

Metairie JCC-U9

Basketball (Revised)

Date	Event	Location
(W) January 9	Practice- 5:00- 6:00 PM	Metairie JCC
(S) January 13	Practice- 1:30- 2:30 PM	Metairie JCC
(W) January 16	Practice- 5:00- 6:00 PM	Metairie JCC
(S) January 20	NO CLASS	Metairie JCC
(W) January 23	Practice- 5:00- 6:00 PM	Metairie JCC
(S) January 27	Game- 2:00- 3:00 PM	Metairie JCC
(W) January 30	Practice- 5:00- 6:00 PM	Metairie JCC
(S) February 3	Game- 2:00- 3:00 PM	Metairie JCC
(W) February 6	Practice- 5:00- 6:00 PM	Metairie JCC
(S) February 10	Game- 4:00- 5:00 PM	Metairie JCC
(W) February 13	Practice- 5:00- 6:00 PM	Metairie JCC
(S) February 17	Game- 2:00- 3:00 PM	Uptown JCC

What to wear

- Tennis shoes (no crocs)
- Shorts/t-shirt or light, comfortable clothing

What we will learn

- Fundamentals of Basketball, both skills and general concepts
- How to practice and what it means to be on a team.
- Sportsmanship: what it means and how to implement it.

What is your role as a Parent or Guardian?

- Have your child ready to practice by having him/her on time and dressed.
- Reinforce good sportsmanship and help explain ways to deal with frustration.
- Practice with them at home.