

Liel Shlafrok

Ms. Goldstein

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Girl's Sports

Participating in any girl's sports at Ida Crown Jewish Academy enriches your high school experience. Girls can do many different sports including basketball, soccer, cross country, and fencing. The Girl's basketball team is great because you start off not knowing each other, but as you go through the season, the girls become like family to you.

I remember when I was coming in as a freshman in 2017 and trying out for the basketball team. It was fun and kind of scary at the same time because you want to impress the coaches and show them all you've got and what you can bring to the team. You find out about a week later if you make the team or not. After I made the team I was both happy and nervous because the team is mixed with freshman and sophomores. At the start of my freshman year basketball season, it was very exciting because you get to choose your own jersey number and you can choose your own basketball shoes. I got the number 30 because I love basketball player Stephen Curry and that is his jersey number.

Senior Yael Appel said, "I remember when I came into the gym after I made the team and the girls were kind of quiet and no one was talking. Everyone was in their friend groups, but as the season went on, we all grew closer and closer so at the end of the season, we became a big

family. We developed close relationships with each other and our coach. It was just an amazing experience.”

Every season there are at least 16 or 17 games and the Miami Tournament in February usually lasts four days. Only the varsity team gets to go to Miami, but in Miami, you stay at a house or hotel with your teammates and you attend dinners, lunches with the other teams that are in the tournament. Then you get to spend a *Shabbat* in Miami where you meet with all the teams. During those times in Miami, you are able to go to the beach or go swimming with your teammates and develop a closer bond with them. Game day comes along and it’s exciting and thrilling. In the end, win or not, you develop a close relationship with your teammates, coaches, and you end up having the best time of your life