

CITY OF  
WOODLAKE

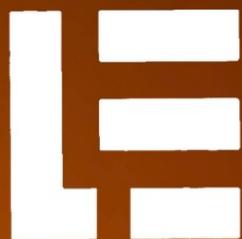


PARKS & REC

# 2026 YOUTH BASKETBALL

## FINAL SEASON INFO

POWERED BY:



# 2026 SEASON INTRO

Welcome to the Woodlake Parks & Recreation Youth Basketball League! We offer this program for kids TK to 8th Grade, and our program continues to grow each year! The City has a basketball gym at their Woodlake Community Center facility, and we also work with the WUSD to have limited access to their gyms at the Middle School and Castle Rock Elementary School to accommodate our continued growth of this program! (thank you WUSD!)

The past two seasons, our registrations have had a large spike in the traditional “7 and Under” age group (1st grade and lower). From 2024 to 2025 we went from 6 teams in this division, to 14 teams! For the 2026 season, we had just as many boys register, but not as many 1st grade girls (only 9 total), so there were some tweaks made:

- “6U” is now split boys/girls, and still consists of kids in TK & Kindergarten
- “7U” division is now only boys; *most* 1st grade girls will now play in the 9U Girls Division (with 2nd & 3rd graders)

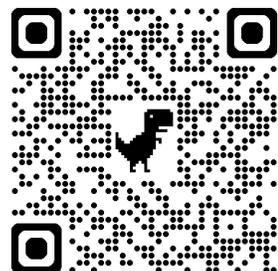
1st Grade girls registrations were down compared to last year, however, all other girls grade registrations went up! This season we ran into the good-problem of having more teams in our league than the WNBA! (so there are a couple of repeat team names)

Speaking of team names and uniforms...historically, we have pulled from G-League team names (the farm system for the NBA) for the youngest teams, NBA names for the older boys, and WNBA names for the older girls. This year will be similar. We have switched our uniform provider to a company who can do sublimated jerseys, which are fully customizable with logos and are going to look very similar to the pro team they are inspired by! However, to avoid trademarking issues, some of the team names/logos have been tweaked slightly. We are really happy with this new uniform partner so far, and we hope that you like them too!

Another new element you’ll see this season is a closer partnership with the Woodlake Ballers—this is a grassroots Woodlake youth basketball program put together by a wonderful family who is passionate about ensuring Woodlake has a great basketball program. If your child is interested in taking basketball more seriously, and playing year-round, the Woodlake Ballers is the group to link up with! But in the meantime, the Woodlake Ballers instructors will be working with our Coaches to make sure practice drills are consistent among all of our teams, with the vision of establishing a great “farm system” for our Woodlake Basketball youth players! Thanks for being a part of this exciting new season!



**Sports are a great way to teach geography! Here is a map that shows the home City's of the lesser-known NBA G League Teams, with their fun logos and team names! There are a couple of these teams based nearby (ie: Stockton), so if you're interested in watching future NBA players at an affordable price, check out a G League game!**





# WHAT'S IN THIS PACKET?

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Woodlake Parks & Rec will release two “Season Information Packets”. This is the FINAL version, which includes pre-season events, team rosters, uniform information, and team schedules to help you prepare for the season.

## **OPEN ROSTER SPOTS:**

In a few Divisions we are able to take on a limited amount of late registrations. To view these available “Open Roster Spots”, look at the pages in this packet which have team information listed (towards the end of the packet). In the Roster section, if there is an available roster spot on a team, that will be clearly marked in red bold. If there is not an indicated “Open Roster Spot” on a particular team, that team is set & is not going to take on additional players or trades.

The uniforms for these “Open Roster Spots” have already been ordered, therefore sizes are limited. To inquire about an open roster spot, **email Jennifer at [JReynolds@ci.woodlake.ca.us](mailto:JReynolds@ci.woodlake.ca.us)**—provide the gender of your child, their grade in school, and their ideal uniform size. You can also come by City Hall (350 N. Valencia Blvd.).

## **CHANGES TO ROSTERS:**

There will be no special requests taken at this time. There will be no changing teams at this time. Uniforms have been ordered, the teams each have close-to-equal team sizes.

If you still feel the need for your special request to be heard, it will only be accepted via email to Jennifer at [JReynolds@ci.woodlake.ca.us](mailto:JReynolds@ci.woodlake.ca.us)—provide the gender of your child, their grade in school, and state your case. As with all situations, special requests are never guaranteed. There are no refunds.

## **HIGH SCHOOL VOLUNTEERS:**

If you, or someone you know, would be interested in assisting with a team for school volunteer hours, please reach out the Jennifer at [JReynolds@ci.woodlake.ca.us](mailto:JReynolds@ci.woodlake.ca.us).

# PRE-SEASON SCHEDULE

## JANUARY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
28-Dec	29-Dec	30-Dec  Rosters Announced	31-Dec <i>Gym Floors Being Re-Done This Week</i>	1-Jan 	2-Jan	3-Jan
4	5	6  Coaches Meeting	7	8 (School Starts)	9  Schedules Posted	10
11	12  Basketball Practices Begin	13	14	15	16  Shopping Weekend Jan 16-19th	17  Youth Basketball Clinics
18	19 NO SCHOOL (MLK DAY)	20	21	22  Opening Weekend Games	23	24
25	26	27	28	29	30	31  Team Pictures (all teams)

**TUE, DEC 30TH:** Team rosters announced—posted on [www.CityOfWoodlake.com/Recreation](http://www.CityOfWoodlake.com/Recreation), emailed to participants with email addresses listed on their registration forms, & link posted on social media so that parents can see which team their child is on and uniform info. *(Roster information is subject to change)*

**TUE, JAN 6TH:** Coaches will meet together on this evening to receive their rosters, go through rules, and hear from other basketball coaches to learn practice drill ideas and more! After this meeting, coaches will reach out to their teams about their designated practice time slot & game schedules. (Uniforms will arrive the week of January 12th and will be dispersed to all teams before your first game.)

**FRI, JAN 9TH:** A final “Season Information Packet” will be posted & distributed which will contain **Practice & Game Schedules**, **Opening Weekend details**, **Picture Day details**.

**WEEK OF JAN 12TH:** Gyms will be open for practices starting this week, and uniforms will arrive this week.

**JAN 16-19TH:** Dick’s Sporting Goods in Visalia is offering our participants an extra 20% off! In this packet, you’ll see the coupon to show at the register to receive this offered discount. With your registration, you’ll receive a jersey & shorts. Items you might look for at Dick’s would include basketball shoes, socks, and water bottles. During practice, teams will have shared access to basketballs of the appropriate size at their gym, but extra basketballs are always handy, as well as dry-erase clipboards, floor dots, practice pennies, and other basketball accessories.

**SAT, JAN 17TH:** The Woodlake Ballers Basketball organization Coaches and Players will be putting on two youth basketball clinics, for different age groups, on this day. \$20 registration includes instruction & a t-shirt, and all proceeds go to the Woodlake Ballers program as a fundraiser! Register in advance to make sure you get the correct t-shirt size; space is limited!

**JAN 22, 23, 24:** Games will begin this weekend, giveaway items, photo backdrop & more!



# YOUTH BASKETBALL

## TAKING LIMITED LATE REGISTRATIONS (\$65):

### BOYS

### GIRLS

TK-KINDER	<b>2</b> <i>WILL RECEIVE YS UNIFORM</i>	<b>2</b> <i>WILL RECEIVE YS UNIFORM</i>
1ST GRADE	<b>2</b> <i>ONE YS &amp; ONE YM UNIFORM WERE ORDERED</i>	<b>0</b>
2ND-3RD	<b>0</b>	<b>1</b> <i>WILL RECEIVE YM UNIFORM</i>
4TH-5TH	<b>0</b>	<b>1</b> <i>WILL RECEIVE AS UNIFORM</i>
6TH-8TH	<b>0</b>	<b>4</b> <i>YL, AS &amp; AM UNIFORMS WERE ORDERED</i>

**ACCEPTED FIRST-COME-FIRST-SERVE @ CITY HALL**

**(LATE REGISTRATION AVAILABILITY AS-OF WED, JAN 14)**



# TIGERS IN TRAINING WOODLAKE



# BASKETBALL CLINIC



## SATURDAY, JANUARY 17TH

GRADES K-3RD @ 9AM | 4TH-8TH @ 10:30AM  
WOODLAKE COMMUNITY CENTER GYM

# \$20 PER PLAYER

Cost includes a t-shirt, thanks to Ledesma Enterprises & Family HealthCare Network, and fundamental instruction by the Woodlake Ballers Basketball players & Coaches.

Proceeds go to the Woodlake Ballers Youth Basketball team as a fundraiser for their program.

## TO REGISTER:



[www.CityOfWoodlake.com/Recreation](http://www.CityOfWoodlake.com/Recreation)  
[JReynolds@ci.woodlake.ca.us](mailto:JReynolds@ci.woodlake.ca.us)  
City Hall: 350 N. Valencia Blvd.



# DICK'S SHOPPING DISCOUNT

**EXCLUSIVE SHOP EVENT**

# 20% OFF

**OFF YOUR ENTIRE PURCHASE**

**City of Woodlake Youth Sports Program**  
**Offers valid 1/16/2026 - 1/19/2026**

City of Woodlake Youth Sports Program  
Valid 1/16/2026 - 1/19/2026  
Discount valid at Visalia DICK'S Sporting Goods store location.

# 20% OFF YOUR ENTIRE PURCHASE

**NEED AN ITEM NOT AVAILABLE IN-STORE?** Ask a Store Associate about ordering an item(s) through our ScoreMORE kiosk, located inside the store. Receive a 20% discount, plus free shipping, valid on the date(s) listed above. Some exclusions apply.

**VALID IN-STORE ONLY.** Limit one coupon per customer. Excludes taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection plan, licenses, store credit, services or excluded items, detailed in-store or at [DICKS.com/Exclusions](https://www.dicks.com/exclusions). Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Going, Going, Gone! locations.



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**WOODLAKE  
PARKS & REC**

**2026 YOUTH BASKETBALL  
OPENING WEEKEND  
JANUARY 22-24**

**THURSDAY, FRIDAY & SATURDAY**

**WATER BOTTLE &  
DRAWSTRING BAG  
GIVEAWAY TO PLAYERS!**

**THUNDER STICKS,  
PHOTO OPS, FOOD  
VENDORS & MORE!**

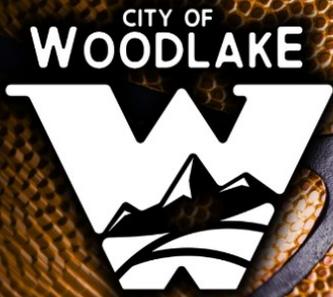


**TIGERS IN TRAINING  
WOODLAKE  
PARKS & REC  
2026 BASKETBALL SEASON**



**THANKS TO:**





PARKS & REC

# 2026 YOUTH BASKETBALL TEAM PICTURE SCHEDULE

## SATURDAY, JANUARY 31st

### PICTURE DAY FAQ:



- All pictures are taken at the COMMUNITY CENTER in the Redwood Room (look for signage)
- Check in at the table when you arrive
- Players, come dressed in your uniform & show up 5 mins early to pay/fill out paperwork
- Payment can be made by cash, credit, debit, check, Google Pay or Apple Pay
- See packages & pay online: [www.RoyDresselPhoto.com/sports](http://www.RoyDresselPhoto.com/sports)
- Questions? Call or Text Roy Dressel Photography at 559-697-3880

### Parking will be challenging!

We recommend planning to park in the State Foods parking lot area and walking to the Community Center to save time not having to search for a closer parking spot.

