

NEPSGBA INSIDER

The Official Newsletter of the NEPSAC Girls Basketball Assoc



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NEPSGBA CURRENT RANKING

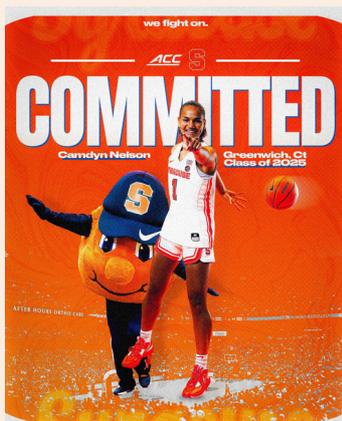
as of 2/13/24

Class AA	Class A	Class B	Class C	Class D
Nobles	Loomis	St Georges	WMA	Watkinson
Tilton	Kent	BCDS	Brewster	Rocky Hill
Southfield	Sacred Heart	GFA	Hamden Hall	Vermont
Tabor	Thayer	Lawrence	Holderness	CCA
Worcester	Hotchkiss	Suffield	Berwick	Darrow
Hoosac	Choate	St Lukes	KUA	Woodward
Rivers	Exeter	Governors	Harvey	Forman
New Hampton	BB&N	Brooks	Millbrook	Hyde
NMH	Dana Hall	Berkshire	Montrose	Bancroft
Storm King		Concord	Wooster	Christian Heritage
		Ethel Walker	King	
		Cushing	Gann	
		Pingree	Canterbury	
		Williston	Landmark	
		Cheshire		
		KO		

Standings as of 2/13/24



RECENT COMMITMENTS



5 WAYS TO ENSURE YOUR ATHLETES ARE COMPETING WELL

Excerpts from TrueSport®

NEPSAC is proud to partner with TrueSport® which has proved to be an invaluable resource for our coaches. The following is an excerpt from a TrueSport® publication. [Click here](#) to read the article in its entirety

As a coach, you have the ability to either help or hinder your athletes' pursuit of success in sport, as well as their overall wellness. A good coach ensures that mental and physical wellness are prioritized for their athletes, even if it means de-prioritizing performance and wins. This might mean reworking your definition of success, but in the long run, your athletes will perform better and be healthier, happier humans as a result. Here, the U.S. Anti-Doping Agency's Chief Science Officer, Matt Fedoruk, PhD, shares his top five ways to ensure your athletes are competing well and able to thrive in all areas.

Prioritize rest and recovery

We're conditioned to take this 'more is better' type of approach across the board, whether it's around training, supplements, or gear. But for a young athlete, we know adequate rest and recovery is more important than extra training hours," says Fedoruk. Overtraining is common, especially for serious teen athletes who are focused on getting an athletic scholarship—but while training extra hours may pay off at first, it can have consequences that can take athletes out of the sport for the season or for life.

Encourage multi-sport athletes

These days, there is a lot of pressure to specialize in sport from a very young age," says Fedoruk. As a coach, it's tempting to want your athletes to be fully committed to your team and your sport. But that's not the best long-term approach to success in sport or in life. "I know from the scientific literature as well as from personal experiences working with athletes that the best athletes are the most well-rounded athletes," says Fedoruk. "Multi-sport athletes learn technical skills and gain the experience they need to figure out which sport is right for them. Multi-sport athletes are also more likely to stay in sports longer, which is especially important now as kids are dropping out of sport at very high rates

Skip the supplements

"There are no magic bullets, and no supplement will be a shortcut to success. I think there's a lot of pressure these days to cut corners, and we're all pressed for time," says Fedoruk. "But at the end of the day, parents and coaches need to take a step back and ask, 'How do I best fuel my athlete to be successful?'"

Invest in mental health

As a coach, you play a huge role in the mental health and wellbeing of your athletes. You can create positive change by bringing mental health experts in to speak to the team about game day nerves, goal-setting, and dealing with stress and anxiety. You can also create an open door policy to encourage athletes to talk to you about anything they're struggling with. And you can share resources with them that improve their understanding of what it means to be mentally well. Lastly, make sure that there is space for athletes to simply have fun during practice and even within competition. "Sport can help solve a lot of problems, but only if you as a coach are taking a holistic, positive, and fun approach to it," Fedoruk adds.

