



FEBRUARY, 2011 BCAM MONTHLY REPORT

From the Executive Director

Tom Hursey

FROM THE EXECUTIVE DIRECTOR:

ON A PERSONAL NOTE – After a couple of years of organizing a local coaches association in the Saginaw-Midland-Bay City area, Ron Vondette and myself decided to expand statewide. So in the summer of 1976, we incorporated the Michigan High School Basketball Coaches Association. What started out as a few hundred basketball coaches interested in improving high school basketball in the state has now blossomed into BCAM, one of the largest and most respected basketball associations in the country. While Ron and I get a lot of credit for developing BCAM, it was only possible because many coaches stepped up and helped out. While Ron has gone on to other endeavors, I have found my niche in retirement. This has been the perfect job for this old coach. I get to stay in touch with basketball coaches around the state, I get to work with great people around the country, I get to keep busy with all areas of the great game of basketball and I make a little money to pay for my golf habit. My goals are to continue my efforts to keep BCAM at the forefront of all coaching associations, to continue to keep our members informed by communication through emails and our website, to keep promoting BCAM to those coaches who have not yet seen the value of becoming a member, and to serve BCAM members in a professional manner. Thirty-four years and counting. How many more? Let's just say Joe Paterno is my hero.



VOTING – We are entering the time of year when BCAM will be sending you a variety of ballots for you to vote on or asking you to make nominations. Most opportunities will be for “actively coaching” BCAM members only, but some ballots can be voted on by all members. Please **take the time** to cast your vote or make a nomination. We will give you as much information as possible so you can make an informed choice. But some awards will be based on your knowledge of players and/or coaches in your area. So please make yourself aware of successful players and coaches in your area.

AWARDS - Nomination forms for all HS Varsity Team/Player awards will be available on the website on FEBRUARY 15th. Click on “FORMS”. All submissions will receive a confirmation email. IF YOU DO NOT GET A CONFIRMATION, WE DID NOT GET YOUR SUBMISSION. MAKE SURE YOU GET ONE!! I cannot stress this enough!

Head HS Varsity Coaches: please familiarize yourself with BCAM's Team and Player awards. Read this article:

http://www.bcam.org/index.php?option=com_content&view=article&id=235:hsawards&catid=1:latest

VOTE FOR PRESIDENT-ELECT -Voting is now happening for our 2011-12 President Elect. Three fine candidates are vying for this office: Ryan Klingler - Fennville HS, Greg Mitchell - Laingsburg, and Keith Guy - Muskegon Heights. This is a 3 year position with the winner serving as President-Elect the first year, and then President and Past President in subsequent years. You can find information about all three men on the BCAM homepage. ALL BCAM members should have received an email ballot on Jan 31. You have until February 7 to vote. If you did not receive your ballot, first check your Spam Folder. If it is not there, contact Amy at amy@bcam.org.

SPONSORS – I would like to thank our great sponsors for their support of BCAM. With their help, BCAM can offer one of the lowest registration fees for membership in the nation. We are over 4200 members again this year and hopefully will continue to grow in the future. **RAWLINGS, ARMY NATIONAL GUARD, MEIJER, PISTONS, GATORADE and NOAH** all help to make BCAM the best basketball association in the country.



108 – 3 - Do you think, as a coach of the team with 108 points, you could have done something to prevent this big disparity? I hope so. This was the score of a girls' game played recently in Utah. The winning coach felt that his players should play hard throughout the game. If you ever are in this situation, I hope you have a plan on how to keep the score respectable. Whether it is to walk the ball up the court, make a certain number of passes before a shot, call off the press early in the game or play your second team most of the game, have a plan. Don't embarrass your team or your opponent by running up the score.

MORE TIME NEEDED ON FUNDAMENTALS – Are you part of the problem or do you spend an adequate amount of time on fundamentals? AAU mentality has hurt high school basketball when it comes to developing fundamentals. Get the best players and let them play. In the long run this hurts high school and college basketball. Read the following article and read about concerns of high school coaches. Then make it a part of your daily practice to work on fundamentals.

<http://detnews.com/article/20110110/OPINION03/101100341/1049/sports05/Fundamentals-fall-out-of-favor-with-high-school-players>



GREAT VIDEO OF A GREAT PLAYER - Many of you have seen this video.

Click on the link below and watch. It will be interesting to see how he does in the future. I had a chance to see Sean Miller, who had a good college career and is presently the coach at the University of Arizona, when he was about 10 years old. He was a wizard with the basketball. He could do the same things that this young man is doing. Sean went on to a successful high school and college career. Will this phenom have a great career? We will need to wait and see.

