



THE JERSEY CARDINALS ARE EXCITED TO ANNOUNCE THE 2022 FALL BASKETBALL PROGRAM

This is our 15th season conducting this exceptional program which will be lead by Nike Skills Trainer, Kristen Somogyi & Team USA National Coach, Mary Klinger. The Fall Program is for girls 3rd - 8th 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 14th and run through Wednesday, November 16th. 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 Fall Training Program Registration Form

PROGRAM OPTIONS	
OPTION 1	OPTION 2
TRAINING & FALL AAU TOURNAMENT PLAY	TRAINING ONLY
13 Training Sessions focusing on <ul style="list-style-type: none">- Skill Development- Game Play- Speed and Agility- Strength and Conditioning- Participation in 3 Tournaments- Tournament Team Practice	13 Training Sessions focusing on <ul style="list-style-type: none">- Skill Development- Game Play- Speed and Agility- Strength and Conditioning

GENERAL INFORMATION

PROGRAM COST	REGISTRATION / PAYMENT	TRAINING DAYS & TIMES
OPTION 1 Training Sessions & Tournaments <ul style="list-style-type: none"> \$800 regardless of frequency OPTION 2 Training Sessions Only <ul style="list-style-type: none"> 2 days/week - \$400 	Sept 14th, @ 7pm <ul style="list-style-type: none"> IN PERSON @ Rutgers Prep OR you can mail form and payment ahead of time or VENMO @Kristen-Somogyi Full payment due upon registration. Registration will be on a first come, first served basis This will also be the first day of training so please be sure to arrive by 7pm. 	FALL TRYOUT DATES For Option 1 Only Sept 1st 7-8:15pm 3rd-8th grades OPTION 1 & 2 Training Program Starts Sept. 14th. <ul style="list-style-type: none"> Wednesdays 7pm-8pm Sundays 10am - 11:30am No training on tournament days.

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.

Jersey Gemz
Oct 22-23