



Future Lady Knights Basketball

Looking for a fun, competitive environment to play basketball this season? We would like to invite your daughter to play for the Future Lady Knights. The Future Lady Knights basketball program focuses on developing young student athletes to be successful both on and off the court. Our program is designed for 3rd - 8th graders planning to attend Assumption High School.

Registration and Open Gym: Sunday, September 7th at Assumption High School in the small gym between 2-7 PM. We will take registration, collect fees, and answer any questions you may have about FLK. Have your daughter bring a ball and get some skill work in!

- 2 PM – 3 PM: 8th Grade
- 3 PM – 4 PM: 4th Grade
- 4 PM – 5 PM: 5th Grade & 6th Grade
- 5 PM – 6 PM: 3rd Grade
- 6 PM – 7 PM: 7th Grade

*If you cannot make the open gym time assigned to your grade, feel free to stop by anytime between 2 – 7 PM to register. You can also fill out a registration form online here: <https://forms.office.com/r/iGBYNVtyYu>.

*For returning players in grades 3rd-5th: please know your current FLK jersey number at registration. If you need a new size jersey or shorts, please bring your old uniform to registration so we can order your new one(s). 6th grade girls can turn in their old uniforms as they will all get new ones this year

FLK Format:

- Season runs October through February
- Practice twice a week, playing games on weekends locally.
- League and tournament schedules will be decided by coaches at each grade level but could include any combination of the following: Blackhawk League (Nov-Dec), Bettendorf League (Jan-Feb), and a few tournaments per month.

Cost (includes gym time, league fees, tournament fees and uniform):

- 3rd-5th grade: \$250 for first player per family, \$225 for family member 2, \$200 for family member 3
- 6th-8th grade: \$350 for first player per family, \$315 for family member 2, \$280 for family member 3

Questions or Concerns: If you cannot make it to registration, or if you have any questions, you can contact us at flkbasketballboard@gmail.com.