

SPRING AAU REGIONAL F.A.Q.

Please Read the Below Information Entirely. It is written by M14 Founder, Matt Miller, and it will answer most of your questions. Any additional questions will be answered at Tryouts or you can contact us via email or phone.



When is the Season?

Although we have tryouts during the fall, the AAU practices do not begin until March. We will have 6 sessions of training camp and then begin playing tournaments. The season will run March through Mid-June. Specific team schedules will be given out towards the end of February.

How many players on a team?

10 players

What is the process for getting a player in the High School AAU Program?

All players, no matter how long they have been in our program, do need to attend tryouts. Players must register for their grade level tryout and have the option of trying out for our National Team(s) or Regional Team(s). We have our National tryouts first and if players do not make a National team they can register for our Regional tryout.

At the beginning of the tryouts, we have a mandatory parent meeting to go over additional information and answer any questions parents may have. After all grade level evaluations have concluded, players will be contacted with their status (i.e. accepted or denied). Players that receive invites will be invited onto a team we feel best suits their needs (Regional or National).

How are players notified about team selection?

After tryouts have concluded, our Directors call every player over a 4-day period to discuss team placement. Parents will have to register players within the same day to fully accept their spots. ****If we call and no one answers: we will leave a message and follow up with an email. If we have not heard back from that parent within 24 hours, the player's spot is no longer held.****

What is the benefit of playing at the Regional level?

- Part of Team M-XIV
- Player Development
- Staying involved the sport they love without a high degree of travel
- Can possibly play another school sports

Are there any additional fees for overnight out of state tournaments?

Yes! When we play in an out of state tournament that causes our staff to stay overnight, we do have a coaches fee. This fee goes toward the coaches' hotel stay and gas. The fee is \$60 per out of state weekend.

What are the main objectives at the high school level?

At the 15U level we still have a big focus on development because these players are still in the process of realizing their potential; they are not a complete package yet. We also begin the exposure process. We will continue to help them figure out who they are on the court and to form an identity. We want them to then learn how to dominate the game in that way. This does not mean score, score, score. For some it means scoring, for others it may mean assists or rebounds, energy, or being the hardest worker. Whatever the skill they are the best at; we want to help identify that and then encourage them to dominate the game in that manner. We also want to start the exposure process for those who may be ready. This comes into play with team placement as well as tournament selection.

At the 16U and 17U level we believe it becomes about production; players need to know who they are on the court and contribute to that to help the team (and themselves) gain success. We still will expand their games through our Degree Training Program but we will encourage players to now play the game to their strengths (differently than when they were in our youth academy when they were encouraged to try different skills on the court to help them find an identity).

Exposure becomes a huge focus for our players at this age as well. Again, through team and tournament selection we will help players gain exposure. We also will have a recruiting expert speak with our parents to further assist them in the recruiting process (if interested).

What is the location?

All practices are held at our facility. 2414 Church Road Aurora Illinois.

What about S.S.A.P. Training?

S.S.A.P. training is available during the winter and spring season but is not included in team fees. It is highly recommended and yes players do participate during each season. The season

structure is 8 sessions a month with a once a week make up. We have a 4,300 sq ft weight room with the best strength coach in the Midwest!

How many tournaments will be played?

Both Regional and National will play in a total of 8-10 tournaments. Tournaments will be played in the months of April, May and June.

What is training camp?

Training camp is held on Sunday nights starting in mid-Jan for 6 consecutive weeks. Training camp does NOT interfere with high school basketball and players are allowed to participate. At training camp, we will NOT do any competitive drills (or conditioning) so we can avoid injury. Training camp's focus is to begin the process of building team chemistry and work on skill (ball handling & shooting). Our facility is an advantage for our program and every year we use it to get our teams off to a great start! Training camp is mandatory.

Can parents watch the first two weeks of practice?

Unfortunately not. I understand parents' excitement to see the team and what is being worked on which we don't have any issue with, however training camp is only open to players and coaches. Training camp is the time for players and coaches to learn from each other. It is also the time our Directors make adjustments to practice times and plans. Much like the Chicago Bulls training camp things are new which means things are not always the 'prettiest.' We have found by having parents re-enter the gym after training camp is complete it continues a positive relationship between M14 Families and Staff which makes for a great experience for our players! This is a rule we heavily enforced and professionally ask to be complied with.

Parents ARE allowed to be in the gym for all practices!

Can I play for another team besides M-XIV?

We DO NOT allow our players in our High School AAU program to play for other travel or AAU teams. This rule does stretch to 'off weekends.' We believe players have made a commitment to our program and our program has made a commitment to them; if a team is 'off' for the weekend we want our players to rest and do not want them to risk injury playing with another team.

Can I play another sport and participate on a spring team?

We do support multi-sport athletes and have no problem with players that do this. Our program for those athletes is our Spring ATP. When committing to our teams we expect players to attend all practices and games. At times we will change practice (adding them in some cases) and we want all team players in attendance. Youth Sports has become very intense from a scheduling

standpoint, it is nearly impossible to commit to two sports full time during the same season. We kindly ask if you are playing a different sport either make M14 the priority or do not accept a team spot and participate in our Spring ATP program. Again, players ARE ALLOWED to play another sport as long as they make all our practices and games!

Any players who violate this rule will be subject to immediate removal from the team with no refund given. Our staff is making a commitment to our players, no matter the level and we do kindly ask that same commitment in return.

How many days per week will we practice? When will the practice schedules be available?

All Regional teams will practice twice a week. Practice schedules will be sent out toward the end of February.