

Frequently Asked Questions:

Q: What does the program cost?

A: Costs vary between the two Belles programs, Travel Team costs are higher than AAU Teams. Because of the importance placed upon this question, we address it in more detail on our website: www.CarolinaBellesBasketball.com

Q: Is there fundraising opportunities to offset costs?

A: Yes, the club suggests & helps organize these efforts with the help of parents & players. We will support any efforts and will offer any opportunity for discussion.

Q: What is the difference between Carolina Belles Travel Teams & AAU Teams?

A: There are several differences. Travel Teams participate in exposure tournaments all over the country & play against the best talent in front of college coaches. The focus of these teams are competitiveness & college coach exposure. AAU Teams play in local AAU & other tournaments against the best the area has to offer. The focus of these teams is competitiveness & skill development.

Q: Who are the coaches?

A: The Belles Staff is one of the best in the country, with the exception of expenses, they are unpaid. At the beginning of each season the Belles appoint a head coach for each team. However, all of our teams are coached in a group effort.

Q: Where do the teams practice?

A: Travel Teams attempt to practice together by invitation at college venues in the area. AAU Teams practice in local gyms.

Q: How often does the team practice?

A: The Belles practice 2-3 times a week (weekends) during the school year. Players are expected to make 90% of all practices.

Q: How long does the season last?

A: Travel Team season begins when High School season ends & continues through July. Teams briefly resume in September for practice & to participate in one exposure tournament in early October. AAU Teams start in late February & continues through June. Blue Star Skill Academy's, Belles Skill Sessions & Next Level Personal Training throughout the year enable our players to maintain, develop and improve their skills.

Q: What tournaments do the Belles participate in?

A: Travel teams play in exposure events in April, July & October. Other events are scheduled to stay competitive during May & June. AAU teams play local & regionally. In the event that they qualify for AAU Nationals, the team & coaches will decide if they are financially able to attend.

Q: Are there plans to qualify for AAU Nationals?

A: Yes, the AAU Teams compete for AAU Nationals.

The Carolina Belles Basketball Club's Mission Statement

The Carolina Belles programs and coaches are committed to the training, promotion, and college recruitment of young female athletes on a national level. Our goal is to maximize college exposure opportunities for ALL club members through skill development and promotion, while competing in an extremely challenging national environment.

Carolina Belles Team/Player Commitment

1. **The Club** will form as many teams as necessary and possible to accommodate the needs of all players willing to make the commitment to the club.
2. **Travel Teams** are staffed according to talent and developmental levels, not by age.
3. **AAU Teams** are formed through try-outs by grade, with skill development & nurturing the players' competitiveness being our main goals.

The Carolina Belles will attempt to achieve the following goals for each corresponding class:

- Junior Class:** Maximum college coach exposure in the proper competitive environment is the primary objective. Teams with junior class members will be 17-year-old teams while playing in exposure tournaments. Belles teams will always be highly competitive.
- Sophomore Class:** We will attempt to place the player in the best possible competitive setting reflecting the players' skill, maturity & developmental needs. We will then focus on optimizing exposure to potential college recruitment.
- Freshman and Under Class:** The player is initially placed by talent level with an emphasis on skill & system development, while always maintaining a highly competitive environment.
- 4th-7th Grade:** The program will concentrate mainly in skill & competitive development areas Teams will play in AAU level tournaments & compete for AAU championships.

Carolina Belles Coaches Responsibilities

1. Teach the game of basketball according to the clubs philosophy during practices & games.
2. Provide every opportunity for each player to develop her skills in a disciplined, positive & fast paced environment.
3. Provide information & playing exposure to college recruiters & coaches as long as the player remains with the club.
4. The Carolina Belles do not allow parents to coach their child except in an assistant capacity. Then only after the parent has spent sufficient time working with other players, away from their child, to satisfy the staff they have more than their child's interest in mind.

Carolina Belles Basketball



1 Source for Girls Basketball Exposure in the Tri-State Area



Carolina Belles Basketball Club

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Phone 919-473-3432 / Fax: 412-704-1264**

www.CarolinaBellesBasketball.com

Welcome

The Carolina Belles would like to welcome and congratulate you on being selected as a potential member of an elite organization. Our staff has seen you play and feels that you possess the skills that may someday earn you a college scholarship. This brochure provides you with information about our program & how we compare to other Travel/ AAU Teams.

Who we are...

The Carolina Belles Basketball Club is the sister program of the legendary Philadelphia Belles travel team from Eastern PA. The Carolina edition of the Belles is managed by Joe Costa. He is the founder of the widely known and successful Pittsburgh Rockers of Western PA. Mr. Costa is currently the National Director of Blue Star Basketball's Rising Blue Star program & Director of Blue Star Basketball Southeast. He also serves as the Tournament Staffer & Scheduler for USJN events.