- 8:00am: Blazers (9U Boys)
- 8:10am: Bucks (9U Boys)
- 8:20am: Warriors (11U Boys)
- 8:30am: Raptors (11U Boys)
- 8:40am: Solar (6U Girls)
- 8:50am: Kings (6U Girls)
- 8:55am: Lynx (14U Girls)
- 9:00am: Spurs (14U Boys)
- 9:05am: Wings (14U Girls)
- 9:10am: Woodlakers (11U Boys)
- 9:15am: Pacers (9U Boys)
- 9:20am: Kings (11U Boys)
- 9:25am: Bulls (14U Boys)
- 9:30am: Grizzlies (9U Boys)
- 9:35am: Red Bulls (6U Boys)
- 9:40am: Lobsters (6U Boys)
- 9:45am: Pythons (6U Boys)
- 9:50am: Comets (6U Boys)
- 10:00am: Woodlakers (6U Girls)
- 10:05am: Clippers (14U Boys)
- 10:10am: Oracle (11U Girls)
- 10:15am: Boston Celtics (14U Boys)
- 10:20am: Storm (9U Girls)
- 10:25am: Sun (11U Girls)
- 10:30am: Flames (9U Girls)
- 10:40am: Mix (7U Boys)
- 10:45am: Wasps (7U Boys)
- 10:50am: Aces (14U Girls)

- 11:00am: Tritons (6U Girls)
- 11:10am: Wings (9U Girls)
- 11:15am: Mercury (14U Girls)
- 11:20am: Dream (9U Girls)
- 11:25am: Fire (11U Girls)
- 11:30am: Embers (11U Girls)
- 11:35am: Stags (7U Boys)
- 11:40am: Grind (7U Boys)
- 11:50am: **LUNCH BREAK**
- 12:10pm: Sky (9U Girls)
- 12:20pm: Mercury (9U Girls)
- 12:25pm: Liberty (11U Girls)
- 12:30pm: Valkyries (11U Girls)
- 12:40am: **MAKE-UPS**





**PARKS & REC**

# BASIC BASKETBALL RULES & DIVISION INFO

	<b>6U BOYS</b> KINDER & UNDER	<b>6U GIRLS</b> KINDER & UNDER	<b>7U BOYS</b> 1ST GRADE	<b>9U GIRLS</b> 1ST-3RD GRADE	<b>9U BOYS</b> 2ND-3RD GRADE	<b>11U GIRLS</b> 4TH-5TH GRADE	<b>11U BOYS</b> 4TH-5TH GRADE	<b>14U GIRLS</b> 6TH-8TH GRADE	<b>14U BOYS</b> 6TH-8TH GRADE
<b>Number of Teams:</b>	4	4	4	6	4	6	4	4	4
<b>Team Names:</b>	NBA G-League	NBA G-League	NBA G-League	WNBA	NBA	WNBA	NBA	WNBA	NBA
<b>Total # of Players:</b>	24	28	28	48	40	48	40	36	40
<b>Game Day:</b>	Thursday Nights	Thursday Nights	Thursday Nights	Saturday Mornings	Saturday Mornings	Saturday Mornings	Saturday Mornings	Friday Nights	Friday Nights
<b>Game Time (mins):</b>	4 Quarters 7 mins per quarter (running clock)	4 Quarters 7 mins per quarter (running clock)	4 Quarters 7 mins per quarter (running clock)	4 Quarters 8 mins per quarter (running clock)	4 Quarters 8 mins per quarter (running clock)	4 Quarters 9 mins per quarter (running clock)	4 Quarters 9 mins per quarter (running clock)	4 Quarters 10 mins per quarter (running clock)	4 Quarters 10 mins per quarter (running clock)
<b>Break Times (mins):</b>	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins	2 mins
<b>Practice:</b>	45 mins per week	45 mins per week	1 hr. per week	1 hr. per week	1 hr. per week	1 hr. per week			
<b>Court Location:</b>	Woodlake Community Center	Woodlake Community Center	Woodlake Community Center	Woodlake Valley Middle School	Woodlake Valley Middle School	Woodlake Valley Middle School	Woodlake Valley Middle School	Practice: Castle Rock Games: Community Ctr.	Practice: Castle Rock Games: Middle School
<b>Court Size:</b>	Cross Court	Cross Court	Cross Court	Full Court	Full Court	Full Court	Full Court	Full Court	Full Court
<b># of Players on Court:</b>	5 on 5	5 on 5	5 on 5	5 on 5	5 on 5	5 on 5	5 on 5	5 on 5	5 on 5
<b>Score Keeping:</b>	None	None	None	None	None	Score is Kept	Score is Kept	Score is Kept	Score is Kept
<b>Ball Size:</b>	27.5"	27.5"	27.5"	27.5"	27.5"	27.5"	28.5"	28.5"	29.5"
<b>Rim Height:</b>	7 ft.	7 ft.	7 ft.	8 ft.	8 ft.	9 ft.	9 ft.	10 ft.	10 ft.
<b>Fouls/Free Throws:</b>	Fouls will stop the game & allow for players to re-set	Fouls will stop the game & allow for players to re-set	Fouls will stop the game & allow for players to re-set	5 fouls per player. No free throws.	5 fouls per player. No free throws.	5 fouls per player. Shooting foul = freethrows	5 fouls per player. Shooting foul = freethrows	Middle School Rules	Middle School Rules
<b>Offense:</b>	Refs help encourage dribbling & passing	Refs help encourage dribbling & passing	Refs help encourage dribbling & passing	Obvious traveling called. Refs help encourage passing vs. double-dribble	Obvious traveling called. Refs help encourage passing vs. double-dribble	Traveling called. Double-dribble called.	Traveling called. Double-dribble called.	Middle School Rules	Middle School Rules
<b>Defense:</b>	Defensive Zones Required No Stealing	Defensive Zones Required No Stealing	Zone Defense No Stealing	Player-to-Player or Zone No Stealing	Player-to-Player or Zone No Stealing	Player-to-Player or Zone	Player-to-Player or Zone	Player-to-Player or Zone No Double-Team or Traps	Player-to-Player or Zone No Double-Team or Traps
<b>Press:</b>	No Full Court or Half Court Press	No Full Court or Half Court Press	No Full Court or Half Court Press	No Full Court or Half Court Press (pick-up @ ~ 3 point line)	No Full Court or Half Court Press (pick-up @ ~ 3 point line)	Half Court Press	Half Court Press	Half Court Press	Half Court Press
<b>Players in Key:</b>	Defensive Zones	Defensive Zones	Defensive Zones	2 per team	2 per team	3 per team	3 per team	3 per team 3-in-the-key called	3 per team 3-in-the-key called
<b>Timeouts:</b>	2 per half	2 per half	2 per half	2 per half	2 per half	2 per half	2 per half	2 per half	2 per half
<b>Player Minimum Play:</b>	14 mins	14 mins	14 mins	16 mins	16 mins	18 mins	18 mins	20 mins	20 mins
<b>Substitutions:</b>	as-needed	as-needed	as-needed	at breaks	at breaks	at breaks	at breaks	at breaks	at breaks
<b>Skills to Develop:</b>	Dribbling & Passing Shoot for Square Hands-up Defense	Dribbling & Passing Shoot for Square Hands-up Defense	Dribbling & Passing Shoot for Square Hands-up Defense	Dribbling & Passing Shooting Form Hands-up Defense	Dribbling & Passing Shooting Form Hands-up Defense	Free Throws, Pivoting, Basic Plays with Screens	Free Throws, Pivoting, Basic Plays with Screens	Full Court Press/Breaks & Running Full Plays	Full Court Press/Breaks & Running Full Plays



COMMUNITY CENTER GYM: 145 N. Magnolia St | CASTLE ROCK GYM: 360 N. Castle Rock St. | MIDDLE SCHOOL: 400 W. Whitney



# BASKETBALL SCHEDULE OVERVIEW BY TEAM

## 6U BOYS DIVISION

TEAM	PRACTICE DAY & TIME	PRACTICE LOCATION	PRACTICE COURT	GAME DAY	GAME LOCATION	GAME COURT
Comets (SLC Stars)	Saturdays @ 10:30am	Community Center	North Half	Thursday Nights @ 6:30pm	Community Center	Cross-Court
Pythons (RGV Vipers)	Saturdays @ 10:30am	Community Center	South Half	Thursday Nights @ 6:30pm	Community Center	Cross-Court
Red Bulls (Windy City)	Saturdays @ 9:45am	Community Center	North Half	Thursday Nights @ 6:30pm	Community Center	Cross-Court
Lobsters (Maine Celtics)	Saturdays @ 9:45am	Community Center	South Half	Thursday Nights @ 6:30pm	Community Center	Cross-Court

## 6U GIRLS DIVISION

TEAM	PRACTICE DAY & TIME	PRACTICE LOCATION	PRACTICE COURT	GAME DAY	GAME LOCATION	GAME COURT
Woodlakers (South Bay)	Tuesdays @ 6:30pm	Community Center	North Half	Thursday Nights @ 5:45pm	Community Center	Cross-Court
Solar (Valley Suns)	Saturdays @ 9:00am	Community Center	North Half	Thursday Nights @ 5:45pm	Community Center	Cross-Court
Kings (Stockton Kings)	Saturdays @ 9:00am	Community Center	South Half	Thursday Nights @ 5:45pm	Community Center	Cross-Court
Tritons (Santa Cruz Warr.)	Tuesdays @ 6:30pm	Community Center	South Half	Thursday Nights @ 5:45pm	Community Center	Cross-Court

## 7U BOYS DIVISION

TEAM	PRACTICE DAY & TIME	PRACTICE LOCATION	PRACTICE COURT	GAME DAY	GAME LOCATION	GAME COURT
Mix (Rip City Remix)	Saturdays @ 11:15am	Community Center	North Half	Thursday Nights @ 7:15pm	Community Center	Cross-Court
Wasps (Grnsbro. Swarm)	Saturdays @ 11:15am	Community Center	South Half	Thursday Nights @ 7:15pm	Community Center	Cross-Court
Grind (Memphis Hustle)	Saturdays @ 12:00pm	Community Center	North Half	Thursday Nights @ 7:15pm	Community Center	Cross-Court
Stags (Wisconsin Herd)	Saturdays @ 12:00pm	Community Center	South Half	Thursday Nights @ 7:15pm	Community Center	Cross-Court

## 9U GIRLS DIVISION

TEAM	PRACTICE DAY & TIME	PRACTICE LOCATION	PRACTICE COURT	GAME DAY	GAME LOCATION	GAME COURT
Dream (Atlanta Dream)	Wednesdays @ 6:30pm	Community Center	North Half	Saturday Afternoons @ 11am-1pm	WVMS Crawford Center	West Court
Sky (Chicago Sky)	Mondays @ 6:30pm	Community Center	North Half	Saturday Afternoons @ 11am-1pm	WVMS Crawford Center	West Court
Flame (Indiana Fever)	Tuesdays @ 5:30pm	Community Center	North Half	Saturday Afternoons @ 11am-1pm	WVMS Crawford Center	West Court
Storm (Seattle Storm)	Sundays	Community Center	Set up by Coach	Saturday Afternoons @ 11am-1pm	WVMS Crawford Center	West Court
Mercury (Phx Mercury)	Wednesdays @ 6:30pm	Community Center	South Half	Saturday Afternoons @ 11am-1pm	WVMS Crawford Center	West Court
Wings (Dallas Wings)	Tuesdays @ 7:30pm	Community Center	North Half	Saturday Afternoons @ 11am-1pm	WVMS Crawford Center	West Court

## 9U BOYS DIVISION

TEAM	PRACTICE DAY & TIME	PRACTICE LOCATION	PRACTICE COURT	GAME DAY	GAME LOCATION	GAME COURT
Blazers (Portland)	Mondays @ 7:30pm	Community Center	North Half	Saturday Mornings @ 9/10am	WVMS Crawford Center	West Court
Grizzlies (Memphis)	Mondays @ 5:30pm	Community Center	North Half	Saturday Mornings @ 9/10am	WVMS Crawford Center	West Court
Bucks (Milwaukee)	Wednesdays @ 5:30pm	Community Center	South Half	Saturday Mornings @ 9/10am	WVMS Crawford Center	West Court
Pacers (Indiana)	Wednesdays @ 5:30pm	Community Center	North Half	Saturday Mornings @ 9/10am	WVMS Crawford Center	West Court

## 11U GIRLS DIVISION

TEAM	PRACTICE DAY & TIME	PRACTICE LOCATION	PRACTICE COURT	GAME DAY	GAME LOCATION	GAME COURT
Embers (LA Sparks)	Tuesdays @ 5:30pm	Community Center	South Half	Saturday Afternoons @ 11am-1pm	WVMS Crawford Center	East Court
Liberty (New York)	Mondays @ 6:30pm	Community Center	South Half	Saturday Afternoons @ 11am-1pm	WVMS Crawford Center	East Court
Oracles (WA Mystics)	Mondays @ 5:30pm	Community Center	South Half	Saturday Afternoons @ 11am-1pm	WVMS Crawford Center	East Court
Sun (Connecticut)	Mondays @ 7:30pm	Community Center	South Half	Saturday Afternoons @ 11am-1pm	WVMS Crawford Center	East Court
Valkyries (Golden State)	Sundays	Community Center	Set up by Coach	Saturday Afternoons @ 11am-1pm	WVMS Crawford Center	East Court
Fire (Portland)	Tuesdays @ 7:30pm	Community Center	South Half	Saturday Afternoons @ 11am-1pm	WVMS Crawford Center	East Court

