

SENIOR WOMEN'S BASKETBALL ORANGE COUNTY AND THE TRIANGLE AREA



Come Out and Play!

We are recruiting women, ages 50– 90, who love the game of basketball. Our team is based in Orange County, NC and draws women from all over the Triangle.



Who Plays on the Team?

- Women in their 50's, 60's, 70's, and 80's play on the team, with a range of experience, skill, and fitness levels.
- Although we practice together, competition is in 5-year age groups (50-54 years, 55-59 years, etc.).
- Everyone is welcome to play . . . from new players just learning, to women with high school or college basketball experience.

Players simply want to be healthy, have fun, and make new friends!



Practices and Games

- 3 on 3 games on the half-court
- Play at your own speed
- Emphasis on safety, strategy and fitness
- Many practice time options to accommodate busy schedules
- Players are NOT expected to attend every practice
- Practice includes drills and scrimmages
- Option to compete at Local, State & National Senior Games (*formerly Senior Olympics*).



Images via Google search, credits available on request.

To Join, or For More Info

CALL: Seymour Center (919) 968-2070

EMAIL: SeniorWomensBasketball@gmail.com

