



## Parent Guide: Understanding Our Program Expectations

### Welcome to Our AAU Program

Your child has been selected to join our program for the next five months of AAU basketball. This guide outlines what you can expect from our organization and what we aim to develop in your child throughout this period.

### Our Development Goals

- **Mental Toughness:** Teaching resilience and handling adversity in games.
- **Offensive Execution:** Helping players develop high-level decision-making skills.
- **Defensive Awareness:** Ensuring players understand individual and team defensive principles.
- **Game Film Study:** Encouraging players to learn from film to improve their game IQ.
- **Skill Application:** Ensuring players can translate their training into real-game situations.
- **Playing with Control:** Emphasizing balance and decision-making through playing off of two feet and changing speeds.
- **Athletic Development:** Teaching injury prevention and explosiveness techniques.
- **Joy and Confidence:** Fostering a positive basketball experience that builds self-belief.
- **Leadership & Communication:** Allowing players to develop into vocal leaders on the court.

### What We Expect from Parents

- Encourage your child to stay committed to their development.
- Trust the process—growth takes time, and setbacks are part of the journey.
- Support your child in watching film, practicing drills, and applying lessons from training.
- Let the coaches coach—your role is to be a positive supporter.

### Our Commitment to Your Child

Over the next five months, we will ensure that your child is in an environment where they will:

- Be challenged to grow as a player and competitor.
- Receive structured coaching that aligns with their development.
- Learn key skills that translate to game success.
- Be provided with opportunities to play and improve under live conditions.
- Develop the confidence needed to perform at a high level in games.

We pride ourselves as an organization on ensuring every player in our program experiences meaningful progress in their basketball development.

We are excited to have your child as part of our program and look forward to witnessing their growth and success both on and off the court.