

July 2020 NEWSLETTER



Hello WGBA families. It is exciting to have the kids back in the gym. Our first week of WGBA open gyms have been well attended and we are looking forward to a great summer. Our Board has been working hard planning for the upcoming season. We are opening registration on August 1st for the travel/rec seasons. We are hoping we have a better grip on what the fall/winter season is going to look like based on what the State allows us to do and if there are gyms to practice and play in. We are also developing alternative game options and league play if tournaments aren't allowed. On an exciting note we are able to keep the cost of travel/rec registrations flat this year in hopes we can continue to keep our registrations and participation high. We are truly learning as we go so please ask any questions that you have and we will do our best to keep you in the loop.

Sincerely, Chad Greenway WGBA President

WGBA FREE OFF-SEASON OPEN GYMS

Wayzata Girls Basketball Association is offering FREE Off-Season training again this year! Thanks to all the fundraising efforts, we are able to offer these pop-in & play Open Gyms. FREE sessions available to all WGBA Rec & Travel players. Our first open gyms started last week and we had great attendance!

DATES:

Tuesdays & Thursdays, July 7 – Aug 6

TIMES:

Grades 2, 3, 4: 6:00-7:30pm
Grades 5, 6, 7, 8: 7:30-9:00pm

LOCATION:

Wayzata High School,
Gyms 1-4 (Main Gym)



**No registration required. Bring your own basketball & water bottle. There is a restriction of 25 players/coaches/parents per court so parents are encouraged to drop off. We will have a WGBA coach or board member facilitating these sessions.*

HOME WORKOUT

As the season gets closer, this workout will build on the last two and work on speed and explosiveness. Perform each exercise for 45-60 seconds and repeat 3-4 times. Have fun!



2020/2021 SEASON UPDATE

2020 TRAVEL TRY-OUTS

- 4th, 5th & 6th Grade: Sept 14, 15, 17
- 7th & 8th Grade: Sept 21, 22, 23

More information on 2020/21 registration coming soon, including potential adjustments due to COVID

INTERESTED IN COACHING?

Know of someone interested in coaching this season? Any non-parent coaches wanting to apply can reach out to Chad Greenway and Jon Howard for an interview:

- Chad Greenway
chadwgba@gmail.com
 - Jon Howard
trainingedgesports@gmail.com
- More information on coaching can be found at www.wgba.net/coaches*

KEY DATES

FREE WGBA Open Gyms

July 7-Aug 6; T/TH evenings

NEW WGBA Summer Camp

Tentative dates: Aug 4-6 at WHS
(Registration to follow)

FREE Pure Intensity Basketball Training (8 workouts)

<https://www.wgba.net/playerdev>

Midwest 3-on-3 Training

Sunday 3-on-3 games are back on (with safety restrictions). More info can be found here: www.midwest3on3.com

INDIVIDUAL TRAINING



Looking for one-on-one personal training for your child? Below are two coaches we recommend who are familiar with our program:

Peter Stewart



Pastew1994@gmail.com

Danny Makepeace



daniel@pureintensitybasketball.com
pureintensitybasketball.com