Based in the Raleigh/ Durham area, the Carolina Belles is a full service, elite girl's travel basketball club. Although most of our athletes live in NC, we also have players come to us from VA, SC, GA & TN. A non-profit organization, the Belles serve as a vehicle in which talented female student athletes obtain expert basketball instruction, college recruitment advice & posturing. With your hard work & commitment, this can ultimately lead to a basketball scholarship! The Belles are part of the roster of Blue Star Basketball's Elite travel teams. That alliance allows us unlimited access to Blue Star's vast recruiting database that is provided to 96% of all college coaches in the country.

The Belles are a Team & a Family!

The Belles believe strongly in the unity of the club, we reinforce this ideal during all functions. The bonding of the team is very important, encouraged & is evident in successful teams. Whenever the Belles travel they function as an extended family. They eat, room, travel together, & spend free time together. Team members are required to stay in team rooms and are provided meals by our chaperones.



*After Retreat in the Heat...
A well deserved day on Jordan Lake*

What makes us different?

We are a full service organization. The Belles practice and participate in events from March to October. The rest of the year we remain involved with the players development by offering Blue Star SE skill events to maintain or advance your skill set. We also frequently update your player bios and continue to contact colleges who have shown interest in our players.



What we are all about...

Associations

We are a Blue Star Elite Travel Team. **Blue Star Basketball** is the oldest and most effective scouting and skill development organization in girls basketball. Owned and operated by Mike Flynn, Blue Stars' subscription service & **USJN** tournaments reach 96% of all college programs in the country.

The Belles Skill Development Coordinator is Andre Nabors, who is also the Director of **Rising Star Athletics** & was formally a coach with the **WV. Tornadoes** under Jerome Hornbuckle. Coach Costa & Hornbuckle, along with Mike Flynn & Kevin Lynch of Blue Star Basketball were staff members of the first **Nike Skills Academy** at Nike headquarters in Beaverton, OR in 2001. These associations are a great advantage for the Belles in regards to tournament scheduling, recruiting & skill development.

*Proper Instruction + Repetition = RESULTS
The more you practice, the better you become!*

Skill & Personal Development

Blue Star Basketball SE offers clinics (Blue Star Skills Academy's) & Individual skill instruction (Next Level Training) throughout the year. Each clinic is targeted at certain age groups and different skill sets. Academy's include: Advanced Offensive Skills, College Level Shooting, SPARQ Training & Position Camp. Next Level Training is individual training like no other, we concentrate as much on the mental discipline & confidence side of development as we do the physical. Our staff places responsibilities on the Belles player to encourage maturity and allow them to develop leadership qualities.

National Recognition

The Belles are taught by championship coaches with over 40 collective years of experience in this culture of basketball. We can play in front of over 600 college coaches at the best events, on featured courts, with the most talent every summer in primetime!

Scholarships

The cost of college has tripled in the past 20 years & college loans take years to pay back. Scholarship athletes are part of a connected group that sees opportunities other students do not.

With hard work (On the court & in the classroom), dedication to the program, taking advantage of our years of service and vast resources... This could be you!



Boo Williams 2011

The Belles role in YOUR recruiting process.

The fact is; no one (AAU, Club, High School team or coach) can guarantee that an athlete will receive a scholarship. Unless you are a blue chip athlete, recruiting is a proactive process on the part of the athlete, their family & coaches. College coaches offer scholarships to athletes they feel will enhance their program. Potential prospects are observed during periods in April (3 days), July (20 days) & October (3 days) at various NCAA certified tournaments, games, events and camps. With only 26 days a year in which they can evaluate talent, college coaches attend only those events that offer a high level of competition and multiple teams with highly skilled players. The Belles focus almost exclusively on these types of events.

Years of experience have enabled the Belles staff to develop an aggressive and extensive program of competition that gives our players the most visibility to college coaches. Maximum exposure helps the athlete understand the style of play, hard work and level of commitment needed to obtain a scholarship. The Belles attendance at these events allow the college coach to identify and monitor players development over the years. We guide our athletes through the recruiting process (where to compete, contacts, letters etc.) during their Belles career.

The initial goal of the Belles program is development. If our players increase their skill set and confidence, have successful High School & possible college careers, we have accomplished our goal regardless of whether they play in college.

**More recruiting information at:
www.CarolinaBellesBasketball.com**

What should I do?

The decision is yours. You need to ask yourself...

1. Do you want to play basketball at the college level?
2. Are you receiving the recognition needed to be noticed?
3. If you are currently playing on a team: do your teammates share your dedication or are they social players?

If you are not satisfied with the answers to the above questions, the Belles are definitely the place to start. Your athletic future depends on the steps you take now. Don't continue down a path that could leave you wondering what you could have achieved.

How can I join?

If you are interested in becoming a member of the Belles organization you can contact us by:

- ★ Sending us an email through the Belles Web Site.
- ★ Call the phone number on the front of this brochure.
- ★ Contact the staff member who included their business card with this brochure.