



## FUN, BASKETBALL AUTHENTIC, MAXIMUM BASKETBALL TOUCHES

AGE 5-7 BOYS AND GIRLS

### Objectives

- Provide entry-level basketball program for young children 5 to 7 years old
- Build a community of league organizers, parents, coaches committed to minor basketball
- Provide a fun, active and healthy learning environment

### Curriculum

- Weekly 45 minute practices for 12 weeks
- Canadian Sport 4 Life/Long Term Athlete Development compliant
- Aligned with Canada Basketball's Developmental Pathway
- Curriculum has been developed by NBA Basketball Operations and a team of experts in child development and physical literacy, and basketball fundamentals
- Games will be modified to be age-appropriate, simple and fun

### Equipment & Uniform

- Program will include age-appropriate equipment (smaller basketball and lowered adjustable hoops) and modified games
- Participants will receive a size-appropriate Spalding® Rookie Gear Basketball and NBA team branded t-shirt



## COMMUNITY CLUB

8 – 18 BOYS AND GIRLS

The greatest amount of participation within the Winnipeg Minor Basketball Association is in our **Community Club** based youth leagues. Age 8–18 boys and girls are invited to register for either our Fall/Winter or our Spring Basketball League. Registrations for each run in September and March respectively.

- The Fall/Winter season consists of 18 weeks of competition between October and March.
- A Spring League consisting of 9 weeks of competition follows in April through June.
- Teams are broken into age divisions comprised of players aged within 2 years of one another with games played on weekends at schools around Winnipeg.
- Teams practice once or twice per week during the weeknights.

We welcome everyone to get involved in Winnipeg's fastest growing sports league as a player, coach or referee! To get involved, visit your local Community Centre or contact the WMBA directly.

For more information on our programs, please visit our website at [www.wmba.ca](http://www.wmba.ca)