



Hello Rookie:

Welcome to Fall '26! Get ready for some fun and exciting basketball. Even if you have participated in previous seasons with FAS, please read all of the information below as it is specific to this season.

ONLINE ACCOUNT

- To get you started, log into your online account at www.FastActionSports.org . Make sure that you are in the ATHLETE account and not the PARENT account (accounts may use same email as login id).
- Your online account will have all information (including schedule) related to the season and to your team. **Please ensure that all information in your profile is correct (especially name, contacts, age, grade, jersey #).**
- **You should be assigned to the team named “Fall Rookies”.**

COMMUNICATION

- **Download the SPORTSPPLUS mobile app on your phone.** Login in to the SPORTSPPLUS app (same login id and password as your registration login and password) and opt in to receive notifications, emails and texts.
- IT IS IMPERATIVE that you opt in to receive emails, texts, and notifications in BOTH your online account and on your SportPlus mobile app since the locations of each session can change.
- At times, you will receive general EVENT notifications. **These notifications are general notifications that goes out to EVERYONE in FAS.** If it does not apply to you or your player, you can just disregard them.
- For help to navigate within the SportsPlus app or online account, refer to the tutorials at: <https://help.sportsplus.app> for tutorials.

Skills & Drills (Practices) / Games

- There are no Player Evaluations required for Rookie.
- All sessions are only on Sundays from **12:30 to 1:30 pm** and consists of both practices and games (7 sessions total).
- 1st session starts on September 13. Last session ends on October 25.
- Sessions will primarily be held at Troy High School South Gym (9/13, 9/27, 10/11, 10/18), Fullerton High School or Sonora High School Large Gym (9/20). For the most up to date schedule, login the ATHLETE account on the SPORTSPPLUS mobile app.
- Parking at the high schools are free.
- You can request to be on the same team as your friend on September 13.

ASSISTANT COACHES

If you would like to volunteer to be an assistant coach, please email programs@FastActionSports.org. Assistant Coaches will help with Skills & Drills and manage the team on game days. Only experience required is to be able to communicate and manage young children (i.e. 4 to 7 year-olds).

BASKETBALL

Each player is required to have their own FAS basketball for Skills & Drills. **Basketball size is 25.5" and can be purchased on September 13.** Cost is \$20 per ball. Only cash or check (payable to FAS) will be accepted.

GYM Rules

- Bring a water bottle.
- NO FOOD or DRINK except for clear drinking water (no colored and/or sugar water allowed; only clear drinking water is allowed in the gym).
- Do not put banned liquids into a water bottle and pretend that it is water.
- **This applies to everyone, including spectators. NO EXCEPTION.** Any violators will be asked to leave and continued offense will be expulsion from the league. **There are cameras throughout the gym so we cannot jeopardize the District restricting access to the gyms due to this violation.**

Rookie FASPack (i.e. UNIFORMS)

- This is the official Rookie uniform:



- All Rookie are to be in the official FAS uniform in order to participate.
- If you do not have the uniform above, you are REQUIRED to order a Rookie FASPack (see instructions at the end of this document on how to place an order). Rookies FASPack are \$90 and are NOT included in the registration fee.



- Jerseys will be imprinted with the Rookie name on the back. Thus, **NO EXCHANGES** will be allowed once the order has been placed. You will have to order a new jersey at an additional cost of \$45 with a turn time of 2-3 weeks, depending on when your order is placed.
- **Sample uniform sizes will be available to try on at FASPack (Uniform) Sizing events. You are REQUIRED to come and try on the uniform for correct sizes before an order can be placed.**
- Once you have attended a FASPack Sizing Event and entered the correct size on the Change Uniform Size Sheet, **you must ALSO change the size in your online profile to match.** See below for instructions below on how to change jersey and short size before the order is placed.
- Rookie can select a specific jersey number. Input it into your JERSEY # field in your player profile.
- **Pick-up will be 12:15 to 12:30 pm at Troy South Gym on September 13.**
- The next and last FASPack Sizing Event will be on September 13 after your 1st session. Your uniform will not be available until 2-3 weeks after but you can use the FAS Rookies t-shirt for practices. We will also have uniforms for you to borrow for your 1st game on September 20.

REGISTRATIONS

Unless you are registered and have PAID in FULL, you are not confirmed for the season. You may be bumped from the roster and your spot given to another player if we are full.

That's it for now. We look forward to seeing you at the 1st session on September 13, 12:30 to 1:30 pm at Troy High School South Gym.

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How To Place a FASPack Order Online

- 1) Go to www.fastactionsports.org (do not use the SPORTSPUS mobile app).
- 2) Log into your account.
- 3) Scroll down to SHOP ORDERS.
- 4) Click on ORDER SHOP ITEMS.
- 5) Select ROOKIES FASPack.
- 6) Follow prompts to complete order.