

[Register to Coach here](#) – Thank you!

COACHES:

Like most youth sports organizations in our area, Reston Hoops relies on volunteers to coach our teams. Please consider volunteering to coach or assistant coach for your registered player's team or any team! Head coaches are reimbursed one free player registration per team coached. If you or a friend/family member are 16 or older and interested in coaching, please [register to coach here](#). **Note:** Head coaches under 18 may be requested to have an adult assistant coach or high school co-coach for backup support. All registered volunteers 18 or older will need to complete a background check.

VOLUNTEERS:

Reston Hoops is run by volunteers, except for referees. Volunteers are always needed for division coordinators, County certified Volunteer Building Directors, coaches, assistant coaches, scorekeeper/timers, and officials. Potential coaches or assistant coaches 18 and older are subject to a background check. Training for coaches is usually provided by area high school coaches prior to the beginning of games and Reston Hoops will reach out when details are known. If you wish to volunteer as a coach or assistant, please [register to coach here](#). If you are willing to volunteer in another role, please email admin@restonhoops.com.

TEAM PRACTICES:

Practices are normally limited to one hour, one night per week. Weeknights practices start after 5:00 pm. Times are dependent on multiple factors, including permits, coach availability and space availability. In the registration form there is a spot to indicate practice days you are available. There may be league activities (practices/games) during the public school winter vacation period.

GAMES:

Regular season games begin in early December and continue until mid-March. Games are mostly on Saturdays between 9am - 4pm. Generally younger age groups are earlier in the day. Older age groups run throughout the day due to the larger number of teams and limited gym space. Sunday games are typically limited to tournaments and make-ups games due to weather closures. Tournaments occur two times at most and depend on the team's success.

2024-25 SEASON SCHEDULE OVERVIEW:

Nov 10 - Nov 17: House League Skills Evaluations (published late October)

Nov 18: Teams Formed

Dec 1-Dec 20: Practices, Scrimmages, and Kick-Off Mini Tournament

Dec 21 - Jan 5: Holiday / NO Basketball

Jan 6 - Feb 23: Regular Season Games (Sat) + Weekday Practices

Mar 1 + 2: End of Year Tournaments

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Questions? Email admin@restonhoops.com