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Fillies Basketball



Hard - Intelligent - Together
With Confidence!



Summer 2019



Natrona County Basketball

Hard, Intelligent and Together w/Confidence!

Hello Fillies!

In August 2015, with a civil war ravaging her country, Syrian teen Yusra Markini along with her sister Sarah embarked on a month long journey to try to escape through Lebanon and Turkey with hopes of reaching Greece. The final obstacle between Turkey and Greece is known as the Aegean Sea. Their group found a small boat meant for 6 or 7 people. 20 refugees climbed in. Within 15 minutes the motor quit and the overloaded boat started taking on water. Of the 20 people, only 4 knew how to swim. Two men jumped in the water and began to swim. So did Ysura and her sister Sarah. Except Ysura didn't swim away. She grabbed the rope that was tied to the front of the boat and swam with 2 legs and 1 arm while pulling the boat with her other. She kept it up for 3 ½ Hours. In cold water. She didn't let go. Unbelievably, she was able to swim and tug the boat across the Aegean and to shore on the Greek Island of Lesbos, saving everyone's lives. Eventually Ysura and her sister made it to Berlin, Germany, where she met a very well known swimming coach, Sven Spannekrebs. He saw her potential and talked to Ysura about perhaps training for the 2020 Olympics. She didn't agree. It turns out Ysura would wake up early every morning in Syria and swim for 3 hours before going to school. She had Olympic dreams of her own. And she didn't wait for 2020. She swam in the 2016 Olympics in Rio!!

I don't know about you, but stories like this get me excited and pumped up for YOUR Future and the Future of the FILLIES! Who is willing to put in the effort? Who wants to realize the incredible benefits of working to become your best? OPPORTUNITY lies straight ahead. "There are only two options regarding commitment. You're either in or you're out. There is no such thing as life in-between!" – Pat Riley

Are you IN?

The FUTURE of FILLY basketball is BRIGHT. We would love you to be a part of it. Summer information is attached including schedules, calendars, tournament information, Tuesday night games, 3-on-3 League nights and more. Remember... Teams are made in season... Players are made in the off-season! We hope to see you at all of it! If you have any questions, please stop by my room (1132) or send me a text at the number below or via the remind app (@fillybb). Sign-ups will be at open gym or swing by 1132. Remember... **"If it is to be, it's up to me."**

Your time is now,

Coach Costello

Brian_Costello@natronaschools.org

(307) 797-7437

Attitudes are contagious, is yours worth catching?



Natrona County Basketball

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Open Gym Information

There are numerous scheduled practice sessions in May and June. The times (on the attached calendar) are scheduled, but may change. We will use this time to prepare for our team camps and tournaments. We will also spend time working on your individual game. If we want to grow as a team, we need everyone to be committed and be there! We will take as many teams as we can based on player interest, so get involved!

Filly Basketball Clinic

This year we will hold a Filly Basketball Clinic for girls in going into grades 4-8. The Club is on the calendar and will be Tuesdays and Wednesdays from 1:00 to 3:00. If you know someone who would like to come, give them the attached flyer or have them contact one of the coaches.

Chadron State College Team Camp

Who: All players who will be playing at NC are eligible to go.

We also may be taking a younger team or 2 through coaches at CY.

When: Friday, June 21st – Saturday, June 22nd Where: Chadron, NE

Cost: \$110 per camper which includes overnight accommodations on June 20th and June 21st as well as meals while on campus.

Transportation: A school district bus will drop us off and pick us up.

Filly BB will cover the cost of transportation and any additional meals.

Departure/ Return: We will plan on leaving Thursday, June 20th, time TBD and will return after our last game on the 22nd.

***Financial help available with all camps if needed. Simply visit with Coach Costello!**

Univ. Norther Colorado Team Camp

Who: We may be limited as to the number we can take.

When: Thursday, June 13th – Sunday, June 15th Where: Greeley, CO

Cost: \$230 per camper which includes overnight accommodations as well as meals while on campus. Fundraising available.

Filly BB will cover the cost of transportation and extra meals.

Transportation: A school district bus will drop us off and pick us up.

Departure/ Return: Early Thursday morning and will return following our last game on Sunday.

