



2022-2023 Ridgewood Rebels Recreation Basketball Programs Summary Description

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Pre-K - 12 Special Needs All-Stars

Season: Sundays from 9am-10am; January thru February 2023
Eligibility: Girls' and boys' special needs students in grades Pre-K-12
Coaches: Program volunteers and special guests
Program Desc: Special needs basketball program for Ridgewood and non-Ridgewood residents
Cost: \$35 includes t-shirt, basketball and participation trophy
Location: Benjamin Franklin Middle School Gym
Contact: Cara Murray (murrayc@hlcmail.com)

Girls Grades 3-4 Recreation Basketball League (New!)

Season: Weekday practice starting mid-December; Games on Saturday afternoons, January-February 2023
Eligibility: 3rd and 4th grade girls (Ridgewood elementary school students and Ridgewood residents)
Coaches: Volunteer coaches needed
Program Desc: Recreational Basketball Program with 1 practice a week and 1 game a week where 3rd and 4th grade girls can learn the game of basketball and have fun doing so
Cost: \$200
Location: Practices TBD, Games at Benjamin Franklin Middle School Gym
Contact: info@ridgewoodrebels.com

Boys & Girls Grades K-3 Rec Clinic:

Season: Saturdays mid-morning; January thru February 2023
Eligibility: Boys and Girls grades K-3 (Ridgewood elementary school students and Ridgewood residents)
Coaches: Rebels coaching staff TBD
Program Desc: Introductory basketball program run clinic style; Girls and boys will be introduced to the fundamentals of basketball with an emphasis on fun and early skill development
Cost: \$125
Location: Benjamin Franklin Middle School Gym
Contact: info@ridgewoodrebels.com