

DECEMBER, 2011 BCAM MONTHLY REPORT

Tom Hursey – Executive Director



FROM THE EXECUTIVE DIRECTOR:

There has been some disturbing news on the sporting scene recently. Jerry Sandusky and Bernie Fine have lowered the coaching profession in terms of respectability. As expected, these types of allegations lead people to come out of the woodwork and old problems raise their ugly head.

As Executive Director of over 4400 coaches and school personnel, I hope Michigan high schools don't have problems like Penn State and Syracuse. My personal comment on this subject is: "If you know of any child abuse, you must report it. Coaches are in a delicate situation dealing with children and young adults. Make sure you don't put yourself in a tenuous situation by isolating yourself with student-athletes in a way that could be misinterpreted. Common sense should rule your day."

On a more positive side, I wish each of you a great basketball season. For every game that is won there is a game that is lost. Whichever end of the score you end up on, please react with class. Some of the best coaching you will do is after a loss. In 21 years of varsity coaching, I coached well over 400 games. I lost just about the same number of games as I won. I understand what some of you will be going through this year with more losses than victories. You owe it to your kids to remain positive, to come each day with the attitude that you will give your players your best effort, and to do your best to keep your team improving throughout the season.

Finally, have a safe and happy holiday season. Don't forget to spend quality time with your family and give your players a chance to do the same.

FROM THE PRESIDENT – *Matt Schelich (Kingsley Girls Varsity)*

I would like to extend my personal gratitude to the retiring BCAM clinic crew. Ed Dutcher (clinic director) and his clinic gang have done a remarkable job of providing coaches with great weekends for the past 3 decades. I can say with confidence that all BCAM members are grateful for their services. On that note, I would say good luck to our new clinic personnel; you certainly have big shoes to fill.

In the November newsletter Tom Hursey mentioned the importance of having a parent meeting. It always seems like one of those dreaded items that coaches don't look forward to; I am no exception to that. However, I do believe that it is time well spent. Now I know that parent meeting time has probably already passed, but I wanted to share a few items from my own parent meeting. These "words of wisdom" can be applied throughout the season; maybe you will find some value in them.

At our recent parent meeting I went over all the information about schedules, travel, communication, etc. Additionally, I always make it a point to cover the idea of what my players will remember. I informed the crowd of parents and players that they should focus on the journey more so than the destination. It seems like finding successes and meeting challenges on a daily basis throughout the season is where kids really learn and grow as players and people.

Having players, and coaches, put forth their personal best on a daily basis will result in a memorable season—no matter what the destination turns out to be. It seems like too many people get caught up in unrealistic expectations, and focus on destinations more so than the journey. Another important message I always tell the parents and players is that good coaching doesn't equate to each player's 100% enjoyment all of the time. I make it clear that I am getting paid to coach kids, not be their buddy. I believe that many parents and players struggle with this idea, because they have not been exposed to this sort of practice. I believe that many issues exist with today's kids because their parents are more interested in being their buddies than their parents.



Remember coaches, we may be the first people to ever say “no” to some of these kids. I take pride in the fact that as a player’s coach I may be the only person in that student-athlete’s life that pushes them physically and mentally. I very well may be the only person that ever holds them accountable, assigns them a role, and preaches the importance of discipline, work ethic, and attitude. In other words, the lessons that kids learn from us, may be their one and only opportunity to acquire some of those good “old fashioned” values.

So my words of wisdom are for coaches to not give up on those “old fashioned” values. Don’t get caught up in the “everybody wins” ideals. Give your players your absolute best, and remember to enjoy the journey!

Good Luck with your season and please get involved with the Coaches vs. Cancer effort!

CLINIC SURVEY RESULTS

The following is a quick summary of the clinic survey. I want to thank all the members who responded to this survey. It will be very helpful in determining future changes to the fall coaches clinic. BCAM is continually “tweaking” the clinic in an effort to make it better for more coaches.

- **Should we keep the clinic on the first weekend in October or change it to the second weekend in October?**

1st Weekend – 74%

2nd Weekend – 26%

- **Keep clinic weekend the same: Friday/Saturday/Sunday -** **2nd Choice**
- **Change clinic to two days: Friday/Saturday -** **1st Choice**
- **Change clinic to two days: Saturday/Sunday -** **3rd Choice**
- **Change clinic to two days: Sunday/Monday -** **4th Choice**
- **Would you like to have more speakers speak on subjects other than X’s & O’s?**
Yes – 59%
No – 41%
- **Would you like to hear more speakers from small colleges and high schools?**
Yes – 47%
No – 53%



LEADERSHIP:

“I really believe that you will never learn to lead anyone until you learn to serve. And you will never truly serve anybody until you learn that there is something more important than yourself.” --**Medal of Honor Recipient**

