

June 2020

NEWSLETTER



Let's get back to the gym!! You most likely saw the cancellation of WHS Summer Camps & Skills with refunds en route. As the State begins to open back up, and with some great news received from Wayzata Community Ed, we are now able to offer Skills sessions at the HS starting next week (6/15)! We will be aligning our actions with the guidance of local health authorities. I would encourage anyone in Grades 4-12 to sign up for these Skills sessions led by Coach Schumacher and his staff. These Skills sessions will be a great way to keep your skills sharp throughout the summer. In addition, WGBA will begin our weekly Open Gym sessions for Grades 2nd-8th soon so please keep following the WGBA emails for further correspondence on when those will start. A reminder, Open Gyms are free and sponsored by our Heggies fundraiser, so please take advantage of this opportunity! Lastly, WGBA is planning on hosting a few camps this summer. Once we see the limitations on minimum of kids per court increase, we will make a final decision on the timing and scope of those camps. See you in the gym!! - Chad Greenway, WGBA President

REC TEAM HIGHLIGHTS



Rec Team: R7/8-1

The girls had a great finish to a tough season. Throughout the season we had many games that we were competitive until the end but were unable to hold on. Each week at practice the girls made adjustments, applied those to game time, and improved each week. The girls kept a positive attitude, worked hard each practice, and fought hard every game. We hit our stride in the last weeks.

Team R7/8-1 held the lead against the league #1 team until the last 30 seconds. A team that was used to winning by double digits all season. In the Minnetonka tournament the girls beat a skilled Eden Prairie team, they had lost twice to, winning first place in the White bracket.

Overall, despite their season record, both teams developed skills, made lasting friendships, were competitive, and had a lot of fun this season!



Rec Team: R7/8-2

KEY DATES

Wayzata Basketball Summer Skills Sessions

Registration Open, begins June 15
<https://www.wgba.net/playerdev>

FREE WGBA Open Gyms

Early July-August; T/TH evenings
More information coming soon!

NEW WGBA Summer Camp

More information coming soon!

FREE Pure Intensity Basketball Training (8 workouts)

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

Midwest 3-on-3 Training

As COVID-19 restrictions are being lifted, there will be some programming with limited participants. Visit
<https://www.midwest3on3.com>

2020 Travel Try-Outs

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



SUMMER SHOT CLUB CHALLENGE

WGBA Girls can participate in the Summer Shot Club Challenge by logging their dribbling time and made shots throughout the summer. Girls that reach certain milestones will be rewarded by the WGBA for their hard work. For complete rules, logging sheet and drill suggestions visit:
<https://www.wgba.net/challenge>



HOME STRENGTH WORKOUT

The summer is a great time to focus on strengthening muscles for injury prevention. Here is a strength circuit that could be done easily at home. Perform each exercise for 60 seconds and repeat 3 times. Have fun!