<http://www.komonews.com/sports/heroes/111892554.html>

RESPONSES TO MY COMMENTS:

I wrote a short article in the January Monthly Report about girls' basketball games being played AFTER the boys' games. I received many comments and they are listed below:

Tom,

You have to treat the boys equal. Playing a game first allows them some time to get home early to do their homework or study for a test, or watch the girl's game. We were looking at doing a girls and boys game together and we did not because Gladstone did it and they had very poor attendance. We do just the boys starting with the 9th grade and we pack the gym with 1800 fans. Our JV boys get to play in front of a huge crowd. We like keeping it separate because that is what works for us. The lawsuit gave the girls the same season rights as the boys. We can't penalize the boys teams because now the girls want to play in front of a big crowd and punish the boys teams. Another issue is the coaching staffs. They bust their tails and they work together. I want to be with my staff for two nights a week working together. I do not want to have to practice and have four nights of games and five nights of practices. Our girls at Escanaba draw excellent attendance, but it is not like the boy's crowd. ---Tracy Hudson — Escanaba * Former Boys and Girls Varsity Coach

Tom, I coached girls for 12 years and boys for 36 and the girls programs have to stop trying to tie in to the boys!!! It is not doing much for either gender and bringing both programs down (as the newsletter eludes to.) We play boys and girls triple headers (Freshmen, JV, and Varsity) at opposite sites on Tues. and Friday and that is about the best we can hope for. We can't even consider boys and girls double headers or opposite days with our gym situations in the BIG Class A Plymouth Canton School District!! There is no time for practice OR games for all 6 teams, wrestling, cheer, pom, gymnastics etc.! No wonder all of the state is having problems with this. Thanks. Coach Brodie - Salem High School

Amen, Tom, to the girls going first issue. It's embarrassing to watch people leave in masses when the boys game is over. They've got to see what an injustice this is for the girls programs and for the betterment of girls basketball as a whole.

Also, of the 10 Class B schools in our league, 3 schools have dropped their freshmen girls teams due to lack of numbers and some J.V. squads are extremely small.

Marc Throop, CMAA
Director of Athletics
Gull Lake High School

Tom, Early boys games and later girls games were tried in several schools in Kansas more than 20 years ago. Same result. Did not last. Also less attendance at girls games when the boys and girls have separate mid winter or league conference tournaments in January --Randy Walling, KBCA (Kansas) Executive Director

THE BCAM ALL STAR BASKETBALL FESTIVAL AT THE PALACE

THE 2011 ALL STAR FESTIVAL WILL BE GOING BIG TIME THIS SUMMER ON AUGUST 6. **THE PALACE OF AUBURN HILLS WILL BE HOSTING THE EVENT.** WE WILL PLAY OUR GAMES ON THE SAME FLOOR THAT THE PISTONS PLAY ON. THERE WILL BE A DUNK CONTEST AND 3-POINT CONTEST OPEN TO HIGH SCHOOL AND COLLEGE PLAYERS. YOU MUST MAKE SURE TO NOMINATE YOUR TOP SENIORS FOR THIS EVENT. THERE WILL BE BOYS AND GIRLS GAMES FOR A/B PLAYERS AND C/D PLAYERS. ALL NECESSARY FORMS WILL BE ON THE BCAM WEBSITE (www.bcam.org) INFORMATION WILL FOLLOW THIS SPRING.



*****REMINDER ABOUT OFFICIALS' RATINGS: Officials' ratings are due on April 1, 2011.**

*****REMINDER ABOUT MEMBERSHIP DEADLINE: February 15 is the deadline to join BCAM for 2011. Don't forget to fill up your 15 slots on your School Special if you haven't already done so.**

PRESIDENT'S REPORT – Mark Bray (Utica Henry Ford II HS)

Late January and early to mid February is a very telling time for teams and for coaches. We get to find out what we as coaches and our team can really do. Can we respond to adversity when we have two, three or more losses in a row? Can our players summon urgency and energy on a snowy Tuesday night 60 minutes away on the road with no student section? Can a team that has had a losing record find the courage and toughness to be their best even when they are out of the conference championship hunt? Can players step up when their teammates miss a game or two for injury or sickness? Can players have a focus to achieve in the classroom even when they have a big game that night? Can coaches stick to their program principals when it come to rules and discipline when it could mean a hit to their win/loss record? Can coaches continue to administer their entire program, when sometimes all they want to do is concentrate on preparing to win the next game? Can they find the little victories which will leave everyone feeling good and fulfilled walking out of the banquet two months from now even though the team didn't win a championship?

