

Iowa Frost Basketball

New season options this year!!

Practice only players

Short season players (done before baseball)

Full season players (7-8 tournaments from March to July)

Tryouts—February 9th NIACC Rec Center

12:00 -1:00 for 5th through 7th grade

1:15 -2:15 for 8th and 9th grade

Tryouts March 9th NIACC Rec Center

10th and 11th grade 12:00 -1:00