Focus on growth instead of outcomes

As coaches and parents, we know that sports can not only teach young athletes how to score a goal or run a mile, sports can teach them life lessons like leadership, perseverance, and goal-setting. An outcome-focused coach with a 'win-at-all-costs' mentality might see early results—but as the season wears on and athletes become tired, overtrained, or simply mentally exhausted from so much pressure to perform, the wins will start to wane and the athletes will suffer. Focusing on sustainable growth for your team, with an emphasis on effort and hard work rather than results, will result in athletes who bring more to their team and their community.

About TrueSport TrueSport®, a movement powered by the experience and values of the U.S. Anti-Doping Agency, champions the positive values and life lessons learned through youth sport. TrueSport inspires athletes, coaches, parents, and administrators to change the culture of youth sport through active engagement and thoughtful curriculum based on cornerstone lessons of sportsmanship, character-building, and clean and healthy performance, while also creating leaders across communities through sport. For more expert-driven articles and materials, visit TrueSport's comprehensive library of resources.



SAVE
THE
DATE

SUNDAY,
MARCH 3, 2024



WEEK NINE IN NEPSAC

UPCOMING GAMES SAT 2/17

- 1:30 Governor's @ Lawrence
- 2:00 St. Andrew's @ Tilton
- 2:00 Thayer @ Brooks
- 2:00 Worcester @ New Hampton
- 2:30 Cheshire @ Williston Northampton
- 3:00 Hoosac @ Winchendon
- 3:30 Dublin @ Vermont
- 3:30 MacDuffie @ Storm King
- 5:00 KUA @ Brewster
- 6:00 WMA @ Berkshire

SUPER SUNDAY 2024

NEPSAC CHAMPIONSHIPS AND ALL-STAR GAMES

A LOOK BACK AT RECENT GAMES

St. Paul's 46
Thayer 38

Rivers 52
Brooks 42

Thayer - Jasmine James '25, 12pts
Elle Grant '25, 12pts
Cassidy Mullin '26, 9pts
Colleen Clooman '24, 5pts

Rivers - Payton Richard '24: 15pts, 8r, 1s, 1b
Grace O'Sullivan '25: 14pts, 4r, 4a, 3s, 2b
Chase Anderson '25: 13pts, 4r, 1a, 2s, 1b
Natalia Hall-Rosa '25: 7pts, 5r, 1a, 3s
Narissa Smith '25: 3pts, 6r, 4a

St. Andrew's Varsity 79
Rocky Hill 64

Suffield 58
Sacred Heart 46

Rocky Hill: Aliona Nikulina - 22p; 7r; 0to
Lily Sokol - 16p; 4r; 5a
Dariia Serednytska - 12p; 8r; 2b
Addie Mahar - 4p; 7r; 1b; 1s
Darien Kiernan - 7p; 2a; 2s

Sacred Heart - Lucianna Parrotta '27: 17pts, 3r
Madison Hart '24: 12pts, 8a, 2s, 1chg
Payton Sfredo: 10pts, 6r

Dexter Southfield 79
Marianapolis 42

Suffield - Keyvanna Bennett '24: 25pts, 19r, 2a, 1s
Alannah Baehr '27: 10pts, 3r
Sammi Santacroce '26: 9pts, 4r, 4a
Maevie Curtin '24: 7pts, 6r, 3a
Ania McMichael '24: 3pts, 2r, 4a
Gianna Strange '24: 2pts, 4r

Marianapolis - Maeve Early '27: 11pts, 6r,
2a, 1s, 1b
Alanna Phillipo '24: 7pts, 5r, 3a, 1b
Aryanna Sheehan '26: 12pts, 3r, 4a
Grace Solari '27: 5pts, 3r, 3a, 1s

Dana Hall 53
Concord Academy 41

Austin Prep 45
Phillips Exeter 40