

CY SELECT NEWS

A MONTHLY EMAIL NEWSLETTER FROM DES MOINES'
BIGGEST GIRLS BASKETBALL PROGRAM

MAY 2019 | VOL. 2



FROM THE PROGRAM DIRECTOR

The start of April brought much success to the CY Select program and has made for a great kickoff to the spring and summer season! The 7th-10th grade Wolves teams brought home FOUR championships and went 20-0 at Midwest Madness in Omaha. Two weeks later our 7th grade teams were co-champions at the MAYB Spring Kickoff in Des Moines.

I am also extremely proud of our 3rd-6th graders. They have been working hard in practice, being challenged with new advanced skill work. I am looking forward to the next four weeks to see growth in our players as the tournament schedule continues.

Ashley Adams, Program Director

Charles Young, Owner/ Coach
Sam Adams, Dir. of Development/Coach
Andrea Jones, Lead Trainer/Coach



DIFFERENCE BETWEEN ORDINARY AND EXTRAORDINARY IS THAT LITTLE "EXTRA"

I'm currently entering my 10th year of coaching and my 4th year with CY Select. Over the years I've been blessed to coach incredibly talented, hard working girls. As a coach I'm really big on athletes putting in extra work outside of practice, whether it's working on ball handling, getting extra jump shots up or going for a run. These are some simple ways to improve your game.

We as coaches can give you all the tools in practice and in the games but if you aren't willing to put in the extra work in your free time, are you really getting better?

I challenge each of you to go out and dribble 5-10 minutes every day and shoot 500 extra shots a week. With the extra work put in on your game during the season and off season, you can expect to see results.

I look forward to getting to know and work with you all this spring and summer!

Andrea Jones
Lead Trainer/Coach



"HUSTLE AND HEART" IS WHAT SETS ME APART

In April we introduced the CY Select Wolves brand-new "Hustle and Heart" Award! This year the coaches gathered to plan our development for the spring/summer season and outlined what we wanted to accomplish as a program. We discussed at length how important it was to our staff to continue to build a culture that our young athletes, families and coaches can grow and flourish in.

The CY Select program prides itself on aggressive play, strong work ethic, and character. The coaching staff challenges players to push themselves harder and outwork their opponents while having a positive attitude. We wish to foster the growth of these characteristics by awarding players at random who demonstrate these strengths through their mental toughness in times of adversity. Regardless of skill set, every player has the ability to play the game with HUSTLE and HEART!

Special thanks to Livingston Automotive for sponsoring this program and to Dan Noe for the shirt design!

Ashley Adams, Program Director



DETAILS & REMINDERS

To access the summer tournament schedule, [click here](#) or visit the CY Select Girls tab on our website. *Keep checking for updates as changes can happen.

To learn more about or pay your CY Select Program Fees, [click here](#).

Upcoming Camps with SAT Training:
June 19 & 20
CY Select Skill Development Camp
3-6th boys and girls 10:00a-12:00p
7-11th boys and girls 12:30p-2:30p

June 26 & 27
CY Select Game Development Camp
3-6th boys and girls 10:00a-12:00p
7-11th boys and girls 12:30p-2:30p

*There will be no practice on Monday, May 27th and Thursday, July 4th in observance of holidays.

2019-2020 Fall/Winter Tryouts:
August 18, 2019

Thank you to Dan Noe for website and creative design.
Thank you to Cristen Clark for development of the CY Newsletter.

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