Tuesday Night Games

As of now, we have reached out to approximately 20 teams to be a part of Tuesday Night Basketball. We will have 2 JV and 2 V games every Tuesday evening. A one time fee of \$15 per player will help cover the cost of officials for all 4 Tuesday nights. We will also attend Cheyenne's Summer League Tournament on June 27th to hopefully play against some Colorado or Nebraska teams. We will likely carpool to this event with both JV and Varsity teams. More info to come!

Monday 3-on-3 League

Every Monday night will be a 3-on-3 League. 4th – 8th grade girls from 6-7 PM and 9th – Alumni will start at 7. We are working on a format that will include pool play and a bracketed tournament. New teams will be formed each night. The evening will end with a May Madness Bump Bracket! Parents invited! If you or your parent makes the finals, you are both in!

Sports Performance Enhancement Program

Who: Open to all 8th-12th grade female athletes in any sport.

When: Every Tuesday and Thursday in June and July. Cost: \$100

Where: NCHS Football Field. By: Nancy Robertson Therapy

The focus will be to optimize performance by improving many physical areas including quickness, agility, jumping and landing, core strength as well as ACL maintenance. See the included flyer for more information.



NCHS Fillies Basketball 6000 Shot Club

Earn some sweet Filly Basketball gear by making (yes making) 6000 shots this summer! That averages making 200 shots on 30 different days.

For those who want to participate, you can get started and record your shots on the included sheet (or an app if you can find one). If at the end of the summer you have made over 6000 shots, you will be awarded some surprise and sweet Filly Gear!

NCHS Filly Basketball May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	MAC 20 3:45-5:30 9 th -Alums 3 on 3 League 6:00 PM C Club Banquet	MAC 21 4:45 – 6:30 Open Gym/ Practice	22	MAC 23 4:15 – 6:00 Open Gym/ Practice	24	25
26	27 Memorial Day	Dalton/MAC 28 6:00 PM 5 th -8 th 3 on 3 League 7:00 PM 9 th -Alums 3 on 3 League	Dalton 29 3:45 – 5:45 Open Gym/ Practice	Dalton 30 3:45 – 5:45 Open Gym/ Practice	31	

NCHS Filly Basketball June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 6:00 PM 5 th -8 th 3 on 3 League 7:00 PM 9 th -Alums 3 on 3 League	4 Tuesday Night Game Time 2 V & 2 JV Games vs. TBD	5	6 3:45 – 5:45 Open Gym/ Practice	7	8
9	10 6:00 PM 5 th -8 th 3 on 3 League 7:00 PM 9 th -Alums 3 on 3 League	11 9:30 – 10:15 Strength Camp 10:15 – 11:00 Shooting Practice 1:00 – 3:00 4 th – 8 th Filly Basketball Clinic Tues. Night Games	12 9:30 – 10:00 Hams & Quad Work 10:00 – 12:00 Open Practice 1:00 – 3:00 4 th – 8 th Filly Basketball Clinic	13 9:30 – 10:15 Strength Camp U. Northern Colorado Team Camp	14 Lusk Tournament for 9 th & 10 th graders. U. Northern Colorado Team Camp	15 U. Northern Colorado Team Camp
16	17 6:00 PM 5 th -8 th 3 on 3 League 7:00 PM 9 th -Alums 3 on 3 League	18 9:30 – 10:15 Strength Camp 10:15 – 11:00 Shooting Practice 1:00 – 3:00 4 th – 8 th Filly Basketball Clinic Tues. Night Games	19 9:30 – 10:00 Hams & Quad Work 10:00 – 12:00 Open Practice 1:00 – 3:00 4 th – 8 th Filly Basketball Clinic	20 9:30 – 10:15 Strength Camp 10:15 – 11:30 Shooting & Skills Practice	21 Chadron State Team Camp	22 Chadron State Team Camp
23	24 6:00 PM 5 th -8 th 3 on 3 League 7:00 PM 9 th -Alums 3 on 3 League (And July 1 st)	25 9:30 – 10:15 Strength Camp 10:15 – 11:00 Shooting Practice 1:00 – 3:00 4 th – 8 th Filly Basketball Clinic Tues. Night Games	26 9:30 – 10:00 Hams & Quad Work 10:00 – 12:00 Open Practice 1:00 – 3:00 4 th – 8 th Filly Basketball Clinic	27 9:30 – 10:15 Strength Camp Cheyenne Tournament Starting at 4:00	28	29