## 11U BOYS DIVISION

TEAM	PRACTICE DAY & TIME	PRACTICE LOCATION	PRACTICE COURT	GAME DAY	GAME LOCATION	GAME COURT
Warriors (Golden State)	Sundays	Community Center	Set up by Coach	Saturday Mornings @ 9/10am	WVMS Crawford Center	East Court
Kings (Sacramento)	Weds @ 7:30pm	Community Center	North Half	Saturday Mornings @ 9/10am	WVMS Crawford Center	East Court
Raptors (Toronto)	Weds @ 7:30pm	Community Center	South Half	Saturday Mornings @ 9/10am	WVMS Crawford Center	East Court
Woodlakers (LA)	Sundays	Community Center	Set up by Coach	Saturday Mornings @ 9/10am	WVMS Crawford Center	East Court

## 14U GIRLS DIVISION

TEAM	PRACTICE DAY & TIME	PRACTICE LOCATION	PRACTICE COURT	GAME DAY	GAME LOCATION	GAME COURT
Wings (Dallas)	Wednesdays @ 7:10pm	Castle Rock Elementary	Half Court	Friday Nights @ 6/7pm	Community Center	Full Court
Aces (Las Vegas)	Mondays @ 6:10pm	Castle Rock Elementary	Half Court	Friday Nights @ 6/7pm	Community Center	Full Court
Lynx (Minnesota)	Wednesdays @ 7:10pm	Castle Rock Elementary	Half Court	Friday Nights @ 6/7pm	Community Center	Full Court
Mercury (Phoenix)	Mondays @ 6:10pm	Castle Rock Elementary	Half Court	Friday Nights @ 6/7pm	Community Center	Full Court

## 14U BOYS

TEAM	PRACTICE DAY & TIME	PRACTICE LOCATION	PRACTICE COURT	GAME DAY	GAME LOCATION	GAME COURT
Bulls (Chicago)	Mondays @ 7:10pm	Castle Rock Elementary	Full Court	Friday Nights @ 6/7pm	WVMS Crawford Center	Full Court
Boston Celtics	Wednesdays @ 6:10pm	Castle Rock Elementary	Full Court	Friday Nights @ 6/7pm	WVMS Crawford Center	Full Court
Clips (LA Clippers)	Tuesdays @ 6:10pm	Castle Rock Elementary	Full Court	Friday Nights @ 6/7pm	WVMS Crawford Center	Full Court
Stars (Spurs)	Tuesdays @ 7:10pm	Castle Rock Elementary	Full Court	Friday Nights @ 6/7pm	WVMS Crawford Center	Full Court

# FACILITY INFORMATION

- Only water is allowed inside the gym (no sports drinks or food items)
- Please help pick up all the trash after games
- Please attend children when going to the bathroom & keep the facility clean/tidy
- Be respectful of the facility & the other organizations who operate inside the facility (ie: Boys & Girls Club)
- Community Center: the Kitchen & other rooms are no-go zones
- WVMS Crawford Center Gym: locker rooms are off-limits & restrooms are located outside the building

**COMMUNITY CENTER GYM:** 145 N. Magnolia St  
**CASTLE ROCK GYM:** 360 N. Castle Rock St.  
**WVMS CRAWFORD CENTER:** 400 W. Whitney Ave.

## 2026 BASKETBALL SCHEDULE OVERVIEW

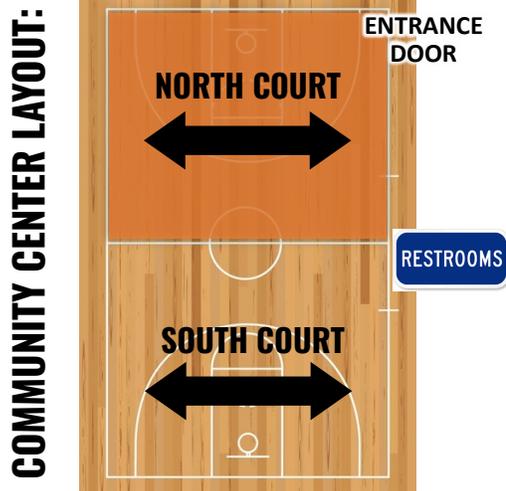
### WOODLAKE COMMUNITY CENTER

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY 6U & 7U Practices		
	NORTH HALF	SOUTH HALF	NORTH HALF	SOUTH HALF	NORTH HALF	SOUTH HALF	5:30PM		5:30PM		NORTH HALF	SOUTH HALF	
5:30PM	5:30-7:30pm 9U Boys Practice	5:30-6:30pm 11U Girls Practice	5:30-6:30pm 9U Girls Practice	5:30-6:30pm 11U Girls Practice	5:30-6:30pm 9U Boys Practice	5:30-6:30pm 9U Boys Practice	5:30PM	Gym Prep	5:30PM	Gym Prep	9:00AM	6UG Practice	6UG Practice
							6:15PM	5:45pm 6UG Games x 2	6:00PM	6:00pm 14U Girls Game	9:45AM	6UB Practice	6UB Practice
6:30PM	6:30-7:30pm 9U Girls Practice	6:30-7:30pm 11U Girls Practice	6:30-7:30pm 6U Girls Practice	6:30-7:30pm 6U Girls Practice	6:30-7:30pm 9U Girls Practice	6:30-7:30pm 9U Girls Practice	6:30PM	6:30pm 6UB Games x 2	7:00PM	7:00pm 14U Girls Game	10:30AM	6UB Practice	6UB Practice
							7:00PM		8:00PM		11:15AM	7UB Practice	7UB Practice
7:30PM	7:30-8:30pm 9U Boys Practice	7:30-8:30pm 11U Girls Practice	7:30-8:30pm 9U Girls Practice	7:30-8:30pm 11U Girls Practice	7:30-8:30pm 11U Boys Practice	7:30-8:30pm 11U Boys Practice	7:15PM	7:15pm 7U Boys x 2			12:00PM	7UB Practice	7UB Practice
							7:45PM						

## 2026 BASKETBALL SCHEDULE OVERVIEW

### WOODLAKE UNIFIED SCHOOL DISTRICT GYMS

	MONDAY Castle Rock	TUESDAY Castle Rock	WEDNESDAY Castle Rock	THURSDAY Castle Rock	FRIDAY Middle School Full Court	SATURDAY Middle School Parallel Courts	
						WEST: 8' RIMS	EAST: 9' RIMS
6:00PM	6:10-7:10pm	6:10-7:10pm	6:10-7:10pm	(No Practices)	6:00pm		
7:00PM	14U Girls Practices	14U Boys Practice	14U Boys Practice		14U Boys Game	9:00AM	9U Boys Game 11U Boys Game
7:00PM	7:10-8:10pm	7:10-8:10pm	7:10-8:10pm	(No Practices)	7:00pm	10:00AM	9U Boys Game 11U Boys Game
8:00PM	14U Boys Practice	14U Boys Practice	14U Girls Practices		14U Boys Game	11:00AM	9U Girls Game 11U Girls Game
						12:00PM	9U Girls Game 11U Girls Game
						1:00PM	9U Girls Game 11U Girls Game





# 2026 YOUTH BASKETBALL

## SATURDAY TEAM PRACTICES

Last year, the teams in these Divisions only had 30 minutes to practice, and they also had to share a court with another team. This set-up just wasn't conducive to providing good instruction for players, but we were limited with facility access. Thanks to WUSD allowing our Saturday games to be hosted at the Middle School, that allowed our Community Center gym to be available for these teams to have more practice time.

This is a new twist to our 2026 season, and it gets a little complicated at the beginning of the season due to the pre-season Youth Basketball Clinic. So we wanted to give you a bit more information to help get this season's practices up-and-running smoothly for the teams who have scheduled Saturday Practices...

### Here's how it will work:

- These teams will be the first to start their practices on Saturday, January 10th at your scheduled practice time.
- The following Saturday is booked by the Youth Basketball Clinic, so we are offering these teams an additional practice slot the Thursday/Friday before the season starts (these evenings will have scheduled games once the season begins)
- The "Regular" Saturday Practice Schedule will start back up on Sat, January 24th & run through Sat, March 14th
- Another quirk will be on Saturday, January 31st—the day of scheduled Team Pictures—those will not interfere with your scheduled practices, but there will be additional traffic and parking issues at the Community Center that day.

### Now for the visuals:

## JANUARY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31	1	2	3
4	5	6	7	8	9	10 Saturday Practices
11	12	13	14	15 Alternative Thursday / Friday Practice Schedule	16	17 Youth Basketball Clinic
18	19	20	21	22 Game Day!	23	24 Saturday Practices
25	26	27	28	29 Game Day!	30	31 Saturday Practices + Pic Day!

*\*updated practice times as-of January 12th\**

SATURDAY 6U & 7U Practices		
	NORTH HALF	SOUTH HALF
9:00AM	6UG Practice	6UG Practice
9:45AM	6UB Practice	6UB Practice
10:30AM	6UB Practice	6UB Practice
11:15AM	7UB Practice	7UB Practice
12:00PM	7UB Practice	7UB Practice

	THURSDAY, JAN 15		FRIDAY, JAN 16	
	NORTH HALF	SOUTH HALF	NORTH HALF	SOUTH HALF
6:00PM	6-7pm 6U Girls Practices Solar & Kings	6-7pm 6U Boys Practices Red Bulls & Lobsters	6-7pm 6U Boys Practices Comets & Pythons	6-7pm 6U Boys Practice Wasps
7:00PM	7-8pm 7U Boys Practice Mix	7-8pm 7U Boys Practice Grind	7-8pm 7U Boys Practice Stags	

**TIGERS IN TRAINING WOODLAKE BASKETBALL CLINIC**

**SATURDAY, JANUARY 17TH**  
GRADES K-3RD @ 9AM | 4TH-8TH @ 10:30AM

**\$20 PER PLAYER**

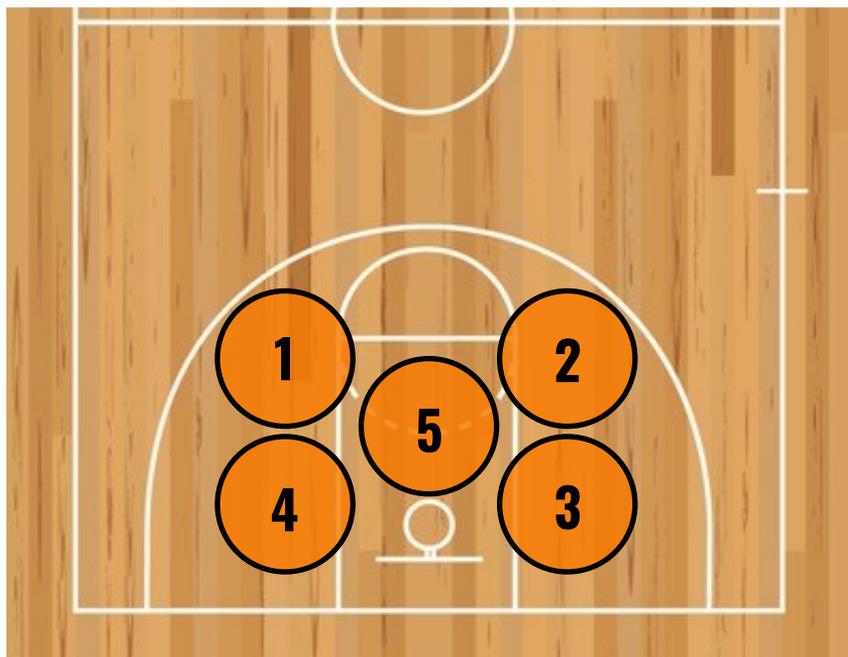
Cost includes a t-shirt, thanks to leading Enterprise's Family HealthCare Network, and fundamental instruction by the Woodlake Ballers Basketball players & Coaches. Proceeds go to the Woodlake Ballers Youth Basketball team as a fundraiser for their program.

**TO REGISTER:**  
[www.CityOfWoodlake.com/Recreation](http://www.CityOfWoodlake.com/Recreation)  
City Hall: 350 N. Valencia Blvd.

# ADDITIONAL RULE EXPLANATION

## 6U & 7U DIVISIONS ZONE DEFENSE EXPLANATION

Because these age groups are new to the game and still learning, we are making an extra effort this season to implement zones for the defensive players in a 2-1-2 format so that the offence is able to learn how to dribble and pass without additional pressure. Here is a diagram of the Defensive Zone areas that will be taught:



## 14U DIVISION DEFENSE & PRESS

- Coaches can choose man-to-man or zone defense for their team on a game-by-game or situational basis
- However, if the game is a 20 point or more differential, Coaches must play zone
- Coaches can only apply full court man-to-man press when there is less than 1 minute to play, AND, if the score is within 10 points.

