

CY SELECT NEWS

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

APRIL 2019 | VOL. 1



FROM THE OWNER

Simply put... WOW!

The 2018-2019 Fall/Winter basketball season was phenomenal for the CY Select program and girls basketball in Iowa. I have always wanted the CY Select brand and program to remain the most genuine, distinguished, and connected brand for girls' basketball in this state. To continue on our path to success and improvement we will be introducing Sam Adams Training (SAT) sessions for 2019 Spring/Summer, a Future Stars Program for K- 2nd girls starting Fall of 2019 as well as additional skills camps. We thank you for the opportunity to coach your daughter and look forward to a tremendous year.

Sincerely,
Charles Young, Owner/Coach

Ashley Adams, Program Director/ Coach
Sam Adams, Director of
Development/Coach
Andrea Jones, Lead Trainer/Coach



LEARNING OPPORTUNITIES TO BRING BACK TO THE PACK

The off-season month of March is a time for development and growth for players and coaches alike. I've been busy training several individuals with Sam Adams Training (SAT) and have been able to catch a few 3 on 3 games of some players in our program as well.

In March, I jumped at the incredible opportunity to further my training expertise by attending the I'm Possible Trainer University at their World Headquarters in Grand Rapids, Michigan. While I was there, I was fortunate to learn their expansive curriculum directly from world-renowned trainer Micah Lancaster, along with an elite staff, many of which are NBA trainers, during their training sessions as well.

After seven, 14-hour days in a row, I'm excited to bring everything I picked up back to our program for the benefit of all of our players. I especially look forward to utilizing my new training to help our players understand and control their body movements according to the moments of the game. I look forward to a great spring/summer season of development for all players.

Sam Adams,
Director of Development/Coach
Find SAT on FB and Insta: @SATBasketball



CY SELECT EXPANDS ADMINISTRATIVE ROSTER ADDING COACH ASHLEY ADAMS AS PROGRAM DIRECTOR

What does "we have a new program director actually mean? Is Charles Young stepping down? Will the CY "aggressive", "out-hustle" environment change? These are all the questions you've been asking and rightfully so! The answers are: Charles isn't going anywhere and "hustle" and "aggressive" are still the two primary words that continue to define our program! We are experiencing tremendous growth and with that comes high demands and the need to delegate certain tasks, thus bringing me to this new role I gladly accepted.

I am excited to serve players and families as the CY Select Program Director and will also continue in my coaching role. I will be your resource for operational questions and program communications. Look to this newsletter to be a launch pad for program info and special columns written by our staff. Next month check out the page 1 spotlight on Coach Drea Jones!

Thank you,
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

Look for a special announcement in the next newsletter! Our newsletters will drop the first Friday of each month.

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Web: CYSelect.com