THE JERSEY CARDINALS ARE EXCITED TO ANNOUNCE THE 2019 FALL BASKETBALL PROGRAM

This is our 13th season conducting this exceptional program which will be lead by Team USA National Coach, Mary Klinger and Nike Skills Trainer, Kristen Somogyi.

The Fall Program is for girls U9 to U16 and is a TRAINING PROGRAM with the option of including Fall AAU Tournament Play. see below for program details

- Participation in the program will be split by age and skill level.
- The program will begin on Wednesday, September 11th and run through Wednesday, November 13th. All training and practices will take place at Rutgers Preparatory School, 1345 Easton Avenue, Somerset, NJ.
- For those participating in AAU Tournament Play, the team practices will be determined by coaches but are likely to take place on Sunday's after training.

DON'T MISS OUT on this opportunity to improve all facets of your game and prepare for the winter basketball season!

To register click here for the 2019 Fall Training Program Registration Form

Looking forward to seeing you there!
Kristen Somogyi

+---+---+
<table>
<thead>
<tr>
<th>OPTION 1</th>
<th>OPTION 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TRAINING &amp; FALL AAU TOURNAMENT PLAY</strong></td>
<td><strong>TRAINING ONLY</strong></td>
</tr>
<tr>
<td>• 16 Training Sessions focusing on</td>
<td>• 16 Training Sessions focusing on</td>
</tr>
<tr>
<td>- Skill Development</td>
<td>- Skill Development</td>
</tr>
<tr>
<td>- Game Play</td>
<td>- Game Play</td>
</tr>
<tr>
<td>- Speed and Agility</td>
<td>- Speed and Agility</td>
</tr>
<tr>
<td>- Strength and Conditioning</td>
<td>- Strength and Conditioning</td>
</tr>
</tbody>
</table>

PROGRAM OPTIONS
**GENERAL INFORMATION**

<table>
<thead>
<tr>
<th>Program Cost</th>
<th>Registration/Payment</th>
<th>Training Days and Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Training Sessions &amp; Tournaments</td>
<td>September 11th @ 615pm</td>
<td>Program start date: September 11th</td>
</tr>
<tr>
<td>- $575 regardless of frequency</td>
<td>IN PERSON @ Rutgers Preparatory School <em>(you can mail form and payment ahead of time to the address on the application)</em></td>
<td>Wednesdays 6:30pm to 7:30pm</td>
</tr>
<tr>
<td>- Training Sessions Only</td>
<td>Full payment is due upon registration</td>
<td>Sundays 9am to 10:30am</td>
</tr>
<tr>
<td>- 2 days/week $325</td>
<td>Registration will be on a first come first served basis</td>
<td>NO training on tournament days.</td>
</tr>
<tr>
<td>- 1 day/week $275</td>
<td>This will also be the first day of training so please be sure to arrive by 615pm</td>
<td></td>
</tr>
</tbody>
</table>

**TOURNAMENT INFORMATION**

- Girls registered for the Tournament Program will be placed on a team based upon age and skill level within the first two weeks of the Training Program.
- Each team will consist of at least 7 girls with no more than 12 players.
- Scheduled tournaments are listed below. Additional tournaments TBA.

TOURNEYS FOR YOUNGER TEAM: TBA

---

**Blue Chip Fall Ball Classic**
September 28-29
Spooky Nook Sports Complex
Manheim, PA

---

**Northeast Fall Showcase Series**
Oct 5th-6th @ Sportika
Manalapan, NJ
Grades 7-12
Number of Games: 4

**Jersey Cardinals Halloween Hoops**
Oct 19th-20th in Somerset, NJ
Grades 4-12
Number of Games: 4

---

*Jersey Cardinals | 732-485-6470 | ksomog3899@yahoo.com | http://www.jerseycardinals.com
86 Janet Court
Milltown, NJ 08850*