Nueva Internship Timecard (30 Hour Minimum) Notes, and Evidence Log Student Name Hayden Turrini

Date	Start Time	End Time	Total Time	Mentor Signature	Reflective Notes on Tasks Completed (continue on back if needed)	Evidence (Insert photo)
8/26	5:30	7	1.5		- Tryouts for the NVL 7 th grade girls team - Had to determine which of the 18 would be on our team and what ones should be on the other - Ran drills to test what levels the girls were at and to see what individuals stood out	It was difficult to decide what girls should be placed on the higher or lower team, was afraid of hurting some girls feelings. Even hard because a lot showed potential and I only had 9 slots and 18 girls in all.
8/28	5:30	7	1.5		- First real team practice - Went through fundamental drills and got a sense of all the girls skills - Taught the girls how to form shoot	The team looks very strong and but need improvement. Their biggest flaw is layups, they need a LOT of work and improvement.
8/29	5:30	7	1.5		 Continued working on key fundamentals with the girls Separated the guards from the posts Worked with the posts individually Went through the basics of post work; drop steps, rebounding techniques and post ups 	Two of the three posts Emma and Brittney show a lot of potential for being strong posts; if they work hard enough they could be our top scores, especially if we use Brittany's height advantage.

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8/30	5:30	7	1.5		- Introduced two new plays fist and ice - Girls received uniforms but only 6 of 9 were there so it was a unfair in receiving all the numbers they wanted	Girls slightly struggled with learning the new plays and not all were there so it was difficult with a lesser number. Friday practices are difficult because of the lack of attendance.
9/4	5:30	7	1.5		- Taught the girls sideline break, quite possibly one of the most important plays and also taught the offensive play 4 out 1 in	The girls struggled with the learning of sidleine break and adapting from zone to a man defense. They are large concepts so time will help.
9/12	3:30	4:30	1 (- First game of the season! - Played against Washington Middle school Win Score: 34-11	We won our first game 34-11. The girls played strong defense and had a lot of fast breaks which assisted in large amounts of scoring.

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9/17	3:30	4:30	1		- Game against Adele Middle School Loss Score: 23-27	We lost 23-27, we lacked good defense and could not make the shots we needed. But the girls played hard and hustled.
9/18	5:30	7	1.5		- Worked on switch defense, to help improve our defensive skills - Improved sideline break, answered questions to help clear up any confusion in the play	Girls were very goofy and unfocused today, hoping they are prepared enough for tomorrows game.
9/19	3;30	4;30	1		- Game Against SVMS -Easy team to beat Win Score : 36-14	Good win for the girls, had a lot of fast breaks, but need work on our outside shots.

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9/23	5:30	7	1.5		 Solo practice, got to run with practice by myself without any help! I thought I did good for my very first time alone tried to keep it fun yet productive Felt like a real coach who got to run things 	The girls had a lot of fun but at one point weren't listening to me so I was forced to make them run, in a way I earned respect from them and we still managed o have a great practice.
9/24	3:30	5:30	2		-Game against RLS in St. Helena Win Score: 25-6	We got a nice win, our defense was amazing and it helped us limit their scoring. Our scoring was not up to par, we missed much too many easy layups.
9/25	5:30	7	1.5		- Back to normal practice with coach Oden - Prepared for future game against a very touch team with two tall girls that will challenge us - Worked with posts to help improve their offensive game	Brittany finally got the drop step move down after struggling with it for the last couple days. Posts are improving phenomenally.

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9/26	3:30	4:30	1		-Game at home against Technology Middle School Win Score: 28-2	Girls played great defense against two very tall girls. Notice a huge lack in Caitlyn today, missed a lot of layups, which is very out of character of her.
9/30	4:30	6	1.5		- Prep for a very difficult week of games - Tightened up our defense	Press is beginning to improve and girls are starting to understand the concept of it.
10/1	3:30	5	1.5		-Game against Kenilworth at home Loss Score: 21- 35	Tough loss for the girls, had a lot of bad passes and posts struggled a lot today. A lot of things fundamentally that need to be fixed.

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10/2	5:30	7	1.5		- Practice worked on press break flaws from the last game	Worked specifically with Brittany on her post work and worked on her being a lot more aggressive like she needs to be.
10/3	3:30	4:30	1		-Home game against Petaluma Loss Score:15-28	
10/7	4:30	5:30	1		- Practice with a main focus on shooting, ran a lot of shooting drills to hopefully up their percentages - Also worked on moving their feet more and not be so quick to foul	Girls were very off focus today, as a coach it is very frustrating when they aren't fully there.

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Dale /	Start Time	End Time	Tofal Time	Mentor Signature	Reflective Notes on Tasks Completed (continue on back if needed)	Evidence (insert photo)
10/8	3:30	4:30	1		-Game against Healdsburg Win Score: 24-11	The girls had a much better game, they ran the ball a lot, made way more fast breaks and Brittany really stepped up when Emma hurt her ankle.
10/9	3:30	4:30	1 (- Scrimmage against Slator Middle school Loss Score: 21-25	Even though the girls lost they played an amazing game and hustled really hard, by far the best game I have seen them play.
10/14	4:30	5:30	1		-Practice and prep for a tough game against Santa Rosa Middle School	Worked with Emma and Brittany a lot today about inside post work as usual.

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10/15	3:30	4:30	1		-Game at Santa Rosa Loss Score: 17-18	The girls battled hard and held on, very close game, couldn't be a mad coach because they worked so hard and gave their all.
10/16	3:30	4:30	1		-Game against Kenilworth again Loss Score: 28-30 -This was a very difficult team the girls rose to the challenge	Caitlyn had an amazing game today, not only scoring a lot but played through a painful injury.
10/17	3:30	4:30	1		-Game against Petaluma Loss Score: 22-33	The girls had 3 games this week and you could easily tell that they were exhausted and needed a day off, they still put in a lot of effort, just couldn't get the win.

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10/22	3:30	4:30	1		-Game at Healdsburg Win Score: 18-9 It was a very easy team to beat, but we should have scored a lot more. Caitlyn my best post out for the rest of season due to fractured wrist.	
10/23	3:30	4:30	1		-Game against Lawrence Jones Loss Score: 32-44	Kaity had a great game today, but our passing hurt us a lot led to a lot of turnovers. Their focus was not on today which caused the loss.
10/24	3:30	4:30	1		-Final game against Rincon Middle School Loss Score: 22-38 This was our last game, and even though it was the way out season should have ended I was very proud of the girls and thankful I got to coach such an amazing group.	WE VIEW STATE OF THE STATE OF T