

## Player Development Program

Written by Content Mgr.

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Our player development program gives you the opportunity to play, make new friends, and compete in front of your family and friends.

### Highlights of the Player Development Program include:

- Direct exposure to our experienced coaching staff and trainers.
  - Individual Skill Development through our HI-Intensity, HI-Volume training program ( [SignedSeniors.com](http://SignedSeniors.com) )
  - Competitive teammates with college playing experience and competitive instinct
  - Ability to play in a competitive national league providing international exposure
  - Participate in community activities, including youth camps, and fund raising events
  - Opportunity to participate in showcase events for consideration for overseas basketball jobs
  - Career Development in preparation for your life after basketball
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- Best of all, make new friends, and get BACK on the court to the game you love

"We offer an opportunity for all women age 21 and older to play, some with goals of playing pro overseas, some already have a career and a family and just want to play again. We believe that no matter what your goal, the RDU Sting is here to provide that special

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opportunity to play basketball, mentor youth, participate in community events, and best of

all make new friends and build a strong network.&quot;

*~Burnside, RDU Sting Women's Semi-Pro Basketball*

RDU Sting Women's Semi-Pro Basketball Club / [RDUSTing.com](http://RDUSTing.com)