EVOLUTION BASKETBALL

TRAINING SCHEDULES

evolution
sports qatar
EST. 2007

2016-2017 SEASON

TERM 2 (8 JAN – 8 APR)

EVOLUTION BASKETBALL – AGE GUIDE

AGE GROUP	AGE AS OF SEPT 1ST 2016	GUIDE
LITTLE BOUNCERS	3, 4 OR 5 YEARS OLD	MAY TURN 4, 5 OR 6 THROUGHOUT THE YEAR
UNDER 9	6, 7 OR 8 YEARS OLD	MAY TURN 7, 8 OR 9 THROUGHOUT THE YEAR
UNDER 11	9 OR 10 YEARS OLD	MAY TURN 10 OR 11 THROUGHOUT THE YEAR
UNDER 12	11 YEARS OLD	MAY TURN 12 THROUGHOUT THE YEAR
UNDER 13	12 YEARS OLD	MAY TURN 13 THROUGHOUT THE YEAR
UNDER 14	13 YEARS OLD	MAY TURN 14 THROUGHOUT THE YEAR
UNDER 16	14, 15 OR 16 YEARS OLD	MAY TURN 15 OR 16 THROUGHOUT THE YEAR

YOU'RE CHILD'S AGE GROUP IS DETERMINED BY THEIR AGE AS OF SEPTEMBER 1ST, 2016.

PLEASE NOTE THAT PLAYERS MAY BE ASKED TO MOVE TO A DIFFERENT TEAM OR AGE GROUP AT ANY STAGE OF THE SEASON TO ALIGN WITH THEIR RESPECTIVE ABILITIES AND DEVELOPMENT, AS PER THE COACH'S DISCRETION.

EVOLUTION BASKETBALL AL WAAB

TERM 2 TRAINING SCHEDULE 2016/2017
JAN 8 – APR 8

OPEN DEVELOPMENT GROUPS

TEAM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
UNDER 9 HEAT	3.30-4.30				3.30-4.30		
UNDER 9 SPURS	4.30-5.30				4.30-5.30		
UNDER 12 MAVS	3.30-4.30				3.30-4.30		
UNDER 14 WARRIORS	4.30-5.30				4.30-5.30		
UNDER 16 GIRLS			4.30-6.00 (ASD)				1.00-2.00
UNDER 16 SONICS			6.00-7.00 (ASD)				2.00-3.00
SENIOR WOMEN			7:30-9:00				

EVOLUTION BASKETBALL WEST BAY

TERM 2 TRAINING SCHEDULE 2016/2017
JAN 8 – APR 8

OPEN DEVELOPMENT GROUPS

TEAM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
UNDER 9 RAPTORS		4.00-5.00					1.15-2.15
UNDER 11 CAVS		5.00-6.00					2.15-3.15
UNDER 13 MAGIC		6.00-7.00					3.15-4.15

EVO BASKETBALL ACADEMY

TERM 2 TRAINING SCHEDULE 2016/2017
JAN 8 – APR 8

AL WAAB / WEST BAY / ASD

TEAM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
UNDER 10 BOYS		6.00-7.00 (AL WAAB)		6.00-7.00 (AL WAAB)		1.00-2.00 (WEST BAY)	
UNDER 12 BOYS		7.00-8.00 (AL WAAB)		7.00-8.00 (AL WAAB)		1.00-2.00 (WEST BAY)	
UNDER 16 BOYS		8.00-9.00 (AL WAAB)		8.00-9.00 (AL WAAB)			
UNDER 13 GIRLS			3.30-4.30 (ASD)				12.00-1.00 (AL WAAB)

LITTLE BOUNCERS AL WAAB

TERM 2 TRAINING SCHEDULE 2016/2017

UNDER 4'S / UNDER 5'S / UNDER 6'S

TEAM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
UNDER 4 FROGGIES							11.00-11.45
UNDER 5 RABBITS		3.00-3.45					
UNDER 6 KANGEROOS				3.00-3.45			

LITTLE BOUNCERS WEST BAY

TERM 2 TRAINING SCHEDULE 2016/2017

UNDER 5'S / UNDER 6'S

TEAM	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
UNDER 5 THUNDER			4.30-5.15				
UNDER 6 WIZARDS			5.30-6.15				