to play and that there is competitive balance due to the various age groups and skill levels.

Should you have any questions, please e-mail Mr. Huang at khuang@alchools.org.

Coaches: Mr. Huang, Mr. Sinclair, Mrs. Lorna Hale and Greg Davis.

Waiver Form

I, _____ (student name), would like to participate in the ALA Basketball League.

I, _____ (parent name), formally give permission for my child to participate in the ALA Basketball League.

I accept the possibility of bodily injury occurring due to participation in the ALA Basketball League. While I understand that the coaching staff will do everything to minimize injury, I will not hold American Leadership Academy or its staff legally or criminally responsible for accidents or injuries that arise in playing the game of basketball.

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____