



CTK CYO MONTHLY NEWSLETTER January 15, 2019

FAST BREAK

Pastor: Father Joseph Davanzo
Executive Director: John Newman
Assistant Director: Dennis Briordy
Executive Assistant: Michelle Mardiney

Director's Message

Now that the school year is in full swing and the interscholastic athletic teams are playing, it is a good time to discuss the selection process for those teams and what to do if your son or daughter is not selected for a particular team.

Having coached interscholastic basketball and baseball at the Middle School and High School level for 35 years I know how daunting a task it can be for a coach to select a team from among the many candidates that tryout. I have done this by myself (very difficult) and have done it with assistant coaches (difficult in different ways). Whatever the circumstance that your child finds themselves in, there will be tough decisions that the coach is going to have to make. Let's examine some of the issues that coaches deal with in selecting a team.

It is not unusual for coaches to be given a prompt deadline for submitting their final roster to an Athletic Director. This is due mostly in part because of rules requiring a minimum number of practices before participants can play in either a game or scrimmage. Since the seasons in interscholastic sports are condensed into a finite time frame it becomes imperative to select a team and get them ready for a season that begins usually about two weeks after the first tryout date. This is why many teams have only two or three days of tryouts before selecting the team. This is certainly not the ideal situation but one that most coaches find themselves in. Given this dilemma, it is easy for a coach to "miss" a deserving player especially when there is a large number of candidates trying out.

When selecting a team one of the factors that comes into consideration is the position that your child plays and the number of candidates vying for that position. For example when I was coaching baseball it was not unusual for a

much fewer tryout for the outfield. In that scenario the coach can't take all the infield candidates even though some of their particular skills may be better than the outfield candidates. A basketball coach can't take all guards nor can he take all forwards for the team in order to have a balanced team. Sometimes there are just too many candidates for a particular position and the coach has to make the tough decision.

In order for a team to function at maximum efficiency the practice sessions should be well planned and incorporate the coach's philosophies. Having a large roster makes it much more difficult for the coach to accomplish this especially if he/she doesn't have an assistant coach. Most coaches have a maximum number of roster personnel in mind that they are comfortable with in achieving their goal of having a well prepared team. If there are too many players on the roster and the coaching staff is over taxed the overall performance of the team usually suffers.

There are many other factors that go into team selection but what is more important is what to do when your child has not been selected for the team that they tried out for. It is important for you as a parent to handle this situation appropriately as this can be a traumatic experience for your child.

The first thing that must be done is to try and find out why your child was not selected. The coach should have spoken to each player individually and outlined the reasons why they were not selected for the team. It is important at this meeting that your child listen carefully to what the coach is saying so they can take the constructive criticism and use it to improve upon what the coach deems as their shortcomings. Often times kids are so upset during this discussion that they will miss the entirety of what the coach has said. If that is the case you should encourage your child to seek out the coach and ask for a private conversation of which the topic should be "What do I need

to do to make the team next year?" This follow up should be done by the child not the parent! It is a valuable teaching moment where we can begin to teach our children how to handle adversity and the steps necessary to alleviate it. Once they have been apprised of what they need to improve on, then the parent should encourage and offer assistance to get them to reach their goal of making the team the next year. I have heard many times from parents how their son or daughter was "devastated" by not making the team. My response has always been the same....."just think of how good they will feel one year from now when they get selected and have proven the coach wrong!" It has been my experience over the years to never underestimate a player that is willing to commit and put the time and effort necessary to improve their skills. The best 7th graders will not necessarily be the best 12th graders five years later. Just remember "if you're not getting better you're getting worse."

WHAT'S HAPPENING



Girls Volleyball-Our Girls Volleyball Program has expanded this year and CTK will be fielding one 6th grade, five 7th grade and two 8th grade teams this year. The teams will begin practicing the week of 2/4 and the games will begin the week of 2/25. It promises to be another exciting season as the girls continue to improve their skills under the watchful eye of our Director, Coach Donna Newman. We welcome back our coaches: Jim Smith, Ron Valinotti, Dorothy Burke, Jen Curran, Dennis Briordy, Erin Leahy Tamburro and our newcomers Mike Tagliento and Dominic Palazzo. Home games will be played on Sundays at the CTK Gym and all are welcome to attend.



Boys Divisions -

Grades 5 thru 8- The season is underway and it's been an exciting start. The 5th grade boys coached by Tom Ehlers opened the season with an exciting 39-38 win over St. Philip Neri. The boys did a great job under pressure to secure the victory and give Coach Ehlers his first career win. They are currently 2-3 after a couple of tough nail biter losses. They are still in a position to secure a playoff spot and are practicing hard every Friday night toward that goal.

Coach McConaghy's 6th grade squad is sitting atop their division with a 5-1 record. "Big Benny" Hughes is dominating the glass and driving the team to the early season lead. It promises to be an interesting second half as St. Rose and St. Anthony will be looking to knock off CTK.

Coach Rosenoff's 7th grade team finds themselves in second place with a 5-1 record. Nick Waga, Matt Rosenoff and Brandon Berozi are proving to be a difficult trio for opponents to handle.

Coach Tuffy's 7th grade team has had some "Tuff" luck in their division games. They have lost a couple of heartbreakers at the end but the team is still upbeat about their chances of having a good second half of the season.

