



Energy Competitive Teams

Description:

The Energy Competitive Teams program builds on the foundation of Energy Fundamentals, offering players a chance to take their commitment, teamwork, and game intensity to the next level. Rooted in the core philosophy and culture of Energy Basketball, this is an opportunity for players ready to grow in a more competitive environment.

Competitive Team players attend 1–2 Fundamentals training per week, plus an additional weekly team practice. Tryouts are held each season, and mid-season additions may be considered if roster spots are available.

Currently, we offer a Competitive Team for 7th/8th grade players.

Fees & What's Included:

The cost for the Competitive Team will be our Fundamentals season fee, plus an additional cost per player in order to cover expenses like additional practices and coaching. Please note that there may be an additional fee for a uniform package. Financial aid is available to help cover the cost – [\[learn more here\]](#).

What's *included* in the season fee:

- 1–2 Fundamentals training sessions per week
- Additional weekly competitive team practice
- One swag item (e.g. T-shirt, hoodie)
- End-of-season party
- General program costs (coaching, gym rental, etc.)

What's *not* included:

- A reversible jersey required for all training sessions and practices (one-time purchase)
- Games/tourneys (pay when you play)

Tryouts:

Tryouts for Competitive Teams are held separately from the Fundamentals program. Players will be evaluated based on character, attitude, effort, as well as ability, technical skills, basketball IQ, and coachability. Roster sizes may vary by season, depending on team needs and player availability.

Attendance Policy:

All Energy Competitive Team players and families are required to sign a commitment letter at the start of the season, outlining the program's attendance expectations. Consistent attendance is expected at all practices to support team development and individual growth.

Games/Tournaments:

At this time, we do not plan to participate in any out-of-town games or tournaments. All events will be within driving distance, with an estimated 5 weekends of games or tournaments per season, depending on availability.

Questions:

Please contact Dave Weinstein at dave@burlingameenergy.org or Brittany Tackett at brittany@burlingameenergy.org with any questions.