Virginia Flights Amateur Athletic Union (AAU) Basketball organization’s is a non-profit organization with a philosophy and commitment of focusing on both the physical and mental aspects of basketball.

Our mission is to provide our athletes, both male and female – ranging from six to seventeen years old, with a safe environment while teaching them the fundamentals of basketball. Using basketball to unite us, we aim to build self-esteem, leadership, accountability, and a commitment to community service – **Beyond the Scoreboard**.

Our goal is to instill the values of teamwork and sportsmanship and encourage each athlete to stay active in basketball through high school and beyond – if desired.

Never taking sports more serious than life, we believe that keeping our teams together, beginning with our Junior Flights, will build long lasting friendships and allow us a competitively equal playing ground in competition - a win-win for the athlete and organization.