

[Page 6 - On the Road to the Canada Winter Games](#)

ISSUE : [Issue 44](#)

Published by Ronald Caplan on 1987/1/1

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Elsa: (What are you allowed to do to stop someone who's physically trying to take that position? What's permissible?) You step in front.

Danyelle: Just kind of front up... get your body position around them. Elsa: You front the offensive player coming through. And you try to make it seem like that's your position, not hers. That's where the aggressiveness comes in, Danyelle: When you're fighting for position. It's not necessarily fighting. It's just maneuvering for position--that's a good word for it. (And that's all legitimate?) Oh yeah, unless it's dirty. Unless there's elbowing and that. Then you get a foul. And reaching in, that's foul also. They're pretty strict on the rules. Elsa: Most teams are structured for you to have fun, plus you're to develop your skills. You know, to increase your level of awareness in basketball, your basketball court awareness, things like that. And your aggressiveness is part of it. And at junior high when you first begin, there's not as much aggression. Danyelle: 'Cause you're more or less learning your fundamentals--you know, how to dribble and how to shoot. Elsa: It's something in you--aggression--I guess you could say. If you want to play, and if you want the basketball, if you want to play the proper way. Danyelle: The more aggressive you are, the better you're going to be, because you're always going to want the ball... and serious into the game. That's like with our Nova Scotia team-- we're small, so we have to really be aggressive and work hard and get the ball at every chance we get. Because the teams out B, C., I mean, they're big trees, a lot of the teams are. So we just have to be aggressive and work really hard, extra hard. Elsa: (The thing that gets me is the amount of running involved.) It's really good for your cardiovascular system--basketball is. It's supposed to be one of the top sports for that. Because you're continuously stopping and starting, Danyelle: And thinking at the same time! Elsa: You're going for a short distance, Danyelle: Sprints, a lot of sprints. And then really tough defense. When you play tough defense, that is really hard. It takes a lot out of you. People say that defense is easy, but if you really want to work hard, it's one of the toughest things in basketball, I think. Defense kills! It



kills me! Elsa: (Of course, you weren't born with great cardiovascular systems or with a great capacity to run.) You have to develop it, through training. Danyelle: (Tell me about your training.) Well, with the Canada Games, (the Nova Scotia Core Team,) we have to concentrate on a lot of basketball. Our coach cannot work a lot of time on conditioning with us, so we have to do it on our own. Elsa: 'Cause we're together such a short time. (6)