Coach Gitz's 8th grade team is off to a flying 4-0 start and in a three way tie for first place. The next couple of weeks will separate the men from the boys as CTK takes on front runners Infant Jesus and St. Thomas More. Michael Gitz will be leading the team into this important stretch with his long range shooting.

Coach Newfield's 8th grade team got off to a slow start but are looking to be a spoiler and have a strong second half of the season. The team is led by Ethan Winter and his strong presence under the backboards.

Tyro division(grades 9 and 10)- The Tyro team coached by John Newman has started off the winter season with two wins in their first three games. They lost the opener to St. Matthew by the score of 50-38. The following weekend the team won two hard fought games, at St. Pius by the score of 43-40 and at home against St. Frances 39-35.

Against St. Pius Anthony Sicurelli led the team with 11 points as eight of the nine CTK players shared in the scoring. Late free throws by Danny Fitzgerald and James Haupt helped secure the victory.

In the game against St. Frances, Jack Bello's layup with 39 seconds in the game and an accompanying technical foul charged to St. Frances led to a five point play to put CTK ahead as they held on to win 39-35. Jack Bello led the way with 19 points and Jake Spinelli and Danny Fitzgerald both chipped in with 7 points each.

Team members this year are:

Jack Bello	Jake Spinelli
Anthony Tonso	Brian Lanci
Dan Figueroa	Elliot Smith
James Haupt	Dan Fitzgerald
Anthony Sicurelli	Anthony Maio

Senior division(grades 10-11-12)-The Senior team coached by Seth Goodman opened the season with a resounding 45-22 win over Our Lady of Lourdes. Adam Dubi led the way for CTK with 13 points as eight of the ten CTK players scored in the game.

Against St. Mary's of East Islip CTK fell by the score of 53-36. The much bigger St. Mary's team controlled the backboards and were able to limit CTK to one shot for most of the game.

Team members this year are:

Nick Parkes	Adam Dubi
Brian Merritt	Michael Turturro
Ryan Ott	Andrew Shovelson
Sam Goodman	RJ Orlovski
Kieran Bradley	Matt Cecere



Girls Divisions

Grades 5 thru 8-The girls season began in October and it was another good showing for CTK as three of our teams made the playoffs this year. The 6th grade team coached by Mike Orlando, the 7th grade team coached by Chris Kraft and the 8th grade team coached by Jill Kraft will be playing on 1/19 in the first round of the CYO playoffs. We wish them best of luck in their championship quest and are very proud of their efforts this season.

Our other teams, 5th grade coached by Jill Gillon, 7th grade teams coached by Anthony Davidson and John Newman and 8th grade team coached by Carmine Didomenico did not qualify for the playoffs but nonetheless provided the CTK fan base with some exciting basketball.

This coming Spring we will be fielding a girls Senior team for the first time. Coach Briordy will be at the helm and it will feature some of the best girls basketball players in Commack! Stay tuned and be ready for some quality basketball coming to CTK this Spring.



K-1 Clinic/Developmental League

The K-1 Clinic- Our clinic has grown again this year as we have 30 participants this season. Unfortunately we had to turn some people away as we could not fit any more in the gym. Next year make sure you sign up early and reserve a spot so you don't miss out!

Our clinicians are doing great each week under the tutelage of Coach Newman. Coach Newman is being assisted this year by Jay Morris, Chris Kraft and CHS

volunteers Travis Newman and Xavier Tomeii. Every Sunday at CTK our clinicians are honing their ballhandling, shooting and passing skills. In addition they have been performing ball agility, foot agility and pivoting drills. Come down on Sundays from 12-1pm and watch our future CTK stars put their best foot forward.

The Grade 2-3 Developmental Program-Our Developmental Program has expanded this year with 19 participants “swishin and dishin” every Friday evening at Indian Hollow School.

Under the watchful eye of Coach Newman they spend the first half hour doing skills work and listening to Coach Newman give a brief lecture on a new aspect of the game. When this is done they break down into teams and play 4 on 4 half court games. The games are getting interesting to watch as the improvement from week to week is remarkable. There are four sessions remaining and it will culminate with a full court 5 on 5 game for the first time for our clinicians. Feel free to come and watch our program 730-830pm at Indian Hollow School.

Individual Instruction

Coach Newman has been holding individual and small group workouts @ CTK for the past several months. Participants (boys and girls) currently range from 1st graders to 11th graders. Each session is approximately one hour in length consisting of fundamental drills involving ball handling, shooting, dribbling, one on one moves, agility and conditioning. Anyone interested in improving their game is urged to contact Coach Newman @ theace5120@aol.com to set up a session.



CTK would like to start a girls 4th grade team for the 2019-20 season. The season begins in October and finishes in January. Coach John Newman will be coaching the team. If you are interested in

playing contact Coach Newman at theace5120@aol.com. Registration will be in March and tryouts will be held at that time.

CTK would like to start a boys 4th grade team for the 2019-20 season. The season begins in November and finishes in February. Anyone interested in coaching the team can contact John Newman at theace5120@aol.com. Registration will be in March and tryouts will be held at that time.

Congratulations to Travis Newman and Spencer Malloy on their contributions to the Commack High School Varsity basketball team. Spencer has been starting and proving to be an immovable force under the basket. Travis has been coming off the bench and providing a spark with his inspired play. CTK is proud of our alumni and wish them well in their remaining games this season.



GET WELL SOON:

Aidan Norotsky, Brian Lanci, Erik Jovans