## NUMBER OF PLAYERS ON THE COURT

If a team cannot field 5 players, teams will play with the lowest number of players (ie: 4 v. 4).

## SWITCHING SIDES/HOOPS AT THE HALF

For Divisions 9U and up (all of the divisions who play full court), teams will set up their players opposite side from their bench to start the game. After the half, you will then set up your players on the same side of the court as your bench.

# PARENT & COACH CONDUCT RULES & UNIFORM INFORMATION

## PARENT & COACH CONDUCT RULES

- No stats are kept, and there are no championships—this League is purely for player development
- Respect the referee’s calls & be professional (also keep in mind that most referees are high school students)
- Only the coach can address the referee directly (not parents)
- During the “half time” break, both coaches will meet with the ref to address any items needed to be dealt with
- If a parent continues to be disrespectful, their child will sit the rest of the game
- Zero tolerance with rowdy parents and coaches. If a game is stopped by the referee due to parents not being respectful, or a coach arguing constantly, the game will be ended immediately
- Respect the other teams, parents, and fans
- If a parent or coach is asked to leave a game, he/she will receive an automatic 1-game suspension

## UNIFORMS

- Each player is provided with a jersey & shorts (see example style/color options below)
- The new uniform company did not offer Youth XSmall as an option (Youth Smalls were ordered in their place)
- You must provide your own shoes—either indoor basketball shoes, or shoes with white soles
- No chain jewelry, or other jewelry that could be a safety issue, can be worn during games (*taping or wrap covering is ok*)
- If you requested an incorrect uniform size for your child & you’d like to order a new one, the cost will be \$35 and the turn-around time is 10-15 days. (*please keep in mind we are working with a new uniform company*)

## G-LEAGUE TEAM BRANDS (6U Boys)

LOGO	JERSEY	SHORTS	JERSEY INSPIRATION
			 Like the new jersey look, but would prefer to use the light blue as the primary color of the jersey.
			 Love this snake skin jersey they have!
			 Like the idea of doing a red with black pin stripe jersey, but with the full primary logo on the front of the jersey.
			 Love the idea of doing a similar plaid jersey, but with the primary logo on the front of the jersey.



**We provided the new uniform company with the team brands we wanted to incorporate into each of our divisions, what color of jersey and shorts we wanted for each team, as well as “jersey inspiration” images from the professional team we wanted to mimic so that our youth players can see a similar uniform if they watch the pro team on TV!**

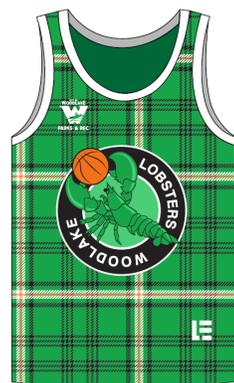
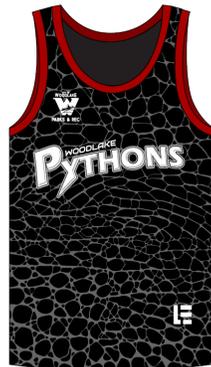
*(please keep in mind that to avoid trademarking issues, some of the team names/logos have been tweaked slightly for our League)*

# 6U BOYS DIVISION: TK & Kinder

## G LEAGUE TEAM BRAND INSPIRATION



## WOODLAKE UNIFORM



## TEAM ROSTER

### WOODLAKE COMETS

**Uniform:** Light Blue Jersey / Black Shorts  
**Coach:** Carlos Lara & Myra Ponce  
**Sponsor:** QK, Inc.

# of Players	Name
1	Isaac Lara
2	Christian Acosta-Pondexter
3	Isaiah Huerta
4	Julian Perez
5	Adrian Cruz
6	Manuel Sanchez

### WOODLAKE PYTHONS

**Uniform:** Black Jersey & Shorts  
**Coach:** Ariel Intoc  
**Sponsor:** Woodlake Ag Partners

# of Players	Name
1	Artem Intoc
2	Augustine Castro
3	Xander Rubio
4	Isaac Castro
5	Ketch Lord
6	Adriel Castro

### WOODLAKE RED BULLS

**Uniform:** Red Jersey / Black Shorts  
**Coach:** Coach Cassandra & Layla  
**Sponsor:** Little Rascals Daycare

# of Players	Name
1	Taye Lara
2	Aidan Jimenez
3	Bryan Rosales
4	Erik Morales
5	Brayden Guillen
6	Open Roster Spot

### WOODLAKE LOBSTERS

**Uniform:** Green Jersey / Black Shorts  
**Coach:** Adam & Bianca Cain  
**Sponsor:** LE Homes

# of Players	Name
1	Adam Cain
2	Zachary Shaver Jr.
3	Mateo Miranda
4	Angel Medel
5	Andreas Vargas
6	Open Roster Spot



# 2026 YOUTH BASKETBALL 6U BOYS SCHEDULE

POWERED BY: Family HealthCare NETWORK

NBA G League Team Names | 4 Quarters of 7 mins + 2 min breaks | Ball Size 27.5" | Rim Height 7 ft.

## TEAM 1



Coach Carlos & Myra

## TEAM 2



Coach Ariel

## TEAM 3



Coach Cassandra & Layla

## TEAM 4



Coach Adam & Bianca

Thu, Jan 22		
6:30pm	2 vs 1	North Court
6:30pm	3 vs 4	South Court

Thu, Jan 29		
6:30pm	1 vs 3	North Court
6:30pm	4 vs 2	South Court

\*Picture Day on Sat, Jan 31\*

Thu, Feb 5		
6:30pm	2 vs 3	North Court
6:30pm	4 vs 1	South Court

Thu, Feb 12		
6:30pm	4 vs 3	North Court
6:30pm	1 vs 2	South Court

Thu, Feb 19		
6:30pm	3 vs 1	North Court
6:30pm	2 vs 4	South Court

Thu, Feb 26		
6:30pm	1 vs 4	North Court
6:30pm	3 vs 2	South Court

Thu, March 5		
6:30pm	3 vs 4	North Court
6:30pm	2 vs 1	South Court

Thu, March 12		
6:30pm	4 vs 2	North Court
6:30pm	1 vs 3	South Court

Thu, March 19		
6:30pm	4 vs 1	North Court
6:30pm	2 vs 3	South Court

### GAME LOCATION:

Woodlake Community Center: 145 N. Magnolia St.  
Chair seating will be available for spectators. Bring a water bottle!

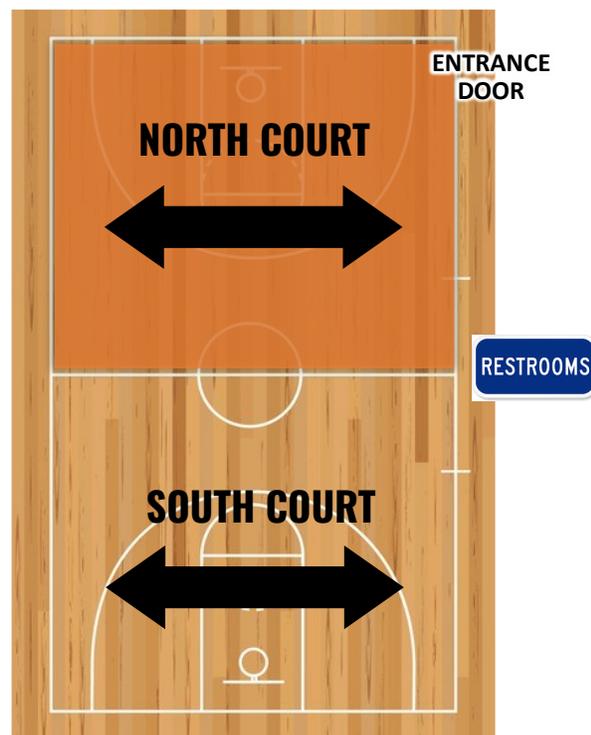
### PRACTICE SCHEDULES:

Practice time slots for each team are held, so even if your coach cannot make a practice, the team can still get together & shoot around.

#### 6U BOYS DIVISION

TEAM	PRACTICE DAY & TIME	PRACTICE LOCATION	PRACTICE COURT
Comets (SLC Stars)	Saturdays @ 10:30am	Community Center	North Half
Pythons (RGV Vipers)	Saturdays @ 10:30am	Community Center	South Half
Red Bulls (Windy City)	Saturdays @ 9:45am	Community Center	North Half
Lobsters (Maine Celtics)	Saturdays @ 9:45am	Community Center	South Half

\*Practices start Sat, January 10th. **No practices on Sat, January 17th**  
(due to Youth Basketball Clinic)

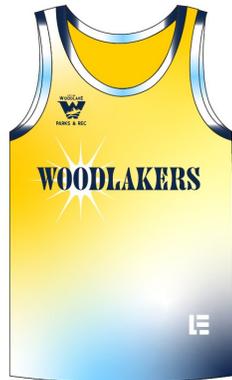


# 6U GIRLS DIVISION: TK & Kinder (majority)

## G LEAGUE TEAM BRAND INSPIRATION



## WOODLAKE UNIFORM



## TEAM ROSTER

### WOODLAKERS

**Uniform:** Gold Jersey / Navy Shorts  
**Coaches:** Ruben & Emma Garcia  
**Sponsor:** Fiesta Auto Insurance

# of Players	Name
1	Ariana Garcia
2	Leeloo Miranda
3	Emery Rodriguez
4	Leilani Benavides
5	Aria Laine
6	Jaylah Pina
7	Open Roster Spot

### WOODLAKE SOLAR

**Uniform:** Orange Jersey / Black Shorts  
**Coach:** Chloe  
**Assistants:** Leesa & Angel Salinas  
**Sponsor:** Little Rascals Daycare

# of Players	Name
1	Mia Mata
2	Lucia Salinas
3	Lili Mae Salinas
4	Cameryn Sedillo
5	Eden Molina
6	Cecily Sedillo
7	Reagan Clark

### WOODLAKE KINGS

**Uniform:** Purple Jersey / Black Shorts  
**Coach:** Vincent Diaz  
**Sponsor:** Kona Ice

# of Players	Name
1	Alaia Palafox
2	Alicia Rodriguez
3	Allyson Carabantes
4	Addison Jimenez
5	Itzel Rivera
6	Julie Diaz
7	Emma Rodriguez

### WOODLAKE TRITONS

**Uniform:** Blue Jersey / Navy Shorts  
**Coach:** Diana Mendez  
**Sponsor:** Woodlake Drive-In

# of Players	Name
1	Dayana Cardenas
2	Eliana Lopez
3	Luna Miranda Rocha
4	Jessica Hathaway
5	Charlotte Mendez
6	Lyv Rabb
7	Open Roster Spot



# 2026 YOUTH BASKETBALL

## 6U GIRLS SCHEDULE

POWERED BY: Family HealthCare NETWORK

NBA G League Team Names | 4 Quarters of 7 mins + 2 min breaks | Ball Size 27.5" | Rim Height 7 ft.

### TEAM 1



Coach Ruben & Emma

### TEAM 2



Coach Chloe

### TEAM 3



Coach Vincent

### TEAM 4



Coach Diana

Thu, Jan 22		
5:45pm	2 vs 1	North Court
5:45pm	3 vs 4	South Court

Thu, Jan 29		
5:45pm	1 vs 3	North Court
5:45pm	4 vs 2	South Court

*\*Picture Day on Sat, Jan 31\**

Thu, Feb 5		
5:45pm	2 vs 3	North Court
5:45pm	4 vs 1	South Court

Thu, Feb 12		
5:45pm	4 vs 3	North Court
5:45pm	1 vs 2	South Court

Thu, Feb 19		
5:45pm	3 vs 1	North Court
5:45pm	2 vs 4	South Court

Thu, Feb 26		
5:45pm	1 vs 4	North Court
5:45pm	3 vs 2	South Court

Thu, March 5		
5:45pm	3 vs 4	North Court
5:45pm	2 vs 1	South Court

Thu, March 12		
5:45pm	4 vs 2	North Court
5:45pm	1 vs 3	South Court

Thu, March 19		
5:45pm	4 vs 1	North Court
5:45pm	2 vs 3	South Court

### GAME LOCATION:

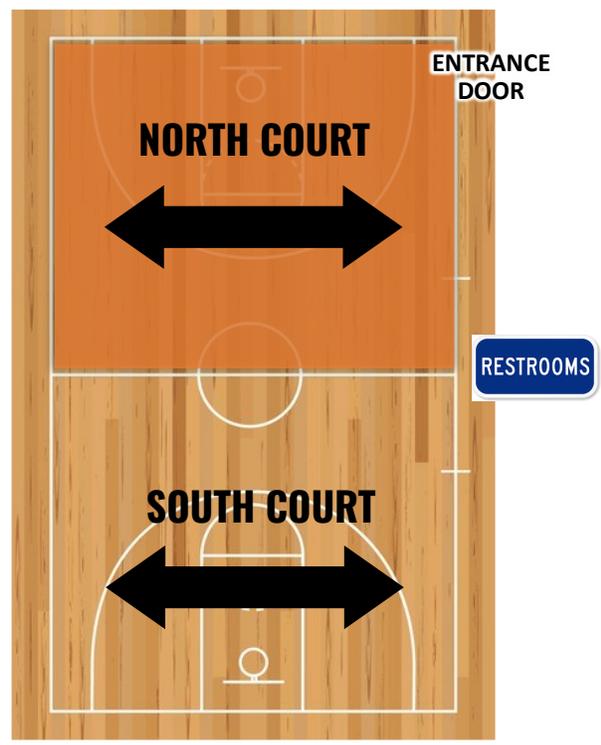
Woodlake Community Center: 145 N. Magnolia St.  
Chair seating will be available for spectators. Bring a water bottle!

