

Fall 2023 Basketball at the J Program

	BallerZ Elite	J.P.B.L Option 1	J.P.B.L Option 2
Practice/Skills	Mon & Wed	N/A	Tues & Thurs
Games (Sundays only)	-6 travel games <i>*some travel required</i> -10 J.P.B.L Sunday league games	-10 Sunday morning league games all at JCC <i>*games will replace skills training on these dates:</i> <i>9/19, 9/26,10/10</i>	-10 Sunday morning league games all at JCC
Coaching	-Practices & Games Professional coaches -J.P.B.L Sunday league games volunteer coaches	Volunteer coaches	-Skills- Professional coaches -Games- volunteer games
Season Structure	-20 practices -6 travel games -10 J.P.B.L in-house games *8th grade & High School -20 practices -10 games	-10 in-house games	-10 in-house games -16 skills trainings