

## About Cardinal AAU Basketball

Cardinal AAU Basketball is a boys' & girls' basketball organization that fields teams ranging in age from 9 –17 years old, in both a spring and fall season. Cardinal is located in Eastern Fairfax County and is open to any student athlete wishing to tryout and play. Girls & Boys from all over the Washington Metro area are able to play and are encouraged to tryout.

### Spring Season

Tryouts are held in early March for the Spring/Summer season. Dates and registration forms can be obtained on this web site [www.cardinalaaubasketball.com](http://www.cardinalaaubasketball.com). When teams are selected they are registered with the National AAU (Amateur Athletic Union) Association. Some of our teams also select to play in the YBOA (Youth Basketball of America). Coaches of each team are given the flexibility to make and set their own schedules based on team objectives for the season. The younger teams (9 -12) generally play 30 – 50 games with the season lasting until mid June. The older ages (13- 17) will play 40-60 games beginning in March and finishing in late July. The cost for each player (\$300 to \$500) is based upon the number of tournaments the team plays in and how many out of town trips are taken. The coach determines the cost per player by adding all entry fees and hotel costs and dividing by the number of players on the team. All players pay the same cost. All coaches are volunteers and are not paid. The only thing that is done for the coaches is that if an out of town trip is taken the cost for the coaches hotel room is added to the players cost. All players will keep their uniforms at the end of the season. If coaches and players are available Cardinal will field additional teams at each age group.

### Fall Season

Cardinal sponsors an AAU fall league at Mt. Vernon High School for teams in the age groups of 9-17's. Tryouts are held at the end of August. The season runs from September until the first week of November. The league plays 9-10 games. The cost is \$150 per player. This is a developmental league and is used to see how much players have progressed from the spring and also to see new players at different age groups. It is also used by players to get ready for the upcoming winter season.

### Winter Season

Cardinal sponsors select AAU Teams to play in the Beltway Basketball Winter League. Tryouts are held at the end of November. The season runs from December until February. The league plays 9-10 games. The cost is \$150 per player. This is a competitive league and the primary purpose is to help the more skilled athletes prepare the Spring AAU season.

### Coaches for Cardinal Teams

The Cardinal organization is always in need of people to help coach as either a head or assistant coaches. All coaches volunteer their time and are not paid. If you are interested in helping coach or know someone that is, please contact Stan King at 703-408-8392 or [kingstan@hotmail.com](mailto:kingstan@hotmail.com).