

# Chesterton High School



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

## Lady Trojan Basketball News

Volume 7 Number 5 May 2, 2016

### Important Tentative Dates

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

5<sup>th</sup> – 8<sup>th</sup> Grade Skills Camp May 23-26 (M-Th)

1<sup>st</sup> – 6<sup>th</sup> Grade Skills Camp June 6-9 (M-Th)

10-12<sup>th</sup> Summer Open Gym M-Th 10:00-12:00

8<sup>th</sup> Summer Open Gym M-Th 1:00-2:30

6<sup>th</sup>-7<sup>th</sup> Summer Open Gym MW 4-5 T,Th 1-2:30

Physicals @ CHS May 16 & 23 6-8 (M)

Indiana Wesleyan (Var) June 10<sup>th</sup> (F)

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

D-ONE Camp (6<sup>th</sup>-12<sup>th</sup>) June 23-25 (Th-S)

Dead Week July 4<sup>th</sup>-8<sup>th</sup>

Jimmy V Classic (Wi Dells) July 15<sup>th</sup> – 17<sup>th</sup> (F-S)

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

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### 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 during the school year rather than summer on May 16<sup>th</sup> and 23<sup>rd</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 2016-17. Take advantage of this opportunity to get it done early! See below for more information from Mr. Stento.

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### 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 deadline for turning in your summer league forms is May 15 which is in two weeks! If you turn your form in after that deadline there will be an extra \$25 fee included. I've attached the form to this newsletter in case you have lost or misplaced your forms. 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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### 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 8<sup>th</sup> graders will practice from 1:00-2:30. The current 6<sup>th</sup> and 7<sup>th</sup> grade teams will practice from 4:00-5:00 on game days (M/W) and 1:00-2:30 (T/Th). 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?"

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### Lady Trojans Team Camp (5<sup>th</sup> – 8<sup>th</sup>)

In three weeks, (May 23-26) we will run the 5<sup>th</sup> through 8<sup>th</sup> grade team camp at Bailly Elementary School from Monday through Thursday at 3:30-5:00. If you are not in a spring sport (or will be finished), we certainly

could use your help to teach some fundamentals and team concepts to prepare them for the summer league games. Ideally it would be nice if some of you would like to take on a coaching role with some of these players in the summer!

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### **Future Lady Trojan's Camp (1<sup>st</sup> – 4<sup>th</sup>)**

All 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 6 - 9 from 1:00-2:30.

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### **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 10, 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 as well as the Jimmy V Classic in the Dells (WI). Information for all tournaments will be coming ...

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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

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### **3000/5000 Shot Club!**

Everyone loves to shoot the basketball and this has been a huge contributor to both wins and losses. So our goal this summer is to shoot 3000/5000 shots, and record our results each and every day. We will purchase prizes for all girls who complete the task! Having two guns will certainly make the task more manageable – but you must make the commitment to extra time shooting in the off season.

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



309-5920 (cell)

983-3730 ext. 7330

[tberry@duneland.k12.in.us](mailto:tberry@duneland.k12.in.us)

Attention all coaches

Please meet with your respective team in early May and review with them the following information regarding physicals and required paperwork for the start of the next school year.

- 1) The CHS athletic department is sponsoring physicals **for next year's 7-12 grade students only** on Monday, May 16, 2016 and Monday, May 23, 2016 from 6-8pm in the school. Doors will open at 5:30pm. Physical forms should be obtained at the CHS or CMS athletic office prior to these evenings but they will also be available at check in and on the CHS athletic department web page. Any athlete under the age of 18 must be accompanied by an adult/guardian and all required portions of the physical form must be signed by both parents for it to be valid. **Athletes are asked to wear shorts and a t-shirt for the musculoskeletal exam and should be wearing their contact lenses or glasses for the vision test.** An athlete will not be cleared to participate unless he/she passes the vision test. Athletes should refrain from any high intensity workouts after school prior to coming to the physicals. The cost is \$25 per athlete but for those families with three or more athletes, the total cost will be capped at \$75. Parents can write a check made out to CHS or pay with cash. Please enter through entrance 31 (northeast corner of building) and report to the cafeteria waiting area.
- 2) In addition to the four page physical form, the concussion/sudden cardiac arrest signature form must be signed by the athlete and a parent and returned with the physical. This is NEW as of July 1, 2015 and is a requirement! The school's code of conduct form must be filled out and returned as well. In addition, each student or parent should follow the directions on the instruction sheet to register on our Athletic Trainer Electronic Record Keeping System. This will take no more than 10 minutes to complete on the ATS website.
- 3) **New for 2016! If parents take their athlete to get a physical, it MUST be signed by an MD or DO with their license number filled in on the form. Provider stamps are no longer accepted! They MUST pick up these forms in the athletic office before going or download the new form from the CHS website. They will not be allowed to practice over the summer months or on August 1st if they only have part of the physical form. The complete physical is four pages long NOT two. The signatures on page one and four are REQUIRED! Both the physical AND concussion/sudden cardiac arrest signature form must be returned in order to start conditioning!**

**2016 CHESTERTON GIRLS SUMMER LEAGUE – CHS PLAYERS**

Director: Jack Campbell, Chesterton H.S./Girls Varsity Coach (219)-928-8508

Tommy Berry, Chesterton H.S./Girls JV Coach (219)-309-5920

2125 South 11<sup>th</sup> Street, Chesterton, IN 46304

Players: Girls in school grades 6-11 (2015-16 school year)

Location: Games will be played at Chesterton High School Gyms

Game Nights: Monday and Wednesday

Game Times: 5:00pm, 6:00pm, 7:00pm & 8:00pm

Game Dates: June 6, 8, 13, 15, 20, 22, 27 and 29

Website: <http://pages.duneland.k12.in.us/chesterton-girls-basketball/duneland-summer-league>

Cost: **Each player will pay an entry fee of \$100.00 to help cover cost.**

**Deadline May 15, 2015. Late Fees \$125.00.**

**Detach bottom portion and return to Coach Campbell at Chesterton H.S.**

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Name \_\_\_\_\_ Grade (Now) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

School \_\_\_\_\_ Home Phone \_\_\_\_\_

Parent Email Address \_\_\_\_\_

Shirt size (adult) \_\_\_\_\_ Number \_\_\_\_\_ Position \_\_\_\_\_

School Level J.L. (6-8) \_\_\_\_\_ S.L. (8-10) \_\_\_\_\_ Open (9-11) \_\_\_\_\_

Enclosed \$100.00 cash or check made payable to Duneland A.A.U.

I hereby give my permission for my daughter to participate in the Duneland Girls Summer Basketball League and accept full responsibility of accident or injury.

\_\_\_\_\_  
Parent signature