

Dowling Catholic Basketball Club (DCBC)

1. Overview of DCBC

- a. Purpose is to provide future Dowling Catholic girls basketball players an opportunity to play together, improve their skills, start learning the high school fundamentals and team concepts and provide an opportunity for middle school players to interact with Dowling Catholic Varsity Girls Basketball players & coaches.

2. Teams

- a. 1-2 teams per grade for 6th, 7th & 8th grades
 - i. 8-10 players per team
 - ii. Exact number of teams & number of players per team will be decided after tryouts
- b. Teams will be created to have similarly skilled players on the same team. The Maroon team in each grade level will enter more competitive tournaments.

3. Tryouts

- a. Held at Dowling Catholic High School
- b. Sunday, August 9th
 - i. 6th grade: 4:00-5:15pm
 - ii. 7th grade: 5:30-6:45pm
 - iii. 8th grade: 7:00-8:15pm
- c. Saturday, August 15th
 - i. 6th grade: 8:30-9:45am
 - ii. 7th grade: 10:00-11:15am
 - iii. 8th grade: 11:30am-12:45pm
- d. Players are encouraged to attend both tryouts.
- e. Incoming 5th graders can try out for a 6th grade team
- f. Players should bring a face mask and a water bottle and wear a reversible jersey if possible (there will be a few reversible jerseys available if a player does not have one)
- g. Cost: \$25 (fee is paid in the online registration)
- h. Players must register for tryouts [online](#) as well as sign the Covid-19 waiver in the online registration.

4. Season runs late-October through February

5. Practices are held at Ignit in Grimes
 - a. Last week of October & first week of November
 - i. 2 weeks of 4 practices per week led by Coach Meyer
 - ii. Monday - Thursday
 - b. November & December
 - i. Two 2-hour team practices per week from 5:00-7:00pm (Mondays & Wednesdays)
 - ii. One 1-hour skills session per week (Thursday)
 - c. January & February
 - i. Two 2-hour team practices per week from 5:00-7:00pm (Mondays & Wednesdays)
6. Teams will participate in 8-11 tournaments and/or a league plus 3-5 tournaments
 - a. Most tournaments are in the Des Moines area
 - b. The Maroon team for each grade level may travel out of state
7. Cost
 - a. \$1250 for Maroon team, \$950 for White team
 - i. Difference in cost is for Maroon teams to participate in more and/or bigger tournaments, some that may be further distance to travel. Maroon teams will most likely have a smaller roster.
 - ii. Fees can be paid in full in October or spread out over multiple months (October, November & December)
 - b. Cost includes: uniform, shooting shirt, backpack, coach salaries, practice facility rental & tournament entry fees
 - c. Financial assistance is available for families that qualify
8. Coaches
 - a. 1 paid, non-parent head coach per team
 - b. Coaches will receive training from Coach Meyer & the Dowling Catholic HS Girls Basketball staff
9. Opportunities for DCBC players to meet and interact with the Dowling Catholic Varsity Girls Basketball players & coaches
10. Contact Information
 - a. Website: www.dowlingcatholicbasketballclub.com
 - b. Twitter: @DCBC_Dowling
 - c. Coach Kristin Meyer (Dowling Catholic Varsity Girls Basketball Coach): kmeyer@dowlingcatholic.org