



Cathedral Girls Basketball 2021-22 Summer Program & Workout Information

Girls Basketball Program Mission:

Our program is committed to empowering young women to reach their highest potential both on and off the basketball court. We seek to develop our student-athletes into confident, competitive people who value TEAM over individual success, as well as the importance of all that is gained physically, emotionally, and spiritually through the sport of basketball.

Coaching Staff

Head Varsity Coach:	Lisa Finn efinn@gocathedral.com 317-508-1747
Varsity Assistant Coach:	Linda Bamrick lbamrick@gocathedral.com
Junior Varsity Head Coach:	Allie Griffith agriffith@gocathedral.com
Assistant Coach:	Megan Schmidt mschmidt@gocathedral.com
Freshman Head Coach:	Sarah Burch sarahburch17@gmail.com
Assistant Coach:	Dr. John Marosky ("Doc")

We are excited to begin the 2021-2022 Cathedral Lady Irish Basketball season! As we begin our summer off-season, we will continue to closely follow Cathedral's Covid-19 protocols. All players will be required to wear a mask when entering and exiting the building and gym. (Players will not be required to wear a mask during physical activity.) We will socially distance as much as possible and when appropriate. Our goal is to keep everyone safe and healthy. Our program did a great job and maintaining these protocols during our season and we expect the same for this year!

Remember....EVERYONE must wear a mask, socially distance, and stay home if you aren't feeling well. We ask that you communicate with the coaching staff if you are feeling ill or believe you have been exposed to Covid-19. We will communicate with the school nurse, athletic trainers, and parents in these specific cases. We have protocols on returning after quarantine and it is imperative that you keep us in the loop in these situations.

Program Communication

Our main method of communication with players during preseason will be through TeamSnap. Players should check the "team chat" feature in TeamSnap, as well as their email regularly. This will be the most up-to-date information. Communication with parents will mostly be via email/TeamSnap. Please check TeamSnap and your email regularly.

****If you need an invitation to TeamSnap, please reach out to Coach Finn and she will get you set up.****

- You can personalize your notifications in TeamSnap.
- Players should mark their availability for each event.
- Coach Finn's phone number is included above for emergencies.

Attendance

It is important that you make your best effort to attend as many of our summer workouts as you can. Please mark your availability on TeamSnap. If you need to miss, mark it on TeamSnap and please note the reason. It is going to be very important that we keep accurate attendance records due to Covid-19 restrictions. We understand there will be conflicts with other sports, vacations, work, etc. It is important to OVER communicate with the coaches. We ask that it be the player's responsibility to communicate with the coaches in these situations.

Preseason Workout Sessions

***Open Gym Sessions:** These workouts will be basketball specific. During these workouts, we will be focusing on individual, basketball-related skills, team concepts, drills, and scrimmage opportunities. Come prepared to work hard!!

***Weight Sessions:** Coach Johnson will be running our summer weight sessions – per Covid-19 restrictions/guidelines. These weight sessions are for players who are NOT participating in a fall sport. If you are trying out for a fall sport, you will lift with them. Basketball is a physical sport and building strength is an essential part of competition. TBD: There may be a restriction on the number of players allowed in the weight room. We will keep everyone posted on this.

Expectations

All summer activities are voluntary, but keep in mind that being present will increase your individual improvement and our improvement as a team overall. PLEASE stay in communication with the coaching staff if you have to miss workouts.

- Be here.
- Be on time. (“Lady Irish Basketball” time means you are warmed up and ready at the start time.)
- Be prepared. (necessary shoes and gear)
- Show up ready to work hard.
- Show up with a good attitude.
- Be a good teammate.
- Do not make excuses.

Tryout Expectations and Evaluations

There are several factors that will be considered when we form our basketball teams in October. These include, but are not limited to:

- Character & Honesty
- Leadership skills & qualities
- Basketball skills and knowledge of the game
- Overall athletic ability with regard to the sport
- Potential to improve
- Commitment to our program, our team, and your teammates & coaches
- Attendance
- Work ethic
- Are you coachable?
- Academic eligibility
- Positive representation of yourself, the Lady Irish Basketball program, and Cathedral High School
- Mental toughness
- Ability to process and execute the basketball concepts we are teaching in the program
- The program needs at each position