November 16, 2016

Greetings from the Cascade Girls’ Basketball team. We hope all of you are doing exceedingly well and are enjoying the last few moments of Autumn. Hot cocoa is in vogue, the election is over, we recently received new garbage and recycling cans from the city, college basketball is on TV, tons of NBA games too, a Super Moon has engulfed our evening sky, and we just finished out eighth practice of the 2016-2017 basketball season. Awesome time of year.

The first edition of this year’s Cougar Hoop Scoop is being read by you right now and we hope you enjoy the up-to-date information about the Cascade Girls’ Basketball program. Please pass along these Hoop Scoops to anyone who is interested.

HELP

The Cascade Girls’ Basketball program is hosting a free throw fundraiser this coming week. Please consider making a flat donation or be bold and sponsor a player for each free throw they make. Each player will be shooting 100 free throws and we are hoping to raise much needed funds for the Tracey Family and for Feed the Children, an NPO that focuses on childhood hunger. If you are interested in making a contribution, please contact me at 563-599-8968 or email me at [michael.sconsa@wdbqschools.org](mailto:michael.sconsa@wdbqschools.org). Thank you.

ROSTER

The 2016-2017 Varsity Girls’ Basketball Team will be made up of sixteen players this season.

Seniors: Riley Takes, Anna Hunt, Noelle Green, Dani Federspiel, Rose Strang, Lisa Tucker, Laura Kremer

Juniors: Anne Ryan, Zoe Ryan, Abbie Ruggeberg, Morgan McMullen, Tonya Menke

Sophomore: Rachel Trumm

Freshmen: Skylar Dolphin, Nicole McDermott, Jordan Simon

Managers: Daneija Lobdell, Sarah Soliday, Steph Potter

SEASON SCHEDULE

For a complete listing of all basketball games for all levels, please go to <http://www.rivervalleyconference.org>.

JAMBOREE

An unusual fact for any trivia buffs out there: Did you know that the Jamboree hosted by Cascade High School may be one of the last Jamborees to still be running in Eastern Iowa?

Both North Linn and Easton Valley have cancelled their Jamborees and outside of the Cedar Rapids Metro area, we are the only one still running a Jamboree. (I get excited about this type of information. Means a lot to us that we can show off our school and facilities.

The Jamboree will be on Thursday, November 17th at Cascade High School. We have twelve teams here at Cascade High School on Thursday. The match-ups and schedule are as followed:

4:45 PM: Easton Valley vs. Bellevue

5:30 PM: Edgewood-Colesburg vs. Midland

6:15 PM: Tipton vs. Beckman Catholic

7:00 PM: Springville vs. Dubuque Hempstead

7:45 PM: North Linn vs. Western Dubuque

8:30 PM: Wahlert Catholic vs. Cascade

We hope you will take the time to come and check out the Jamboree and show your support for the girls and our team. We are truly lucky to be in a place where basketball is so well followed and supported by so many.

OFF SEASON RECAP

It was a busy off season for the Cascade Girls’ Basketball program. We are hoping the hard work, sacrifice, and time will help us be the best we can be this season.

Events

Dubuque Hempstead Spring League (April & May) (10 games) (Varsity & JV) Hosted four summer basketball camps at Cascade High School this summer Held six open gyms Played games at Camanche High School, Truman State Team Camp (Missouri), Creighton Team Camp (Omaha, NE), Scrimmages vs. Western Dubuque, Cedar Rapids Kennedy, Dubuque Wahlert, Clear Creek Amana, East Dubuque, Galena, two days at the Maquoketa Valley Team Camp, Prairie du Chien (WI) Shootout, and the Wartburg Team Camp.

The girls also played in the University of Dubuque Fall League (October)

I cannot say enough about the immense level of dedication that the girls continue to display in the off season. I am truly humbled and honored to be able to coach these players.

COACHES

Ernie Bolibaugh and I will be coaching the Varsity team again this season. Ernie is the absolute best coach I have ever been around and we are truly lucky to have a man and coach like him in our program.

Ryan Altiere and Heather Scott will be coaching our Sophomore team, while Vanessa Shipley will be coaching the Fresh-Sophs this season. We have about thirteen players on the Fresh/Soph roster for this season.

Tom Gleason and Heather Scott coach the Junior High teams at Cascade High School and have been working hard and pushing the players to work and improve. Their season is going along rather well and the players are competing to the best of their ability. Keep working ladies!

YOUTH TEAMS

Coaches, parents, and players. Please send me any and all results from your tournaments. I love hearing about how your teams are performing and playing.

Huge congrats to Chad Gehl and the 7th Grade Tournament team as they went 2-1 at the Dubuque Hempstead Shootout last weekend. Keep it up! Awesome job.

Thank you to all the coaches and players who participated in Hall Ball this past month. I heard a lot of positive things and I LOVED working with you at our camps this summer and the clinics on Sundays before you played at City Hall.

CLOCK

Anyone interested in helping run the clock at basketball games, please contact me or Adam Kedley at [adam.kedley@wdbqschools.org](mailto:adam.kedley@wdbqschools.org). We are in need of clock operators, spotters, and anyone willing to help.

ALUMNI

Ashley Arlen is in her fifth season of playing professional basketball overseas. She currently plays for Nottingham of the Women’s British Basketball League.

Abbey Meyer is a junior at The University of Dubuque. She is coming off two superb seasons for the Spartans.

Lynsey Dolphin is a freshman at Wartburg College in Waverly. Speaking to Lynsey she loves her team and coaches and the challenges of playing collegiate basketball.

We are so proud of you! Need anything let me know.

Hope to see you this Thursday and throughout the season.

Thank you!

Mike Sconsa

Head Girls’ Basketball Coach

Cascade High School