



# PRO BALLER 7V7 SEASON INFORMATION

**Welcome to the Pro Baller 7v7 2019-2020 season!**

At the beginning of the season, I understand there are many questions about the costs, practice, games, etc. I have put together this packet to help answer any questions and for you to refer back to throughout the season. Included in this packet:

- Pro Baller Fitness 7v7 Mission, Focus and Goals
- Costs
- Uniform/apparel
- Season Schedule
- Practice/training information
- League information
- Playing time
- Travel
- Coaches and staff overview

If there is anything that I missed, please let me know and I will be more than happy to answer your questions. Looking forward to the season!

Coach John “JB” Barnes

(214) 535-5048

[www.proballerfitness.com](http://www.proballerfitness.com)

[www.proballer7v7team.com](http://www.proballer7v7team.com)

[www.train2leadfoundation.com](http://www.train2leadfoundation.com)

## Pro Baller 7v7 Program's Mission, Focus and Goals

Major focuses will be that our players better their leadership skills, social skills, football skills, timing, and development. We will coach these young men great techniques to take back to their prospective High School football programs.

### Uniform/Apparel

Pro Baller 7v7 is sponsored by Under Armor. Players will be provided:

- Pro Baller 7v7 Jersey
- Pro Baller 7v7 Shorts
- UA Sleeveless Compression
- UA Raid Shorts 2.0
- UA Double Threat Hoodie
- Fleece Joggers
- UA Team Hustle Backpack
- New Era NE902 Beanie
- UA Men's Locker T 2.0 SS
- UA Men's Locker T 2.0 LS
- Highlight Cleats
- F6 Gloves
- Gamebreaker Soft Shell 7on7  
Helmet



## **Season Schedule**

Late Jan 2020 - Mid Feb 2020: 7on7 Association League (Winter League will be played in three areas Seattle, Spokane, Salem)

Late Feb 2020 - Late May 2020: 7on7 Assoc. (Vancouver, Salem, Tri Cities, Seattle)

We will most likely play in a few more tournaments such as Northwest Battle Crown in Seattle, South Salem Saxon in Salem, and Eforce Memorial Day in Portland.

## **Practice/Training**

Each player will work with a position coach to work on their individual skill sets. We will do work as an offensive and defensive unit to make sure everyone understands our concepts and schemes.

## **Practice Times**

First Practice ONLY: Saturday, Dec 21st, 2019, 12pm-2pm Seton Catholic College Prep

Every Saturday after Dec 21 12pm-2pm at Grant Park Turf Football Field

## **Practice Locations**

Seton Catholic College Prep

9000 NE 64th Ave, Vancouver, WA 98665

Grant Park Football Field

2332–2492 NE 33rd Ave, Portland, OR 97212

Grant High School

2245 NE 36th Ave., Portland, OR 97212

Hillsboro Fitness/Pro Baller Fitness

2074 NW Aloclek Dr Unit 411 Hillsboro, OR 97124

[www.proballerfitness.com](http://www.proballerfitness.com)



## **Speed/Agility Training**

If your athlete pays for the speed agility training package, these sessions will be held at:

Hillsboro Fitness/Pro Baller Fitness

2074 NW Aloclek Dr Unit 411 Hillsboro, OR 97124

[www.proballerfitness.com](http://www.proballerfitness.com)

Tuesday's and Thursday's night at 7:30pm-8:30pm

## **Film Sessions**

Film sessions/chalk talk are included for free. We teach athletes how to watch film and grade themselves. Located at:

Hillsboro Fitness/Pro Baller Fitness

2074 NW Aloclek Dr Unit 411 Hillsboro, OR 97124

[www.proballerfitness.com](http://www.proballerfitness.com)

Wednesday nights: 7:30pm-8:30pm

## **Pre Season Winter League Tournaments.**

Pre-Season Winter League tournaments will be played from late-January through mid-February. This will consist of four games played the weekends of January 19th, 26th and February 9th and 16th. Once we receive uniforms, athletes will wear them for these games. We will follow the 7on7 Association tournament rules.

## **In Season Tournaments/Games**

We will play in Eight games in the 7on7 Association from March 15th until May24th. I will share specific times and dates as soon as I receive them. The game schedule can be viewed on [www.proballer7v7team.com](http://www.proballer7v7team.com) and <https://www.the7on7association.com/>



## **Playing Time**

Every player on a team will receive equal repetitions in all our Pre-Season Winter League games as well as all pool play games in Tournaments. We will have Offense #1 and Offense #2, as well as Defense #1 and Defense #2. Every series they will rotate in or out. However, once single elimination play starts in a Tournament, that changes. At that point, whoever the team's coaches' feel gives them the best chance to win, will play. By doing things this way we are ensuring everyone gets a lot of playing time, but also teaching and emphasizing the importance of making plays and performing well.

## **Travel**

Parents and Players are responsible for their own transportation this year, until we have enough funding collected to rent a 16 passenger Van for transportation to Seattle. I may be able to provide rides to the tournaments in Oregon and will announce the week of if I have space available in my car.

## **Coaches**

Every team will have 1-2 coaches that will act as the Offensive Coordinator and the Defensive Coordinator. These coaches will be at every tournament, every Pre-Season Winter League game, as well as every practice.

## **Head Coach, Program Coordinator, Recruiting Coordinators**

These will be your point of contact with any questions, issues, or concerns. The Head Coach or coaches will send out a weekly email every Monday or no later than Wednesday. The email will be to review the previous week, give the schedule for the current week, and remind everyone of any upcoming events. Every player and parent will have all of staff members contact information email.

