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**FAQs**

# **WHAT IS WEST COAST REIGN?**

**Why join West Coast Reign?**

We are a girls' basketball program that aims to provide opportunities for physical fitness, skill development, teamwork, and building life skills through basketball. Our priority is to develop each individual athlete. We understand the importance of choosing the right team for you and your family's basketball journey, and we are here to make it the best.

We have partnered with one of the most established basketball programs in the Vegas Valley to offer an amazing opportunity for girls' basketball. We have a private two-court gym dedicated exclusively to our program. If you value consistent practice days and times, you have found your new home.

# **ABOUT THE GYM**

**Where is the gym located?**

Our gym is located in the Southwest Vegas Valley, near 2-15 and South Decatur.

4640 W Sunset Rd. Las Vegas NV 89118

**What is the history of the gym?**

Our gym is a newly-built facility that was completed in February 2024. It is a private gym designed exclusively for West Coast Basketball and Impact Training. The gym boasts two hardwood courts and is an NBA-level training facility equipped with weights, cardio machines, a cold tub, on-site physical therapists, and personal training services.

# **ABOUT MEMBERSHIPS**

**What are the different levels of memberships offered?**

We offer monthly memberships for girls of all ages. Membership for K-5th grade is $145 per month, while membership for middle and high school is $165 per month. There are no contracts required.

**What does a membership include?**

Our monthly membership offers unlimited attendance to our Skills and Drills practices. You can join us Monday and Wednesday nights, as well as Sundays from 12pm to 2pm.

For elementary age players, the practice hours are from 5:00pm to 6:30pm on Mondays and Wednesdays. For middle and high school age players, the practice hours are from 6:30pm to 8:00pm on Mondays and Wednesdays.

We welcome players of all ages to attend our practices on Sundays from 12pm to 2pm.

**What if I don't want to join a team and just want to train at your gym?**

That is absolutely alright. We have several girls who are interested in training and are not yet ready or do not want to participate in games. During practice sessions, we conduct scrimmages or game-like drills to prepare all girls for future games.

# **ABOUT TEAMS**

**What kind of teams do you have? Are they competitive or developmental?**

We always prioritize the development of your athlete. Our goal is to place your athlete in a challenging yet fun environment. We will have teams that play developmental local leagues, competitive level local tournaments and elite level travel tournaments. Once you commit to a team we offer team practice on Fridays from 4:30pm to 6:30pm. The team practice time is included in your league fee.

**How often are tryouts?**

We always provide an assessment for athletes who are interested in joining our competitive and elite teams. If there is a vacant spot in our team that we believe a qualified athlete can fill, we will offer that spot to the player. Our league teams hold tryouts 2-3 weeks before each season. The league tryouts usually take place in March, June, September, and December.

**I just missed tryouts; can my athlete still join a team?**

Once the league games begin, we cannot add any new players to the existing teams. However, our tournament and travel teams may be able to add players, provided that a roster spot becomes available. If you are offered a spot on a tournament or travel team, you are required to attend at least one skills and drills session and a team practice every week to ensure that your spot is secured.

**How many games will my athlete play a season?**

Local basketball leagues typically consist of 6-8 games, including playoffs. We submit requests to the league directors to schedule two games for our teams every other week instead of one game per week.

In accordance with USA Basketball guidelines, our competitive and elite travel teams are allowed to play two games per day between 8:00am and 9:00pm. The only exceptions for playing a third game would be in the case of a playoff or a tournament bracket playoff game.

**What else should I know before joining a tournament or travel team?**

This is a great question because many families don't realize the expectations of travel teams and the cost. The cost to enter your athlete in a out of state tournament is $125 per event. We will have the seasons schedule at tryouts. If you are not able to commit to the tournaments for that season you will not be selected for the travel team.

In addition to the tournament entry every player has to join AAU and use code:  **W3CCTC** to join West Coast Reign. Link is below. Yearly memberships cost $20.

<https://play.aausports.org/joinaau/multimembershipapplication.aspx>

Every member of our tournament teams also needs to get age and grade verified using a system called “Sports Passport”. Most of our tournaments require this to be completed before you can play. Cost is $60 per year. Click link and find West Coast Reign to join. https://www.sportspassports.com/player/

# **ABOUT THE GEAR**

**What does my athlete need to bring to practice each night?**

Basketball shoes, practice jersey, and knee pads are mandatory for practices. Athletes will also need an indoor, size 6 (28.5) basketball. Please do not wear your outside shoes on the gym floor. Additionally, we request all parents and spectators to refrain from walking on the basketball floors.   
  
**How much is the uniform? What is included in a uniform purchase?**

The uniform is $125 and includes a reversible game jersey and reversible shorts.

It is expected for those on the competitive teams to have a uniform and wear the full uniform to games.

**Is there any other West Coast Reign gear available to purchase?**

There are additional WC Reign items available, but they are not required for your athlete. Our shop offers a team backpack for $100, shirts for $20, and extra practice jerseys for $30.

<https://wcreign.pushpress.com/open/products>

# **ABOUT OTHER THINGS**

**It's my athlete's first time attending, which group do I bring her to?**

For elementary aged girls please attend the first practice 5:00pm-6:30pm. Middle and high school girls please attend the second practice 6:30pm-8:00pm. We will provide an indoor ball if you don't have one.

**I'm not sure this is the level of basketball my athlete wants to play. Can we come check it out before we sign up for a membership?**

Yes, we offer a free two session workout to make sure our program is the right fit for you and your athlete. You can click this link prior to your first practice to sign the participation waiver.

<https://wcreign.pushpress.com/landing/plans/plan_525a58be749698>