



2025–2026 TRAVEL BASKETBALL PROGRAM

Boys & Girls • U10, U12, U14

Welcome Parents and Guardians,

We are very excited to announce the return of our competitive travel basketball season for 2025–2026! For over 20 years, our travel teams have built skills, teamwork, and community pride through competitive basketball.

Program Overview

The Travel Basketball Program is designed for players seeking a **competitive basketball experience** and willing to make a **significant commitment** to their team.

- **Divisions:** Boys and Girls, U10 • U12 • U14
- **Teams:** One team per age group and gender (6 total)
- **Commitment:** *Attendance at all practices and games is required.*
Travel Basketball takes priority over other activities during the season.

We urge you to consider your child's ability and commitment to basketball before participating in tryouts and to discuss any such conflicts with the Sports and Recreation Department ASAP.

Tryouts can be stressful. Our competitive teams require a high level of dedication and time from both players and families, and participation is not guaranteed. If you feel this level of commitment is too demanding, or if you wish to avoid the chance of your child not being selected, you may choose to bypass tryouts this season.

If your child is not selected for a travel team, we strongly encourage participation in our **Recreation Basketball League**, which offers weekly games and practices in a supportive environment.

TRYOUTS

Travel Basketball is ***not for the casual player***. Please consider your family's schedule before registering. With high demand and limited space, it's important that all players attend tryouts fully prepared and committed.

Attendance at a minimum of two tryout sessions is required to be eligible for team selection.

Boys Tryout Schedule

- **Friday, October 24**
 - [6:00 PM – U10](#) | [7:00 PM – U12](#) | [8:00 PM – U14](#)
- **Saturday, November 1**
 - [2:00 PM – U10](#) | [3:00 PM – U12](#) | [4:00 PM – U14](#)
- **Friday, November 14**
 - [6:00 PM – U10](#) | [7:00 PM – U12](#) | [8:00 PM – U14](#)

Girls Tryout Schedule

- **Saturday, October 25**
 - [2:00 PM – U10](#) | [3:00 PM – U12](#) | [4:00 PM – U14](#)
- **Sunday, November 2**
 - [3:00 PM – U10](#) | [4:00 PM – U12](#) | [5:00 PM – U14](#)
- **Sunday, November 16**
 - [3:00 PM – U10](#) | [4:00 PM – U12](#) | [5:00 PM – U14](#)

Please plan to attend all sessions if possible.

Tryout Format & Evaluation

Each tryout will be run by **two independent evaluators**. Parents and coaches will **not** be present during evaluations.

Players are evaluated on:

- **Attendance** – Failure to attend tryouts = ineligible for selection.
- **Attitude** – Positivity, teamwork & sportsmanship matter. It's a TEAM.
- **Ability** – Bring your BEST each time.

Selections are based on performance during tryouts. No players are guaranteed a roster spot.

Competitive Team Try-Out Guidelines

1. **Age Rule:** Players will try out for their current age year and under team.
2. **Initial Try-Outs:** All players should try out for their respective boy/girl team.
3. **Exception:** If a girls' team is not formed for an age group (e.g., Under 10, Under 12, Under 14), those girls may try out for the boys' team in the same age group. This is to ensure all players who want to play competitive basketball have a chance.
4. **Team Selection:** Teams will be composed of the best players determined during the try-outs.

Team Selection Process

Each age group will have **one team per gender**, typically consisting of **10 players**. Independent evaluators and the YMCA sports committee will rank

and recommend players based on dribbling, passing, shooting, defense, and overall understanding of the game at real game speed.

Rosters will be finalized and emailed to families **by Sunday, November 9**. Official league rosters will be submitted in early December.

If a registered player is injured and cannot attend tryouts, an alternate evaluation may be arranged once cleared to play (**must occur before December 22**). [Contact jmitchell@metroymcas.org](mailto:jmitchell@metroymcas.org)

Practices & Games

- **Practices begin:** Week of November 17
- **Frequency:** About 3 hours per week before games begin, then 1 game + 2–3 hours of practice per week
- **U10 teams:** Participate in local tournaments (2-game minimum each)
- **U12 & U14 teams:** Compete in the NJ YMCA Basketball League, with weekend games and end-of-season tournaments in early March
- **Season break:** Usually during winter recess in February

Parents are responsible for transportation to away games.

Fees & Uniforms

- **Program Fee:** \$400 (due only after team selection)
- **Uniform Deposit:** \$100, refundable upon return in good condition

All fees go toward league registration, tournaments, officials, and gym time.

Sponsorships & Donations

Our program thrives because of the support of generous families, volunteers, and local sponsors. If you or your business would like to help support the YMCA Travel Basketball Program, please contact jmitchell@metroymcas.org Every contribution helps strengthen our community and our teams.

Sincerely,

New Milford YMCA Sports & Recreation Department

Greater Bergen County YMCA – Travel Basketball Program

Building skills, teamwork, and community through competition.