



HIGH SCHOOL NEWSLETTER

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Featured Content

Gonsalves' passion for family and his students' success drives his career in high school basketball

Most people would consider a 461-36 record – including a 57-game winning streak – a remarkable demonstration of a basketball coach's desire to win. Tom Gonsalves, head girls' coach at St. Mary's High School in Stockton, California, and 2016 United States Marine Corps/WBCA National High School Coach of the Year, considers it proof that finding the right place and the right motivation makes all the difference. [Read more.](#)

Overuse Injuries (authored by Dr. Selena Budge)

Overuse injuries (OI) appear to be exponentially increasing at an alarming rate. We are also seeing an increase in overuse injuries at younger ages. This disconcerting trend has resulted in an influx of questions to us from concerned parents and coaches. We routinely get asked why there has been a recent increase in these injuries and what can be done to prevent them. [Read more.](#)



Save the date: WBCA High School Coaches Day during 2017 WBCA Convention (Dallas)

The WBCA will hold its inaugural High School Coaches Day on Friday, March 30, during the 2017 WBCA Convention. The Association hopes to welcome hundreds of scholastic coaches for a day of on-court and classroom instructions. Registration opens Nov. 2; details will be announced in October.

The WBCA Convention is the largest educational meeting of coaches of women's and girls' basketball. This year's event will see the move of the NCAA® Women's Final Four® semifinal and championship games to a Friday-Sunday schedule and will include:



- **On-court demonstrations** by top college and WNBA coaches;
- **Classroom and roundtable sessions** on topics like coaching philosophy, team culture and more;
- The **WBCA Courtside Expo** with dozens of exhibitors of the latest products and services for your program; and
- **Networking events.**

Learn more about the WBCA Convention [here.](#)

Online at wbca.org!

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

What's Trending Now:



2-on-2 Wing Denial - Vic Schaefer

Head Coach, Mississippi State

Coach Schaefer goes in depth on a defensive drill he utilizes to improve his team's defensive denial at the 2016 WBCA Convention.



Making A Drill Competitive - Mike Neighbors

Head Coach, Washington

Coach Neighbors talks about the dos and don'ts of making a drill competitive during the 2015 WBCA Convention.

High School Forum (new!)

Start the conversation! Log into wbca.org today and post in the new WBCA High School Forum where member coaches share ideas and discuss coaching challenges throughout the year.

Coming soon

WBCA Webinar Series for high school coaches and an online toolbox for new coaches.



Join or renew your WBCA Membership today!

The WBCA is your professional community! It's where over 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.](#)