

What is North County Senior Women's Basketball?

- We are a group of ladies who play half-court, 3-on-3 senior women's basketball as specified by the National Senior Games Association (NSGA) and the NCAA rules for women's basketball.
- We welcome women 45 years and older and currently have women 48 yrs - 79 yrs of age and at all skill levels.
- While some of us had never played basketball before joining, most of us had not played basketball since high school (more than 30 years ago) until we started playing again as older women.

What is Required to Play?

- You need some good basketball shoes and eventually a 28.5" basketball.
- We have no minimum skill requirements, and we have no minimum commitment level.
- We love encouraging each other and watching ourselves and our teammates learn new skills and improve over time.
- To provide for that, we have one volunteer player-coach and are looking to add additional coaches.
- Everyone takes it at her own pace, and safety is our # 1 priority.
- We encourage each woman to participate in whatever practices, games or tournaments she desires and with whatever frequency is comfortable or doable for her schedule.
- You play when you choose to play. We only ask that you do your best to fulfill that to which you commit.
- We're happy anytime we see our players!

When and Where Do We Play & How Much Does It Cost?

- Our current league is on Monday – with occasional Wednesday - evenings at 7 or 7:30 pm at East Valley Community Center, 2234 E. Valley Parkway, Escondido, CA 92027. With 10+ players, we currently have enough players for 2 teams for league games. Cost will range from \$45 - \$85 each per 10-week season. It's really fun, and it is great exercise!

What Other Opportunities are there to Play?

- Players may choose to play on teams in annual, local weekend tournaments and/or in out-of-town tournaments.
- We currently play in our own league games on Mon or Wed nights at 7 or 7:30 PM at EVCC in Escondido.

Please let us know if you have any questions.

We hope to see you on the court!