

Coaching is Teaching

Coaches Selection

In order to properly carry out the VABA Mission, the most critical element is the quality, competence, knowledge and experience of our coaches. A VABA coach is a teacher and a mentor. All VABA Bruins coaches must be approved by VABA's Executive Director after having completed VABA's professionally-designed Coaches Training Curriculum. This includes fulfilling all classroom and on-court training sessions and/or undergoing coach evaluations in VABA's winter developmental league. We believe this is one of the only AAU basketball programs in this area that not only requires such comprehensive standards, but conducts the training and evaluation sessions as well. All teams have a head coach, an assistant coach and a team manager.

Interested in coaching? Please email us at Info@PlayVABA.org today!



VABA Coaches Clinic

"The Virginia Basketball Academy...it's about time! Teaching. Integrity. Motivation. Evaluation. This school of basketball will help you understand how to maximize your potential."

High School Coach

Amateur Athletic Union (AAU)

The **Amateur Athletic Union (AAU)** is one of the largest non-profit volunteer sports organizations in the United States. A multi-sport organization, the AAU is dedicated exclusively to the promotion and development of amateur sports and physical fitness programs.



VABA Bruins teams may choose to register their team and student-athletes with the AAU and/or participate in AAU sanctioned events. Registering with the AAU allows teams to qualify for state and national tournaments.

Financial Aid, Fundraising, Sponsorship

Families who need financial assistance can apply to our Scholarship Program. Visit website to print off a scholarship application. Please call for more information. Fund-raising includes local VABA Bruins tournaments, as well as other local fund-raising activities organized within and among all VABA Bruins teams. All teams are required to secure at least one "team sponsor." **If interested in sponsoring a team, please contact us.**

Contact a VABA Team Member at **434-305-2154**.

Email us at info@PlayVABA.org or visit us on the web at www.PlayVABA.org.

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**REAL TEACHING.
REAL LIFE.**



VABA Bruins Basketball

*Developing skills and
building team in a
competitive environment*

www.PlayVABA.org



Building character and
shaping lives through the
game of basketball



The VABA Bruins program is comprised of high-aspiring athletes interested in furthering their basketball experience by participating in a more competitive team environment in the spring-summer.

Cost

Registration fees vary (range between \$150 – 225, depending on grade level and practice regularity). Seasonal fee covers (3-5 months) team uniforms/apparel rental (Under Armour), gym reservation, scholarship donation and up to two tournament fees. Travel tournament fees are divided by participants. Fundraisers may be organized to off-set tournament fees. Personal travel costs, such as meals and lodging (if applicable) are not included.

Purpose, Goals

The purpose of the VABA Bruins is to provide a basketball experience to committed student-athletes that will foster a year-round period of individual and team development.

The VABA Bruins:

- (1) Are grounded in the core mission of VABA
- (2) Create continuity in a consistent team setting
- (3) Strive to provide a variety of team-types to accommodate different schedules (Black/Red)
- (4) Allow families to plan calendars substantially in advance (a balanced approach)
- (5) Continue to foster relationships amongst athletes and families from different schools
- (6) Avoid direct conflicts with winter teams

Mascot name (Why Bruins?) >>>

The Bruins name originates with John Wooden, the long-time UCLA Bruins coach and the inspiration for VABA and VABA's philosophy of character development. Coach Wooden is widely regarded as the most successful coach in history, not only because of the 10 National Championships his teams won, but most importantly because of his emphasis on moral and physical condition, doing one's best and team spirit. The VABA Bruins serve to carry on the legacy of his name by representing his team's mascot and the standards of excellence they will forever epitomize.

VABA Bruins Basketball

VABA Bruins are competitive travel teams. The Bruins program is founded on the philosophy that, through a consistent team setting, with qualified, trained and experienced coaches, preparing for top-flight competition, the greatest opportunities exist to carry out the VABA mission of character and skill development.



Team Formation >>>

The head coach for each VABA Bruins team determines the roster size and makes player selections. This is accomplished through either open tryout or personal invitation. Interested athletes should inquire or request to participate on specific teams and should communicate directly with VABA understanding this is a select group and a highly competitive environment..

Grade, Gender>>>

Boys, Girls (Grades 2-12)

Practices & Games >>>

Skill development is the essence of a VABA program. Continuing this process outside the winter season is vitally important for any young athlete striving to take their game to the next level.

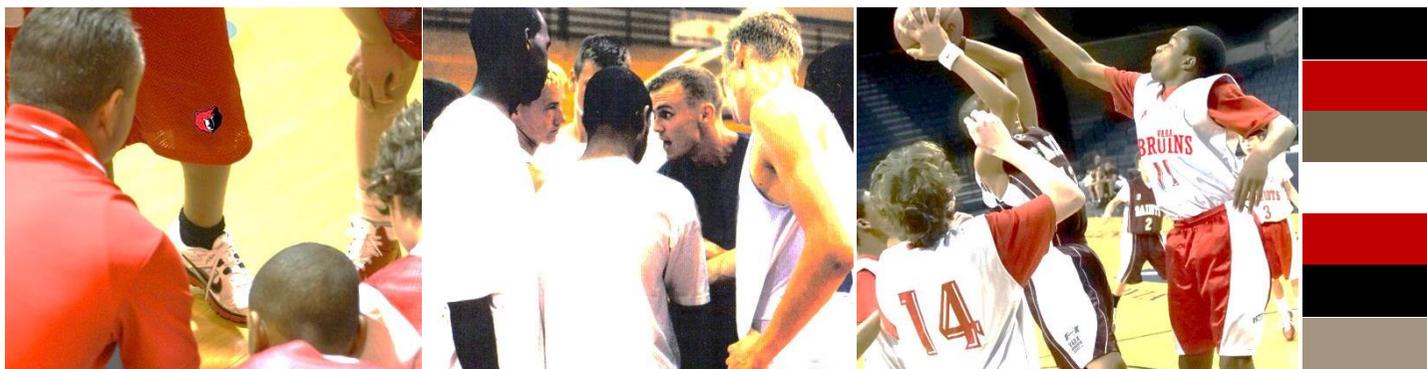
Practices usually begin in mid-February/March. Days and times, as well as tournament schedules and locations are determined by coaches along with input from team families.

VABA Bruins compete in periodic weekend tournaments – depending on the team, weekend tournaments vary in regularity.

Balancing Schedules>>>

Can I play Bruins and still play my in-season sport? Yes!

Bruins teams may adopt a more balanced schedule for athletes participating in their spring/fall sport (usually 1x/week practice). **However**, for athletes choosing to dedicate themselves solely to basketball, a more rigorous schedule may also be agreed upon. Schedules are determined by the coach and the interested families, but a solid commitment would be expected. Tournament scheduling (on weekends) is handled similarly.



Philosophy and Background >>>

The Virginia Basketball Academy's mission is to "build character and shape lives through the game of basketball." VABA seeks to carry out its mission in a number of ways, including through travel basketball teams that practice and compete in AAU tournaments. Teams may be formed to compete in the spring and summer on weekends and are designed to stay together for long-term development. The VABA Bruins program is an additional opportunity for out-of-season play in a more competitive setting.

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