



16's at MVA

The 16U program is typically for 10th graders born on or after September 1, 2001. We offer 3 levels of training:

- **Regional:** Players have 2 practices/week and 1 hour of performance training. They play in the local Lakeshore power league (Saturdays only), play in the President's Day Challenge in Lansing and attend the Winter Championships (Sat/Sun). Athletes can play a winter and/or spring season
- **Elite (Full Season):** Players have 2 practices/week and 1 hour of performance training. They play in the regional Michiana power league (Saturday/Sunday) and attend 7 two-day tournaments throughout the year. Play concludes at the MJVBA Championships in June. This level is for our most competitive athletes.
- **National (Full Season):** Players have 3 practices/week and 1 hour of performance training. They play in the Michiana power league (Saturday/Sundays) and 8 additional tournaments as well as attending Nationals in Orlando in June. This level is for our most competitive athletes.

Important Dates:

- Tryouts: Sunday, Nov 12, 10:30a-2:00p
- Program Announcement: On the website Tuesday, Nov 14 at 5pm
- Parent Meeting: Wednesday, November 15 at 6:00 for those who make the MVA National, Elite, and Regional Programs
- Practice Starts: Week of Nov 27 for Elite/National teams; Week of Dec 4 for Regional teams
- Spring Season Tryouts: March 5 – March 8

Practice/Tournament Information:

- Tentative Practice Schedule:
 - Regional: Mondays, 6:30 – 9:00 and Wednesdays, 7:30 – 9:30
 - Elite: Tuesdays and Thursdays, 6:30 – 9:00
 - National: Tuesdays and Thursdays, 6:30 – 9:00, and Wednesdays 5:30 – 7:30
- Tentative Tournament Dates:
 - Regional:
 - Jan 6, Jan 27, Feb 10, Feb 17/18, Feb 24, March 3/4
 - One regional tournament on Feb 17/18. All other events within 15 miles of MSA Fieldhouse
 - Elite:
 - Jan 6/7, Jan 13/14, Jan 27/28, Feb 3/4, Feb 24/25, March 3/4, April 21/22, April 28/29, May 19/20, June 2/3
 - Locations are Grand Rapids, Milwaukee, Detroit, Warren, Lansing, Cleveland
 - The Elite team will have one team building retreat weekend on Dec 9/10
 - National:
 - Jan 6/7, Jan 13/14, Jan 27/28, Feb 3/4, Feb 17-19, Feb 24/25, March 23-25, April 21/22, April 28/29, May 19/20, May 26-28, June 10, AAU Nationals June 25-28
 - Locations are Grand Rapids, Chicago, Milwaukee, Detroit, Warren, Lansing, Indianapolis, Cleveland, Orlando
 - The National Team will have one team building retreat weekend on Dec 9/10

Tuition Information:

- Regional: \$786 tuition + \$110 Gear Player Pack
- Elite: \$1870 + \$175 Gear Player Pack + \$665 Team Travel
- National: \$2631 + \$185 Gear Player Pack + \$950 Team Travel
- Payment Notes:
 - Gear Packs include practice t-shirts, Nike custom long-sleeve jersey(s), AAU membership, water bottle, band, and whistle.
 - Team Travel –
 - Elite will travel and stay as a team (with a chaperone) to Cleveland (1/13&14), Milwaukee (2/3&4), Detroit (4/21&22), and a team building retreat at Camp Henry (12/9&10). This cost covers travel and lodging costs for the athlete to these events.
 - National will travel and stay as a team (with a chaperone) to Cleveland (1/13&14), Milwaukee (2/3&4), Indianapolis (3/23-25), Detroit (4/21&22) and a team building retreat at Camp Henry (12/9&10). This cost covers travel and lodging costs for the athlete to these events.
 - We do offer monthly payment plans at no additional fee.
 - Scrip and Savory Foods fundraisers available. Information available at tryouts and the parent meeting.