

THE BASELINE

The Maryland Belles

BACKBOARD

A Message from Maryland Belles President, Talen Watson

“The tans will fade but the memories will last forever”

Happy September Belles family. As we wrap up the summer season, I want to thank all of the players and parents who were a part of the 2021 season. The time, money, and dedication spent is appreciated and didn't go unnoticed. Also, thank you to all of the coaches who volunteered this summer. We all know it's a thankless job to coach. Your dedication is respected.

As we move into the fall season, I want to encourage all players to continue to work on their game. Even if players choose to play a fall sport, basketball isn't a sport that you can just “put down” and come back to in the winter. Carve out time during the week around school and other activities

Academics will always outweigh athletics, as you can only go so far in life without the proper education. The foundation of a strong education is not only in school during the day, but is also at home and during the week. Here are 10 Helpful Back-to-school Tips for Parents and Children.

1. Prepare a calendar for scheduling (Time Management)
2. Encourage kids to read at least one book before the school year begins
3. Refresh rules about screen time for the school year
4. Shop for school supplies and clothes early to avoid the rush
5. Do everything you can the night before
6. Establish a regular bedtime routine
7. Remove distractions like TV's, Cell phones, and video game consoles from homework areas
8. Try Apps like iHomework and myHomework to help organize assignments
9. Set realistic goals for the new school year
10. Establish a set of “family time” before bed

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Belles Annual College Send-Off

Our 2021 Annual Belles College Send-Off was a success this year, thanks to YOU! Thank you to each and every Belles Family Member who donated items, time, etc to prepare the baskets and to ensure delivery to our 2021 Graduates. As you can see by the smiles on their faces, each Belle was well pleased. Congratulations to each of our 2021 Graduates.



MD Belles 2021

Annual College Send Off

Upcoming Events

Each year the Maryland Belles hosts a Middle School Combine that offers local high school coaches the opportunity to visit with players and to evaluate our talented groups. This year the Middle School Combine is scheduled for November 7, 2021. Please Save the Date and be ready to bring you're a-Game!

For details and questions, please contact our Special Events Coordinator Kelly Goad.



Meet our Belles 2026 – Hamilton Team

Nine is Prime

Players: Shakira Mitchell, Sam Donovan, Morgan Ferguson, Miley Alguire, Kendall Williams, Karmen McDuffie, Dahni Suggs, Ari Benjamin, and Alana Harrison

Head Coach Shola Hamilton and Assistant Coach Chana (Coach C) Wilkerson

The Team recently played in the New Jersey Belles Shootout in the 9th grade division. The team is currently playing in two high school leagues. So far this fall they have a record of 5-3. We are expecting great things from this team this upcoming winter season!!!!



Coach DJ, an Essential Part of the Belles Organization

"Give them their flowers while they yet live".
When they can smell the rose and hold your hand to receive the flower you give.
-Unknown Author

Today we give Coach DJ Green his flowers!!

The Maryland Belles would like to thank Coach DJ for all he does for the Maryland Belles organization. Coach DJ currently coaches our Maryland Belles High School Team, and he also assists with the skill development of ALL of our MARYLAND BELLES TEAMS!!!



Coach DJ offers the Belles 2026 a little encouragement and motivation



MONTHLY COACH'S TIP

Offensive Basketball Tip to Help You Score

Practice Shooting from Different Angles

If you're trying to improve your shot, work on shots that you're going to take during games. While shooting from half-court and behind the backboard may be fun, they don't make you a better player.

The same can be said for 3-pointers if you don't shoot threes during games. Keep in mind that the more shots you take during practice the better you'll become over time.

Try to keep this in mind going forward as the principle applies to every aspect of life.

When shooting in practice, make a mental note to work on your fundamentals. This means following through on your shots, keeping your hand relaxed and keeping your fingers pointed out toward the basket.

To help you practice, consider using a multi-colored ball. This will allow you to see the rotation of the ball and determine if you're shooting the ball correctly. You also shouldn't think too much when you're practicing your shots.

Don't worry about missing shots, as you'll miss plenty of shots during practices and games. Develop a mindset where a missed shot doesn't affect your performance.

To help you score more baskets, try focusing on the target and not thinking about the shot. Shooting is all about muscle memory and each shot you take builds up that muscle memory up.

A couple other things you can do to improve your shooting includes filming yourself shooting and creating a routine. Filming yourself shooting is great because it gives you another way of determining what is working and not working with your shot.

MONTHLY RECRUITING TIPS

Research.

Learn.

Work.



WHAT IS COACHABILITY?

Coachability refers to an athlete’s attitude, not athletic skills. The great thing about coachability is that student-athletes have complete control over whether or not they are coachable. Athletes who remain positive, passionate and motivated will have a much easier time accepting feedback from coaches and engaging with their teammates.

Traits of coachable athletes to practice and make habit:

- Check ego at the door
- Look coach in the eye when talking
- Be open minded and humble when receiving feedback
- Willingly implement coach feedback
- Actively seek feedback from coaches
- Be a source of positivity and encouragement for teammates
- Demonstrate commitment to the team and the game

ATHLETICS + ACADEMICS = COLLEGE SCHOLARSHIP

UNDERSTAND THE NEW ELIGIBILITY STANDARDS

In response to the COVID-19 pandemic, the NCAA loosened eligibility standards for student-athletes who initially enroll full-time during the 2021-22 and 2022-23 academic years. The class of 2023 and beyond should follow the old rules because if you meet those requirements, you would also meet the new, adjusted requirements, should they get applied to other future grad years.

How to Determine Your NCAA Eligibility

The NCAA Eligibility Center extended its COVID-19 initial eligibility policies for student-athletes who initially enroll full-time during the 2021-22 and 2022-23 academic years. Students who intend to play D1 or D2 sports won’t be required to take the ACT or SAT by the NCAA. Students are also allowed to use pass/fail grades for core courses through the 2021–22 academic year. To keep track of updates that will impact eligibility for current and future recruiting classes, NCSA will continue to share information on our coronavirus resources page.



MD Belles Masks for Sale \$6



Website Update Requests

If you have requests for website updates, please contact your team admin.



As a reminder, payments can be made via personal check, Cash App \$MarylandBelles, or Paypal to themarylandbelles@gmail.com