

# CY SELECT NEWS

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

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## FROM THE OWNER

Discipline-- defines greatness, favors "great" over "good" and separates "the best" from "the rest". Over the years we have heard coaches, players and parents from opposing teams comment with a simple, common phrase: "They play hard." This makes us incredibly proud to hear and there's a reason why people say it.

We say we always want to pass the "eye test". Meaning, if you walked into the gym and saw us play, yet didn't know the score of the game you'd feel we were winning. To get our girls to pass the eye test, there is an incredible amount of discipline and attention to detail that is required of each player in our program. These details include, and are not limited to: defensive closeouts, spacing, conditioning, hustle, 50/50 situations, and overall game awareness.

Being disciplined is the greatest form of self-love. The players have gravitated to the mantra: "We All We Got". This shows in their dedication to each other, and their togetherness on and off the court. Our program depends on the discipline of our players. Please encourage your daughter to keep up with her accountability notebook to track progress and set goals. We look forward to charting their growth and effort throughout this season.

Charles Young



## WOLVES PLAYERS DISCOVER WHAT IT TAKES TO "BE BLUE"!

"Be Blue!" What a culture the Drake Women's Basketball program has created during the time under Susie Glazer Burt Women's Basketball Head Coach Jenny Baranczyk. The Wolves program is currently working on building a connection with the Bulldogs to provide an opportunity for us to learn, develop, and grow within our own program. During the month of October our coaching staff had the opportunity to go watch many of the Drake practices and discuss some of their philosophies, culture, and drills with the coaches. This was a great for our staff to continue to develop and grow in our own craft. Our 2022 and 2023 class of Wolves were able to attend a practice, meet the players and staff, and go on a tour of the athletic facilities. Afterwards the girls were able to reflect and take away what a D1 level practice looks and feels like we gathered to discuss the Be Blue culture! One big takeaway was all the girls were impressed with the intensity and communication between the players and the coaching staff. CY Select Wolves is excited to continue to build our relationship with the Drake Women's Basketball program. We are looking forward to offering more opportunities for our youth program (3rd - 8th) to get to know the Bulldog staff and players this season.

Ashley Adams, Program Director



## WOLFPACK INVADES IOWA TOP 250 EXPO

The Top 250 Expo provides a unique opportunity for prospects to put their talents on display to Prep Girls Hoops contributors & staff as well as college coaches. On October 27th, 160 prospects from Iowa headed to Kingdom Courts to showcase their skills. Our program featured 23 of the 160 girls in this event which was by far the biggest representation of any program at any of the Expos put on in Minnesota, Illinois, and Indiana in October. The CY Select Wolves high school girls from all over Iowa were able to connect with each other again. Players and parents haven't seen each other since July their smiles and hugs showed the amazing ability of our program to bring families together and form lifelong bonds.

The Prep Hoops Girls Iowa Expo featured girls from seven different states and many college coaches to give players in this event a lot of exposure. We are beyond proud to have so many of our players not only compete in this event but make themselves known to college coaches around the Midwest with our girls' talent level but most importantly their ability to be great teammates and leaders. As our program continues to empower our young female athletes its amazing seeing them adding their own LegaCY at these exposure events.

Charles Young

## DETAILS & REMINDERS

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

CY Wolfpack Event

\*Wear CY Select Wolves Gear!

Sunday November 10th

Smash Park from 11:00 am- 1:00 pm

Drake vs. ISU WBB game at 2:00 pm

Be Blue Week: Wear blue or Drake gear to practice to celebrate! Nov. 4-7th.

Kingdom Tuesday Reminders:

Do not park on grass.

Park only in Kingdom lots North and South of Kingdom Hoops building.

Bring your own ball and water bottle.

Fall/Winter Practices: Monday & Thursday at 5:00-7:00 pm for grades 3rd-6th and 7:00-9:00 pm for grades 7th-8th at IEBT Sports Facility.

\*\*Tuesday skills practice at Kingdom Hoops. 6:00-7:30 pm 3rd-6th and 7:30-9:00 pm 7th-8th.

North Iowa Practices: Estherville, IA on October 15th. 5:30-7:00 pm for (3rd - 5th) and 7:00-8:30 pm for (6th - 8th). Practice on October 16th will be in Algona, IA. 5:00-6:30 pm for (6th - 8th) 6:30-8:00 pm (3rd - 8th)

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