



## BCAM'S MONTHLY REPORT

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**CLINIC:** Many of you will be reading this report a day or two before you head to the 25<sup>th</sup> Annual BCAM Clinic. Be assured that Ed Dutcher has lined up a great list of speakers. You will get a lot of information from coaches at all levels. If you did not pre-register, you can still attend. You will have to pay more (\$105) but the clinic is still available to walk-ins. See you in Lansing.

**FELLOWSHIP OF CHRISTIAN ATHLETES:** Kurt Keener (Det. Country Day) will be the speaker at the FCA Sunday morning get-together at the Holiday Inn South as part of the clinic. The fellowship starts at 7:30 AM with coffee, juice and rolls. It will conclude in time to get to Holt HS and Hubie Brown.

**WEBSITE:** All responses have been positive about our new website. Take some time to explore the different areas. If you see a mistake or an area that needs to be added, contact our webmaster (Warren Wood, [beyond3@charter.net](mailto:beyond3@charter.net))

**FACILITIES:** Before you complain about your facilities, consider that there is a high school in Texas that plays its basketball games outdoors on a cement slab. The school is Big Bend HS and recently the boys and girls team got their first ever, new uniforms. Previously they played in hand-me-downs from other schools.

### **FOR THOSE COACHES WHO ARE DESIGNING OR FORMING YOUTH DEVELOPMENT BASKETBALL LEAGUES: BCAM recommends the following:**

5-8 years old - No zones. No pressing. No stealing when guarding the ball. Can steal passes. Do not keep score.

9-12 years old – Press only 1 quarter (preferably last quarter). Play zone 1 quarter.

Middle School Girls – No trapping. Can press player to player. Zone 1 quarter.

Middle School Boys – Zone 1 quarter. Press second half. Can trap second half.

\*\*\*Basketball coaches at all levels should be reminded to always teach basic fundamentals and to encourage teamwork and sportsmanship. Remember that the number one reason that youth play sports is to have FUN!  
*For more information on youth development programs contact Dan Young (Westland John Glenn HS [youngda@yahoo.com](mailto:youngda@yahoo.com))*

### **MIDDLE SCHOOL NOTES:**

Wow! As I write this column, I wonder where June through August went. I reflected on how precious each day is. Each day that we live is a gift, but often gifts are not appreciated. Christmas gifts are given with a spirit of kindness and love, but so often the gift is ripped open and forgotten. Christmas can be “fast track”, and the life of a coach is often “fast track”. I coached multiple sports for over 30 years with great passion. Our teams won many awards and won many games, so many people would consider us highly successful. As a seasoned coach, I would like to offer some suggestions. Remember that God, family, and relationships come first, and each of these need to be your first passion. Your next passion needs to be your sport and your team. Team means family, and you need to treat your athletes like your family. That always means love, kindness, and patience, but it also needs to include discipline and assistance in wise choices. Coaching means giving, and all coaches give of themselves because they have a passion for their sport, life, and student athletes. Remember that each minute of life is a gift that cannot be replayed.

I have watched with excitement how many football teams at the high school and college level are playing the spread offense. When executed properly, this offense is potent and exciting for players and spectators. Other than the full court press defense and the fast break offense, what things are exciting basketball audiences? Please share your ideas for exciting things that are happening in the awesome world of basketball.

Gary Dewey – South Shore Christian Middle School [gdewey@jugo.hollandchristian.org](mailto:gdewey@jugo.hollandchristian.org) Retired (kind of)

## **THE FOLLOWING ARTICLES RELATE TO DEALING WITH BURDENS AND STRESS:**

Maybe they can help you deal with the rigors of coaching.

### **DEALING WITH BURDENS:**

A lecturer, when explaining stress management to an audience, raised a glass of water and asked 'How heavy is this glass of water?'

Answers called out and ranged from 20g to 500g.

The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden. So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for moment if you can."

So my friend, put down anything that may be a burden to you right now. Don't pick it up again until after you've rested a while. Here are some great ways of dealing with the burdens of life:

- Accept that some days you're the pigeon, and some days you're the statue.
- Always keep your words soft and sweet, just in case you have to eat them.
- Always read stuff that will make you look good if you die in the middle of it.
- If you can't be kind, at least have the decency to be vague.
- If you lend someone \$20 and never see that person again, it was probably worth it.
- It may be that your sole purpose in life is simply to be kind to others.
- Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- Nobody cares if you can't dance well. Just get up and dance.
- When everything's coming your way, you're in the wrong lane.
- You may be only one person in the world, but you may also be the world to one person.
- Some mistakes are too much fun to only make once.
- We could learn a lot from crayons... Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.
- A truly happy person is one who can enjoy the scenery on a detour.

**9/11 LEADERSHIP LESSONS:** There are many lessons we can take from the events of September 11, 2001 - to appreciate our loved ones more and to let them know how much we care about them, to say thank you to the brave men and women who serve our country both at home and abroad, and numerous others.

Among the lessons we can learn from 9/11 is how to lead in a crisis. Thankfully, virtually all of us will never have to lead

on an international stage after such a horrific attack, yet we can still learn important lessons on how to effectively lead our teams during the mini-challenges that each of us faces on a regular basis.

In honor of the lessons of 9/11, click on the article below to find out the four most important things you must do as a leader to lead your team through difficult, crisis situations.

<http://www.championshipcoachesnetwork.com/public/230.cfm>

Jeff Janssen <http://www.jeffjanssen.com> Janssen Peak Performance

## SEVEN KEYS TO COACHING TODAY'S MILLENNIAL GENERATION ATHLETE:

Is today's generation of athletes different than years past? Do you at times feel a little disconnected from the current generation? Wonder why some of your coaching analogies, examples, and stories seem to go over your kids' heads?

Learn what motivates today's Millennial generation of athletes (born 1982 to the present), how they are different, and what you can do as a Gen Xer or Baby Boomer coach to continually adapt and stay connected and relevant to your team.

<http://www.championshipcoachesnetwork.com/public/378.cfm>

Jeff Janssen <http://www.jeffjanssen.com> Janssen Peak Performance

## WHEN THINGS IN YOUR LIFE SEEM ALMOST TOO MUCH TO HANDLE....

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 beers.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar.

Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous, "Yes."

The professor then produced two beers from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed.

"Now," said the professor as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things---your family, your children, your health, your friends and your favorite passions---and if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house and your car. The sand is everything else---the small stuff. "If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Spend time with your children. Spend time with your parents. Visit with grandparents. Take time to get medical checkups. Take your spouse out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first---the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the beer represented.

The professor smiled and said, "I'm glad you asked. The beer just shows you that no matter how full your life may seem, there's always room for a couple of beers with a friend."

**SPONSORS:** Don't forget to support the companies that support basketball coaches. You can click on the ads posted on the BCAM website to access each of these great BCAM sponsors.

