November 27, 2016

Greetings from the Cascade Girls' Basketball program. We hope that you had an amazing Thanksgiving and that this weeks Hoop Scoop finds all of you doing exceedingly well. Hard to believe that Christmas is in less than a month and that the refs gave THE Ohio State University a first down in the 2nd OT.

RECAP

Busy opening week for the Cougars as they hosted the Rebels of Northeast Goose Lake High School on Tuesday and came away with 51-31 victory. On Saturday, the Cougars faced the Bobcats of Western Dubuque High School in the annual Coaches vs. Cancer/Iowa Hall of Pride Scrimmage. After a tight first half the Bobcats dominated the second half and came away with a 58-40 victory over the Cougars.

The Cougars also hosted Cedar Rapids Kennedy High School in a scrimmage on Friday morning. It was another valuable learning experience for our team.

This scrimmage against Western Dubuque was a truly valuable learning experience for the Cougars as it exposed the areas we need to improve upon as a team, namely taking care of the basketball, rebounding, and playing stronger and with more physicality.

Far more important than the game of basketball was the amount of financial support and awareness that was raised for the American Cancer Society. This has become an awesome event for both schools and we cannot thank you enough for your support for this event and for the American Cancer Society.

FT FUNDRAISER

A huge thank you to all of you who supported our annual Free Throw Fundraiser. We were able to raise close to $3,000. The funds will be used for The Tracey Family, Feed the Children, and for Christmas presents for families in need. It is truly humbling to be in a community that is so giving and caring. Thank you so very much for all of your support.

UPCOMING SCHEDULE

Busy and challenging week for the Cougars as they face two highly improved and talented River Valley Conference teams. On Tuesday, November 29th, the Cougars will host the Knights of North Cedar High School. The Knights are as well coached as any team in the area and they are both athletic and physically strong. They are led by their excellent guard core of #11 Hay (12 ppg) and #13 Crist (14 ppg). North Cedar's frontline is long, active, and athletic. #31 Hawtrey (6.0 ppg, 13 reb), #33 Crock (8 ppg, 8 reb), and #25 Sander came of the bench to score 12 points against highly ranked Class 3A Camanche. Stats to consider: North Cedar was highly competitive and led for the majority of the game against Camanche High School and North Cedar grabbed 20 (yes 20) offensive rebounds against Camanche.

The Cougars will have to find a way of keeping the Knights off the boards while limiting

#11 Hay and #13 Crist.

This RVC game will be a Varsity Girl/Boy doubleheader on Tuesday. The Varsity Girls' will begin play at 6:15 PM followed by the Varsity Boys' at approximately 7:50 PM.

On Friday, December 2nd, the Cougars will travel to Wilton to fave the Beavers of Wilton High School. The Beavers gave the Cougars all they could handle last season and their entire roster is back from last season. The Beavers are athletic, skilled, and well coached. The Beavers are led by their trio #24 Lange (13.0 ppg), #15 Drake (10.0 ppg), and #32 Putnam (6.0 ppg). #20 Christensen (8.0 ppg), #12 Grunder (5.0 ppg), and #44 Milder (5.0 ppg) have been playing well for the Beavers thus far. The Cougars will have to limit the Beavers in transition while containing their trio of #24 Lange, #15 Drake, and #32 Putnam.

This RVC game will be a Varsity Girl/Boy doubleheader on Tuesday. The Varsity Girls' will begin play at 6:15 PM followed by the Varsity Boys' at approximately 7:50 PM.

This week will be a massive challenge for the Cougars. We need your support more than ever!

YOUTH TEAMS

From 4th Grade Tournament Team Coach Micah Green "Our 4th grade girls have played in two tournaments so far. On 11/5 we played in Maquoketa, went 3-0 for a 1st place finish and played in Cascade this past weekend, went 2-1 for a 2nd place finish. So, far off to a pretty good start. We are playing in a Cedar Rapids tournament on 12/3."

From 5th & 7th Grade Tournament Team Coach Chad Gehl "Reports from this weekend. 7th grade went 4-0 Sunday winning their side. They beat DeWitt, Davenport North, Waterloo Columbus and CR Prairie. 5th grade went 3-1 getting beat by Solon in the Championship game. They beat Northeast, Elkader and Dewitt."

Please send me any and all results from our youth tournament teams. I love hearing about our youth teams. If you need anything, please let me know.

Both Junior High teams from Cascade Junior High and Aquin Catholic Elementary School are in the middle of their schedules and have show steady improvement. Good luck and keep working hard. A huge thanks to the coaches for all of their hard work.

ALUMNI

Be sure to keep an eye on the progress of Abbey Meyer (University of Dubuque) <http://www.dbq.edu/Athletics/WomensAthletics/Basketball/>, Lynsey Dolphin (Wartburg College) <http://www.go-knights.net/roster.aspx?rp_id=5806&path=wbball>, and Ashley Arlen (WBBL Nottingham Wildcats) <http://basketball.eurobasket.com/team/United-Kingdom/Nottingham-Wildcats/8242?Women=1>

We are so proud of you!

Thank you for your amazing support thus far this season. We are so happy and honored to have the amount of support that we do. Please continue to come and show your full support to the girls and this team.

Thank you.

Mike Sconsa

Head Girls' Basketball Coach

Cascade High School