



# 10th-11th Grade Athletes

*This year we will be putting a heavy focus on Skill Development, Competition, Accountability, and Education.*

**Spring Season 2025- (duration)**

**February- July**

## KNC Program

- Practices twice a week
- Local games every other weekend
- Out-of-town tournaments in the Summe

Practices are held at  
**Sunrise Athletic Complex**  
11501 NW 44th St, Sunrise, FL

## **Practice Times**

**Tuesdays & Thursdays**

**10th-11th grade                      7:30-9:00 pm**



## **Skills Training Program-** (optional)

- *Skill Development*
- *Plyometric training*
- *Strength Training*

**Monday & Wednesdays**

**10th-11th grade          6:15-7:15 pm**

**As you saw in our Tryouts; Our program puts a heavy focus on seeing improvement in our players through the integration of an intense training program with a partnership with**





## Join the KNC Program

**Team Uniforms Package- One time \$140 fee**

**This includes**

- 4 sets of Uniforms
- Backpack



**There are 2 monthly pricing options;**

**KNC Membership Dues-\$200 monthly**  
(includes)

- Practices twice a week
- Local games every other weekend
- Out-of-town tournaments in the Summer

**or**

**KNC Membership with Training- \$300 monthly**  
(includes everything in KNC Memberships plus)

- Skills Training Program
- Monday & Wednesdays
- 5:15-6:15 pm or 6:15-7:15 pm
- Skill Development
- Plyometric training
- Strength Training





## **Code of Conduct-Parent/ Player Handbook Agreement**

I understand that we need to pay team fee, and turn in the waiver/ medical release, liability form, insurance information, parent/player contract, and financial responsibility form.\*

I understand that if I do not meet the obligations defined in the paragraph above my athlete will not be able to participate in team practice or any KNC events.\*

I understand that all leagues and tournaments held outside of the KNC program are out of KNC control. Such as game times, gym locations, and cancellation of the league and tournament. Game times, gym locations, and cancellations will be communicated\*

I understand that communications with the team will be done through E-Mail/ website/ text messages. It is the parent's responsibility to check e-mail/ website/ text messages on a regular basis.\*

I understand that the best form of communication is a text message to your coach.\*

I understand that KNC Basketball has full discretion on moving players up or down from one team to the other\*



I understand that a coach can relocate or replace a player if a player does not meet the coach's or director's expectations in attendance, commitment and/ or production.\*

I understand that playing time is not guaranteed and must be earned with commitment and production.\*

You give KNC Basketball the right to post photos of your athlete on the website social media ect.\*

I acknowledge that I have received, read and discussed with my athlete the information in the Player/Parent handbook.\*

I understand all of the policies as outlined in the handbook and agree to abide by the rules of the organization.\*

I acknowledge that I have received, read and discussed with my child the information in the Player/Parent handbook. I understand all of the policies as outlined in the handbook and agree to abide by the rules of the organization. A player may not begin his/her season with a KNC Basketball Team until all required forms are signed and submitted on the website and to the Team manager. The forms include: