

BASKETBALL FAQ

Can I sign up for more than one program?

YES! We encourage everyone in grades 3 - 6 to sign up for Saturday AM Skills. If your child is planning on playing in the MHL Club Travel Program or Middle School basketball, they can also play in the CECS Rec Travel Program. We will be doing our best to make sure that game times do not overlap.

What days and times are practices for the Rec Travel League?

Once we have finalized registration and secured coaches, we will be working on the practice schedule. Our larger groups will be slotted to practice in the Middle School Gym, which is available generally after 6:30 pm during the week, as middle school basketball practices take place before then. Practice days will also depend on the coach's schedule. We will work to keep consistent days and times for practices.

I'd like to volunteer, but I don't know that much about basketball. Are there opportunities for me? We are looking for volunteer coaches, but we also need help managing kids and administrative duties. Please reach out to me if you can help in any capacity!

I have a child younger than 3rd grade. Do you have any programming available?

We offer Little Cape Ball for ages 4 - Kindergarten, which is aimed at introducing the sport through fun drills and relay games. For kids in Grades 1-2, we offer Sunday basketball clinics in November - December. Register [HERE!](#)