

# Chesterton High School



<https://sites.google.com/a/duneland.k12.in.us/chesterton-girls-basketball/home>

## Lady Trojan Basketball News

Volume 7 Number 2 May 26, 2015

### Important Tentative Dates

<u>1<sup>st</sup> – 6<sup>th</sup> Grade Skills Camp</u>	June 8-11 (M-Th)
<u>10-12<sup>th</sup> Summer Open Gym</u>	M-Th 10:00-12:00
<u>6-9<sup>th</sup> Summer Open Gym</u>	M-Th 1:00-2:30
<u>Physicals @ CHS</u>	June 9-10 (T, W)
<u>Indiana Wesleyan (Var)</u>	June 12(F)
<u>Summer League (6<sup>th</sup> – 12<sup>th</sup>)</u>	M/W June 8-June 24
<u>D-ONE Camp (6<sup>th</sup>-12<sup>th</sup>)</u>	June 17-19 (W-F)
<u>Fishers Summer Slam (Var)</u>	July 23-24 (Th-F)

### Physicals at CHS

CHS will again sponsor an evening to get your physical for only \$25 (\$50 for 2 or more family members). This year's physicals will be held on June 9<sup>th</sup> and 10<sup>th</sup> from 6:00-8:00 p.m. If you participate in summer activities that we do, then you will need a physical for the summer. This will cover the summer as well as the entire school year of 2015-16. Take advantage of this opportunity to get it done early!

### Summer Open Gym

Open gyms will be held every Monday through Thursday for all age groups. The current 9<sup>th</sup> – 11<sup>th</sup> graders will practice from 10:00 – 12:00, while the current 6<sup>th</sup> – 8<sup>th</sup> graders will practice from 1:00-2:30. High school players keep this in mind when scheduling summer school and if possible sign up for summer school session two to alleviate any conflicts. A big focus this offseason will be on individual skill improvement. Everyone needs to improve upon their individual skills. It's the old adage of: "Teams are made in season ...

Players are made in the off-season" As an individual – you need to identify 3 areas that you want to improve your game. Write it down and make a plan to improve yourself this offseason. Start today and write down your three things you want to improve upon and put this on your bathroom mirror. This way you see it every day to remind yourself "What am I doing today to make myself better?"

### Summer League

As in years past the Summer League games will be on Monday and Wednesday nights with 3 different divisions (Open Division which is a varsity level, Senior Division which is freshman/JV level and Junior Division which is for middle school). The schedule is still being designed so be looking for the information soon on the website located at:

<https://sites.google.com/a/duneland.k12.in.us/chesterton-girls-basketball/duneland-summer-league>

### Future Lady Trojan's Camp (1<sup>st</sup> – 6<sup>h</sup>)

All high school players are asked to keep these dates and times available, to assist with the campers. We use these funds for all camps to help pay for the various tournaments that we attend throughout the summer. Many of you will be asked to be a leader of an age group, and the younger campers certainly look forward to working with you each summer. All camps will have pizza on the last day as we pass out t-shirts. Camp will be on Monday–Thursday June 8 – 11 from 1:00-2:30. This year it will expand to include 5<sup>th</sup> and 6<sup>th</sup> grade.

### IN Wesleyan/Summer Slam Tournaments

Summer is about here and our first varsity summer tournament is right around the corner! Indiana Wesleyan, on Friday June 12, is a varsity tournament that will give us a chance to find out how we stack up against teams from around the state. The culminating

tournament at the end of the summer is the Summer Slam which is back again in Fishers, Indiana. In between those tournaments is many Summer League games and D-ONE camp. Information for all tournaments will be coming ...

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### **D-ONE**

We are making the commitment to take all levels to the D-ONE camp again this year. Last year was the first year that ALL levels went to the camp (Varsity, JV/Freshman and Middle School) and everyone had a great experience. We would like to expand the number of teams that we take so if you are interested talk to Coach Berry and turn in your \$25 deposit slip and form asap. The total cost of the camp is \$200 for the three days which includes food and all the basketball we can play in just a three day period.

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### **Everyday ... a little better!**

Here is a list of things that we believe as a team we must improve upon for next year:

- Stance – both offensively and defensively
- Blocking out – EVERY TIME
- Screening people – setting up the screen
- Strong with the ball (Chin/behind knee)
- Hard cuts
- Post strong
- Move at a faster pace
- Better dribbler, better passer, better choices
- Motion offense (move with a purpose)
- Body control (jump stop)
- Improve 3 point shooting
- Improve FT shooting

Here's a little motivation for you ...

“Knock-Knock.”

“Who's there?”

“The guy that finished second.”

“The guy that finished second who?”

“Exactly.”

Don't be content with 2nd place.

***What do you say ... should we get up and get after 1st place?***

Check out the website for more information!

<https://sites.google.com/a/duneland.k12.in.us/chesterton-girls-basketball/>

*“Whatever you start, give it your best. The opportunities are there to be anything you want to be. But wanting to be someone isn't enough; dreaming about it isn't enough; thinking about it isn't enough. You've got to study for it, work for it, fight for it with all your heart and soul, because nobody is going to hand it to you. — General Colin Powell*

Coach Campbell

Coach Berry



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