



OBC News

September 12, 2019

OBC Players and Parents,

We had over 30 boys show up for the boy's tryouts! This is a wonderful start as we welcome the boy's teams to OBC.

OBC is always looking for committed players to join (both girls and boys) the club, so if you know of someone interested in playing basketball, please invite them along to a practice and to meet Coach Luke.

2019 Fall Girl's Season

Practice schedule changes. There have been a few changes to the practice schedule as follows:

- Tuesday and Friday night practices will now be from 6:30 to 8:30 pm vs 6:00 to 8:00 pm. This change was to accommodate Trinity Lutheran.
- Also Tuesday nights have been added to the 2021/2022 (11th and 10th grade) practice schedule, giving all of the high school girls (9th, 10th and 11th) two practices a week until October 27th.
- Starting the week of October 27, the 2024 (8th grade) girls Tuesday practice will shift to Friday. This is done as Coach Luke will be coaching his Lake Howell team during the week.

UPDATED Practice Schedule:

Facility: Trinity Lutheran – 123 E Livingston St, Orlando, FL.

High School fall practice schedule: [September 3 thru October 27](#)

- 2021/2022 (11th and 10th grade) – Tuesday – 6:30 to 8:30 pm and Sundays – 4:00 to 6:00 pm
- 2023 (9th grade) – Tuesday and Friday – 6:30 to 8:30 pm

Middle School AAU fall season: [September 3 thru December 15](#)

- 2024 (8th grade) – Tuesday – 6:30 to 8:30 (thru October 22), Friday – 6:30 to 8:30 (beginning November 1) and Sunday – 2:00 to 4:00 pm
- 2025/2026 (7th and 6th grade) – Friday – 6:30 to 8:30 and Sunday – 2:00 to 4:00 pm

The OBC 2024, 2025 and 2026 teams will be participating in the L.A.B. Sports league beginning September 28 thru November 22. Schedule to be communicated once received from L.A.B.

2019 Fall Boy's Practice Schedule

Facility: Vietnamese Alliance Church (VAC) – 3300 Bumby Ave, Orlando, FL.

High School fall practice schedule: [September 3 thru October 27](#)

- 2022/2023 (10th and 9th grade) – Wednesday 7:30 to 9:30 pm and Thursday 7:00 to 8:00 pm
Note – we are looking to potentially move the Thursday practice to Sunday.

Middle School AAU fall season: [September 3 thru December 15](#)

- 2024/2025 (8th and 7th grade) – Monday 7:45 to 9:00 pm and Wednesday 7:30 to 9:30 pm
- 2026/2027 (6th and 5th grade) – Monday 6:30 to 7:45 pm and Wednesday 6:30 to 7:30 pm



The boy's teams will be entered into the Winter Springs Basketball League (WSbL) which runs from 11/9/19 thru 2/1/20.

We continue to look for 6th, 8th, 10th and 11th grade boys to fill roster spots.

Upcoming Events:

3rd Annual Ballin' for Blue – September 28 & 29. Tournament to be held at Trinity Lutheran – 123 E Livingston St, Orlando, FL. Additional details to be forthcoming. Including OBC, there are 9 teams signed up for the tournament and are **looking for volunteers** to help out with:

- Tickets,
- Concessions and
- Timekeeping.



Please contact Coach Luke to let us know if you are interested in assisting.

Non-Profit Organization

OBC is a 501c3 non-profit organization focused on providing a safe, healthy place for our players to learn and develop fundamental basketball skills, leadership skills and overall team trust. OBC welcomes friends and family donations, company/individual sponsorship and assistance throughout the year in various events. Please contact Luke Zbyski if you have any questions. Upcoming fundraiser:

- Garage Sale – September 28. As part of the Avalon Yard Sale, Coach Joe will be hosting the OBC Fundraiser out of his house. Please bring to practice or contact Coach Luke items to donate or would be willing to volunteer. Thank you to all of those who have already donated items!

Coach's Corner

As I walk into the gym, I see many kids start their shooting warmups from the free throw line and beyond. At a recent basketball camp, one of the instructors indicated he could tell those kids that were focused on improving their shooting as they started within 3-5 feet of the hoop with one hand form shooting. As you begin your shooting warmups, please take the time to make 20-30 one hand form shots from within 3-5 feet. Try to make 10 in a row and then 10 in a row without hitting the rim!

Thank you,

Coach Luke
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