

JUNE, 2011 BCAM MONTHLY REPORT



FROM THE EXECUTIVE DIRECTOR'S DESK: I just finished watching the last Oprah show. Anyone who has become so successful has a message for all of us. One of her comments was "everyone has a calling." That hit home because I have always felt I had a calling to be a teacher, coach and for the last 35 years involved with BCAM. As you have all heard people say, "I have never 'worked' a day in my adult life." That is how I feel about my career. I am doing exactly what I believe I was meant to do. I hope each of you can say the same thing because it will make your life much happier. Another of Oprah's words of wisdom was, "You are the only one responsible for your life." Make sure you are doing what you want to do and do it with energy and conviction.

I find it interesting to see how busy BCAM becomes as the summer approaches. Our new membership drive is underway. The finishing touches are being put on the Reaching Higher Showcase. The Coaches vs Cancer Golf Scramble presented by Two Men and a Truck is recruiting golfers. BCAM and the Palace of Auburn Hills have planned to make the 32nd Annual All-Star Festival the best ever. I am working with a dedicated group of coaches to bring about the National High School Basketball Coaches Association. Replacements have been named for those Regional Directors who have given up their position. Speakers for the Fall Coaches Clinic are being signed up. BCAM Hall of Fame and Hall of Honor recipients will be notified soon. The winners of the inaugural Top 100 Sportsmanship Award, sponsored by the Michigan National Guard, have been notified. Hundreds of plaques and certificates have been mailed to the winners of the many awards that BCAM presents with the help of Meijer. Nominations for the Pistons' Scholarship Program are underway for children of BCAM members. The BCAM office staff is working long hours keeping everything running smoothly. And the rainy weather has given me extra time to stay abreast of all these activities (and off the golf course). BCAM has evolved into a multi-faceted enterprise. We reach out and are of service to high school and college coaches, players, and fans. BCAM does a lot of good things to promote basketball in the state. Maybe that is why we have become the second largest basketball coaches association in the country.



I am looking forward to a great summer (read through the special events below) and know that the 2011-12 school year will be as good as our members can make it. Even though our schools are facing the toughest budget crunch in history, basketball coaches will take the lead in seeing that their programs move forward and that their student-athletes receive the best coaching possible.

TOP 100 SPORTSMANSHIP AWARD sponsored by the MICHIGAN NATIONAL GUARD: The results are in for the Top 100 Sportsmanship Award. This award is a result of officials evaluating coaches, players, fans and administration throughout the regular basketball season. The list of the Top 100 Girls and 100 Boys winners (schools) can be found at www.bcam.org by clicking on AWARDS. Then click on TOP 100 SPORTSMANSHIP. The winners will receive their banner at a presentation by the National Guard at the beginning of next year's basketball season. Congratulations to the Top 100 winners.



MEMBERSHIP: Now is the time to register for your BCAM membership so you don't miss out on future notifications. Over 300 schools signed up last year for the **School Special**. It is a great way for all your staff to become members and save big bucks in this time of budget crunching. All registrations can be done online. Go to www.bcam.org. Click JOIN BCAM at the top of the page, or click on FORMS for paper forms.

REACHING HIGHER SHOWCASE NEEDS YOUR HELP: Any varsity coach that is interested in working the Girls [July 23] or Boys [July 31] Reaching Higher Showcase, please contact Coach Moffit & Conley at reachinghighershowcase@gmail.com.

SCHOLARSHIP FOR YOUR SON OR DAUGHTER IS AVAILABLE: You have until June 20 to nominate your son or daughter for the Pistons' Scholarship. Your child must be graduating in 2011 from high school. The grant is based on academic and extra-curricular success, not on athletic success. Go to www.bcam.org and click on SCHOLARSHIPS (You will need to login to access this form). Download the form and follow directions. You need to have been a BCAM member for the last 5 years to nominate a child.

NOW IS THE TIME TO SIGN UP FOR THE COACHES VS CANCER GOLF SCRAMBLE: BCAM members have first choice of spots at the 2nd Annual Coaches vs Cancer Golf Scramble presented by Two Men and a Truck. This year's event is going to top last year's successful outing. Don't delay. You can register online at www.cvcgolf.org. After June 15 the registration is open to the public. Sign up as an individual or as a group, but sign up.

COACHES VS CANCER RESULTS: My hat goes off to all BCAM members who took part in the winter fundraisers for Coaches vs Cancer. At this time the American Cancer Society reports that over \$165,000 has been raised by Coaches vs Cancer to fight cancer. THIS IS GREAT NEWS. A final tabulation will be given in the July Monthly Report.

IF YOU THINK YOU HAVE A MR. OR MISS BASKETBALL CANDIDATE – Our Mr. and Miss Basketball Committees would like your input if you think you have a player that would qualify as one of the top senior players in the state. What does it take to fit the criteria? Probably the best indicator is: If your player is being recruited by Division 1 schools, then they might qualify. We are looking for the top 4-6 players that are good enough to be considered for Mr. or Miss BB. If you think you have this player, contact Andrea Gorski (Miss BB) at coachgorski@gmail.com or Al Snyder (Mr. BB) at aesnyder9@gmail.com. This will give them a chance to evaluate these players for future consideration.

ALL-STAR FESTIVAL AT THE PALACE – SPECIAL DEAL FOR BCAM MEMBERS

This past fall Executive Director Tom Hursey and All-Star Festival Chairman Dan Christner met with The Palace of Auburn Hills' administrators to work out an arrangement whereby the BCAM All-Star Festival could be moved to The Palace. These talks resulted in an all-day basketball extravaganza to be held this August 6.



