

ROCKFORD GIRLS BASKETBALL NEWSLETTER

Volume 2: Issue 1



OWN THE LINE

Team Motto:

This year's team motto is "own the line". Essentially, we draw a line inside the 3-point line and instruct our team to stay inside the line (the pack line) at all times in the 1/2 court. As a defense, we feel that it's very important to keep teams out of our paint. By doing so, we believe that we will have a greater chance of staying out of foul trouble usually resulting from reaching fouls, occurring through bad positioning. This is very beneficial late in crunch time situations (late in games), when our players are not in foul trouble, and the opposing team isn't shooting as much from the free throw line due to being in the bonus. In addition, by staying inside our pack line we are also in perfect rebounding position and not giving the opposing team second chance opportunities to score. Lastly, this defensive strategy will only be susceptible to giving up low percentage, contested shots outside the three-point line. The integrity in which we "own the line" is paramount to our success. Therefore, the motto "own the line" was born!

September Sponsor Spotlight!



Rockford girls' basketball program would like to thank this month's sponsor spotlight Farm Bureau Insurance of Rockford for their tremendous support. Through their generosity the girls continue to enjoy a first-class experience throughout their career. Thank you so much Farm Bureau Insurance. Here is a link to their website:
<https://www.farmbureauinsurance-mi.com/>

To become a sponsor of the Lady Rams please contact Coach Wilson at bwilson@rockfordschools.org

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PLAYER SPOTLIGHT

SYD REINKE

Junior Forward #12 Syd "the kid" Reinke is the lone returning starter for the Rams. Syd started every game last season, and she is primed to take on an even bigger role in 2018. Syd's toughness and athleticism sets her apart from many girls in the OK RED. She has a unique skill set to play guard, and at the same time has the toughness to play and defend inside the paint. Syd is also a standout soccer player. Look for the Junior standout to make a huge splash this season, and hopefully help lead her team to a championship!



SECOND ANNUAL CAN CRIVE:

The second annual can drive fundraiser for girls' basketball will be held the week of November 23- November 30.

The girls will be hard at work trying to compete with their teammates to see who can raise the most money. This year's goal is \$1500 dollars! Needless to say, the girls have a lot of work to do.

If you would like to participate, please contact one of the high school girls' basketball players to donate!



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MEET YOUR NEW COACHES:

The Rockford girls' basketball program would like to welcome 3 new additions to its high school staff. Each coach brings unique skills and qualities to help make the girls basketball staff one of the best in the state. Welcome and congrats! GO RAMS!



MARC WHITFORD (Junior Varsity Head Coach):

Marc was born in Three Rivers Michigan, where he attended Three Rivers High School. Marc received All -State Basketball Honors and later was inducted into the Three Rivers Sports HOF.

Marc went on to Hope College to pursue his basketball career, and was a four year starter and received All - Conference honors.

Marc has coached many different levels of basketball from Youth to Assistant Varsity. His most recent coaching and most rewarding has been the coaching of the Rockford Rock AAU team.

Marc has a wife, Angela, two daughters Madee and Ryan and a son Casen. His family has been in

the Rockford area for the last 15 years. The Whitford family loves Rockford and would not want to be anywhere else!



ERNIE RAMIREZ (Freshman Head Coach):

Coach Ernie was raised and lived most of his life in Holland Michigan. He has 3 grown children Marcus, Marissa and Isabella, two grandchildren Noelle and Anaya. Ernie works full time at Corium International in the R&D department developing transdermal patches. He currently resides in Grandville, MI.

Ernie played HS basketball at Holland High. He has been coaching HS travel girls' basketball since 2005. In addition, Ernie has coached and ran basketball travel clubs: Lakeshore Sting, West Michigan Flight, Lakeside Hoops and Attack.

In between travel basketball seasons, he coached 2 years at Zeeland East Freshmen/JV, 4 years at Fennville Varsity, 1 year at Allendale Varsity and 1 year at Otsego JV.

Favorite Sports Team - UM Football/Basketball

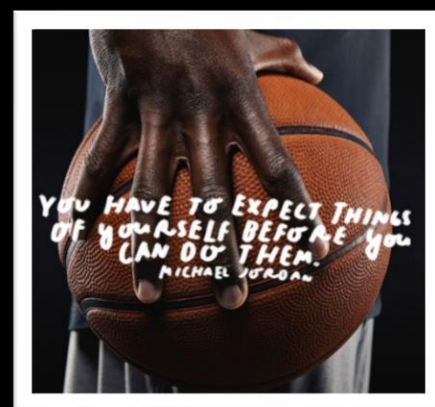
Favorite Slogan - Train the mind and the body will follow

Favorite Food - Chicken Alfredo from Johnny Carino's.



GABI NORDIN (Freshman Assistant Coach):

Gabi Nordin was raised in Rockford, Michigan. She attended Rockford High School where she swam, played basketball and soccer. She recently graduated from Central Michigan University with a degree in Biomedical Science and a minor in Leadership. This is her first-year coaching with the Lady Rams, and she is super excited to get in the gym and get to work! Go Rams!



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THE ROCK PROGRAM:

The Rock basketball program is back this fall! This is a GREAT opportunity for the girls to work on their game before their middle school season! For more information please visit rockfordgirlsbasketball.com and click on The Rock Tab. The Rock Program organizer is Michael Redell, and his email is mredell22@gmail.com



Tryouts for 7th and 8th grade girls are October 1st from 6:30-8:30 pm at the Rockford High School.



Check us out at:

www.rockfordgirlsbasketball.com



Rockford Girls Basketball



@RockGBB

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