Like it or not, as a basketball coach, you are a leader. You lead young people every day you coach. I will continue to share some thoughts about leadership with the following one-liners. My question for you is: **Have you thought about your role as a leader and what it takes to be a GOOD leader?**

- **Leaders are givers and takers: Givers of credit and takers of responsibility and blame.** *We all like hearing the compliments. Don’t forget to take the blame when things don’t go so well.*
- **Never complain about what you permit to be.** *If a player screws up, it should not be because you allowed it to happen.*
- **Leaders know that the fruit of life is out on a limb.** *Instill in your players to reach higher in all they do.*
- **Anyone claiming to be a leader should be judged by his/her scoreboard and not by his/her self-proclamations.** *Your scoreboard is not wins/losses but how well your players do once they leave your program.*

- **Every leader has the courage to make decisions. No decision is usually the worst decision.** *Stand up for what is right for your players and program. Be decisive in your actions.*
- **Success occurs at the intersection of opportunity, preparedness, and hard work.** *The harder I work the luckier I get.*

HATS OFF TO TOM IZZO AND MARK HOLLIS FOR PULLING OFF THE AIRCRAFT CARRIER GAME:

It took 7-8 years to put all the pieces together but the MSU-North Carolina game on the aircraft carrier USS Carl Vinson had to be a great thrill for the coaches and the players. I wonder what is next in Coach Izzo's bag of tricks.

REALITY COACHING

On Wednesday October 26th, during an open gym, we had a 14 year old sophomore collapse and go into cardiac arrest.

I started CPR while our volleyball coach and 7th grade coach who happened to be in the gym went to get our AED Defibrillator. We hooked up the AED and it called for one shock which got his heart started again.

My player was transported to Hurley Hospital and then taken to children's hospital in Detroit a few days later for further tests. On Wednesday, November 9th, he underwent an operation to repair a damaged artery, which would've eventually killed him. After minor surgery his heart should be at 100% and better than ever.

This has affected many of my players, coaches, my 10 year old son who was in the gym and obviously the young man it happened to. I am trying to encourage all coaches to have their players checked for heart problems. This was a very scary situation but has a very happy ending. Had he been screened before, the doctors would have found the minor problem before it happened. I also strongly encourage all coaches to be CPR certified. I can't imagine what life would be like had I not been certified and had to look my player's mother in the face and explain why I didn't do anything to help.

By the way, my player turned 15 years old the next day in the hospital.

Jeremy Trent - Swartz Creek Varsity Boys Basketball Coach



DO YOU REALLY KNOW CPR?

Check this out: *(Ed. Note: The following was printed in last month's Monthly Report. I think it is worth repeating after Jeremy's note above.)*

This is a new CPR technique which is much simpler with **better results** than traditional CPR. This is a very important video regarding the latest CPR procedure. It does NOT require mouth-to-mouth. Please watch and forward to your friends and family. You never know, a life may be saved utilizing this new procedure.

<http://medicine.arizona.edu/spotlight/learn-sarver-heart-centers-continuous-chest-compression-cpr>

IN MEMORY: I am sorry to report that longtime Beal City basketball coach, Tom Lavoie, Jr., passed away on October 7. He suffered a cardiac arrest. Our sympathy goes out to Tom's family and community members.

JOHN WOODEN: I recommend that you go to the following link and spend a few moments reading about the "Wooden Way." It might be the best mentoring you have ever received.

www.woodencourse.com .



SAVE THE DATE - SUITS & SNEAKERS AWARENESS WEEKEND SET FOR JANUARY 27-29, 2012

The Coaches vs. Cancer Suits and Sneakers awareness weekend is a nationwide annual event in which coaches across the country unite for a common cause – fighting cancer! During the weekend of January 27-29, 2012, coaches and their staffs are encouraged to wear sneakers with their game suits while coaching games to raise awareness and funds to support the American Cancer Society's work to save lives from cancer. Stay tuned for more information about this important and fun weekend. For immediate information, contact **Jim Satalin** at 315-433-5620 or jim.satalin@cancer.org.

BCAM NOTE: Colleges will be using the Jan. 27-29 date BUT Michigan high schools can use whatever date this winter that works best for them.

LETTER TO THE EDITOR

Tom, I just wanted to thank you and the rest of the gang who put on the Hall of Fame banquet again. I was so honored and so impressed with the whole night and how well it is organized. My family and friends found out first-hand what a great organization we have and what wonderful people we have as our leaders. Again, thank you for making my Hall of Fame induction so special. --Mike Phelps

COACH WOODEN'S FAVORITE POEMS

A Little Fellow Follows Me by Rev. Claude Wisdom White, Sr.

