

Chesterton High School



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

Lady Trojan Basketball News

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Important Tentative Dates

Open gym any level @ CMS Apr- May 5:30-7:00 M/W

5th – 8th Grade Skills Camp May 31-June 3 (T-F)

1st – 6th Grade Skills Camp June 6-9 (M-Th)

10-12th Summer Open Gym M-Th 10:00-12:00

6-9th Summer Open Gym M-Th 1:00-2:30

Physicals @ CHS June 7-8 (T, W)

Indiana Wesleyan (Var) June 10th (F)

Summer League (6th – 12th) M/W June 6th-June 29th

D-ONE Camp (6th-12th) June 23-25 (Th-S)

Dead Week July 4th-8th

Jimmy V Classic (Wi Dells) July 15th – 17th (F-S)

Fishers Summer Slam (Var) July 23-25 (S-M)

Spring Work Out

For those of you playing a Spring Sport – we wish you the best of luck. For those not involved in a spring sport we will have workouts to become “Bigger, Faster, and Stronger”. The dates and times before spring break will be after school on Tuesday and Thursday. After spring break we will add a third day of Monday, Tuesday and Thursday. Make a commitment to be a better athlete which in turn will make you a better basketball player.

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 7th and 8th 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 9th – 11th graders will practice from 10:00 – 12:00, while the current 6th – 8th 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 will eventually be located at the following website.

<https://sites.google.com/a/duneland.k12.in.us/chesterton-girls-basketball/summer-2016>

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