

# May 2020 NEWSLETTER



I am hoping all of our WGBA families are staying safe and doing as well as they can during this pandemic. It is our goal as a Board to be back to business as usual with our summer programming as soon as we possibly can and are allowed. The camp and skills sessions hosted by Coach Schumacher and the High School program are still on as of now, but a decision will need to be made soon on those. Please, stay tuned to our website and our emails regarding any changes to the June camp and the Summer Skills. Refunds will take place as soon as we get more information regarding either. Our plan as a Board is to offer as much this summer as we can. We are planning to host tryouts in September per the normal schedule until we know more. I hope you all have enjoyed the in home workouts form MBT and continue to put time in on your own. See you on the court soon! Any questions please do not hesitate to reach out at [chadwgba@gmail.com](mailto:chadwgba@gmail.com).

## MENTAL TOUGHNESS

Whilst I am not anti- AAU, I believe the priority for each individual athlete is getting better with his or her skills, physical strength and mental basketball development over the summer season. I am a very large believer in multisport participation if possible. Here are some thoughts:

- Mental is to physical as “4 is to 1”
- Share Coach Wooden’s “Pyramid of Success” (Enthusiasm and Industriousness as the cornerstones)
- “The Game Honors Toughness” by Jay Bilas

Help committed players develop at the intersection of athleticism, skill, game understanding and mental strength. Players have no obligation to work hard, “the magic is in the work”. *-Peter Stewart, Player Dev*



## 8<sup>th</sup> GRADE TRAVEL TEAMS

Hard to believe our 8<sup>th</sup> Grade Travel Teams finished up their final year in Travel. We are thankful we were able to finish out the season before the stay-at-home order. I’m sure for many of you, it is bittersweet. The countless hours, the weekends in the gym and cheering until your voice goes hoarse. Players, coaches, parents, family and friends have watched these girls grow into awesome athletes, teammates and friends. We hope their time in the Travel program helped them develop as players and as a person. With over 60 wins as a grade and numerous championships, the 8<sup>th</sup> Grade squads had success both on and off the court this past year. While the Travel journey is over the 8<sup>th</sup> Grade squads are excited for what is ahead. Go Trojans!

## KEY DATES

### FREE Spring Open Gym

Cancelled due to COVID-19

### FREE Online Training

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

### FREE Zoom Midwest Training

May 18, 20, 26, 27

- Intermediate Handles: 4:00-4:35pm
  - Advanced handles: 4:40-5:15pm
- (please see WGBA email for registration)

### Wayzata Basketball Summer Camp & Clinics

Camp: June 8-12

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

### \*NEW\* WGBA Summer Camp

July 6-10 (details to come)

### 2020 Travel Try-Outs

4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> Grade: Sept 14, 15, 17

7<sup>th</sup> & 8<sup>th</sup> Grade: Sept 21, 22, 23

## MYAS YOUTH 1<sup>ST</sup> AWARDS

The Youth 1<sup>st</sup> Team Award was created by working with officials and tournament directors. The officials provide a team selection vote after each game during the State Tournament based on the conduct and sportsmanship exhibited by coaches, players and fans. Team with exemplary score from their officials are recognized with Youth 1<sup>st</sup> Team Awards. This year, 17 WGBA teams have been recognized!

- 3-1, 3-2
- 4-2, 4-3, 4-4
- 5-1, 5-2, 5-3, 5-4
- 6-1, 6-2, 6-4
- 7-1, 7-2, 7-3
- 8-1, 8-3



## HOME STRENGTH WORKOUT

Athletes don’t need a gym, hoop or weights to improve. Here is a simple home strength workout that will help.

### BEGINNER BODYWEIGHT WORKOUT (3 Circuits)

- 20 bodyweight squats
- 10 push-ups
- 10 walking lunges (each leg)
- 10 dumbbell rows (each arm, use a milk jug or other weight)
- 15 second plank
- 30 jumping jacks



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## TEAM 8-1

A very special thank you to all the players, parents, grandparents, aunt and uncles, family friends etc that have been involved with the 8-1 travel team throughout the years.

While the travel basketball journey may be over there now is the huge opportunity to use the lessons learned over the past years both on and off the court. The 8-1 squad was ranked #6 in the State going into the State Tournament and put up a 60 burger in their last game (the players will understand). More importantly they held their opponent under 35 points (the coaches appreciate). #Flintstones

Team Video: <https://youtu.be/25bF14a9AXA>

## TEAM 8-2

8-2 capped off their travel careers with a memorable season finishing with a 20-18 record. The team competed strongly with 9 of the losses coming by 6 points or less. Reaching the 20-win mark was a considerable milestone considering the 7-2 team only won 8 games last year!

The real strength of this team was the balance, unselfishness and amazing chemistry on and off the court. Eight different girls lead the team in scoring in at least one game this season! The girls played, almost exclusively, aggressive man defense this year and really figured out how to space the floor, move the ball and knock down lots of 3s.

These ladies had a fantastic season filled with close games, buzzer beaters and great times on and off the court! All 9 girls are considering high school basketball next year – best of luck as they look to continue their careers at WHS!



## TEAM 8-3

When the season began, we realized we'd be vertically challenged against many of the squads we faced. However, we didn't lack for toughness or aggressiveness.

At the Rochester Tournament, we were proud of knocking off Tonka in the 3<sup>rd</sup> place game. One of our best tourneys was the Wayzata Classic where we had an upset semi-final victory against Mahtomedi, before losing a closely fought championship game. The most exciting game of the season was the Generation's Classic (players vs parents). The Parents were in control of the game until the girls knocked down some key baskets in the final minute. The result was sudden death OT, which was pulled out by the 8<sup>th</sup> grade squad. We took 3<sup>rd</sup> place at State with a 29-28 victory!! Very fun season and the girls worked really hard.