

CY SELECT NEWS

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

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FROM THE PROGRAM DIRECTOR

Let's Go! That is the first thought that enters my mind when discussing fall skills and official practice starting this month for the winter season. The coaching staff has been preparing hard this summer and fall for THIS season! We have made so many great changes to the CY Select Wolves program and have many goals to implement this season. The anticipation of establishing the new vision, culture, and development for the Wolves is evident as it started with fall skills. Spirit and Precision have become two words that our athletes not only hear but are acting out every practice! Strong partnerships are being established to help the Wolves reach new heights and offer more to our players and families. TRUE GRIT will not only set the standard but will separate and define our program this season. I am looking forward to seeing all our players this month at the start of official practice, Lets Go Wolves!

Ashley Adams, Program Director

Charles Young, Owner

Sam Adams, Dir. of Development/Coach

Andrea Jones, Lead Trainer/Coach

NEW LOOK!

SAME HEART AND HUSTLE

The CY Select Wolves program is proud to introduce a new logo! Over the course of 2019 the CY Select girls' program has been going through some re-branding. After 14 successful years the Wolves boys program came to an official end in January of 2019. The Wolves boys were built off hard work, grit, aggression and determination. During this time the process of re-branding the CY Select girls' program and mapping out new goals for the future began! As we started to discuss our vision for the girls' program and how to push the CY Select girls to the next level, we determined many of the core principles of finding success would be the same as the boys' program. It was important we approach every practice, training session, and game with the same hard work, grit, aggression and determination. It then made sense that the CY Select girls would pay tribute to where it all began and now be officially named the CY Select Wolves Girls program. We are tremendously excited for the future!

Ashley Adams, Program Director



NEW VISION: 5 PILLARS SHAPING THE WOLFPACK

The Wolves have undergone some changes here in late 2019 to prepare for the upcoming 2019-2020 winter season and to help aid in our future success.

One of these new changes was shaping our vision for the Wolfpack. The CY Select Wolves plans to unveil our new concept, The CY SELECT 5 Pillars, to guide and shape our athletes to continue building our legacy! The CY Select Wolves program promises to teach and guide our players with our 5 Pillars at the core of everything we do, whether on the court or off the court. The 5 Pillars are: EMPOWERMENT, DEVELOPMENT, COMMITMENT DISCIPLINE, and HEART!

Our coaches will not only teach these principles but will instill these values with our own actions and how we approach each opportunity with our athletes. We find these pillars to be not only important in the game of basketball but invaluable in the game of life!

Ashley Adams, Program director



DETAILS & REMINDERS

MANDATORY SUNDAY PRACTICES:

Excused if committed to prior fall sporting activity

Dates: Sunday October 13th and 20th

Times: 12p-2p (2nd-6th) 2p-4p (7-8th)

Location: IEBT Sports Facility

MANDATORY PARENT MEETING:

Date: Sunday October 13th

Time: 1:45p-2:15p (ALL AGES PARENTS)

Location: IEBT Sports Facility

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

CY Select Fall Skills:

Until October 10th Monday & Thursday 6p-8p. Drop in rate: \$15, due at the time of attendance.

SAT Fall Shooting Clinic:

Sundays through October 6th. Drop in rate is \$32, due at time of attendance.

Fall/Winter practices begin in Des Moines, IA on October 21st. Practices Monday & Thursday at 5-7p for grades 3rd-6th and 7-9p for grades 7th-8th at IEBT Sports Facility.

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

The Northern IA players begin practice in Estherville, IA on October 15th. 5:30-7:00p for (3rd - 5th) and 7:00-8:30p for (6th - 8th). Practice on October 16th will be in Algona, IA. 5:00-6:30p for (6th - 8th) 6:30-8:00p (3rd - 8th)

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Web: CYSelect.com