ALTAMONTE BASKETBALL LEAGUE

Altamonte Springs Recreation offers a year-round comprehensive program that includes both recreational and competitive leagues and instructional camps. The Altamonte Basketball League (ABL) is designed to offer opportunities to both first time and experienced basketball players. All activities take place at the Lake Brantley South Gym and Lake Brantley Athletic Complex.

Like all successful programs the ABL relies heavily on volunteers and sponsorships from the community. The ABL welcomes volunteers as coaches and assistant coaches. Sponsors are always welcome as the ABL offers unique and exciting ways to promote your business or show your support of youth community programs.

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Altamonte Springs RECREATION

ALTAMONTE ABL BASKETBALL LEAGUE

LAKE BRANTLEY ATHLETIC COMPLEX
&
LAKE BRANTLEY SOUTH GYM

Instructional Camps

ABL camps are designed to improve a player's offensive and defensive skills and are structured in a fun and interactive environment. Instruction is conducted by ABL staff whose experience includes playing and coaching at the high school, college and professional level.

Winter Open Division

- Ten game schedule plus single elimination playoff
- Divisions include 9 & under, 11 & under, 13 & under, 15 & under and 18 & under
- Cost is $1000 per team
- All players will receive a t-shirt, reversible jersey and athletic shorts

Spring Open Division

- Eight game schedule plus single elimination playoff
- Divisions include 9 & under, 11 & under, 13 & under, 15 & under and 18 & under
- Cost is $750 per team (twelve player max per team)
- All players will receive a t-shirt

Winter Youth League

- Ten game schedule plus single elimination playoff
- Divisions include 9 & under, 11 & under, 13 & under, 15 & under and 18 & under
- Cost is $100 per participant
- All players will receive a t-shirt, reversible jersey and athletic shorts

Developmental*

- Designed for children seven years of age
- Focuses on improving player's skills and fundamentals while playing in a league format

Instructional*

- Designed for children five and six years of age who are new to the game of basketball
- Introduces players to the basic skills and fundamentals of basketball

* Cost is $100 per participant and all players will receive a t-shirt, reversible jersey and athletic shorts