



**EVOLUTION BASKETBALL**

**AL WAJBA**

**TRAINING SCHEDULES**

**2021/2022 SEASON**

# EVOLUTION BASKETBALL - AGE GUIDE

AGE GROUP	AGE AS OF SEPT 1ST 2021
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, 2021.

PLEASE NOTE THAT YOUR CHILD WILL STAY IN THE SAME AGE GROUP FOR THE ENTIRETY OF THE 2021/2022 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.



# BASKETBALL DEVELOPMENT - AL WAJBA

MIXED DEVELOPMENT (AGED 6 - 18)		
TEAM	MONDAY	THURSDAY
U8	4:00-5:00pm	4:00-5:00pm
U10	4:00-5:00pm	4:00-5:00pm
U12	5:15-6:15pm	5:15-6:15pm
U14	5:15-6:15pm	5:15-6:15pm
Youth	6:30-7:30pm	6:30-7:30pm
Youth Advanced	6:30-7:30pm	6:30-7:30pm

GIRLS ONLY (AGED 6 - 18)			
TEAM	SUNDAY	TUESDAY	SATURDAY
U10 Comets	4:00-5:00pm	4:00-5:00pm	-
U13 Lynx	5:15-6:15pm	5:15-6:15pm	-
Youth Fire	-	6:30-7:30pm	12:45-1:45pm



# TIGERS ACADEMY - AL WAJBA

## BOYS ONLY ACADEMY - SELECTED TALENT PROGRAM (AGED 7 - 18)

TEAM	SUNDAY	WEDNESDAY	SATURDAY
U10 Tigers	4:00-5:00pm	4:00-5:00pm	10:15-11:15
U12 Tigers	5:15-6:30pm	5:15-6:30pm	11:30-12:30
U14 Tigers	6:45-8:00pm	6:45-8:00pm	10:15-11:15
Youth Tigers	6:45-8:15pm	6:45-8:15pm	11:30-12:30



# LITTLE BOUNCERS - AL WAJBA

LITTLE BOUNCERS (AGED 4-6)		
TEAM	TUESDAY	SATURDAY
U5 Little Bouncers	4:00-5:00pm	9:00-10:00am
U6 Little Bouncers	4:00-5:00pm	9:00-10:00am

# BASKETBALL DEVELOPEMNT - SEK

MIXED DEVELOPMENT (AGED 12 - 16)		
TEAM	SUNDAY	TUESDAY
SEK Development	4:00-5:00pm	4:00-5:00pm

