



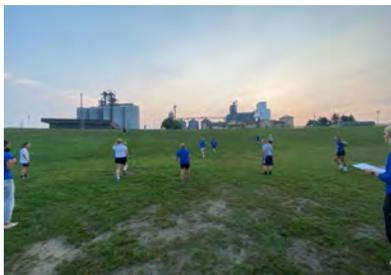
Mayville State Women's Basketball Newsletter

2020 Preseason Under Way

The 2020-21 Women's Basketball team has started their preseason workouts. Actually they are three weeks into the preseason already. The team and the players have been working very hard both on and off the floor, as well as in the classroom. The preseason is used for a couple of reasons, the number one reason is to give the players a chance to come together and start developing as a TEAM. This strong cohesive connectivity is the foundation for a successful team both on and off the floor. The players have been engaged in numerous team activities both on and off the floor. They have been lifting weights, conditioning, playing open gym, having individual workouts, attending study tables and having some fun off the floor like our annual Team Scavenger Hunt, which they have to present to the team. We have added some pictures below of some of the condition and workouts the players have been participating in. We are a very young team, and we have quite a few new players, so the preseason is extra important and valuable this year for us, as we try to grow as a TEAM. We are very excited for what lies ahead for this team. They are a great bunch of young ladies, and I have enjoyed the first three weeks of the season. We are excited to represent Mayville State on and off the floor this season

#RaiseTheLevel

#EffortAndAttitude



"THE HILL" WORKOUT



OPEN GYM



SPRINT/JOG WORKOUT



"AM" TABATA WORKOUT

2020-21 Schedule Released

The Comets WBB schedule has been released for the 2020-21 season. As you can see below, due to the COVID-19 pandemic we have lost some non-conference games for this upcoming season. If we add any games, we will make sure to advertise that for all. We will play all of our 14 NSAA games this season, and there will still be post season play at the end of the conference season.

WOMEN'S BASKETBALL 2020-2021 SCHEDULE

DATE	OPPONENT
October 26	Jamestown College
November 6	Jamestown College
November 20	"Dakota Clash" – Dakota State
November 21	"Dakota Clash" – Presentation College
December 2	Trinity Bible College
December 5	Presentation College
December 16	University of North Dakota***
December 29	Doane College
December 30	College of the Ozarks
January 8	Waldorf College
January 9	Viterbo University
January 15	Dakota State University
January 16	Bellevue University
January 22	Valley City State
January 23	Dickinson State
January 29	Dickinson State
January 30	Valley City State
February 5	Bellevue University
February 6	Dakota State University
February 12	Viterbo University
February 13	Waldorf College
February 19	Presentation

WOMENS BASKETBALL "HOOPS CLUB"

Click or copy the link below for information or to join TODAY
<https://mayvillestate.edu/alumni-friends/msu-foundation/womens-basketball-alumni-hoops-club/>

PRESEASON TEAM SCAVENGER HUNT

Our annual Preseason Team Scavenger Hunt was another success for us. We use the Scavenger Hunt for a couple of reasons. We use it for the players to spend some time together outside of basketball working on a task together. We also use for the new players to get a chance to see where things are both on campus and in town. The groups of a variety of tasks they need to complete. They need to go to some places and take a group photos, and they also have to go meet some people and take a photo with them. Might be the President of Mayville State or Lois in the Business office. They have to go to places like the windiest place on campus, Island Park. They also needed to perform the school song as well. They had to collect all of this information and present it to the team. We have added some of the photos from the Scavenger Hunt below. The kids have a good time with it, and the winning group gets a small prize from the coaching staff as a result of their effort.

Comet Athletic Club "Athlete Feed"

Every year within the first couple of weeks of school the Comet Athletic Club has an Athlete Feed for all the athletes at MSU. The group cooks a great meal consisting of brisket, corn and potatoes. It is a chance for the CAC members to meet all the members of each of the six Comet Teams. The CAC is the main fundraising body for MSU Athletics. They do a GREAT job of supporting Comet Athletics year in and year out. Our success is directly related to their behind the scenes effort. **WE WOULD LIKE TO THANK THE CAC FOR EVERYTHING THEY DO FOR WOMEN'S BASKETBALL AND COMET ATHLETICS.**



SCAVENGER HUNT PHOTOS

