



DECEMBER 2020 | VOL. 16

# CY SELECT NEWS

An email newsletter from Des Moines' biggest AAU girls basketball program.



## game is game.

BY CHARLES YOUNG

Our Wolves mission and one of the pillars of the program looks towards ways to EMPOWER our young female ballers. This season we entered our Alpha and Green teams in a boys tournament. We are always thinking of ways to create different experiences and although some teams have played boys in the past, we have not seen an group program-wide enter a boys tournament. This provided a unique opportunity for our young girls to see they can play and compete with the boys and also, WIN! During practice the week leading up to the games the girls were extremely excited, yet anxious. It was great to hear their confidence going into the weekend and made us realize they have embraced our culture and belief in each player. They are far from normal, and we consider them exceptional. Every girl got individual praises from their families, teammates, spectators, and most importantly the boys they were playing against. To see the ALL girls show their talent and earn the respect of everyone was truly special. They were seen as basketball players first, it was truly a sight to witness. As one opposing fan said, "Everyone here is cheering for the girls to win each division, until they play against them. They are TOUGH!" We will continue to build the belief in all our young athletes. All female basketball players, not just the elite few, are special athletes. We continue to prove that with new and different opportunities to engage in the game of basketball with them, because what we know is that GAMES IS GAME... regardless of if you are a girl, or a boy or a dribbling puppy from Instagram.

## new year, new gear!

BY CHARLES YOUNG

The first two weeks of November was like Christmas at the Wolves! This is when all our new Wolves gear got delivered. Each season we try to provide our program with new clothing designs that are fresh and that we feel represent our players well. This builds excitement and program pride. This season the girls are all about the tie-dye shirts, scarves, beanies, flannel sweatpants, fuzzy sweaters, headbands, bag tags, water bottles, shorts, and of course masks. We try to think of all the goods to provide for our families to showcase their Wolves pride. I think our favorite is seeing the girls come to practice showing off their new gear and getting compliments from their teammates.

It's really humbling to see our families in Wolves gear having PRIDE in our WOLVES PRIDE!



## playing through a pandemic

BY CHARLES YOUNG

The Wolfpack culture and environment is one that has been built on verbal and physical feedback from players to one another and coaches to players. We are big on positive reinforcement and encourage the girls to communicate well and offer high fives to each other. This has become difficult this season. Retracting our stance, due to the current pandemic. Our new normal is “masks and social distancing”. This provides a challenge when we want to cultivate a certain environment for the Wolves, but maintain our dedication to the health of our families and the responsibility to the community at large. As in life we have to adjust and with that it makes us proud to see all the girls doing their part during our practices to stop the spread of Covid-19 as they still embrace the Wolves culture. The girls are masking up, sanitizing their hands and basketballs before, during and after practices and making a commitment to following social distancing guidelines as much as possible. It’s truly amazing to watch all the girls understand the importance of these procedures to reassure we get to be on the hardwood. The silver lining to this hiccup in the season has been the adjustments we’ve made to dedicate individual attention at our small group practice times, allowing coaches to connect with players even more. While we all want things to go back to normal as quickly as possible our program is thriving in this moment. We plan to utilize this time to focus on teaching and reinvesting in connecting to each of our players in our small group environment, twice a week. We feel in moments like these our program grows exceptionally and we will continue to be impactful to our players in any way we can, being flexible with the ever-changing times of the pandemic-world we are living in.

## reminders

TO PAY FEES CLICK [HERE](#).

LAST TEAM PRACTICE IN DEC.:  
THURSDAY 12/17/2020

RETURN TO TEAM PRACTICE  
FROM WINTER BREAK:  
MONDAY 1/4/2021

SMALL GROUP SKILLS OFFERED  
OVER WINTER BREAK, \$15 PER HR.  
WATCH FOR DATES/TIMES IN  
WOLVES WEEKLY UPDATES.

