

# CY SELECT NEWS

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

1ST ANNIVERSARY ISSUE APRIL 2020 | VOL. 13



*Cheers!* 

OUR 1 YEAR NEWS ANNIVERSARY

The CY Select Newsletter began 1 year ago this month giving us something to celebrate!

We have enjoyed sharing our insights and the achievements of our players and program with the Wolfpack family through this newsletter and various social media pages. From sharing our program activity and togetherness to sharing individual and team accomplishments you can find it all in our newsletter as we strive to become the most communicative and connected program around.

We will continue to provide information each month to families across Iowa and offer them a peek into the Wolfpack way of life!

Charles Young

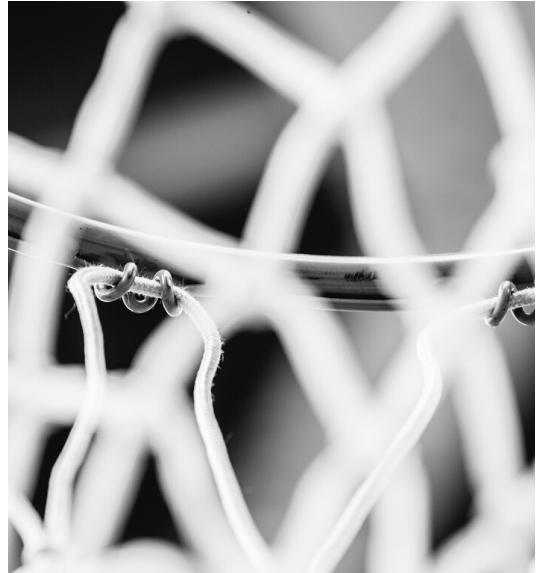


## Silver Linings: Covid-19

The current Corona Virus (Covid-19) crisis has not only sent grassroots hoops into chaos and confusion but obviously the entire nation as well. We do know is this virus is very serious but the full extent and longevity of its effects are still rather unknown. As we all prepare to continue social distancing and self-quarantine until at least April 30th and try to avoid the 24/7/365 non-stop reporting on the virus-- I challenge everyone to find growth in the silver linings of these hard times!

While the obvious is more family time. Have you learned how to cook or bake? Have you read one of your favorite childhood books to your niece or nephew? YouTube dance lessons? Social media challenges? Getting outside more? Tackling neglected chores? Don't ever forget these simple days and the closeness of family while we are missing our extended Wolfpack family. And when this is over you bet we'll excitedly go to the nearest Mexican restaurant for chips and salsa! (Because who doesn't want that right now?!) Share your silver linings to those around because... We All We Got!

Charles Young



# BALL IS *life*

While basketball has been put on hold so suddenly it's thrilling to hear and see so many stories of players being antsy to return to playing basketball. Basketball connects us socially, mentally and physically. It's unimaginable how much sports mean to everyone involved, it's a community. To see basketball taken away from our young female athletes it can make them realize how special this sport is and how it should never be taken for granted because in these unprecedented times you never know when the sun will set on your career. This feeling mostly is reserved for seniors playing their final games in high school, leaving them to realize just how much "Ball is Life". All of our players are experiencing this feeling for the first time with the abrupt halt to life as we knew it. We look forward to the dedication our girls will pour into basketball once they are allowed to hit the gym again.

Prep Girls Hoops Iowa 2023 Rankings

- #1 Audi Crooks "6'3" /C Bishop Garrigan HS
- #7 Molly Joyce "5'7" / PG Bishop Garrigan HS
- #35 Nicole Storck 5'9" / SF ADM Adel
- #36 Madison Brown 5'7" / SF Valley
- #38 Anastacia Spaine 5'7" / SF Valley
- #46 Kenna Mongan 5'6" / SF Cherokee
- #60 Quinn Grubbs 5'5" / PG Exira EHK
- #81 Jordyn Stokes 5'5" / PG Estherville Lincoln Central
- #83 Lillian Etherington 5'7" / SG Algona
- #84 Lily Hillebrand 5'4" / PG Ballard
- #86 Shani Yount-Wheels 6'1" / C Southeast Polk

Charles Young

## DETAILS & REMINDERS

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

TENATIVE:

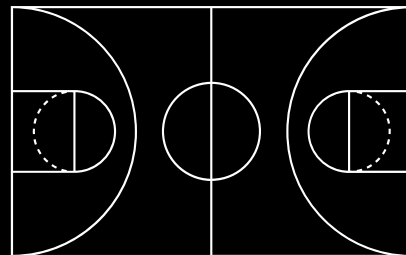
Saturday May 2nd: First 8th Alpha/Beta and High School Spring Practice  
Time: 12:00-3:00 PM at IEBT

TENATIVE:

Monday May 4th: 2nd - 8th Wolves Spring Practice begins Monday and Thursday evenings from 5:30-7:30 PM at IEBT

Don't forget to check out the weekly basketball challenge on the LegaCY Club Facebook page!

Stay tuned for a special Tic-Tok style challenge from Charles coming this week!



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