

# AAU Washington Girls Basketball

---

**P.O. Box 1344, Lynnwood, WA 98046-1344 \* (425) 670-8877 also Fax (425) 670-8877**

Washington Girls Basketball is a non-profit corporation \* U.B.I. #601469769 \* Fin #91-1591551

E-mail: [GirlsBBall@msn.com](mailto:GirlsBBall@msn.com) Website: <http://www.washingtongirlsbasketball.com>

Dear Coaches

I would like to introduce you to AAU Washington Girls Basketball. Amateur Athletic Union was founded in 1888. Today the AAU boasts a nationwide membership of 500,000. It has expanded to encompass 58 distinct AAU Associations sponsoring over 250 national championships, and 2,500 sanctioned events annually. AAU Washington Girls Basketball is our local sanctioned league for girls grades 4<sup>th</sup> thru 12<sup>th</sup>.

Washington Girls Basketball is pleased to announce, as we enter our 12- year of running basketball leagues for girls, that we have experienced tremendous growth. Last years' spring league alone had 138 Teams participate.

Washington Girls Basketball is vastly different than what you are use to in your local recreational league. We play straight Girls High School rules at all grade levels. We use only Washington State Referees at all grade levels. The league itself goes year around, while every three months you decide if you want to play more games. There are tournaments all over the State almost every weekend. You can play as much or as little basketball as you want.

There are several different levels of competition within each grade level.

1. We have a lot of recreational league teams join us each year looking for something better and hoping to elevate their level of play
2. We have teams made up of girls that will all go to the same High School.
3. We have select teams that are looking to compete at the national level. These teams are always playing up one or two grade levels.

Whatever level your team is at, you would be surprised how fast they will catch up or move to the next level. Most of these teams are playing ball with us 9 months out of each year. The difference between 10 games a year vs. 50 games against good competition is huge. If your girls want to play Varsity Basketball for their High School they will be up against girls that have been playing AAU ball year around for the last several years.

I have received so many calls from parents whose daughters were the star players for their recreational level team but did not even make the freshmen team at their High School. I feel terrible for these girls. They love to play, work hard, but never knew what they were up against until it was too late. I decided it was time to let some of the recreational team coaches know there are options. Some recreational leagues are finally trying to address the problem by offering spring leagues but it is still recreational level basketball.

Some coaches have heard of AAU but think the teams are all super talented and made up of kids whose parents relentlessly push them. Nothing could be farther from the truth. The top 5% of our players/teams will compete at the national level and go to the AAU Junior Olympics Games. These kids are pushed hard because most of them competing at this level are working towards a scholarship. Our league is set up to work with the other 95%. You will find the level of competition to be higher and the girls more dedicated than most recreational ball. You will also find the atmosphere in the gym and in the league much more laid back and fun for the girls. We do not even keep win/loss standings in the league. No one is arguing about the rules, it's simple High School rules, just play. You can play up or down a grade level. Do what you need to do to make your program work for your kids. There are no league standings, so no one cares. Just have fun and play. We offer lots of Tournaments where you play to win and everything is by the book.

Please feel free to contact me at (425) 670-8877  
or visit our website at  
<http://www.washingtongirlsbasketball.com>

Thank you,

Michael Hummel