



## Cathedral Girls Basketball 2020-21 Summer Program & Workout Information

### **Girls Basketball Program Mission:**

*Our program is committed to empowering young women to reach their highest potential both on and off the basketball court. We seek to develop our student-athletes into confident, competitive people who value TEAM over individual success, as well as the importance of all that is gained physically, emotionally, and spiritually through the sport of basketball.*

### **Coaching Staff**

Head Varsity Basketball Coach:	Lisa Finn <a href="mailto:efinn@gocathedral.com">efinn@gocathedral.com</a> 317-508-1747
Varsity Assistant Coach:	Linda Bamrick <a href="mailto:lbamrick@gocathedral.com">lbamrick@gocathedral.com</a>
JV/Varsity Assistant Coach:	Megan Schmidt <a href="mailto:mschmidt@gocathedral.com">mschmidt@gocathedral.com</a>
Junior Varsity Head Coach:	Allie Griffith <a href="mailto:agriffith@gocathedral.com">agriffith@gocathedral.com</a>
Assistant Coach:	Sarah Burch
Assistant Coach:	Dr. John Marosky ("Doc")

### **Program Communication**

Our main method of communication with players during pre-season will be through TeamSnap. Players should check the "team chat" feature in TeamSnap, as well as their email regularly. This will be the most up-to-date information. Communication with parents will mostly be via email/TeamSnap. Please check TeamSnap and your email regularly.

- You can personalize your notifications in TeamSnap.
- Players should mark their availability for each event.
- My cell phone is included above for emergencies.

### **Attendance**

Please make your best effort to attend as many of our workouts as you can. We have a limited amount of time to work together in July and want to make the most of it. Please mark your availability on TeamSnap. If you need to miss, mark it on TeamSnap and please note the reason. It is going to be very important that we keep an accurate attendance records this summer due to Covid-19 restrictions. If there are conflicts or issues, it is the player's responsibility to communicate with the coaches.

### **Summer Workout Sessions**

**\*Open Gym Sessions:** We are allowed 2 basketball specific workouts per week during the July 6<sup>th</sup>-19<sup>th</sup> timeframe. During these workouts, we will be focusing on individual basketball related skills and 5 on 0 drills. (We will not be allowed contact – so no 5 on 5.) This will be a great time to get in the gym since most of you have not had access to a gym or a basketball goal during quarantine.

Assuming we can follow the stages set by the State of Indiana, the IHSAA, and Cathedral High School – we can begin a "normal" summer activity schedule from July 20<sup>th</sup>-31<sup>st</sup>. We have tentatively scheduled some scrimmages against other schools during this timeframe. We will keep you updated on what to expect during that time.

**\*Conditioning Sessions:** These sessions are for players who will NOT be participating in or trying out for a fall sport. (If you plan to participate in a fall sport, you will do conditioning with that sport.) We plan to utilize these sessions as a way to come together for team-bonding, as well as to get some physical activity together. While there will be physical/cardio and agility activities, we will not be using this time to condition for the season. *We will be breaking for our no-contact period in August so it doesn't make sense to condition players and then take a month off.*

**\*Weight Sessions:** Coach Johnson will be running our weight sessions – per Covid-19 restrictions/guidelines. These weight sessions are for players who will NOT be participating in or trying out for a fall sport. (If you plan to participate in a fall sport, you will lift weights with the fall sport.) It is highly recommended that you attend these sessions. Basketball is a physical sport and building strength is an essential part of competition. For freshman, it will be a great introduction into our weight program at Cathedral High School.

### **Expectations**

All summer activities are voluntary, but keep in mind that being present will increase your individual improvement and our improvement as a team overall. The biggest thing is to communicate with your coaches.

- Be here.
- Be on time. (“Lady Irish Basketball” time means you are warmed up and ready at the start time.)
- Be prepared. (necessary shoes and gear)
- Show up to work hard.
- Show up with a good attitude.
- Be a good teammate.
- Do not make excuses.
- Utilize all of the “extras” we give you! (See the google drive folder)

### **Tryout Expectations and Evaluations**

There are several factors that will be considered when we form our basketball teams in October. These include, but are not limited to:

- Honesty
- Character
- Leadership skills & qualities
- Basketball skills and knowledge of the game
- Overall athletic ability with regard to the sport
- Potential to improve
- Commitment to our program, our team, and your teammates & coaches
- Work ethic
- Are you coachable?
- Academic eligibility
- Positive representation of yourself, the Lady Irish Basketball program, and Cathedral High School
- Mental toughness
- Ability to process and execute the basketball concepts we are teaching in the program