

Coach Van Bagnol  
St. Catherine of Siena School 7th Grade Girls' Basketball 2007  
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## Thursday Feb 1 Practice Cancelled Saturday Feb 3 Make-up Practice

Because the gym had been booked in advance for another activity, and because half the girls cannot make it anyway due to sickness or other conflicts, we will not have a practice tonight (Thursday) at 7:15. We will have a practice/scrimmage this Saturday from 9:00-12:00 with the St. Vincents 8th grade team and Brian Rickley's NJB Division 1 Girls team. Coach Brian Rickley is the coach of the St. Vincent 8th grade girls.

I will have videos for the remaining girls to watch at home. Your "homework" assignment is to watch the videos and practice the motions (to the extent that you are able to) in front of the TV.

### The Upcoming Week

- **Monday Practice:** 3:15pm (after school) at the gym.
- **St. Vincent plays St. Basil this Friday.** Go watch it if you can.
- **St. Patrick-St. Vincent girls play this Friday also.** If you want to watch high-quality basketball played (the SPSV women are ranked in the top 20), watch them!

Coach Van  
1 Feb 2007

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### Other News:

- We need to work on the **full-court press**, and **breaking the press** as a team. This is new for 7th grade that you didn't have last year for the 6th grade.
- We have a very small team, so it is important that everyone stay healthy, stay out of trouble, and get in shape.