### PRACTICE SCHEDULES:

Practice time slots for each team are held, so even if your coach cannot make a practice, the team can still get together & shoot around.

6U GIRLS DIVISION			
TEAM	PRACTICE DAY & TIME	PRACTICE LOCATION	PRACTICE COURT
Woodlakers (South Bay)	Tuesdays @ 6:30pm	Community Center	North Half
Solar (Valley Suns)	Saturdays @ 9:00am	Community Center	North Half
Kings (Stockton Kings)	Saturdays @ 9:00am	Community Center	South Half
Tritons (Santa Cruz Warr.)	Tuesdays @ 6:30pm	Community Center	South Half

\*Practices start Sat, January 10th. **No practices on Sat, January 17th** (due to Youth Basketball Clinic)



# 7U BOYS DIVISION: 1st Graders (majority)

## G LEAGUE TEAM BRAND INSPIRATION

## WOODLAKE UNIFORM

## TEAM ROSTER



### WOODLAKE MIX

**Uniform:** Black Jersey & Shorts  
**Coaches:** Alley Taylor  
**Sponsor:** LE Homes

# of Players	Name
1	Ian Hernandez Kim
2	Isaiah Crebassa
3	Louis Flores Duran
4	Dario Gonzalez
5	Brixton Taylor
6	Nova Trexler
7	Josiah Eli Martinez



### WOODLAKE WASPS

**Uniform:** Purple Jersey / Black Shorts  
**Head Coach:** Lauren & Alfredo Salazar  
**Sponsor:** Ledesma Enterprises

# of Players	Name
1	Daxton Salazar
2	Sebastian Diaz
3	Santiago Lemus
4	Ricardo Gonzalez
5	Alexander Solis
6	William Stuller
7	Espen Intoc



### WOODLAKE GRIND

**Uniform:** Red Jersey / Black Shorts  
**Coach:** Horacio Pena  
**Sponsor:** Mid Valley Disposal

# of Players	Name
1	Joziah Valencia
2	Adriel Pena
3	Santiago Lopez
4	Axel Jimenez
5	Richard Guijon
6	Leonardo Rodriguez
7	Open Roster Spot



### WOODLAKE STAGS

**Uniform:** Green Jersey / Black Shorts  
**Coach:** Damien Gutierrez  
**Sponsor:** Llamas Landscaping

# of Players	Name
1	Slate Webber
2	Mateo Parrilla
3	Andrew Gargan
4	Hank DeWitt
5	Dominic Ceballos
6	Julian Gutierrez
7	Open Roster Spot



# 2026 YOUTH BASKETBALL 7U BOYS SCHEDULE

POWERED BY: Family HealthCare NETWORK

NBA G League Team Names | 4 Quarters of 7 mins + 2 min breaks | Ball Size 27.5" | Rim Height 7 ft.

## TEAM 1



Coach Alley

## TEAM 2



Coach Lauren & Alfredo

## TEAM 3



Coach Horacio

## TEAM 4



Coach Damien

Thu, Jan 22		
7:15pm	2 vs 1	North Court
7:15pm	3 vs 4	South Court

Thu, Jan 29		
7:15pm	1 vs 3	North Court
7:15pm	4 vs 2	South Court
*Picture Day on Sat, Jan 31*		

Thu, Feb 5		
7:15pm	2 vs 3	North Court
7:15pm	4 vs 1	South Court

Thu, Feb 12		
7:15pm	4 vs 3	North Court
7:15pm	1 vs 2	South Court

Thu, Feb 19		
7:15pm	3 vs 1	North Court
7:15pm	2 vs 4	South Court

Thu, Feb 26		
7:15pm	1 vs 4	North Court
7:15pm	3 vs 2	South Court

Thu, March 5		
7:15pm	3 vs 4	North Court
7:15pm	2 vs 1	South Court

Thu, March 12		
7:15pm	4 vs 2	North Court
7:15pm	1 vs 3	South Court

Thu, March 19		
7:15pm	4 vs 1	North Court
7:15pm	2 vs 3	South Court

### GAME LOCATION:

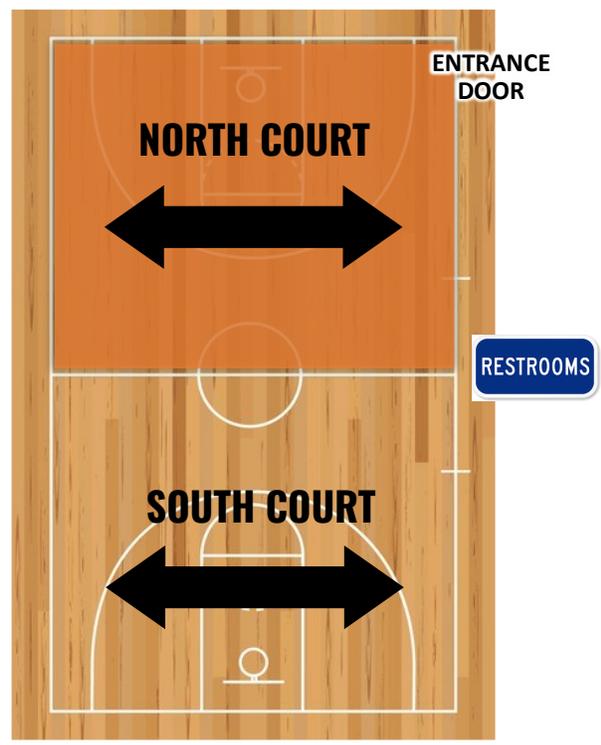
Woodlake Community Center: 145 N. Magnolia St.  
Chair seating will be available for spectators. Bring a water bottle!

### PRACTICE SCHEDULES:

Practice time slots for each team are held, so even if your coach cannot make a practice, the team can still get together & shoot around.

7U BOYS DIVISION			
TEAM	PRACTICE DAY & TIME	PRACTICE LOCATION	PRACTICE COURT
Mix (Rip City Remix)	Saturdays @ 11:15am	Community Center	North Half
Wasps (Grnsbro. Swarm)	Saturdays @ 11:15am	Community Center	South Half
Grind (Memphis Hustle)	Saturdays @ 12:00pm	Community Center	North Half
Stags (Wisconsin Herd)	Saturdays @ 12:00pm	Community Center	South Half

\*Practices start Sat, January 10th. **No practices on Sat, January 17th**  
(due to Youth Basketball Clinic)



# 9U GIRLS DIVISION: 1st - 3rd Graders

## WNBA TEAM BRAND INSPIRATION

## WOODLAKE UNIFORM

## TEAM ROSTER



### WOODLAKE DREAM

Uniform: Black Jersey & Shorts  
 Coach: Adam & Bianca Cain  
 Sponsor: Sunrise Harvest

# of Players	Name
1	Alana Hernandez
2	Alayla Shaver
3	Delilah Cain
4	Isabella Campos
5	Mia Penaloza
6	Iris Ponce
7	Kamila Arreola
8	Open Roster Spot

### WOODLAKE SKY

Uniform: Light Blue Jersey / Black Shorts  
 Coach: Tommy Rodriguez  
 Sponsor: VG Air

# of Players	Name
1	Jozefina Mestaz
2	Camila Lopez
3	Lyliana Moreno
4	Mallory Rodriguez
5	Marisol Flores
6	Paisley Zais
7	Maya Miranda
8	Lyrick Rabb

### WOODLAKE FLAME

Uniform: Red Jersey / Navy Shorts  
 Coach: Antonio Salazar  
 Sponsor: Ortiz Automotive

# of Players	Name
1	Olivia Salazar
2	Charlotte Luna
3	Frankie Spahn
4	Itzel Flores
5	Lexi Rubio
6	Arianna Almeida
7	Priscilla Mendoza
8	Jazmine Robinson

### WOODLAKE STORM

Uniform: Yellow Jersey / Black Shorts  
 Coach: Jose Rodriguez  
 Sponsor: ANB Ranches

# of Players	Name
1	Reagan Mauritson
2	Analia Rodriguez
3	Octavia Rhodes
4	Nevaeh Rangel
5	Cadienne Rabuse
6	Isabella Hernandez Rivera
7	Evanee Vega
8	Alondra Espinoza

### WOODLAKE MERCURY

Uniform: Purple Jersey / Black Shorts  
 Coach: Alex Valencia  
 Sponsor: Munchies Coffeee House

# of Players	Name
1	Kylie Ornelas
2	Isabella Flores
3	Annabella Flores
4	June Gomes
5	Addisen Hathaway
6	Faith Rubalcava
7	Aspen Valencia
8	Alizay Valencia

### WOODLAKE WINGS

Uniform: Lime Green Jersey / Navy Shorts  
 Coach: Diana Mendez  
 Sponsor: Heiskell's Feed Depot

# of Players	Name
1	Kayla Hernandez
2	Avery Hernandez
3	Danielle Mendez
4	Brianna Hernandez
5	Eliana Lopez
6	Quianna Cruz
7	Eloise Gargan
8	Abby Riddle



# 2026 YOUTH BASKETBALL 9U GIRLS SCHEDULE

POWERED BY: Family HealthCare NETWORK

WNBA Team Names | 4 Quarters of 8 mins + 2 min breaks | Ball Size 27.5" | Rim Height 8 ft.

## TEAM 1



Coach Adam & Bianca

## TEAM 2



Coach Tommy

## TEAM 3



Coach Antonio

## TEAM 4



Coach Jose

## TEAM 5



Coach Alex V.

## TEAM 6



Coach Diana

Sat, Jan 24		
11:00am	2 vs 1	West Court
12:00pm	3 vs 6	West Court
1:00pm	4 vs 5	West Court

Sat, Jan 31		
11:00am	3 vs 4	West Court
12:00pm	6 vs 1	West Court
1:00pm	2 vs 5	West Court

\*Picture Day on Sat, Jan 31\*

Sat, Feb 7		
11:00am	6 vs 4	West Court
12:00pm	2 vs 3	West Court
1:00pm	1 vs 5	West Court

Sat, Feb 14		
11:00am	4 vs 1	West Court
12:00pm	5 vs 3	West Court
1:00pm	6 vs 2	West Court

Sat, Feb 21		
11:00am	5 vs 6	West Court
12:00pm	1 vs 3	West Court
1:00pm	4 vs 2	West Court

Sat, Feb 28		
11:00am	1 vs 2	West Court
12:00pm	6 vs 3	West Court
1:00pm	5 vs 4	West Court

Sat, March 7		
11:00am	4 vs 3	West Court
12:00pm	1 vs 6	West Court
1:00pm	5 vs 2	West Court

Sat, March 14		
11:00am	4 vs 6	West Court
12:00pm	3 vs 2	West Court
1:00pm	5 vs 1	West Court

Sat, March 21		
11:00am	1 vs 4	West Court
12:00pm	3 vs 5	West Court
1:00pm	2 vs 6	West Court

## GAME LOCATION:

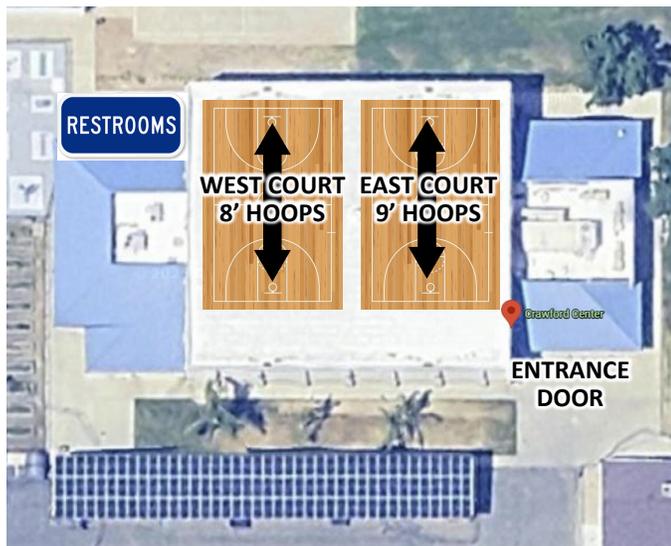
Woodlake Valley Middle School "Crawford Center": 400 W. Whitney Ave  
Bleacher seating will be available for spectators. Restrooms located outside. Locker Rooms are no-go areas. Bring a water bottle!

