

Preble GBB

NEWSLETTER

AUGUST 2021

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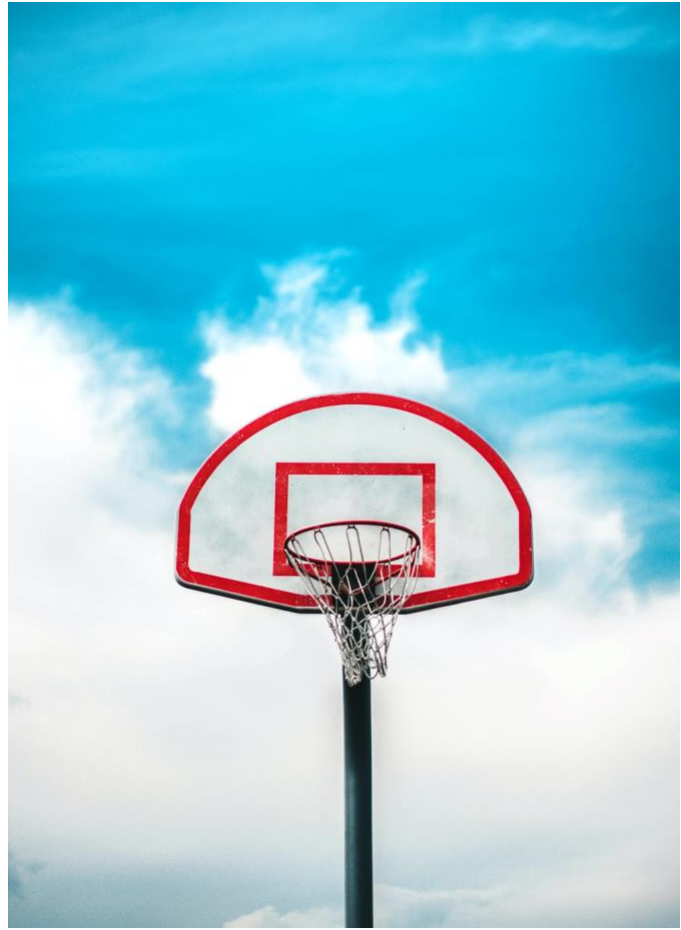
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“A little progress
each day adds up
to BIG results.”



NOTE FROM COACH LYNDSEY SEELA

Hi Preble GBB Family,

Welcome to the Preble GBB Newsletter! Here we will share information, results, updates, staff/player introductions, etc. The first newsletter will include brief information wrapping up the summer, the league results, and what's next.

In short, I am very excited to be a part of this program! In just a brief time frame, I have learned the Preble GBB team has enormous talent, potential, and dedicated student-athletes. I have felt such support from everyone I have met thus far and cannot wait to continue to build relationships with all members of this program.

The coaching staff and I will be working diligently over the next couple of months to prepare our mission, values, and goals. I ask the student-athletes to practice productive fitness, nutrition, rest, and, of course, basketball from now until November!

Enjoy the rest of the summer and Go Hornets! ~Coach Seela

Summer Wrap-Up



SUMMER CONTACT DAYS & SUMMER LEAGUE RESULTS

And that's a wrap! The coaching staff wants to send out a huge thank you to the parents/guardians/supporters that were able to get their student-athletes to the gym even with the short notice of contact days, summer league, and open gyms. Another thank you to the student-athletes for staying patient and diligent with committing to this program this summer!

In just 40 days, we were able to have a parent/guardian meeting, five 3-hour contact days, four 2-hour open gyms, and 12 hours of summer league play. In just a short time frame, the student-athletes' learned the flyer drill (a staple for our run and gun offense), 5 play sets, a handful of other drills, and they even learned how to push through adversity in a very hot, sticky, slippery gymnasium. Great work!

Summer league was a great place for coaches to see the Preble GBB team in action against great competition.

The JV team started out 0-2 for the first week; however, bounced back the second week to go 1-1 beating a tough Bayport team. The final day JV finished 1-1, bringing home the "bronze" medal for the pool!

The Varsity team started out 1-1 and stayed consistent the following week with a 1-1 record. The second week loss was against a tough Bayport team only losing by a couple of points. Varsity finished strong by beating LC & Algoma in the final week! A huge shoutout to the Ashwaubenon GBB Program for hosting!



REMINDERS & WHAT'S NEXT

Reminders:

- If you are not playing a fall sport, make sure your physical is up to date. We want to make sure all the paperwork is taken care of prior to day one of practice on November 8th!
- Covid-19 – please refer to email sent by GPS for updated mask protocols, etc. Long story short, wear masks indoors!

What's Next:

- **Booster Club Meeting –**
Sept. 13th @ 7pm at The Woods
- **GBB Futures Sign-Up –**
Sept. 20th @ 7pm – Preble Aux Gym
- Youth Program Coaches Clinic – End of Sept.
- Individual accountability – maintain fitness levels, healthy nutrition habits, practice proper sleep habits, and shooting repetitions.
- Coach Ty will be holding weightlifting sessions for off-season athletes in the fall. If you are not in a fall sport, please get to the weight room! Reach out to Coach Ty for more information: tjkraynik@gbaps.org or 920-430-0810
- Team accountability – pick-up games, get together, work together on school assignments, lift one another up.



Have a great start to the 2021-22 school year and good luck to all of our fall student-athletes !