



CY SELECT

Basketball



From the Owner

The Wolves are off to an exciting start this season! We continue to bring that fire we have grown to love on defense while embracing new offensive strategies. I am excited to see our girls implement new changes from an offensive mindset while maintaining our hallmark "grind mentality" on defense.

All the coaches in the program are thrilled to see our players get back on the hardwood, representing CY Select. We are also filled with anticipation to get out and support our high school girls as they rejoin their respective high school programs. This is guaranteed to be a fun winter for the Wolves!

Charles Young

one final season- let's go seniors!

I love the seasonality of coaching girls basketball. Not only are there seasons like fall-winter and spring-summer, but the seasons that Wolves players go through in their journey on the basketball court. I love watching the brand new 2nd grade Wolves who are learning ball handling skills in the fall then enjoy coaching high school players in the height of their basketball years in the spring. The part of coaching that will always be bittersweet for me, is watching our Wolves seniors in their last basketball seasons on their high school court. These nights on the hardwood come with the knowledge that their Wolves basketball journeys have come to an end.

We are thrilled to see these players guide their respective high school teams this season. It is also brings a moment of reflection to the years past and everything they have brought to the Wolves program. These four Wolves seniors demonstrate what it means to lead and show up to work every single day. They perform at a high level on the basketball court as well as in the classroom and their communities. The Wolves organization is in a better place today because of the foundation these players laid and the high expectations they made for each other and their teammates.

With high school games beginning next week we wish our Wolves; Meg Rietz, Jaydan Nitchals, Kaitlyn Tendal and Danika Demers the best of luck this season!

Ashley Adams





Dialing in

The Winter Season brings on an exciting shift of focus for the Wolves. Historically, the CY Select program has gotten attention for our aggressive defensive mindset. We felt this season was a great time to continue to reinforce defense but also add to that focus offensively. During fall skills we made the shift to work on more offensive concepts this season. Some highlights were getting downhill, attacking the rim and understanding how to fill the lanes while running the court. The girls are being challenged to make quicker decisions and make sharper angles when cutting to the rim. All teams in the program are being taught to push pace, find open shooters and get more offensive attempts at the hoop. We introduced a new offense and have been impressed with the progress of the first two tournaments of the season. The goal we have at the Wolves is to make the girls understand decision making on the court and not paint any player into a corner with a set offense or "one position" basketball. We look forward to spending the next month working more on offensive footwork around the block and movement off the ball.

Ashley Adams

reminders

TO PAY FEES CLICK [HERE](#). SECOND INSTALLMENT DUE NOVEMBER 30.

IMPORTANT DATES:

HOLIDAY PRACTICE SCHEDULE
 REGULAR PRACTICE MONDAY 11/22
 NO PRACTICE THANKSGIVING DAY
 REGULAR PRACTICE MONDAY 11/29

WOLVES CHRISTMAS PARTY -
 SATURDAY, DECEMBER 18 AT THE REAL
 DEAL HOLIDAY JAM IN OMAHA

WOLVES GEAR - WILL BE DELIVERED
 THE WEEK AFTER THANKSGIVING

CHRISTMAS BREAK NO PRACTICE:
 DECEMBER 20 - JANUARY 2
 RETURN TO PRACTICE JANUARY 3.