## PRACTICE SCHEDULES:

Practice time slots for each team are held, so even if your coach cannot make a practice, the team can still get together & shoot around.

### 9U GIRLS DIVISION

TEAM	PRACTICE DAY & TIME	PRACTICE LOCATION	PRACTICE COURT
Dream (Atlanta Dream)	Wednesdays @ 6:30pm	Community Center	North Half
Sky (Chicago Sky)	Mondays @ 6:30pm	Community Center	North Half
Flame (Indiana Fever)	Tuesdays @ 5:30pm	Community Center	North Half
Storm (Seattle Storm)	Sundays	Community Center	Set up by Coach
Mercury (Phx Mercury)	Wednesdays @ 6:30pm	Community Center	South Half
Wings (Dallas Wings)	Tuesdays @ 7:30pm	Community Center	North Half



# 9U BOYS DIVISION: 2nd & 3rd Graders

## NBA TEAM BRAND INSPIRATION

## WOODLAKE UNIFORM

## TEAM ROSTER



### BLAZERS

**Uniform:** Red Jersey / Black Shorts  
**Coach:** Jen Reynolds & Friends  
**Sponsor:** Reynolds Farming

# of Players	Name
1	Colton Reynolds
2	Waylon Pascoe
3	Lyle Pascoe
4	Heston Manes
5	Cason Taylor
6	Benjamin Esquivel
7	Sawyer Eskridge
8	Reid Weikel
9	Colt Pascoe
10	Maverick Reynolds



### GRIZZLIES

**Uniform:** Light Blue Jersey / Navy Shorts  
**Coach:** Cristian Avila  
**Sponsor:** The Homegrown Project

# of Players	Name
1	Kevin Hernandez Rivera
2	Liam Avila
3	John Williams
4	Lucas Mata
5	Alexander Gonzalez
6	Levi Cervantes
7	Christopher Miranda
8	Santiago Castro
9	Lane Nuckols
10	Kevin Vejarano



### BUCKS

**Uniform:** Green Jersey / Black Shorts  
**Coaches:** Alex Valencia  
**Sponsor:** Woodlake Police Officers Associat

# of Players	Name
1	Noah Ontiveroz
2	Richard Valencia
3	Santiago Valencia
4	Colby McBride
5	Cameron Duran
6	Roman Gonzalez
7	Weston Lord
8	Santiago Rogers
9	Julien Corrales Chavez
10	Antonio Gomez



### PACERS

**Uniform:** Gold Jersey / Navy Shorts  
**Coach:** Elijah Standlee  
**Sponsor:** Cal Ag Payroll

# of Players	Name
1	Thiago Espinoza
2	Arceus Padilla
3	Leonardo Arzola Marquez
4	Benjamin Arzola Marquez
5	Jesus Guizar
6	Matthew Quiroz
7	Evander Quiroz
8	Brandon Alvarez
9	Lorenzo Gallegos
10	Angel Ramirez Bejar



# 2026 YOUTH BASKETBALL

## 9U BOYS SCHEDULE

POWERED BY: Family HealthCare NETWORK

NBA Team Names | 4 Quarters of 8 mins + 2 min breaks | Ball Size 27.5" | Rim Height 8 ft.

**TEAM 1**

**PORTLAND**  
TRAIL BLAZERS  
Coach Jen

**TEAM 2**

**MEMPHIS**  
GRIZZLIES  
Coach Cristian

**TEAM 3**

**MILWAUKEE**  
BUCKS  
Coach Alex V.

**TEAM 4**

**INDIANA**  
PACERS  
Coach Elijah

Sat, Jan 24		
9:00am	2 vs 1	West Court
10:00am	3 vs 4	West Court

Sat, Jan 31		
9:00am	1 vs 3	West Court
10:00am	4 vs 2	West Court

*\*Picture Day on Sat, Jan 31\**

Sat, Feb 7		
9:00am	2 vs 3	West Court
10:00am	4 vs 1	West Court

Sat, Feb 14		
9:00am	4 vs 3	West Court
10:00am	1 vs 2	West Court

Sat, Feb 21		
9:00am	3 vs 1	West Court
10:00am	2 vs 4	West Court

Sat, Feb 28		
9:00am	1 vs 4	West Court
10:00am	3 vs 2	West Court

Sat, March 7		
9:00am	3 vs 4	West Court
10:00am	2 vs 1	West Court

Sat, March 14		
9:00am	4 vs 2	West Court
10:00am	1 vs 3	West Court

Sat, March 21		
9:00am	4 vs 1	West Court
10:00am	2 vs 3	West Court

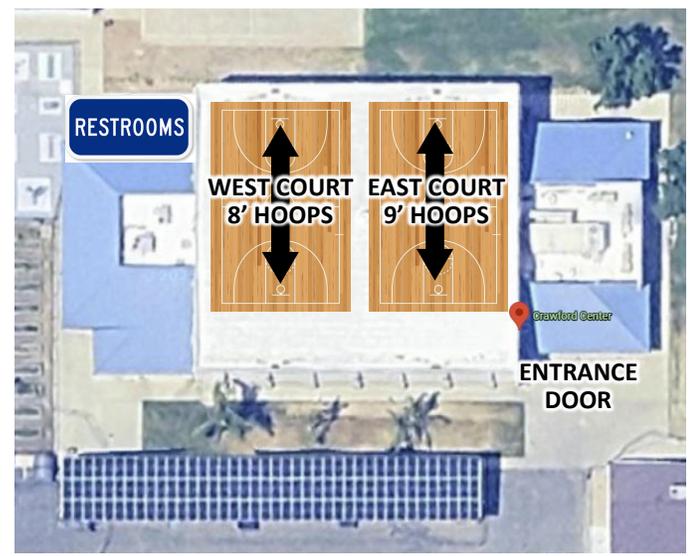
### GAME LOCATION:

Woodlake Valley Middle School "Crawford Center": 400 W. Whitney Ave  
 Bleacher seating will be available for spectators. Restrooms located outside. Locker Rooms are no-go areas. Bring a water bottle!

### PRACTICE SCHEDULES:

Practice time slots for each team are held, so even if your coach cannot make a practice, the team can still get together & shoot around.

9U BOYS DIVISION			
TEAM	PRACTICE DAY & TIME	PRACTICE LOCATION	PRACTICE COURT
Blazers (Portland)	Mondays @ 7:30pm	Community Center	North Half
Grizzlies (Memphis)	Mondays @ 5:30pm	Community Center	North Half
Bucks (Milwaukee)	Wednesdays @ 5:30pm	Community Center	South Half
Pacers (Indiana)	Wednesdays @ 5:30pm	Community Center	North Half



# 11U GIRLS DIVISION: 4th & 5th Graders

## WNBA TEAM BRAND INSPIRATION

## WOODLAKE UNIFORM

## TEAM ROSTER



### WOODLAKE EMBERS

Uniform: Purple Jersey / Black Shorts  
 Coach: Ana Rodriguez  
 Sponsor: Ledesma Enterprises

# of Players	Name
1	Ariana Ortega
2	Anna Hernandez Rivera
3	Mckynlee Simonic
4	Yatzil Infante
5	Eva Hernandez Rivera
6	Jenissis Rodriguez
7	Nasia Franz
8	Mia Palafox

### LIBERTY

Uniform: Turquoise Jersey / Black Shorts  
 Coach: Nick Carrasco  
 Sponsor: Griswold and LaSalle Law Firm

# of Players	Name
1	Meika Corona
2	Camila Lopez
3	Hailie Guerra
4	Ayelen Lopez
5	Aubrie Carrasco
6	Ariannie Sanchez
7	Dezaray Rabb
8	Demi Fultz

### WOODLAKE ORACLES

Uniform: Red Jersey / Navy Shorts  
 Coach: Roger Cruz & Ruben Garcia  
 Sponsor: Valero Bros Towing

# of Players	Name
1	Avery Romandia
2	Nixon Santos Andrade
3	Abigail Medina
4	Kamila Cruz
5	Leslie Garcia
6	Esperanza Esquivel
7	Jayleen Sahagun
8	Miranda Tadeo

### WOODLAKE SUN

Uniform: Orange Jersey / Navy Shorts  
 Coach: Daniel Salazar  
 Sponsor: Woodlake Kiwanis

# of Players	Name
1	Nina Gonzalez
2	Yaretz Salazar
3	Jaylin Rojas
4	Melanie Miranda
5	Zofia Mestaz
6	Lily Barry
7	Henley Montano
8	Open Roster Spot

### WOODLAKE VALKYRIES

Uniform: Light Purple Jersey / Black Shorts  
 Coach: Alex Rodriguez & Genaro Casas  
 Sponsor: Living Water Clinic

# of Players	Name
1	Ariah Correa
2	Tina Sandoval
3	Aryanna Casas
4	Elena Rodriguez
5	Cienna Diaz
6	Victoria Manquero
7	Lissandra Huerta
8	Isabella Hernandez

### WOODLAKE FIRE

Uniform: Black Jersey & Shorts  
 Coach: Fidel Acosta  
 Sponsor: Valley Automation Solutions

# of Players	Name
1	Scarlet Martinez
2	Winny Guevara
3	Yaretz Isarraras
4	Bella Rodriguez Magana
5	Martha Thomas
6	Dakota Hardin
7	Ariana Carabantes
8	Ariel Acosta



# 2026 YOUTH BASKETBALL

## 11U GIRLS SCHEDULE

POWERED BY: Family HealthCare NETWORK

WNBA Team Names | 4 Quarters of 9 mins + 2 min breaks | Ball Size 27.5" | Rim Height 9 ft.

### TEAM 1



Coach Ana

### TEAM 2



Coach Nick

### TEAM 3



Coach Roger & Ruben

### TEAM 4



Coach Daniel

### TEAM 5



Coach Alex R.

### TEAM 6



Coach Fidel

Sat, Jan 24		
11:00am	2 vs 1	East Court
12:00pm	3 vs 6	East Court
1:00pm	4 vs 5	East Court

Sat, Jan 31		
11:00am	3 vs 4	East Court
12:00pm	6 vs 1	East Court
1:00pm	2 vs 5	East Court

*\*Picture Day on Sat, Jan 31\**

Sat, Feb 7		
11:00am	6 vs 4	East Court
12:00pm	2 vs 3	East Court
1:00pm	1 vs 5	East Court

Sat, Feb 14		
11:00am	4 vs 1	East Court
12:00pm	5 vs 3	East Court
1:00pm	6 vs 2	East Court

Sat, Feb 21		
11:00am	5 vs 6	East Court
12:00pm	1 vs 3	East Court
1:00pm	4 vs 2	East Court

Sat, Feb 28		
11:00am	1 vs 2	East Court
12:00pm	6 vs 3	East Court
1:00pm	5 vs 4	East Court

Sat, March 7		
11:00am	4 vs 3	East Court
12:00pm	1 vs 6	East Court
1:00pm	5 vs 2	East Court

Sat, March 14		
11:00am	4 vs 6	East Court
12:00pm	3 vs 2	East Court
1:00pm	5 vs 1	East Court

Sat, March 21		
11:00am	1 vs 4	East Court
12:00pm	3 vs 5	East Court
1:00pm	2 vs 6	East Court

### GAME LOCATION:

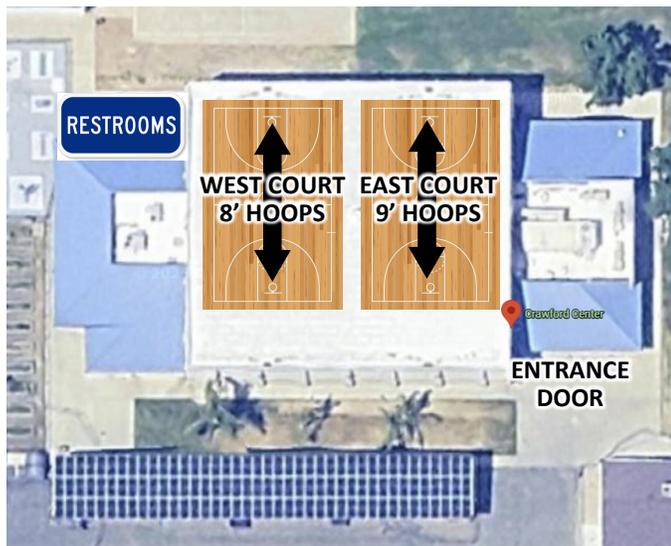
Woodlake Valley Middle School "Crawford Center": 400 W. Whitney Ave  
Bleacher seating will be available for spectators. Restrooms located

### PRACTICE SCHEDULES:

Practice time slots for each team are held, so even if your coach cannot make a practice, the team can still get together & shoot around.