These pressures are difficult for me to deal with so I imagine it is no wonder a 16/17 year old player will miss a homework assignment or take a possession off from time to time. However, it is my job to model the excellence I expect and to hold team members accountable, including myself, when the expectations aren't met. One of those expectations I have set for myself is to find ways to positively recognize the student athletes I coach. Whether it is having local T.V. interview them instead of me, writing up a paragraph for the morning announcements at school about how our team performed the previous night, or starting to build a case with coaches in my league as to why both our center and our point guard should be all league this year.

Although I don't particularly want to fill out the BCAM's Best or Top Shooters nomination forms when I have tape to watch or practice to plan, I will because of my seniors. This will be the last time they will have the opportunity to be recognized for their basketball abilities that they have worked so hard to develop since they were little kids coming to summer camp. Even if I think maybe there are better shooters or players or guys that had better senior years, nominating them is worth a shot. The worst that could happen is nothing and the best that could happen is he and his parents come up to you at the banquet and say, "Thanks, coach, for nominating me for the award. It really meant a lot to me." Sometimes it might be a cool thing for the player just to know that you nominated him. I am constantly surprised at how far my own positive recognition of a player goes toward making a more confident hard working kid.

Do Not Stress Over Your Competition

By: Stan Popovich

Many athletes sometimes get anxious when they play against a tough opponent. They get nervous over who they are playing and they get so worked up that they lose focus on playing their game. In the end, they make mistakes and end up beating themselves up if they do not win. As a result, here is a list of techniques that an athlete can use to help manage the stress of playing against the competition.

The first step is to learn as much as you can on your opponent. Although this may seem obvious, some players may think they already know what they need to know. Remember there is always something to learn about your competition. Read the stats and reports about your opponent and watch him or her play. Try to figure out an angle on how you can beat your competition. The more you know about your competition the better your chances are you will win the game. This will also help to reduce your worries about who and what you will be facing in your next game.

Do not assume anything about your competition whether they are stronger or weaker than you. Every player has his good and bad games and just because you may be facing a stronger opponent does not mean that you will lose. Remember that before you start playing, you and your opponent both have an equal chance of winning. You are both starting from scratch. This should help to give you confidence going into your next game.



Focus on how you can best strive for perfection in your own game instead of worrying about your opponent. For instance, you are playing the number one player in the tournament and you are nervous. Instead of focusing on how good your competition is, focus on how you can play your best game. Concentrate on how you can better play the game or how you can best improve on your problem areas. Focusing on your game will definitely help you when you are nervous about playing a stronger player.

Realize that you cannot win all of your games and that also includes your competition. You may be the best player in the world; however you will still lose eventually. No one player can win all of their games. Yes, they may have some winning streaks or win ninety percent of their games, but they will still lose some games. When facing a tough competitor, use this fact to your advantage. Even the best players will make some mistakes and lose.

It is not uncommon to get nervous when you play a better opponent. The key is not to psyche yourself out just because the competition gets tough. Remember that some games will be easy to play and some games will be more difficult. All you can do is to focus on your game and play the best you can. This will help you in the long run and will help you to stop worrying about whether you will win or lose.

--Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com/>

Earning their stripes: A day in the life of a college basketball officiating crew *by Jeremy Speer, Gaylord Herald Times*

GAYLORD — I wanted to see just how thankless the most thankless job in sports can be.

And a minute and a half into a college basketball game between Lake Superior State and Saginaw Valley State, I found my answer.

James Vanderveer, by day the director of guest services at Treetops Resort and generally one of the friendliest guys around, calls a couple of quick hand-check fouls on SVSU.

On our trip here, Vanderveer told me to expect some dialogue between he and both teams' coaches, and SVSU's Frankie Smith immediately gets into Vanderveer's ear. Vanderveer calmly listens to the fiery coach, before offering a controlled, yet stern explanation of his call.

It's in moments like these where officials like Vanderveer are in their element. At once, they are traffic cops, peacekeepers and teachers. It's a tough job, but one that Vanderveer and veteran partners Randy Hutton and Mark Larson truly seem to enjoy.

They are the judge and jury of the sports world — officials whose job places them as much on center stage of a

sporting event as the coaches and players. Yet while the later two groups find themselves in the bright lights, the officials prefer to stay in the background, carefully calling a game so the public's attention remains on the players and not on themselves.

Their story intrigued me to accompany them on this day to the Upper Peninsula, to see firsthand what motivates a person to spend hours on the road several days a week from one end of the state to another. The following is an account of what I learned:

10 a.m. Gaylord

It's amazing how Vanderveer, a man of boundless energy, fits it all in. He's got a busy and challenging job and is a family man with a wife and four young children.

