



Hi Families,

We hope everyone had a wonderful holiday break!

We are excited to be launching our 2023 season. Here are some basketball details for you:

- Practices began Sunday! It is of the utmost importance that players make it a priority to get to practice each week so that they can get the most of the season. Coaches will have specifics on where to enter if you are practicing at a school.

Practice Reminders:

1. Please arrive a few minutes early so that you are ready to go right on time.
2. If the gym is occupied when you arrive, please be sure to stay out of the gym until your specified practice time. We need to make sure we are respecting the teams and coaches with practices before you.
3. Players should wear athletic shoes that they change into for practice.
4. Bring a labeled water bottle.
5. Parents, please be mindful of distractions during practice. If you have other siblings, please take them out of the gym if it becomes a distraction to the players who are practicing.

Uniforms are HERE! Coaches will be distributing uniforms. If you have any issues, please email basketball@rocky.church so we can try to assist you. This year we opted for custom uniforms, which were more expensive, so each player gets a pair of shorts and the reversible jersey.

Game schedules are completed and being entered into the system. Please double check before your first game just in case we had to make any minor adjustments. Our 1st-4th grade teams may play at RMCC Frederick, Carbon Valley Rec Center, or Thunder Valley. Our 3rd-4th boys competitive and 5th-6th teams may play at RMCC Frederick, RMCC Niwot, and/or Thunder Valley.

Thank you again for all your continued support. If you have any questions please email us at basketball@rocky.church