St Ephrem Basketball

St Ephrem Youth Program offers Instructional Clinics, Intramurals as well as CYO Travel Teams.

**Instructional Basketball**

Instructional Clinic- Boys and Girls Grades Kindergarten and 1st Grade

The clinic is for early instruction and includes teaching fun of fundamentals and progresses playing games on mini-baskets.

Sessions are usually held on Saturday mornings from 8:30AM-10AM in St Ephrem’s Gym (Monsignor Kain Hall).\*

All children receive St Ephrem T Shirt in beginning of session and participation trophy at end of session.

Includes 10 sessions.

**Intramural Basketball**

Intramural basketball includes an 8 game season where the children compete in St Ephrem’s gym (Monsignor Kain Hall). Children are broken down into 4 Divisions.

**High School Division**- Boys in 2nd and 3rd Grade and Girls in 2nd, 3rd and 4th Grade.

Games are usually held on Sundays. Games times are 1PM ,2PM and 3PM.\*

**College Division** – Boys Grades 4th- 6th

Games are usually held on Sundays. Game times are 4PM, 5PM and 6PM. \*

**WNBA Division**- Girls Grade 5th – 8th

Games are usually held on Friday evenings. Games times are 7PM and 8PM\*

**NBA Division**- Boys Grades 7th and 8th

Games are usually held on Monday evenings. Game times are 7PM and 8PM.\*

Intramurals includes games only. No practices or trophies.

At seasons end all participants will receive a St Ephrem Basketball End of Season Gift.

\*All times are subject to change due to gym availability.

**Travel (CYO Basketball)**

For more advanced players who wish to play more competitively than Intramurals. There is a commitment required to attend weekly practices and all scheduled league games (both home and away game). All CYO players must participate in intramurals.  
  
All teams will be entered into playoffs at the end of the regular season.  
  
Practices once a week in our gym dependent on the**coaches availability** and gym availability.  
  
Home games are played on Saturdays. Away games are played on Saturdays and Sundays based on the gym availability at other parish locations. We have no control over when CYO Games are scheduled.   
  
There are no standings kept by CYO.

Trophies are awarded for all CYO Participants.

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| Tentative Dates for Instructional Clinics  11/2  11/9  11/23  11/29  12/14  12/21  1/4  1/18  1/25  2/1 | Tentative Dates for HS Division  11/3  11/10  11/24  12/15  12/22  12/29  1/5  1/19 |
| Tentative Dates for College Division  11/3  11/10  11/24  12/15  12/22  12/29  1/5  1/26 | Tentative Dates for WNBA Division  11/1  11/8  11/22  11/29  12/13  12/20  1/3  1/17  1/24 |