

# Medway Girls Hoops

## *Quote of the Day:*

“You have to expect things of yourself before you can do them.”

Michael Jordan

## *Quotes to Consider*

“Do not let what you cannot do interfere with what you can do.”

John Wooden

## **You Go Girl!**

August was an amazing month for women. Here are a few highlights.

Augusta National invited its first two females to join the prestigious private golf club.

American women earned 58 medals, 29 of them gold compared to the American men's 45 medals, 15 gold.

For the first time in Olympic history there were more female athletes competing than males and every single participating country had at least one woman on its team.

Lastly, maybe the most surprising to me and what has largely been unpublished was Shannon Eastin's accomplishment as the NFL's first female referee.

As I look ahead to the impending season, it's with great expectation. You are a group of young women with huge potential. Aim high. Raise the bar. Expect great things of yourself.

- Coach T

## **What is my role?**

What is a role player? A role player has a special skill like tenacious defense or phenomenal rebounding. A role player is often the player who comes off the bench at important times to play quality minutes. A good role player can change the momentum of a game because of the hustle and energy she brings into the game. A role player understands and accepts her role on the team and she is ready to go when the coach calls.

Other characteristics of a role player include hustling at practice, maintaining a positive attitude, and encouraging teammates. A role player understands her importance to the team and the value of her contributions. The role player realizes that her time will come and has the maturity to be patient.

Ask yourself this preseason, how might I contribute? Identify your strengths and come ready to play to them this season.

## What Skills Should I Improve?



Over the course of the summer, you no doubt played basketball and worked on developing an area of your game. As the school year begins, the demands on your time do increase. There are academic commitments for sure and you may even be playing a fall sport. Wherever your commitments lie, I suggest that you keep two areas prioritized on the agenda: conditioning and free throws. Thirty minutes of cardio a day will go a long way to prepare you for the start of the season. On the days that you are pressed for time, jump rope for ten minutes. A wooden deck is a great place for jumping rope. Free throw shooting isn't a large time commitment either. It's more about creating a place for it in your routine. I usually have the boys shoot 10 free throws after school. It helps to be outside for a few minutes before coming in the house to get the homework done. More than anything it becomes part of the routine so it's second nature to them.

## Do it with Mental Toughness!

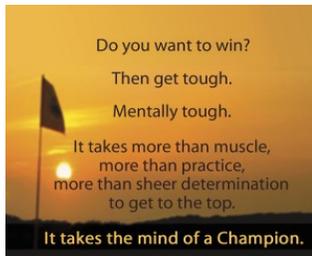
### Developing Mental Toughness

Many of you have it. Maybe you haven't labeled it before. If you haven't labeled yourself as mentally tough then perhaps you know someone who is mentally tough. I think mental toughness begins with a mindset. It's a belief in yourself a core confidence. It's knowing that you've prepared this preseason and you have every intention of reaching your goals.

Have you had this feeling before? Did it last through the season or did you lose it? It takes poise and composure to maintain mental toughness. As a player have you learned how to let go of mistakes quickly? Are you able to create a new strategy on the fly? For example, if plan A doesn't work, how quickly can you adjust to plan B or even plan C.

Can you recognize what situations affect your mental toughness? Were you feeling frustrated, rushed, or intimidated? In these situations reframe your feeling. I like to think of it as mental coaching. You might say to yourself, "get a good look at the basket", "breathe, relax I've got this" almost anything positive, focused and relaxed will work.

One last suggestion, let's commit to supporting each other through the various cycles of mental toughness. We all make mistakes, we all have had our confidence rocked, but in the end what we do afterwards matters most.



## Progress Report

It's been a fun and busy summer. I don't know if I had more fun kayaking to a remote beach or participating in a backyard volleyball tournament. Nevertheless, the coaches are keeping our commitments to stay active. Here's the latest update.

- **Coach Joe** is down 6.4 pounds to 209. He still has 9.1 pounds to lose.
- **Coach Bryan** has committed to train to run in the *Warrior Dash!*
- **Coach Dyann** is holding steady at 4lb loss. She still has 6 lbs to go!
- **Coach Trinette** closing in on my goal of losing 7 lbs.

