



## Overview

The St. Mark's Youth Basketball League (SMYBL) strives to give boys and girls in Kindergarten through 2nd grade a positive experience learning fundamental basketball skills and playing team basketball. Our coaches are committed to helping each player grow in the game of basketball.

We plan to have separate divisions for boys and girls. Depending on the breakdown of boys and girls, we may ask some girls to participate on boys teams. Each weekly session will last 60 minutes. Each session will consist of a 30-minute practice and a 30-minute game with another team.

Score will be kept during the games. An age appropriate amount of competition in sports can help children learn to aspire to excellence. We plan to wrap up the season with a tournament during the last session.

SMYBL is open to everyone in the community. If any questions come to mind, please contact league directors Matt Bauer and Brett Bengel at 916-961-7891 or [school@StMarksLutheran.com](mailto:school@StMarksLutheran.com).

## Age-Appropriate Equipment

We play with 8-foot goals and junior size (27.5") basketballs so these young players can learn proper technique without being burdened by a goal that is too high and a basketball that is too heavy.

## Skill Development

- Dribbling, passing, and shooting
- Jump stops and pivoting
- Rebounding
- Team defense (man to man)
- Team offense: court spacing, basic movement
- Rules of basketball

## Schedule

Saturday, January 6 (morning)  
Sunday, January 14 (afternoon)  
Saturday, January 20 (morning)  
Saturday, January 27 (morning)  
Saturday, February 3 (afternoon)  
Saturday, February 11 (morning)

## League Features

Each player will receive a SMYBL T-shirt and team picture. A concession stand will be open during the games. The season will culminate with a brief awards ceremony in which the players will receive medals for their participation and enjoy some refreshments.

## Player Equipment

Each player must be equipped with:

- Functional athletic attire, SMYBL T-shirt
- No metal jewelry, hairpieces, etc.
- Non-marking athletic shoes (wood gymnasium floor)
- Water bottle (if desired)

## Registration

The registration process must be completed online. To register, go to [school.StMarksLutheran.com/SMYBL](http://school.StMarksLutheran.com/SMYBL).

- Early registration fee (by December 1): \$45.00
- Late registration fee (after December 1): \$55.00
- Last year we filled up, so register early to ensure your child's spot.

## SMYBL Website

[School.StMarksLutheran.com/SMYBL](http://School.StMarksLutheran.com/SMYBL)