#### 11U GIRLS DIVISION

TEAM	PRACTICE DAY & TIME	PRACTICE LOCATION	PRACTICE COURT
Embers (LA Sparks)	Tuesdays @ 5:30pm	Community Center	South Half
Liberty (New York)	Mondays @ 6:30pm	Community Center	South Half
Oracles (WA Mystics)	Mondays @ 5:30pm	Community Center	South Half
Sun (Connecticut)	Mondays @ 7:30pm	Community Center	South Half
Valkyries (Golden State)	Sundays	Community Center	Set up by Coach
Fire (Portland)	Tuesdays @ 7:30pm	Community Center	South Half



# 11U BOYS DIVISION: 4th & 5th Graders

## NBA TEAM BRAND INSPIRATION

## WOODLAKE UNIFORM

## TEAM ROSTER



### RAPTORS

**Uniform:** Red Jersey / Black Shorts  
**Coach:** Andrea Flores & Mirna Acosta  
**Sponsor:** Vilma's Pupusas

# of Players	Name
1	Maitas Ortega
2	Barron Brown
3	Marcelo Flores
4	Robert Marshall
5	Ivan Juarez-Diaz
6	Timothy Guerrero
7	Daniel Espinoza
8	Leo Perez
9	Izick Aguirre Ploneda
10	Marcus Garcia

### KINGS

**Uniform:** Black Jersey & Shorts  
**Coach:** Andru & Juan Gomez  
**Sponsor:** Family Healthcare Network

# of Players	Name
1	Vincent Lyons
2	Jesse Florez
3	Isaiah Serna
4	Jackson Cabello
5	Granite Garcia
6	Roberto Vega
7	Christopher Diaz
8	Matix Guerrero
9	Gabriel Hidalgo
10	Michael Robinson

### WOODLAKE WARRIORS

**Uniform:** Blue Jersey & Shorts  
**Coach:** Jose Rodriguez  
**Sponsor:** ANB Ranches

# of Players	Name
1	Remy Castillo
2	Elijah Alvarez
3	Joel Tassej
4	Carson Rabuse
5	Julian Martinez
6	Sebastian Antunez
7	Dominick Cuevas
8	Gabriel Rodriguez
9	Dominic Sanchez
10	Walker Mauritson

### WOODLAKERS

**Uniform:** Gold Jersey / Black Shorts  
**Coach:** Alex Rodriguez & Benjamin Varela Jr.  
**Sponsor:** Woodlake Youth Ballers

# of Players	Name
1	Roman Martinez
2	Romeo Gonzalez
3	Isaac Arceo
4	William Alejandrez
5	Oscar Garcia
6	Dominic Guzman
7	Dash Sanchez
8	Dominic Valdez
9	Eric Martinez Jr.
10	Oliver Fung



# 2026 YOUTH BASKETBALL

## 11U BOYS SCHEDULE

POWERED BY: 

NBA Team Names | 4 Quarters of 9 mins + 2 min breaks | Ball Size 28.5" | Rim Height 9 ft.

### TEAM 1



Coach Andrea & Mirna

### TEAM 2



Coach Andru & Juan

### TEAM 3



Coach Jose

### TEAM 4



Coach Alex & Benjamin

Sat, Jan 24

9:00am	2 vs 1	East Court
10:00am	3 vs 4	East Court

Sat, Jan 31

9:00am	1 vs 3	East Court
10:00am	4 vs 2	East Court

*\*Picture Day on Sat, Jan 31\**

Sat, Feb 7

9:00am	2 vs 3	East Court
10:00am	4 vs 1	East Court

Sat, Feb 14

9:00am	4 vs 3	East Court
10:00am	1 vs 2	East Court

Sat, Feb 21

9:00am	3 vs 1	East Court
10:00am	2 vs 4	East Court

Sat, Feb 28

9:00am	1 vs 4	East Court
10:00am	3 vs 2	East Court

Sat, March 7

9:00am	3 vs 4	East Court
10:00am	2 vs 1	East Court

Sat, March 14

9:00am	4 vs 2	East Court
10:00am	1 vs 3	East Court

Sat, March 21

9:00am	4 vs 1	East Court
10:00am	2 vs 3	East Court

### GAME LOCATION:

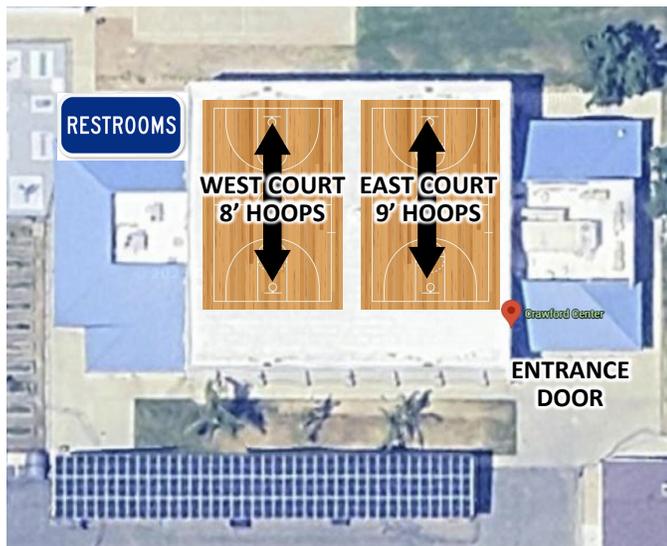
Woodlake Valley Middle School "Crawford Center": 400 W. Whitney Ave  
 Bleacher seating will be available for spectators. Restrooms located outside. Locker Rooms are no-go areas. Bring a water bottle!

### PRACTICE SCHEDULES:

Practice time slots for each team are held, so even if your coach cannot make a practice, the team can still get together & shoot around.

#### 11U BOYS DIVISION

TEAM	PRACTICE DAY & TIME	PRACTICE LOCATION	PRACTICE COURT
Warriors (Golden State)	Sundays	Community Center	Set up by Coach
Kings (Sacramento)	Weds @ 7:30pm	Community Center	North Half
Raptors (Toronto)	Weds @ 7:30pm	Community Center	South Half
Woodlakers (LA)	Sundays	Community Center	Set up by Coach

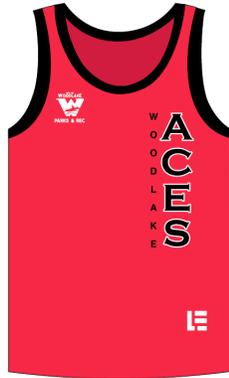


# 14U GIRLS DIVISION: 6th - 8th Graders

## WNBA TEAM BRAND INSPIRATION

## WOODLAKE UNIFORM

## TEAM ROSTER



### WOODLAKE ACES

Uniform: Red Jersey / Black Shorts  
 Coach: Andrew & Aubrey Villegas  
 Sponsor: Knights of Columbus 6913

# of Players	Name
1	Emma Rojas
2	Janelle Becerra
3	Jocelyn Contreras
4	Aaliyah Ramirez
5	Lynette Perez
6	Cataleya Ellis
7	Kayla Medrano
8	Open Roster Spot
9	Open Roster Spot



### WOODLAKE WINGS

Uniform: Lime Green Jersey / Navy Shorts  
 Coach: Alex & Miguel Rodriguez  
 Sponsor: Woodlake Youth Ballers

# of Players	Name
1	Jenissis Rodriguez
2	Aaliyah Zepeda
3	Ariana Rangel
4	Reese Gunderman
5	Natalia Rodriguez
6	Cristina Vigil
7	Ava Davis
8	Navina Rojas
9	Open Roster Spot



### WOODLAKE LYNX

Uniform: Teal Jersey / Black Short  
 Coach: Amanda Reis  
 Sponsor: Pacific Distributing

# of Players	Name
1	Lexi Williams
2	Jewell Reis
3	Silver Shearer
4	Emma Garcia
5	Skylene Shaver Pacheco
6	Katelia Antunez
7	Alyson Guerrero
8	Paulette Faudoa
9	Open Roster Spot



### WOODLAKE MERCURY

Uniform: Purple Jersey / Black Shorts  
 Coach: Ana Rodriguez  
 Sponsor: Woodlake Republican Women

# of Players	Name
1	Alexa Duran
2	Juliana Lopez
3	Genesis Corona
4	Violet Miranda
5	Izabella Ortega
6	Kimberly Aguirre Ploneda
7	Amanda Cerda
8	Maylen Lopez
9	Open Roster Spot



# 2026 YOUTH BASKETBALL

## 14U GIRLS SCHEDULE

POWERED BY: 

WNBA Team Names | 4 Quarters of 10 mins + 2 min breaks | Ball Size 28.5" | Rim Height 10 ft.

### TEAM 1



Coch Andrew & Aubrey

### TEAM 2



Coch Alex & Miguel

### TEAM 3



Coch Amanda

### TEAM 4



Coch Ana

**Fri, Jan 23**

6:00pm	Team 2 vs Team 1
7:00pm	Team 3 vs Team 4

**Fri, Jan 30**

6:00pm	1 vs 3
7:00pm	4 vs 2

*\*Picture Day on Sat, Jan 31\**

**Fri, Feb 6**

6:00pm	2 vs 3
7:00pm	4 vs 1

**Fri, Feb 13**

6:00pm	4 vs 3
7:00pm	1 vs 2

**Fri, Feb 20**

6:00pm	3 vs 1
7:00pm	2 vs 4

**Fri, Feb 27**

6:00pm	1 vs 4
7:00pm	3 vs 2

**Fri, March 6**

6:00pm	3 vs 4
7:00pm	2 vs 1

**Fri, March 13**

6:00pm	4 vs 2
7:00pm	1 vs 3

**Fri, March 20**

6:00pm	4 vs 1
7:00pm	2 vs 3

### GAME LOCATION:

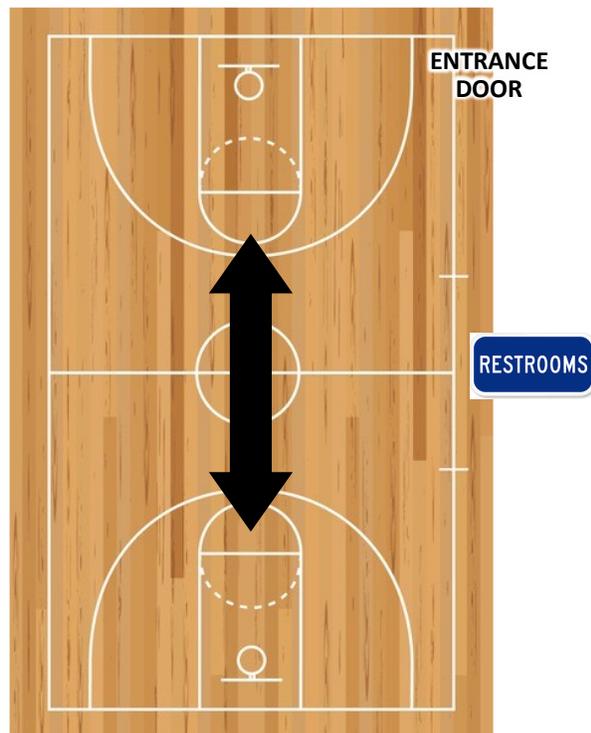
Woodlake Community Center: 145 N. Magnolia St.  
Chair seating will be available for spectators. Bring a water bottle!

### PRACTICE SCHEDULES:

Practice time slots for each team are held, so even if your coach cannot make a practice, the team can still get together & shoot around.

