

# LADY TROJANS BASKETBALL



## NEWSLETTER

### ANNOUNCEMENTS

Summer Sweat & Open Gym  
July 16, 18, 19 \*Grades 7-12  
PE Gym North & South  
Doors open 9-11:30 am

### WEEKLY THOUGHT

"Your culture is not just your tradition. It's the people in the locker room who carry it on."  
Brad Stevens

### ATTACK

We run on offense, contest all 3-point shots and allow no layups.

### RHYTHM

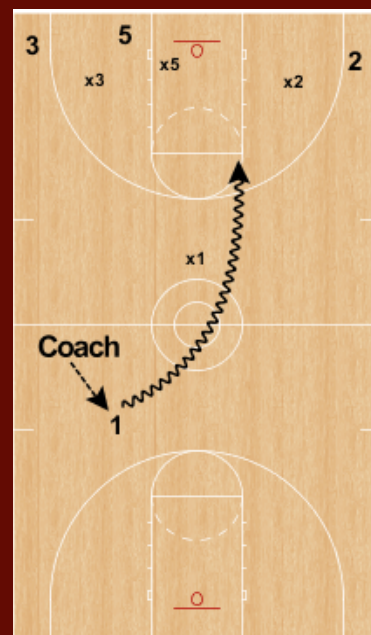
We play to our strengths; have a 1 Count Shooter's Mindset.

### ATTITUDE

We hunt for One More; press on to the Next Play.

### DRILL OF THE WEEK

"44" Live 4 on 4



Options:

- 1) Score
- 2) Low post
- 3) Quick pitch to 2
- 4) Opposite to 3