



## Jr. NBA Program

**What is it?** Jr. NBA is for 4 and 5 year old boys and girls of all skill and experience levels. Jr. NBA is a low-stress, non-competitive environment where kids can expect to **have fun while being active**. We hope through fun activities kids will also **learn basketball fundamentals**, and leave us with newly acquired **fitness and health habits** that will remain with them for a life-time.

**Can 4 and 5 year olds play basketball?** A lot has been learned about child development recently and numerous studies have shown that **early exposure to athletics results in healthier adolescents and adults**. So now, more than ever, parents want to start their children in athletic activities at increasingly younger ages. Jr. NBA will provide developmentally appropriate tasks and will **emphasize fun in a low stress and non competitive environment**. We will begin the season by teaching and practicing the various **coordination, agility and balance skills** that serve as a base for related basketball fundamentals. We also encourage Cooperation and teamwork. As the season progresses, sessions will look more and more like basketball practice and less like a gymnastics class.

**When are the sessions?** Sessions are twice a week, once on a **weeknight (Thu or Fri) at 5:00 pm, and once on Sunday**. Each session is 60 minutes. The season will run for 10 weeks (20 sessions), **starting February 18th and ending on May 2nd**. Weeknights will be concentrated on teaching and drilling skills, and Sundays will give players opportunities to use their skills and have fun with it. Also on Sundays, we'll be working on game situations building up to a point where we can have **official, full court, officiated, 5 on 5 games** by the end of the season.

**Jr. NBA will play with "mini" sized basketballs and play on 6' baskets.**

**What is the Cost?** All players will receive a full **uniform, an end of the season award**, and families will be able to look at practice and game pictures on-line. Registration is **\$149 per player**, with discounts available for siblings.

**Who teaches?** All sessions will be taught by D-League staff: **Melineh Ebrahimian** with more than 15 years of **child development background**, one of Ararat's most **accomplished athletes** in multiple sports (Basketball, Volleyball, Tennis, Track and field), and the one of the few **recipients of Ararat's "Honorary Member" award** will lead the sessions. Of course, there are opportunities and a need for volunteers to get on the court and work with the kids. If you are interested in coaching, just let us know on the registration form!

**Questions?** Feel free to email the D-League at [@ararat.org](mailto:@ararat.org) or visiting our Website at [://ararat.org/dl](http://ararat.org/dl).