#### 14U GIRLS DIVISION

TEAM	PRACTICE DAY & TIME	PRACTICE LOCATION	PRACTICE COURT
Wings (Dallas)	Wednesdays @ 7:10pm	Castle Rock Elementary	Half Court
Aces (Las Vegas)	Mondays @ 6:10pm	Castle Rock Elementary	Half Court
Lynx (Minnesota)	Wednesdays @ 7:10pm	Castle Rock Elementary	Half Court
Mercury (Phoenix)	Mondays @ 6:10pm	Castle Rock Elementary	Half Court



# 14U BOYS DIVISION: 6th - 8th Graders

## NBA TEAM BRAND INSPIRATION

## WOODLAKE UNIFORM

## TEAM ROSTER



### BULLS

**Uniform:** Red Jersey & Shorts  
**Coach:** Cristian Avila & Roman Leedy  
**Sponsor:** Leedy Law

# of Players	Name
1	Legend Ellison
2	Max Payne
3	Eric Meza
4	Quentin Leedy
5	Anthony Lopez
6	Andre Lara
7	Kike Hernandez
8	Caleb Villanueva
9	Kenneth "Freddy" Pinon
10	Douglas Warner

### BOSTON CELTICS

**Uniform:** Green Jersey & Shorts  
**Coach:** Jose Rodriguez  
**Sponsor:** Ledesma Enterprises

# of Players	Name
1	Julian Rodriguez
2	David Castaneda
3	Matthew Escamilla
4	Felipe Silva
5	Damian Sanchez
6	Jonathan Ruiz
7	Juan Carlos Gomez
8	Rudy Ledesma
9	Gauranga Gardner
10	Salvador Lopez

### CLIPPERS

**Uniform:** Navy Jersey & Shorts  
**Coach:** Roger Cruz & Antonio Manquero  
**Sponsor:** Ortiz Automotive

# of Players	Name
1	Nathaniel Cuevas
2	Zion Camargo
3	Noah Cruz
4	Kayne Crisanto
5	Ian Barragan
6	Zander Gonzalez
7	Devin Alvarez
8	Favian Sencion
9	Lucas Manquero
10	Christian Gonzalez

### STARS

**Uniform:** Black Jersey & Shorts  
**Coach:** Juan Gomez  
**Sponsor:** Cali Tile

# of Players	Name
1	Emiliano Orozco
2	Rafael Orozco
3	Julian Gallegos
4	Mateo Martinez
5	Manuel Campos
6	Mike Huerta
7	Timothy Gowett
8	Aiden Rodriguez
9	Jayce Gomez
10	Alexus Correa



# 2026 YOUTH BASKETBALL 14U BOYS SCHEDULE

POWERED BY: Family HealthCare NETWORK

NBA Team Names | 4 Quarters of 10 mins + 2 min breaks | Ball Size 29.5" | Rim Height 10 ft.



Coach Cristian



Coach Jose



Coach Antonio & Roger



Coach Juan

Fri, Jan 23	
6:00pm	Team 2 vs Team 1
7:00pm	Team 3 vs Team 4

Fri, Jan 30	
6:00pm	4 vs 2
7:00pm	1 vs 3

*\*Picture Day on Sat, Jan 31\**

Fri, Feb 6	
6:00pm	2 vs 3
7:00pm	4 vs 1

Fri, Feb 13	
6:00pm	4 vs 3
7:00pm	1 vs 2

Fri, Feb 20	
6:00pm	3 vs 1
7:00pm	2 vs 4

Fri, Feb 27	
6:00pm	1 vs 4
7:00pm	3 vs 2

Fri, March 6	
6:00pm	3 vs 4
7:00pm	2 vs 1

Fri, March 13	
6:00pm	4 vs 2
7:00pm	1 vs 3

Fri, March 20	
6:00pm	4 vs 1
7:00pm	2 vs 3

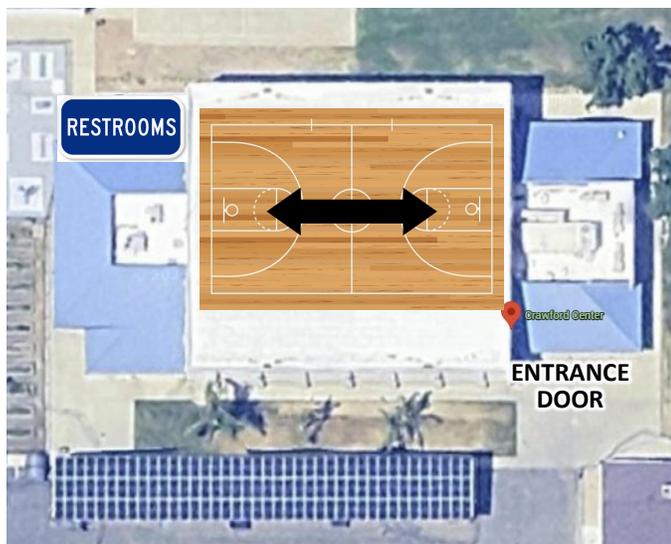
## GAME LOCATION:

Woodlake Valley Middle School "Crawford Center": 400 W. Whitney Ave  
Bleacher seating will be available for spectators. Restrooms located outside. Locker Rooms are no-go areas. Bring a water bottle!

## PRACTICE SCHEDULES:

Practice time slots for each team are held, so even if your coach cannot make a practice, the team can still get together & shoot around.

14U BOYS			
TEAM	PRACTICE DAY & TIME	PRACTICE LOCATION	PRACTICE COURT
Bulls (Chicago)	Mondays @ 7:10pm	Castle Rock Elementary	Full Court
Boston Celtics	Wednesdays @ 6:10pm	Castle Rock Elementary	Full Court
Clips (LA Clippers)	Tuesdays @ 6:10pm	Castle Rock Elementary	Full Court
Stars (Spurs)	Tuesdays @ 7:10pm	Castle Rock Elementary	Full Court





# GAME SNACK SIGN UP SHEET

**DATE**

**PLAYER NAME:**

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# PRACTICE TEMPLATE & RESOURCES

## GENERAL PRACTICE OVERVIEW:

- Run lap(s)
- Stretches
- 2-3 Drills
- Line Sprints (conditioning)
- Cool-down / educating

## LINKS TO PRACTICE DRILLS/RESOURCES:

- MOJO Sports (by NBA): <https://www.youtube.com/watch?v=IkK3MGvYygY>
- Jr. NBA: <https://jr.nba.com/basketball-practice-plans/starter/>
- Basketball for Coaches.com: <https://www.basketballforcoaches.com/basketball-practice-plan/>





# AT HOME BASKETBALL TRAINING GUIDE

## DRIBBLING TECHNIQUES FOR BEGINNERS

### SHOOTING TECHNIQUE DRILL

- **STEP 1:** BALL OVER KNEE & PROPER FOOTING
- **STEP 2:** 'L' SHAPED ELBOW
- **STEP 3:** PROPER RELEASE & FOLLOW THROUGH

## Basketball- Set Shot

### Balance



Feet shoulder width apart.  
Knees bent.

### Elbow



90 degree angle.  
Hand under the ball with other supporting at the side.

### Eyes



Always looking at the basket (target).

### Follow through



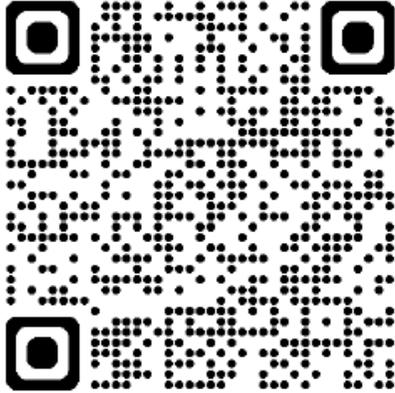
Shooting arm extends to the basket.  
Flick of the wrist as the ball is released.

- **BALL SLAPS / 10-20 TIMES:**  
Using your full hand, slap your hand fully around the ball. Repeat this drill 10-20 times.  
**Objective:** Helps develop / improve hand and finger strength.
- **FINGERTIP DRIBBLE / 20-30 SECONDS:**  
Using only your fingertips, attempt to move the ball back and forth strictly between your fingertips.  
**Objective:** Helps improve finger strength.
- **AROUND THE WAIST / 10-20 TIMES:**  
Using both hands, wrap the ball around your waist and continue to allow the ball to wrap around your waist area.  
**Objective:** Familiarize yourself with the size of the ball and how to allow the ball to circle around your body.
- **BETWEEN THE LEGS / SINGLE LEG WRAP / 10-20 TIMES:**  
Using both hands, wrap the ball around your leg simulating the ball being dribbled through your leg.  
**Objective:** Familiarize yourself with the size of the ball and how to dribble the ball between your leg.
- **BETWEEN THE LEGS / DOUBLE LEG WRAP / 10-20 TIMES:**  
Using both hands, wrap the ball around BOTH your legs simulating the ball being dribbled through your legs.  
**Objective:** Familiarize yourself with the size of the ball and how to dribble the ball between your legs.
- **HIGH/POWER DRIBBLE / 10-20 TIMES:**  
Using force, participants will conduct a power dribble bouncing the ball. Allow the ball to dribble up to your chest area. Using force, continue to bounce the ball as hard as you can.  
**Objective:** Helps develop and improve hand strength
- **WINDSHIELD WIPERS / 10-20 TIMES:**  
Participants will conduct single hand crossovers (left to right / right to left).  
**Objective:** Improve ball control.

- **ONE HAND LOW DRIBBLE / 20-30 TIMES:**  
Participants will dribble the ball as low as possible. Participants should make their best effort to not allow the ball to go higher than their knees.  
**Objective:** Helps develop and improve finger strength and speed.
- **AROUND THE LEG LOW DRIBBLE / 8-10 TIMES:**  
Participants will dribble the ball as low as possible. The ball should not reach the area above the knee. With continuous dribbling, dribble the ball around your leg.  
**Objective:** Helps develop and improve finger strength and speed.
- **FIGURE 8 LOW DRIBBLE / 5-8 TIMES:**  
Participants will dribble the ball as low as possible. The ball should not reach the area above the knee. With continuous dribbling, dribble the ball around your legs in a figure 8 motion.  
**Objective:** Helps develop and improve finger strength and speed.
- **DOG WALKS / 10-20 TIMES:**  
Participants will dribble the ball to their side. Using single hand, dribble the ball forward and backward.  
**Objective:** Improve ball control.
- **DOG WALKS & WINDSHIELD WIPES / 10-20 TIMES:**  
Participants will repeat the previous drills (dog walks & windshield wipers). At the same time, participants will dribble left to right / forward and backward.  
**Objective:** Improve ball control.
- **BASIC CROSSOVER (SIDE TO SIDE) / 10-20 TIMES:**  
Participants will conduct two hand basic crossovers (left to right / right to left).  
**Objective:** Improve ball control.
- **BETWEEN THE LEG SINGLE CROSSOVER / 10-20 TIMES:**  
Participants will bounce the ball between the leg / reset and bring the ball back to the beginning point. Allow the participant to bounce and catch if necessary to reset.  
**Objective:** Improve ball control
- **BETWEEN THE LEG FIGURE 8'S CROSSOVER / 10-20 TIMES:**  
Participants will bounce the ball between the leg in figure 8 motion and reset. Allow the participant to bounce and catch if necessary to reset.  
**Objective:** Improve ball control
- **DRIBBLE JUMP STOP DRILLS 10-20 TIMES:**  
While dribbling up and down the court, at your whistle, participants will conduct a jump stop. Enforce proper footing, proper landing and proper position of the ball. All participants should establish a triple threat or a shooting pocket.  
**Objective:** Improve ball control and footwork.



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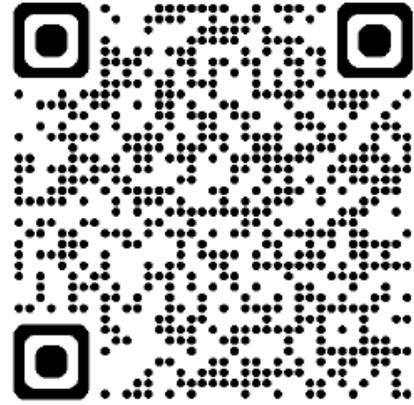
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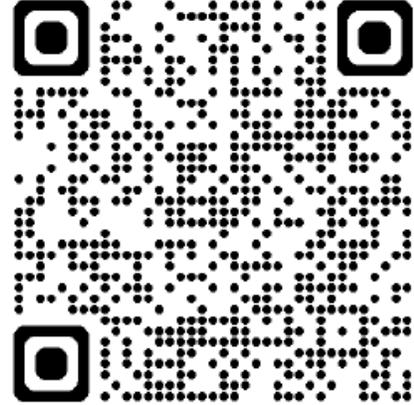
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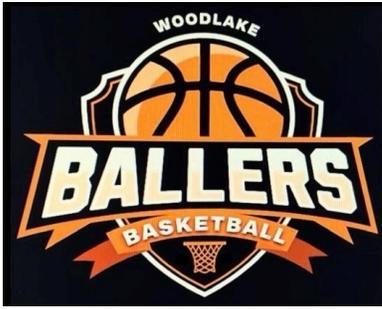
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