



Frequently Asked Questions

1. What is Chosen Elite AAU?

Chosen Elite is the competitive travel basketball program under Chosen Sports Leagues.

We develop the whole athlete through elite basketball training, mentorship, leadership development, and long-term growth on and off the court.

2. What ages can participate?

Boys and girls ages 8–18.

3. When does the 2026 season start?

- Spring/Summer Season: Coming soon
- Tryouts begin in February

More details will be released on our website and through email/SMS updates.

4. What makes Chosen Elite different from other AAU programs?

The Chosen Way includes:

- College Visits
- Skill Development
- Mentorship & Character Development
- Athletic Training (speed, strength & conditioning included)
- A holistic approach — mind, body, spirit

We focus on building excellent players AND excellent young men and women.





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5. How do I sign up or learn more?

You can:

Scan the QR code on our flyer

Or visit chosensportsleagues.org

Or call 925-529-4194

6. What is included in the AAU experience?

2–3 practices per week

Competitive tournaments

Strength & conditioning sessions

Skill training

Mentorship & leadership development

College exposure opportunities

High-level coaching from verified Chosen staff

7. Are tryouts required?

Yes. All players must attend tryouts in February.

Teams will be selected based on skill, effort, attitude, potential, and team needs.

8. How much does the program cost?

Exact pricing will be released before tryouts, but families can expect:

Monthly dues

Uniform package

Tournament and travel fees (varies by division)

No hidden or surprise costs — everything is explained upfront.





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9. Do both boys and girls have teams?

Yes — Boys Teams & Girls Teams for all eligible ages.

10. What is the practice and tournament schedule like?

Practices: 2–3 times weekly

Tournaments: Regional or NorCal events, typically 4–6 games on tournament weekends

Schedules vary by team and age group.

11. What is expected from parents?

We ask families to help build our culture by:

Keeping sidelines positive

Trusting the coaches

Supporting athletes emotionally and academically

Encouraging consistent attendance and effort

12. Where are practices held?

We use local school and community gyms,

13. Is Chosen Elite connected to the Chosen Rec League?

Yes — the rec league is our pipeline.

Elite players often come from our league, training programs, or school partnerships.

14. What type of training do players receive?

Players receive:

Basketball skill work | IQ development | Strength & conditioning

Footwork | Speed and agility | Mental toughness training

Leadership and character mentorship

15. Who can I contact for more information?

Visit: chosensportsleagues.org

Call/Text: 925-529-4194

