

ACE SKILL DEVELOPMENT

FALL PHILOSOPHY: PLAY. DEVELOP. IMPROVE.

Fall basketball is designed to give our players the opportunity to compete without the same demands and time commitment of the winter/spring season.

The goal is not simply to play games. Fall is an opportunity to continue developing individual skills, build basketball IQ, improve athleticism, and learn how to apply those skills in a competitive environment.

That is why this fall, ACE Skill Development is intentionally including basketball skill and speed/agility training sessions within the team fee.

We are not requiring players to attend every training session. However, we strongly encourage players and families to take advantage of them.

The right balance of team play + individual development is critical.

Players need opportunities to compete with their teammates, but they also need dedicated time to work on the individual skills that allow them to become better teammates and better basketball players.

Fall is the perfect time to build that balance.

MIDDLE SCHOOL

LEAGUE DETAILS

- Rise Fall League
- Game Dates: September 6 – October 11
- Two games every Sunday
- Minimum of 12 games

PRACTICE DETAILS

- Practices held at Community House Middle School or South Charlotte Middle School
- 8 total practices during the fall
- 1.5 hours per practice
- Tuesday & Thursday evenings
- Practice times:
 - 5:45–7:15 PM
 - 7:00–8:30 PM

Exact practice days are pending CMS confirmation of the school volleyball game schedule.

TEAM FEE — \$750

The team fee includes:

- Rise Fall League fees
- Team jersey
- Coach stipend
- Practice facility/time
- Insurance
- 5 Group Basketball Training Sessions
- 5 Speed & Agility Training Sessions

All training sessions must be used during the fall season.

HIGH SCHOOL

LEAGUE DETAILS

- Rise Fall League
- Game Dates: September 6 – October 11
- Two games every Sunday
- Minimum of 12 games

PRACTICE DETAILS

- Practices held at Community House Middle School or South Charlotte Middle School
- 8 total practices during the fall
- 1.5 hours per practice
- Monday & Wednesday evenings
- Practice times:
 - 5:45–7:15 PM
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INCLUDED DEVELOPMENT TRAINING

SPEED & AGILITY

Monday & Wednesday
4:30–5:30 PM

Saturday
10:00–11:00 AM

BASKETBALL GROUP TRAINING

Monday & Thursday
8:00–9:00 PM

Saturday
8:00–9:00 AM
9:00–10:00 AM

Sunday
8:00–9:00 AM
9:00–10:00 AM

Sunday sessions will vary based on the league schedule.

WHY WE ARE INCLUDING TRAINING

Fall basketball doesn't need to be as demanding as the primary basketball season — and that's intentional.

It gives players an opportunity to play, learn and develop without the same level of team commitment and pressure.

We want our players to understand that development doesn't stop when the team leaves the gym.

Games give you experience.

Practice gives you structure.

Skill training gives you tools.

Speed & agility training gives you athletic ability.

The combination of all four is what helps a player continue to improve.

The included training sessions are not designed to overwhelm players or families. They are designed to give players additional opportunities to work on the areas of their game that may not receive enough attention during team practices and games.

We strongly encourage families to build a healthy mix of:

TEAM PLAY + SKILL DEVELOPMENT + ATHLETIC DEVELOPMENT

That balance is a major part of the ACE Skill Development philosophy.

FALL ISN'T ABOUT DOING MORE.

IT'S ABOUT DOING THE RIGHT THINGS.

ACE SKILL DEVELOPMENT