



Convent & Stuart Hall

Schools of the Sacred Heart San Francisco

Welcome returning players, new players, and their families to the 2024-2025 basketball season! My name is Gina Domergue and I am the head coach of the Varsity basketball team and will be assisted by Coach Aja Macias. As a Convent alumni, I'm excited to be back leading a basketball program that meant a lot to me when I played here.

Coach Aja and I are really excited to begin this season! We have lots of plans for practice, games, and team bonding activities already in the works. We know basketball is a physically and mentally intensive sport, and Coach Aja and I are focused on building a program that develops players' skills on and off the court. Players can expect to improve their basketball skills in an understanding and encouraging environment that will leave players with life skills that they will carry with them to college and beyond.

To be prepared for the season, players should come to tryouts with a general level of conditioning, and should have basketball shoes (not tennis/running shoes) and basketball shorts. We will provide all other equipment needed for the season. Conditioning before the season starts will make a huge difference when navigating the high-intensity of basketball workouts.

Varsity practices will be held from 5-7 pm on Mondays through Fridays, and 9-11 am on Saturdays. Weekday practices will commonly incorporate game prep, watching film, play development, and scrimmaging. Saturday practices will focus more on key fundamentals, team bonding/competitions, and always ends with an after-practice snack from some of my favorite restaurants around the Bay.

There will be a pause from all basketball events for Thanksgiving from November 28-31, a Winter break from December 22-26, and New Years December 31 and January 1st. It's expected that players attend practices over the break, but we understand things can come up and ask players to communicate those absences as early as they can. Depending on availability, we may schedule games/tournaments over the holiday break!

Over the summer, we will be hosting open gyms on Mondays and Tuesdays for any incoming 9-12th graders at Convent. The content of our open gyms are determined by what each player wants to work on; summer is the perfect time to develop fundamentals that we can't fully teach during the season. If interested in summer open gyms, please join our team on InstaTeam (code DEPQBX) or fill out the open gym interest form at <https://forms.gle/H6kCiXtAasMHPAmk6>. Basketball players of any skill level (including any new players and incoming 9th graders) are welcome!

We look forward to seeing you at the end of October! If you have any further questions, please feel free to reach out to me at gina.domergue@sacredsfs.org.