Today, we're going to embark upon the closest trip on Vanderveer's Great Lakes Intercollegiate Athletic Conference circuit. We'll make the quick hour and 45 minute jaunt up I-75, past the snow belt, across the Mackinac Straits and through the wilderness of the eastern Upper Peninsula to the border town of Sault Ste. Marie.

This is child's play for Vanderveer. He regularly makes trips to Michigan Tech, Northern Michigan and Grand Valley State. Also officiating games in the Michigan Intercollegiate Athletic Association and the Wolverine-Hoosier conferences, most weekends he's heading downstate.

Just a couple of weeks ago, he had a weekday night game in Houghton. After a five hour trip there and a five hour trip back, he arrived at his Gaylord home at 4 a.m. He was to work four hours later, with a smile on his face.

"You have to be able to work on little sleep," Vanderveer admits.

For Vanderveer, this is a luxury of a Saturday morning. But for Hutton and Larson, both of whom live in the Flint area, it's a long day. They're on the road before 7 and have been traveling for three hours before the four of us leave the Bob Evans parking lot at 10.

But when I ask one of them where their favorite place to officiate a game is, they give me a shocking answer. "Michigan Tech."

Clearly, traveling doesn't affect these guys like it does most of us.

11 a.m. Somewhere on I-75

Sometime along the way, officials got vilified. They've been booed, jeered and accused of everything in the book. They've been called "four eyes," "zebras" and much worse.

But very quickly I realize something — these are great guys.

We talk about everything under the sun — how they got started, how well they're compensated and what it's like to be part of the officiating brotherhood. I am given a crash course in officiating and hear story upon story about situations they or their colleagues have been in. The talk of what they would have done in each of these situations makes the drive seem short.

Just like how I can spend gobs of time breaking down last Sunday's Lions game, these guys can spend an hour dissecting a unique play at last week's Ferris State game. They can rattle off the names of their favorite refs like I can recite my favorite childhood sports heroes.

I ask Vanderveer what it's like to watch a game on television.

"I truly watch the officials," he admits. "I'll focus on something like play in the post and I won't even watch the ball. I put myself in their shoes."

Larson interjects. "In all the time I've ever watched games on my couch, I've never made a bad call." Isn't that a statement most of us can agree with?

Noon, Sault Ste. Marie

It's now time to get serious. We are brought into a room just off the LSSU gym and are treated like pseudo royalty. Rico, a student host, brings us in water and says he'll be here for us if we need anything.

We don't because Vanderveer and his partners have come well-prepared. Each brings a suitcase and they change into their uniform, which by the way, involves much more than a striped shirt and some black pants. Larson shaves, while Vanderveer polishes his shoes. It's clear that looking good is an integral part of this fraternity.

Hutton, who has spent 35 years officiating college games, breaks out a binder which goes over new and standard rules and lists points of emphasis. It's so thorough that his packet is used by associations across the state. The three talk about what they're going to look for, as well as how they're going to position themselves and help one another during the game. This is my favorite part of the day. I've played in, coached, written about and broadcasted countless basketball games. Never did I learn more about the sport than in those 20 minutes.

"Make your first call a good one and take care of business," are the last words Hutton says.

We walk out to the floor, where both teams are beginning their warm ups. The officials joke around with some of the coaches and players. Officiating around 40 college games every year, Vanderveer gets to know the teams he sees very well.

He's been working the GLIAC circuit for six years and college games in general for 11 years. He got his start as a high school student at Hillman High. He enrolled in Michigan's Legacy program, which allows students to officiate sub-varsity competitions, as long as they're accompanied by a mentor. He officiated throughout his college years and did his first collegiate game at Kirtland Community College at age 20. Now 31, Vanderveer aspires to some day be a Division I official.

But for now, he's doing well for himself officiating in a good Division II basketball conference. Each GLIAC official is



assigned to different games by the league supervisor. The crews switch on a game-by-game basis, but the brotherhood between the officials doesn't change. These guys are a tight-knit bunch, most officials have spent the night at Vanderveer's house and he has spent the night at most of their's.

Just before the game is to start, we head back to the officials' room and the three lock hands and bow their heads. Larson leads them in a prayer.

1 p.m., Sault Ste. Marie

It's game time. In a physical first half, Vanderveer's whistle is blowing frequently. Aside from some barking from both coaches, things seem to be going pretty well. At halftime, we convene again in the room, where they spend the 15 minutes discussing calls and formulating a plan of action for the second half.

