

REVIEW



**EVOLUTION
BASKETBALL
AL WAJBA**

TRAINING SCHEDULES

AGE GUIDE



AGE GROUP

AGE AS OF SEPT 1ST 2022

UNDER 8

6 - 7 YEARS OLD

UNDER 10

8 - 9 YEARS OLD

UNDER 12

10 - 11 YEARS OLD

UNDER 14

12 - 13 YEARS OLD

YOUTH

14 - 18 YEARS OLD

YOUR CHILD'S AGE GROUP IS DETERMINED BY THEIR AGE AS OF SEPTEMBER 1ST, 2022.

PLEASE NOTE THAT YOUR CHILD WILL STAY IN THE SAME AGE GROUP FOR THE ENTIRETY OF THE 2022/2023 SEASON (MUCH LIKE SCHOOL GRADES).

PLAYERS MAY BE ASKED TO MOVE TO A DIFFERENT TEAM AT ANY STAGE OF THE SEASON TO ALIGN WITH THEIR RESPECTIVE ABILITIES AND DEVELOPMENT, AS PER THE COACHES DISCRETION.

MIXED DEVELOPMENT



TEAM	MONDAY	THURSDAY
UNDER 8 HEAT	4.00-5.00PM	4.00-5.00PM
UNDER 10 WARRIORS	4.00-5.00PM	4.00-5.00PM
UNDER 12 MAVERICKS	5.15-6.15PM	5.15-6.15PM
UNDER 14 LAKERS	5.15-6.15PM	5.15-6.15PM
YOUTH CELTICS	6.30-7.30PM	6.30-7.30PM

ADVANCED DEVELOPMENT



TEAM	SUNDAY	MONDAY	WEDNESDAY	THURSDAY	SATURDAY
UNDER 10 BARCELONA	4.00-5.00PM		4.00-5.00PM		9.00-10.00AM
UNDER 12 FERNERBACHE		4.00-5.00PM		4.00-5.00PM	9.00-10.00AM
UNDER 14 ZALGIRIS		5.15-6.15PM		5.15-6.15PM	12.45-1.45PM
YOUTH OLYMPIACOS		6.30-7.30PM		6.30-7.30PM	12.45-1.45PM

GIRLS ONLY



TEAM	SUNDAY	TUESDAY
UNDER 10 COMETS	4.00-5.00PM	4.00-5.00PM
UNDER 13 LYNX	5.15-6.15PM	5.15-6.15PM
YOUTH FIRE	5.15-6.15PM	6.30-7.30PM