

NJB's Model and Application for AAU Tournament Play

We believe that there are several reasons to consider playing AAU basketball with the SV Stars.

1. We offer coaches that are as skilled and competitive as any of the other AAU clubs and can make an argument that our coaches may be better
2. For most of our Teams, our Players play for one coach during one season receiving that coaches teaching and training, then moves to a different coach the next season to maximize the amount of different training the Player receives:
 - When the same person coaches a Player multiple years, that coach is applying some of the same techniques in multiple years
 - When our players get to High School, they will have had a varied amount of skills development and be in a better position to make and contribute to the team
 - We also use the method of one coach staying with a team each change year. We use this method with one of our girl's team. This coach has demonstrated that he brings some new training techniques each season as he re-enforces what was taught the previous year
3. Our SV Stars / AAU yearly model is:
 - March – Team practice starts (2 practices per week of 4 – 5 hours total per week)
 - April 1 to July 31 – AAU Tournament Play Season (8 tournaments)
 - Some Teams/Players may choose to continue playing into August and/or after
 - October to March – Players can choose to play NJB All-Net Winter League
 - One reason we are not playing AAU basketball year round is because, we have several coaches on our staff that coach High School and Middle School basketball
4. Our AAU Tournament Play model will concentrate on reducing some of the travel and play more Northern California tournaments. We feel that there are more than enough competitive tournaments in Northern California to keep us busy. We do target at least 2 out of town over night week-end tournaments such as Reno, Las Vegas and Southern California. Sacramento may or may not be considered over night week-end
5. Having the ability to offer our Winter League All-Net program will allow the parents to save money on the expenses associated with year-round AAU participation. Having your child play All-Net League, the travel is local to different NJB Chapters in Silicon Valley. You will know your child is going to play 12 games in addition to where and when those games are
6. All-Net is not at the level of AAU, but it will allow parents to take a break from the rigors of AAU and its travel and be stable for a period of time by playing Winter League NJB. Your child will still get to work on their skill development in a competitive and structured environment in the Winter All-Net program
7. For Player development, it is good to play on a stacked AAU team and win, but some Players don't get to shine in that environment. And, it is also good when good Players play on a team with more not super star players where the Player get to operate and shine more. NJB Stars/AAU and the Winter NJB All-Net provides opportunity for both

We hope this write-up helps you see the positive of playing SV Stars / AAU Basketball.

Regards,

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