

December 2020 NEWSLETTER



We are very excited to get back to the season and make things work as best as we can. We are committed to the safety and experience of your child(ren) and hope the season ends up a success. As mentioned in our previous communication return to practices will be starting Monday, January 4th. We are able to return to games and competitions starting on January 14th. This means teams will be competing starting the weekend after on January 16-17, schedules to follow.

Masks must be worn by ALL for practices and games. We understand the challenges and questions this brings up but it appears the STATE is moving forward with this plan. If we want to compete or host games as of now this is required.

We will extend both our Travel and Rec. season into March. Our Wayzata Classic travel tournament has been moved from January 9-10 to March 6-7. We are hoping to pick up another travel tournament the weekend of March 13-14th but have not yet confirmed that one is available. We are hoping to recoup the majority of lost tournaments by filling open weekends in our shortened season. We will update travel tournament schedules and Rec season schedules ASAP. Thank you so much for your patience through all of this. Please continue to fill out the COVID forms online. It is important for us as a community to help mitigate the spread and keep these kids playing hoops.



Team 6-2 opened the season with a tourney championship at Lakeville and committed to not let December's quarantine build any rust on their game, dilute their team bond, or slow their roll.

- To stay active, they complete weekly workouts
- To stay on their games, they dribble with MBT's Coach Pat 2X/week, work a dribble sequence challenge and meet daily FT and Mikan goals (and, to stay "tough", the team's self-selected identity, they do it all outside!)
- To stay connected, they keep an active group chat and Zoom frequently reviewing their own game film, or their "ESPN Classic" NCAA Final Four game of the week...or sleuthing out their team Secret Santas.

Like the rest of the WGBA, Team 6-2 is excited to hit the courts the week of January 4th!

HOME WORKOUT

With the "pause" it is important that we keep our speed and stamina. Perform each exercise for 30 seconds as fast as you can and then take a 30 second break. Repeat 2-3 times.



Participation in the MBT Zoom Ball Handling training was outstanding! We had roughly 80 participants per session!