



GUS SPORTS PAGE

Volume 22 Edition 13

November 30, 2018

Winter Sports are Underway

6th Grade: The 6th graders have moved inside for the winter and have begun basketball. Coach Emerson saw them three times this week, and just like in soccer, the class members came prepared and ready to go. The class will be working on fundamentals of the game through many different drills, shooting games and some scrimmaging with rules of the game as a focus in each class. The schedule of 6th grade games with other schools will be developed shortly. Every student should be prepared for each class with proper sports clothing—shorts or sweats, t-shirts, and clean and dry sneakers.

Boys 7/8 Basketball: There is one boys basketball team this year with 12 boys on the squad. Coach Bruce Emerson has been quite pleased with what he has seen so far in the three practices. The team will be working on the fundamentals of the game as well as installing defensive and offensive sets. The schedule of games will begin in January.

Girls 7/8 Basketball: Coaches Leo DesBois (7th) and Maureen Twombly (8th) have 25 girls in the program this year. They have had a productive week running the girls through several different drills. The coaches are optimistic as they see the talent they have heading into the season of games, which will begin in January.

FYO: Amy Billings has 18 students in her **Fitness Yoga Outdoors** group. The group will be based on the mezzanine where they will be involved in improving their level of fitness through exercises, light weights, and training techniques. Participants will also spend time outside where they will be running, playing games, and doing some group-building exercises. Yoga will also be practiced once per week.

7th & 8th Grade Basketball Teams Practice Schedule

	Monday	Tuesday	Wednesday	Thursday
Girls	USB 2:50 - 3:30 Gym 3:30 - 4:10	Gym 2:50 - 3:30 USB 3:30 - 4:10	USB 2:50-3:30 Gym 3:30 - 4:10	Gym 2:50 - 3:30 USB 3:30 - 4:10
Boys	Gym 2:50 - 3:30 USB 3:30 - 4:10	USB 2:50 - 3:30 Gym 3:30 - 4:10	Gym 2:50-3:30 USB 3:30 - 4:10	USB 2:50 - 3:30 Gym 3:30 - 4:10

Basketball players will be out for dismissal at 4:15 p.m. 6th graders and the fitness students are dismissed at 4:00 p.m., so if you are picking up a basketball player please let the 4:00 p.m. people have the front spots in the carpool line. If a student is practicing first, (2:50 - 3:30 p.m.) and you want to pick them up after that come into upper school and check them out with the coach. Any student that takes the bus or has to be in 4:00 p.m. carpool will be let out to do that.

Next Week

Mon. December 3 Regular practice day

Tues. December 4 Regular practice day

Wed. December 5 Regular practice day

Thurs. December 6 Regular practice day

GSP Notes: There are still some remnants of soccer season in the locker rooms, so we ask all students check to make sure they have taken their stuff home... Students should make sure that they have their name on the sneakers and all belongings for that matter...