*A careful man I want to be,
A little fellow follows me;
I do not dare to go astray,
For fear he'll go the self-same way.*

*I cannot once escape his eyes,
Whate'er he sees me do, he tries;
Like me he says he's going to be,
The little chap who follows me.*

*He thinks that I am good and fine,
Believes in every word of mine;
The base in me he must not see,
The little chap who follows me.*

*I must remember as I go,
Through summer's sun and winter's snow;
I am building for the years to be
That little chap who follows me.*



SOME RANDOM THOUGHTS FROM BOB KNIGHT...

1. The most effective offensive movement by far is the movement that takes place off a screen.
2. Run your offense six to eight feet above the baseline. That gives you a chance to cut both toward the ball and toward the basket.
3. The primary responsibility of a coach is to teach players to see the game.
4. A seat on the bench is the best motivator.
5. The seven important points of the game are: Offense- shot selection, handling the ball without mistakes, moving without the ball, and helping each other get open on offense. For defense- pressure on the ball, taking away what the offense wants to do, and keeping track of ball location. He wanted to incorporate at least one of these seven points in every drill he did.
6. Other daily areas to cover are pressure in the passing lanes, help and recover, blockout, and post defense.

7. Work on individual fundamental drills for 2 to 5 minutes and then change the drill
8. Work on a team aspect for a maximum of 10 minutes at a time. If a particular team aspect needs 30 minutes in one practice, break it into three 10 minute segments and have other segments between those three.
9. Your hands are a defensive weapon only if your feet put them in a position to be used effectively.
10. We think it is essential to have a man in the high post area against man-to-man defense.
11. Most players cut toward the basketball rather than away from the player guarding him. The cutter must have his attention on getting away from the defender and not the basketball.
12. The most important thing in attacking a zone is a shot fake. The second most is the pass fake.
13. In basketball, the mental is to the physical as four is to one.
14. Everything we do involves two thoughts—simplicity and execution.
15. We don't expect just our post players to defend the post. Everyone on the team must be able to defend the post.

CHARACTER COUNTS with Michael Josephson: LEADING BY INSPIRATION

Why are negative management practices so prevalent?

These practices include yelling, cursing, insults (sometimes masked in sarcasm or masquerading as jokes), criticizing subordinates in front of others, threatening demotion or termination, and talking to adults as if they were children.

Why are so many managers insensitive to the demotivating impact of focusing almost exclusively on weaknesses and shortcomings without properly acknowledging successes and accomplishments?

Do they really believe that causing resentment, fear, or insecurity will produce better results than pride, self-confidence, and enthusiasm?

Some managers intentionally use negative tactics because they think it's an effective way to get people to do what they're told, but most managers characterized by the people who work for them as rude, inconsiderate, or abusive are totally unaware of how inappropriate or counterproductive their attempts to motivate are. They think they're just being tough. The people under them think they're just being jerks.



Many good people act badly when they become the boss because they're under pressure from their own boss to get results. Maybe they're simply mimicking the management styles of people they worked for. Or maybe they want to distinguish themselves from ineffective managers on the other extreme who try so hard to be everyone's friend that they don't set or achieve high goals or hold people accountable.

Whatever the reason, a far better approach is to treat everyone with respect by engaging and empowering others through inspiration and example. The best leaders bring out the best in people by making them feel good about themselves and their capabilities. Inspiration is much more powerful than intimidation.

By the way, the same thing is true for parents and coaches.

This is Michael Josephson reminding you that character counts.

You may be interested in the statement of principles underlying the Institute's Pursuing Victory With Honor sportsmanship initiative.

To learn more, [Click here](#).

DOING IT OVER AGAIN! "Second Chance"

Message to all young coaches from BCAM Hall of Fame Coach Bill Ullenbruch

Introduction: After thirty-five years of coaching high school basketball, I reflect back on things I could have done better.

1. Complete indoctrination of my life and present status.
2. Explanation of my basketball philosophy.
3. Encourage all candidates that they are starting on the same level—thorough explanation on what criteria will be judged in making up the squad.
4. Complete understanding of your personal rules and code of conduct.
5. Encourage a tough competitive spirit—but have fun and be thankful for the opportunity.

6. Stress the importance of the squad's citizenship and effort in the curriculum of the school.
7. Have an index card on each squad member – address, telephone, e-mail, emergency contact.
8. Individual meeting of each squad member to cover personal items, school work, and contribution to the team once every two weeks.
9. Group meetings with the parents before, during and after the season.
10. A short post game meeting with the combination of your players and the opponents, possibly with snacks.
11. A post season meeting with each squad member to thank them for their contribution and discuss their future plans.
12. Keep an update on your past players.
13. Promote a meeting with area coaches, preseason and post season to exchange ideas.
14. Study the game constantly – study drills promoting skills – X's and O's – conditioning – psychology of being an athlete – evaluation of talent. Attend clinics – stay on top of the rules.

Coaching is a highly skilled profession. You should approach coaching on a professional level. Good Luck!