



Intensity Girls Basketball

The Dubuque Community Intensity Girls Basketball program is for girl's 3rd -8th grade. The program format is competitive. Teams are divided, based on skill level, into competitive teams for each grade level. Competitive teams seek to schedule the toughest possible competition. Teams will travel to 6-15 (depending on grade level) tournaments in and around the Tri-state area.

The DCY Intensity's season runs from September through the end of March with opportunities for Summer NCAA Certified competitive tournaments. NCCA Certified tournaments include the toughest competition from around the country and college coach recruitment.

Teams practice twice per week. Practices are normally 90 minutes. 7th & 8th grade teams will practices are 1-2 times monthly from September thru December & 1-2 times weekly from January thru March. Summer practice schedules are T.B.D.

Coaches are Trained Volunteers who attend our Annual Coaches Clinic and receive ongoing program support.

Program fees:

Due by September 8th

September -March

3/4th Grade	\$230.00
5th Grade	\$245.00
6th Grade	\$260.00
7th Grade	\$275.00
8th Grade	\$300.00

Already Y Member Fees (Discounts)

September - March

3/4th Grade	\$130.00
5th Grade	\$145.00
6th Grade	\$160.00
7th Grade	\$175.00
8th Grade	\$200.00

Must be a Y Member (all players are asked to get a Y membership for use of gym, facility, and other Y resources)

The DCY Intensity Program is staffed by parent volunteers. Parents are expected to assist in some aspect of the organization.

Intensity Program Policies & Information (Link)

Additional Dubuque Y Intensity Goals Highlighted

The Y Intensity Girls Basketball program is dedicated to serving the youth in the Tri-state area by supporting their academic and athletic goals. Six objectives guide our program:

1. To use basketball as a platform to teach life lessons and character development such as how to be a leader, handle adversity, and work in a team setting. We believe that these disciplines can be used on and off the court and we take every opportunity to instill them into our athletes.
2. To develop a basketball program that is accessible to all athletes who desire to become excellent. If this desire is present, then we believe that nothing should stand in the way of the player achieving this goal. We aim to break down the barriers created by financial situations, abilities, and demographics in order to give every opportunity for excellence.
3. To provide opportunities for our athletes to share quality time with family and friends in practice and on road trips. Our desire is to give our athletes and their families something positive and constructive to do with their time.
4. To improve basketball skills. We want our athletes to be the best basketball players they can be. This requires a lot of practice, training, and working on weaknesses. This is the tough part, it means working hard, and we will push them to work harder than they want to.
5. To develop quality individuals who value integrity, fairness, responsibility, and maturity. We expect our athletes to approach every game with the mindset of upholding The Dubuque Y Intensity as a classy program. This means demonstrating good sportsmanship and proper basketball etiquette by respecting the opposing players, coaches, and referees.
6. To provide opportunities for the players' future. Most of the athletes will have very successful basketball experiences. Some may play varsity their freshmen or sophomore year of high school. Many will get the opportunity to play at some level of college basketball, thus many getting their college education paid for. Whatever their length of experience, we want to give them the opportunity to play at the highest level possible, and we believe that means working hard at it right now.

"Our goal is simple: work hard and have fun!"

