



Future Saber Basketball program

2023-2024 1st –6th graders

Grow Saber basketball the Saber way.



Who: Girls & Boys Grades 1—6

All players are encouraged to play. From beginning players to travel / club level players.

Players can still play travel outside of this program

Focus: **Basketball fundamentals taught by the CDHS Sabers**

Small-sided games

age-appropriate basketball & goal heights.

What: 1 dates of camp style Instruction taught by CDHS Saber coaches and players.

2 dates of team practices:

5 dates of games.

All games will be refereed by CDHS basketball players.

Players to be divided by ability & gender. Teams will be coached by parent volunteers.

Instruction: Boys December 27 from 8-10 AM at CDHS Competition Gymnasium

Girls December 29 from 8-10 AM at CDHS Competition Gymnasium

Practice: January 14 & 21.

Open Gyms: Jan. 3, 10, 17, 24, 31 Feb. 7, 14, 21 & 28 Drop in anytime during 6:30-8:30 PM.

Games: Sundays—January 28, February 4, 11, 18, 25. Makeup date is March 3.

Coaches: Volunteer coaches will be provided a **coaching handbook** provided by CDHS coaches.

Handbook to include warm ups, drills and basic plays to work on.

Warm up and practice like the Sabers!

Instructors: Central DeWitt Varsity Basketball Coaches & Players

Boys—Marty Marshall

Girls—Ron O'Brien



Cost: \$65 per player by December 20, 2023

Uniform: Dodger reversible purple/ white tank top. Available @ DeWitt Fitness Center / 900 14th Street



Sign up online at: parks.cityofdewittiowa.org