

CANFIELD LADY CARDS UPDATE



September 1, 2013

Volume 1, Edition 3

Welcome to the 2013 edition of the Canfield Lady Cardinals update. In this newsletter you will be able to read a wrap up from the 2012 season, letters from graduating seniors, important dates for next year, and some thoughts about our summer.

2012 SEASON WRAP-UP

Last season was a banner year for all of our teams. The freshmen team ended the season with a record of 6-6, winning 6 of their last seven games after starting the season with five consecutive losses. The junior varsity ladies finished with a record of 19-2, with their two losses coming by a combined total of four points. Our varsity team ended the season with a record of 26-2, ending their season at the hands of the eventual state champion Hathaway Brown in the regional final game. The varsity team ended the regular season with a record of 21-1, winning the AAC championship with a record of 12-0. The tournament trail began with a 60-33 victory over Salem. The Lady Cards disposed of Niles in the sectional final game by a score of 80-19. The district semifinal game was a familiar foe in Struthers, who entered the game with a 19-4 record. Canfield won a hard fought game 61-54 to set up a rematch of the 2012 district final against West Branch. In a game that featured West Branch being held scoreless in the second quarter, the Lady Cards won 40-37 to win a second consecutive district title. In the regional semifinal, Canfield used a huge rebounding advantage to defeat Parma Heights Holy Name 52-30.

The team success that the Cards enjoyed last season allowed several players to earn individual accolades. Sabrina Mangapora and Abby Baker earned first team all league honors. Sabrina also earned Northeast Ohio player of the year honors and first team All-Ohio honors, both honors she earned for the second consecutive year. She also scored her 1000th point early in the season. Rachel Tinkey and Allison Pavlansky earned second team all league honors. Other letter winners included Paige Baker, Kayla Barko, Crissy Gelonese, Jamie Giambattista, Lynnae Whitehead, and Erin Risner. The team tied a Lady Cardinal Record with 24 consecutive wins in a season and most wins in a season with 26. The five seniors (A. Baker, P. Baker, Barko, Mangapora, Pavlansky) end their careers with a two year stretch that included a record of 43-8, two district championships, a conference championship, and two appearances in the regionals that ended with losses to five time defending state champion Hathaway Brown two consecutive years.



Pictured to the left are our two returning seniors (from left to right): Crissy Gelonese, Jamie Giambattista (Summer 2013)

COACH'S CORNER

This past summer began with a spirited middle school camp in which our high school players served as coaches. The varsity team competed in the Fitch summer league playing teams such as Austintown Fitch, Boardman, and Hickory. Next up was the annual trip to Huggins camp where the JV and varsity teams gained valuable experience playing some of the top teams in Ohio. Next season features a new challenge as the Lady Cardinals are back in Division I after being in Division II the previous two seasons. Our five seniors have left huge shoes to fill but our younger players are talented and eager to continue the Canfield Lady Card tradition.

MEMORIES

PAIGE BAKER #10

Looking back on the two years that I was able to be a part of the Canfield Lady Cards basketball program, I would not change anything if I could. I was blessed enough to have the best teammates, along with a great supporting coaching staff. Not only did Coach Pav and Coach Reel teach us the game of basketball, but they were there for us even when we were off the court. I have so many great memories that I will be able to carry with me for the rest of my life, but one that stands out the most was being back to back district champs junior and senior year. At the beginning of each season we would set goals, and one of our main goals was being the district champions. This did not come easy for our team, and to achieve these goals we all had to work together. Every day when we stepped on the court we gave 100% effort and pushed each other to our best abilities. I am definitely going to miss being a part of this program, and I wish the best of luck to all of the underclassmen. Never give up on your dreams, and enjoy it because it goes by fast.

CREATING A HABIT

KAYLA BARKO #12

When I arrived at Canfield my freshman year, switching schools wasn't easy, but basketball was something that made me feel a part of a group. In the beginning, I could hardly catch the ball, and knew I wasn't one of the best players out on the court. However, I didn't let that discourage me, and the program helped me realize the importance of always working as hard as I could. When I went to practice each day, I told myself to tough it out for two hours and give it my all. The next day I would do the same, and eventually working hard was easier because it became a habit.

Towards the end of my career, I realized that I did everything I could to succeed and had no regrets. Originally, I thought this mindset would just make me a better player, but I realized it was starting to affect my job, school, and everyday life. In the end, I accomplished things I would have never imagined initially and gained a habit that will stay with me for the rest of my life.

It doesn't matter how old you are, or who you are; I challenge you to go out and start giving everything you do your best effort because in the future, it will pay off.

RANDOM THOUGHTS

ALLISON PAVLANSKY #33

Hey girls! I just wanted to say hello and give a little advice for the upcoming season. Underclassmen do everything you can for your seniors, it's their last season and while you are a team it is their team. Listen to what they have to say and keep an open mind. Do what the coaches ask of you. It's really simple and what they're saying or yelling helps (they don't want to see you fail). Be worried if they stop yelling at you. I know it gets difficult at times but if you put in effort you will be rewarded. Try and stay after practice to work on your weaknesses. If you don't, other teams can, and will, expose them. That was my biggest regret in high school basketball--not putting in extra time. As far as the season is concerned, give it everything you have all the time. Trust in yourself that you have it in you, because you do. Don't let anyone say that you guys won't be 'successful' (this happened to my team sophomore/junior year). YOU control how the season plays out. I know that you guys have been well prepared physically, so continue to work on the mental aspect. "50% of the game is played on an 8 inch court, your head." Also please don't think about previous year's successes. It's in the past and in order to be successful again you need a short term memory for the good and bad. I hope what I've said will help you at least a little bit, and I'm always here for any of you. I can't wait to get updates and watch you when I'm home. Love you girls, have an awesome season.

Did you know?

For more information about the Canfield Lady Cardinals, including schedules, statistics, and other information, access Mr. Reel's website through Canfield High School: <http://mrreel.weebly.com/index.html>

Important Dates

October 26	First Day of Practice
November 23	First game vs. Chardon
December 5	First league game
March 13-15	State Tournament



Pictured above are some of the players from the end of summer team picnic. (Summer 2013)



Above: Our players competing in the Minute to Win It games "A Bit Dicey" and "Caddy Stack." (Summer 2013)

OPTIONAL SUMMER WORKOUT REPORT

Gold Medalist Ball-handling (Goal: 20 hours)

1. Ashley Kaleel 29 hrs.

Gold Medalist Shooting (Goal: 10,000 made shots)

1. Ashley Kaleel 13,314

Silver Medalist Ball-handling (Goal: 12 hours)

2. Erin Risner 11 hrs.

3. Diana Murcko * 9 hrs. 15 min.**

4. Savannah Barko 5 hrs.

Silver Medalist Shooting (Goal: 6,000 made shots)

2. Erin Risner 9,166

3. Crissy Gelonese 5,954

4. Diana Murcko * 4,575**

*** Middle school player



Pictured to the left are the 2012 Austintown Division II District champions. (March 2013) Courtesy: Town Crier

Did you know?

Canfield Lady Cardinals basketball has won 21 league championships, 11 district championships, 3 regional titles, and two state runner-up finishes.