



HIGH SCHOOL NEWSLETTER

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Featured Content

Balancing Multiple Careers — Self-Morgan

With 17 years of experience in coaching and seven years of additional experience in administration, Cathy Self-Morgan, head coach at Duncanville High School (TX), has expertly juggled the responsibilities of both positions. Learn more about her best practices for working two roles. [Read More](#)



Identifying Athletes at Risk for ACL Injury (authored by Dr. Selena Budge)

Anterior cruciate ligament (ACL) rupture is one of the most common and physically devastating injuries in sports medicine. ACL injuries are a widespread occurrence in basketball due to the high frequency of cutting, pivoting and jumping. Specifically, the women's game has witnessed an epidemic of ACL tears—females are up to 8 times more likely to suffer this injury. [Read more](#)

2017 WBCA High School Coaches Day - March 31, 2017

The WBCA's High School Coaches Day will be held on Friday, March 31 (9:30 a.m. – 3:30 p.m. CT), during the 2017 WBCA Convention in Dallas, Texas. The day will include both on-court and classroom instruction, a boxed lunch and an opportunity to network with college coaches.



Sessions will include:

- “Fundraising and marketing your program,” Gary Blair, head coach, Texas A&M University
- “Coaching philosophy and building strong team culture,” Karen Aston, University of Texas
- “Offensive and Defensive Drills,” Andy Zihlman, Bishop Lynch High School

The cost is \$50 for the High School Coaches Day only.

Upgrade to the full WBCA Convention registration for \$199. Learn more about the event at www.wbca.org.

Online at wbca.org!

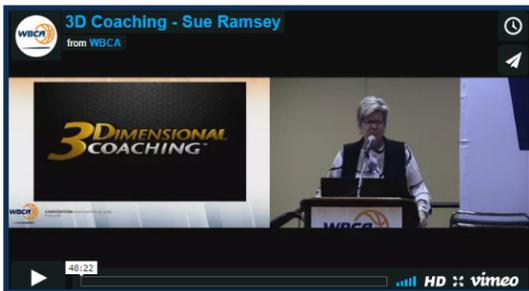
Learn year-round with the WBCA [Coaching Library](#), featuring more than 350 videos and audio files. Topics range from transition drills to motivating players, from offensive sets to fundraising.

What's Trending Now:



Recognizing Distressed Student-Athletes — Kensa Gunter

Kensa Gunter discusses how to spot the signs that a student-athlete is struggling.



3D Coaching — Sue Ramsey

Sue Ramsey, decorated DII coach, presents at the 2016 WBCA Convention on an effective, alternative coaching method: "3D Coaching."

WBCA Webinar Series - Jaime White

Jaime White, head coach at Fresno State University was the featured speaker for February's webinar focusing on how to prepare high school student-athletes to play at the college level. To view the recording of the webinar, go [here](#).

United State Marine Corps announces Battles Won Academy

In July 2017, the United States Marine Corps will host their Battles Won Academy for three days in Washington, D.C. to recognize and celebrate approximately 100 elite high school juniors who embody a fighting spirit by taking on the challenges of succeeding academically while excelling in athletics and bettering their communities. Learn more and nominate your students for this all-expenses paid trip and immersive Marine Corps experience [here](#). The deadline is February 28.



Join or renew your WBCA membership today!

The WBCA is your professional community! It's where more than 4,000 coaches in women's and girls' basketball come together to share, to grow and to work together to expand our sport. We want you to be a part of our team! [Get started](#).