**STORM BASKETBALL MONDAY MISSIVE**

**Quote of the Day:”**Failing to plan is planning to fail. Plan your work and work your plan.” Unknown and numerous

***Train like a champion:*** Open gyms and workouts with Kyle Coston of Hoopstar both start this coming Wednesday, September 7. Those of you training with Kyle should have contacted him by now and given him your contact information and your intended time of training. We have about a dozen interested girls and Kyle is offering group time slots at 6pm and 7 pm on Mondays and Wednesdays. Those of us that have volleyball until after 6pm should definitely have the 7 pm slots. Non volleyball and younger players possibly the 6pm time slot. For those of you not training with Hoopstar, come on out to open gyms on Mondays and Wednesdays at 7 pm. Try to be there on time, get a full court game going the first 40 minutes or so, and then work on skill development from your workout packet the rest of the time. Plan your time, work your plan.

***Saturday Open Gyms:*** New this year will be Saturday afternoon open gyms. We have had a lot of interest in this possibility and we are going to try it. Our first Saturday open gym will be September 17, if I can get it confirmed with the athletic office. See you at 4 pm and we will be out of the gym by 6 pm. Come with a plan as we will not be coaching. For those of you training with Hoopstar, this will be a great time to work on the specific teachings you are getting at Hoopstar and pass on what you are learning to others in the program.

**Eligibility:** It is never too early to get yourself eligible for winter sports. Forms are online and you should never consider yourself eligible until you have confirmed with the athletic office. Get it take care of early.

 That is all for now! See you in the gym and at the games this fall.

In Hoops,

Coach Wolffis