

CY SELECT NEWS

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

JUNE 2020 | VOL. 14



From the Owner

As we embark on adjusting to the "new norm" we are thankful that Iowa is one of the leading states in reopening youth sports. We are fortunate to have all teams around the Midwest and many other states looking to bring their youth teams to Iowa to play. It is a rare opportunity to have some of the best teams in our sport head to Iowa in the summer. In years past Iowa AAU teams would have to travel 6 to 12 hours to play in tournaments to against some of the best competition now these teams are coming to Iowa. This July there will be games played at the Iowa Events Center & Hy-Vee Hall in downtown Des Moines on 12-16 courts per event and every game this summer will be live-streamed for fans who can't make the event and for exposure to college coaches. See you on the court.

Charles Young



Wolves Players Hit The Hardwood!

After a long period off the Wolves athletes have returned to the court. COVID-19 took us all by surprise and shook us out of our normal routines. This pandemic was not only hard on many parents and families while they tried to navigate what this "new normal" looks like but kept all of our kids from getting to work out and enjoy the company of their teammates.

The week before we were able to return to practice many reservations were felt of how the girls and coaches would react returning to the gym. Fear, anxiety, exhaustion and quietness were all emotions I was expecting in the air of the gym. I quickly realized I was completely wrong. All the players were filled with excitement and joy! Although a little out of shape the girls returned with a fire to get back to work!

We all felt thankful to get to do something we loved. The sweat and aggression is back but the gym is also filled with laughter from jokes amongst teammates. I know that the Wolves will never take for granted the time to improve and opportunity to play basketball this summer!

Ashley Adams



PRACTICE

Yes! We're talking about practice.

As we start working with our players this summer our focus is primarily individual skill development. Our goal is to see a player at the end of the summer improving in specific areas from how she entered the summer season. Like many sports basketball is a repetition sport: the more you put in the more you get out of it. We have been focusing on improving the girls touches on the ball this summer from shooting, ball handling and finishing. While we are limited in the amount of physical capacity of drills we are doing at practices we are utilizing the full court to do it. We are using high pace skill development to allow the girls to improve their ability on the court and to play the full 94 ft. The girls have found themselves learning new drills and they have been rockstars in picking up the concepts of each drill and teaching them core values within our program. While we continue to put an emphasis on an aggressive mindset, we are taking the time to make sure the girls put the mindset into each rep and drill. It goes without saying the mental part of our development has been increased to empower all girls to be both offensively and defensively aggressive. We want these players to confidently take chances, especially with the ball in hand.

Charles Young

DETAILS & REMINDERS

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

High School Practice times have been moved to 6:00 to 8:30 on Wednesday evenings.

No practice on Thursday June 25th.

As we enter additional summer sports seasons, please post pictures of our Wolves players when they play ball against their Wolves teammates on the soccer field or softball field!

FB: [facebook.com/CYSelect](https://www.facebook.com/CYSelect)
 Web: [CYSelect.com](https://www.CYSelect.com)
 Charles Young, Owner
 Ashley Adams, Program Director
 Sam Adams, Dir. of Development
 Andrea Jones, Dir. of Development

