

# Dover Recreation's 2025 Spring Basketball Programs

## **Skills & Drills- Tuesday/ Wednesday- WPS:**

**Monday-** 4/7, 14, 21

- 6:20pm-7:20pm 2<sup>nd</sup> & 3<sup>rd</sup> Grade Girls- **Skills & Drills** (Max 30)
- 7:30pm-8:30pm 4<sup>th</sup>- 6<sup>th</sup> Grade Girls- **Skills & Drills + Short Sided Games** (Max 20)

**Wednesday-** 4/9, 16, 23

- 6:20pm-7:20pm 2<sup>nd</sup> & 3<sup>rd</sup> Grade Boys- **Skills & Drills** (Max 30)
- 7:30pm- 8:30pm 4<sup>th</sup>-6<sup>th</sup> Grade Boys- **Skills & Drills + Short Sided Games** (Max 20)

Join Recreation Staff as we continue to build on the skills we worked on this winter! The 2<sup>nd</sup> & 3<sup>rd</sup> Grade programs will focus on ball handling, footwork, and finishing at the rim full speed. Skill work will be combined with daily competitions to earn prizes. The 4<sup>th</sup>-6<sup>th</sup> Grade programs will work on similar skills and add 3 v 3/ 4 v 4 games to implement what we've practiced.

**Fee:** \$40/residents; \$55/non-residents

## **Coed Junior High School:**

**Who-** Girls and Boys in 5<sup>th</sup>-8<sup>th</sup> Grade

**When-** Saturdays, April 5<sup>th</sup> (Open Gym) -May 31<sup>st</sup>

**Time-** Game Times: 4:15pm, 5:30pm, 6:45pm

**Fee-** Dover Residents \$110, Non-Dover Residents \$130

**Description-** This coed league will feature a 6-week regular season + playoffs (games only no practices). 6 teams of no more than 8 players/ team will be formed by the Recreation Department. Players will play at least half of each game; substitutions will be managed by the Recreation Staff. All players must be registered before the end of Open Gym on April 5<sup>th</sup> (4:15pm-5:30pm).

## **Coed High School:**

**Who-** Girls and Boys in 9<sup>th</sup>-12<sup>th</sup> Grade

**When-** Saturdays, April 5<sup>th</sup> (Open Gym) -May 31<sup>st</sup>

**Time-** Game Times: 12:30pm, 1:45pm, 3:00pm

**Fee-** Dover Residents \$110, Non-Dover Residents \$130

**Description-** This coed league will feature a 6-week regular season + playoffs (games only no practices). 6 teams of no more than 8 players/ team will be drafted by "captains" that will be chosen by the Recreation Department. Players will play at least half of each game; team captains will act as "player coaches" and manage all substitutions. All players must be registered before the Open Gym on April 5<sup>th</sup> (1:30pm-3:00pm). If you are interested in being a captain, please contact Ricky Conway.

**Non-residents can sign up after 2/15/25 if there is still room.**

# Dover Recreation's 2025 Spring Basketball Programs

## **Private & Small Group Basketball Skills Sessions:**

Dover Recreation is offering private and small group training sessions with Colby "Bub" Conway.

- Beginner/intermediate players focus on fundamental ball-handling, passing, shooting, and defensive drills. These sessions are designed to build a solid foundation for your child's basketball game.
- Players with more experience will build their knowledge by focusing on perimeter scoring, post footwork, "game speed" shooting & ball handling drills, and perimeter & post defense.
- Sessions are designed for those in Grades 3-12
- To schedule time please contact Ricky Conway: 516-6435/ r.conway@dover.nh.gov
  - Private trainings are \$35/hour
  - Small groups (max 3 players) are \$60/hour
    - You must form your own group; we will not be matching players

## **30+ Basketball League:**

Registrations will be accepted in order of receipt until required players (54) to fill the rosters is reached (**application and payment must be received**). There will be a maximum of 6 teams in the league (reduced by number of applicants).

- Teams are rostered via a captain's draft
- All games played Monday and/or Thursday nights at the **McConnell Center Gym** beginning mid-April – June 26<sup>th</sup>. Games times are 5:15 PM, 6:30 PM (est.), and 7:45 PM (est.).
- Fee: \$150 **Non-residents can sign up after 2/15/25 if there is still room**

## **Questions:**

Contact Ricky Conway 603-516-6435, r.conway@dover.nh.gov

## **Registrations:**

Are open at <https://getactive.dover.nh.gov> or in person at the Recreation Department