

APRIL 2021 NEWSLETTER



WGBA Families,

We are so happy to have been able to have a season this year! We made it through with a very limited amount of COVID exposure so thank you for following the guidelines and procedures put in place by the Board to keep everyone safe. Also, thank you for volunteering at the Classic. It's a big event and we cannot do it without the help of the families.

Our teams saw great success and growth through the season, and we are looking forward to seeing them in the gym this Spring/Summer. There are new opportunities for development in the off season - be sure to sign up early as space is limited.



WGBA ELITE BASKETBALL CAMP (Grades 3-8)

KEY DATES

SPRING TRAINING

- April-June
- Small group training
- More info [here](#)

WGBA ELITE CAMP

- June 14-18

SUMMER SKILLS & DRILLS

- June 22-July 29
- Times vary by grade
- Register [here](#)

The WGBA EBC is an exclusive training & development opportunity for girls in the WGBA focused on advancing core basketball fundamentals from head-to-toe. The EBC is THE camp for girls looking to compete at the highest levels of youth basketball in the state of MN. Sessions will consist of skill-based work, dynamic competitions and challenges, and will emphasize total physical and mental preparation to maximize each player's athletic experience. Register today at WGBA.net/ebc

HOME WORKOUT

Stay fit at home with these well-rounded workout for our WGBA player to complete this spring. Try to do each exercise for 60 seconds and repeat 3 time. Challenge family members or teammates to make it fun!

Glute Bridge



Alternating Superman



Front Bridge



Uni Stiff Leg Deadlift



Rear Delt Row



Step Up



**TEAM
MONTH**



REC 4-3 are State Consolation Champs! The girls scored 41 points in their second game and played an amazing tournament.

8th Grade Travel/Rec

Congrats to the 8th Graders on wrapping up their seasons! Some have been with the program for a very long time and we are looking forward to watching you in the coming years. Remember, in addition to High School Basketball there is also our High School Rec league. Watch for details coming this fall and hope to see you on the court!

