

Elite: Girls Basketball

With Coach Krystal Ferguson

Grade 7-9, 3:30 - 6:00 pm

June 17 - 21 and July 26 - August 2



"Coach Krystal is a true professional. She knows how to push the players to perform at their best and does so with a calm, patient, and supportive demeanor. Coach Krystal truly cares about her players beyond basketball as well. She stresses the importance of academics and teaches valuable life lessons whenever possible. Our daughter will be playing basketball in college beginning this Fall and Coach Krystal helped her navigate her way through the recruitment process. I only wish we had started with Coach Krystal sooner." - Jane Bidwick, parent of 2019 player



"Coach Krystal has taught me what it means to believe in someone. From the day that she became my coach she has pushed me to become the best version of myself. She taught me what it meant to believe in yourself, even when no one else does. Coach Krystal has taught me what it takes to lead a team, and life skills that go further than the game of basketball. At the beginning of my junior year AAU season she sat down and told me that she was going to do everything possible to help me achieve my dream of playing Division 1 basketball come true. She did just that. She taught me that if you believe in yourself and put in the work anything is possible." - Stella Gougoufkas, James Madison HS '24, Holy Cross Wbb commit



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"Coach Krystal has been an instrumental figure in my life for the past 10 years. Her unwavering support, guidance, and mentorship has played a pivotal role in shaping my basketball career and navigating the highs and lows along the way. When I was unsure about pursuing basketball at the collegiate level, she saw something in me that I hadn't fully acknowledged. Her encouragement was pivotal in helping me choose Dickinson! Coach K is not just a coach but a true mentor who goes above and beyond for her players. From the very beginning, being a little 5th grader, she saw potential in me and encouraged me to strive for excellence both on and off the court. For any problem I face, I know she is always one call away and there to support me. She focuses on refining skills on the court but also places a strong emphasis on building confidence and character in all her players. Looking back on my many years with Coach K, I am grateful for the long lasting difference she has made in my life!!" - Irene Haramis, Dickinson College '26

"I will never forget the motivational speech Coach Krystal gave before our first on-the-road AAU tournament. She told us, "College coaches are going to watch how you present yourself with pride and support for your teammates on the bench just as much as they watch how many points you score when it's your time to play." Coach Krystal to this day is the best coach that I ever had throughout my basketball career. She understood that basketball is more than just a game but a lifestyle, she taught life skills through perseverance on the court, and she instilled a love for teamwork and an atmosphere of camaraderie off the court. I became a stronger basketball player while simultaneously becoming a healthier and overall better person under Coach Krystal's leadership. I am forever grateful for the ways she believed in me, pushed me, and encouraged me to shoot for the stars. I still carry life lessons from that first tournament and beyond throughout my daily life." -Mia Raskin, Binghamton MBA '24