Just a few minutes into the second half, Smith resumes his riding of Vanderveer and he's seen enough. He reports to the scorer's table that he's giving him a warning. Smith takes a seat on the bench and is rarely heard from the rest of the game. The second half turns out to be less physical than the first. The host Lakers build up a 20-point lead before the visitors come fighting back. In the end the home team wins and the officials walk off the floor, another good day at the office in the books.

During one game last season, Hutton wore a pedometer to see just how far he ran. Turns out that in a normal college game, they'll put in between three and four miles, many of which are spent sprinting to catch up with the action.

They laugh and joke, get dressed and wind up back in Vanderveer's car. They'll make it back to Gaylord by 5, just enough time for Vanderveer to pack up his family and head off to a family Christmas party in Hillman.

Never slowing down. Always moving. Thus is the life of an official.

Using Technology to Communicate with Your Program

by Rich Czeslawski, NHBSCA Communications Director

High school coaches have seen their jobs change significantly in recent years. Emerging technologies in schools have players, parents, and administrators expecting information to be available at their fingertips. In schools where parents can check their student's grades in real time, they grow accustomed to being informed up to the minute on the happenings surrounding their child. Students who are engaged all day in interactive classroom learning and spend hours per week gaming, texting, and interacting via social networking sites have come to expect to be entertained when learning and now crave technological stimulation.

Here are four ways to use technology to better communicate with your program:

1. Use familiar technologies to teach the game.

Work with the technology your school is using in the classroom to enhance the teaching you do with your players. If your school has smart boards and video projectors installed in classrooms, find a way to incorporate that in your film sessions. If your school is using interactive student response systems or "clickers," use those to quiz your players on a scouting report, when teaching your program's basketball vocabulary, or when installing pieces of your offensive or defensive systems. If you are unfamiliar with the technologies being used to engage students in your school, you may lose touch with how they are accustomed to learning.

2. Create an online library (and go "Green" in the process!)

You can save yourself all kinds of time and resources by making documents available on a team website either done on your own or through your school. If parents and players can access team schedules, player workouts, practice plans, scouting reports, playbooks, required forms, team policies, contact information and relevant articles about your team or about basketball in general all in one central location, you can virtually do away with having to take the time to print and copy these items and distribute manually. In most cases you will be able to easily define who has access to what information. Best of all, players can be held accountable for having the necessary materials you require without possibility of the "dog ate my homework" excuse and teaching them how to retrieve electronic documents is a skill they will carry with them into college and/or the job market.

3. Embrace the text message (but set up boundaries!)

Gone are the days of the phone tree. Now, coaches can set up a group list on their phone and send a message to all players and coaches at once notifying them of schedule changes, sending them reminders, or collecting information quickly and easily. Coaches should be careful to make sure their players can receive text messages

and that they are not paying extra for incoming texts. Also, it is a good idea to have a rule that texts are to be used for information distribution only, and that it is not acceptable to text a coach to tell them you won't be attending a team event. This is especially important in the offseason because it is much easier for a player to send a text letting the coach know that they will be absent than it is for them to tell that coach to their face. Finally, never let text messages replace real conversations with your players.

4. Promote your program with social media

Creating a program Twitter account or Facebook page will allow you to distribute information to the community free of charge. Use it to draw fans to games, promote team events, or just update your fans on the progress of the team. Include your link on your team website and in your e-mail signature, ask the announcer to mention it during timeouts at your home games, and publish the link on signage around the school. Your fans (especially students) will appreciate the information and feel closer to your team.

The recent drastic changes in both communication and in contemporary teaching methods should encourage coaches to look at their current methods and consider updating if necessary. Finding coaches on your staff who understand and use these technologies regularly gets easier each season. Taking a little time to set up these systems will end up saving you time in the long run, and that will allow you to focus on what matters most - coaching your team!

This is something we should all read at least once a week. Make sure you read to the end.

Written by Regina Brett, 90 years old, of the Plain Dealer, Cleveland, Ohio.

"To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most requested column I've ever written.

My odometer rolled over to 90 in August, so here is the column once more:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. But don't worry; God never blinks.
16. Take a deep breath it calms the mind.
17. Get rid of anything that isn't useful, beautiful or joyful.
18. Whatever doesn't kill you really does make you stronger.
19. It's never too late to have a happy childhood. But the second one is up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, and wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over prepare, and then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words 'In five years, will this matter?'
27. Always choose life.
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is, it will change.
32. Don't take yourself so seriously. No one else does.

33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Don't audit life. Show up and make the most of it now.
36. Growing old beats the alternative -- dying young.
37. Your children get only one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Envy is a waste of time. You already have all you need.
42. The best is yet to come...
43. No matter how you feel, get up, dress up and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift."