

Future Parents,

We hope you and your family are well as we have all experienced a challenging last 50 plus days. The coaches got creative during this time with challenges, skill work, and contests and I hope every player took advantage of this.

We have been monitoring the situation and have been speaking with the top medical officials to understand the appropriate way to start the Future program back up again. The good thing is we are coming back and GABL Future is taking every step to make it a safe, learning environment for our athletes. Our new format is described below in 4 phases.

**Phase 1- Outdoor Training- City Center Fitness Field**

(Athletes Only- Parents remain in car or drop off and pick up)

Small groups will begin outdoor workouts (speed, agility, strength) at the field space in front of City Center Fitness. These groups are limited to 30 or less and players and coaches will practice distancing throughout the workout. We will be doing some ball handling work in the parking lot so all players will need to bring their own basketballs. If you do not have one, GABL Future will issue one to you for the 2 week workout that will be the players responsibility.

May 26-28

Specific times are listed on the team pages of the GABL Future website.

Players will need to bring their own ball and running/athletic shoes/water bottle.

**Phase 2- Outdoor Speed and Agility and/or Indoor Individual Training- City Center Fitness Gym**

(Athletes Only- Parents remain in car or drop off and pick up)- UPDATED

Workout and Practice Times will be updated on the GABL Future website and coaches will contact the teams specifically. These indoor sessions will be a combination of Speed and Agility sessions and individual skill based practices with limited contact with others. Players will need to bring their own basketballs during this time as well. If a player does not have one, GABL Future will issue an indoor ball to the player for Phase 2.

June 1-4

June 8-11

**Phase 3- Team Practice and Inter-squad/Guest Team Scrimmages**

(Athletes Only for Practice, parents can attend scrimmage- please limit to immediate family)

Team practices will start. Tournaments and events will be hard to come by during this time as a facility will only be able to have 90 people inside their facility per the State of Kansas guidelines. GABL Future will host inter-squad games on the weekends at City Center Fitness and will be inviting teams that we have competed against in the past to come in for scrimmages. Officials and score boards will be used during scrimmages.

June 15-18 Practice

June 19-21 Scrimmages

June 22-25 Practice  
June 26-28 Scrimmages

**Phase 4-** Team Practice and Tournaments

June 29- August 30

GABL Future returns to normal practice and tournament entries.

There will be no payment for May even though we are starting next week. Your payment in March will count towards the first half of March and the second half of May. We will be adjusting the payments to occur in June, July and August to account for our new format.

We did not take the decision to return lightly. Our directors and our management team along with some of the best medical professionals around have discussed this for weeks and we feel we have developed a safe way to return to play. That being said, all of this can be adjusted based on new developments and information from the CDC and the State of Kansas. We will adjust as necessary to keep everyone safe.

Check the GABL Future website to see when your Speed and Agility workouts start next week. Your coach should be in contact with you very shortly.

Thanks!

GABL Future  
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