The event, now titled, The BCAM All-Star Basketball Festival at The Palace, is an event unprecedented in our state. We will be bringing together the 50 top women and 50 top men players from last season for four all-star games. Included in the games will be Miss Basketball, Jasmine Hines and Mr. Basketball, Dwaun Anderson.

In addition, there will be a women's and men's 3 point shooting competition as well as a men's dunk competition. The shooting and dunk competitions are open to high school players who have not started fall term college classes. There is a possibility that college players who have used up their eligibility may also take part. Here is the schedule:

1:00 Palace Doors Open	5:40 Men's Class C/D Game
2:00 Women's Class C/D Game	6:50 Slam Dunk Competition
3:30 Women's Class A/B Game	7:50 Men's Class A/B Game
4:45 Three Point Shooting Competition	

All this basketball in the finest facility in our state: The Palace of Auburn Hills.

Every coach has players and parents who think that they know talent. These events showcase just how talented a player needs to be to garner the accolades that come with the title: State All-Star. For this reason alone, these games are worth promoting to your players and their parents.

All BCAM members are entitled to an all-day voucher. The voucher is NOT a free ticket. It guarantees you a General Admission seat at the four All-Star games as well as the 3 point shooting

and dunk competitions and you pay only \$5 (regular price \$10). The voucher can also be used to get \$5 off the cost of a Reserved seat (regular \$15) or a Courtside seat (regular \$20). To order your vouchers, please send a letter stating the number of vouchers that you would like AND a self-addressed stamped envelope to:

Dan Christner
11784 Burgoyne
Brighton, Michigan 48116

Make a note on your calendar to set aside August 6 and join us at The Palace for a great day of basketball.

NEED A HOTEL FOR THE ALL STAR GAMES? : The Crowne Plaza has a special rate for people attending the All Star Festival:

Basketball Coaches Association of Michigan - - 32nd Annual All-Stars Basketball Festival
Preferred Hotel - - The Crowne Plaza of Auburn Hills
1500 Opdyke Road, Auburn Hills, Michigan 48326

Located approximately 3 miles from the Palace of Auburn Hills, Featuring O'Malley's Irish Tavern serving breakfast, lunch and dinner, Indoor Pool, Spa, Dry Sauna and Fitness Center
Open 6:00am – 11:00pm for those under 21 and Open 24-hours for those 21 and older
Wired and Wireless Internet in all Rooms

\$79 for One King Bed or Two Double Beds – August 5 & 6, 2011

To reserve please call The Crowne Plaza Reservation Line at: (248) 373 - 4550
Mention you are with the All-Star Basketball Event to receive the special discounted rate.

Or go online to

<http://tinyurl.com/PalaceAllStar>



LETTERS TO THE EDITOR: *(Editor's Note: I received more replies about my last month's comments on the National Anthem than any other article in recent memory. Here are some of those responses.)*

Tom,

I agree on the National Anthem. I attended a regional basketball game. The National Anthem was played on an electric guitar, by I assume a student, and I was embarrassed as were many others who sat near me. I think it's a wonderful opportunity to showcase talent in your school and I have witnessed many excellent singers over my 30 plus years of coaching but the performance that evening was, to me and those around me, completely disrespectful to the song.

Thanks,

Leon Westover

Mayville boys basketball coach

Tom:

I couldn't agree more with your comments regarding non-traditional renderings of our national anthem. I am sick and tired of people butchering "The Star Spangled Banner." Glad to hear that I'm not the only one!

Fred Kelly

Midland Daily News Sports Dept.

Tom,

I agree 100% about the singing of the National Anthem. Why isn't there just a standard CD given out to schools?? I know that's a lot, but it would stop the "American Idol" auditions we have to listen to !!!!!!!!!!

John Palazzolo

Tom,
I agree with your statement about our National Anthem. More and more, it seems to be an opportunity for the singer to showcase his/her vocal range rather than to instill pride and gratitude for our gift of life in our blessed nation.
Ken Bell
Traverse City East/Central basketball coach



FORMER MR. BASKETBALL, ROBERT TRAYLOR, DIES – Robert “Tractor” Traylor died of an apparent heart attack while in Puerto Rico playing international basketball.

Traylor was named BCAM’s Mr. Basketball in 1995 after a stellar high school career at Detroit Murray-Wright HS. He went on to play at the University of Michigan and spent 8 years in the NBA. He struggled with heart issues which kept him out of the NBA.

FOLLOW UP TO RETRO MR. BASKETBALL:

George A. Haggarty has met some of the state’s Mr. Basketball honorees in his role on the committee that selects the Detroit Athletic Club’s high school athlete of the year.

When he was forwarded [a link to an AnnArbor.com article from April 20](#), he learned that his father - also named **George Haggarty**, with no middle name - had earned that same award 90 years after graduating from Ypsilanti High School.

“It just tickled me that this buddy of mine saw it,” said Haggarty, a 69-year-old resident of Grosse Pointe Farms.

At the time that the Basketball Coaches Association of Michigan named the elder Haggarty a recipient of the 1921 ‘retro’ Mr. Basketball award, *AnnArbor.com* was unable to verify much about what he did after high school beyond playing basketball at the University of Michigan.



George Haggarty's photo from the 1921 "Ypsi-Dixit" yearbook. (Courtesy Ypsilanti Public Schools).

Haggarty's [exploits at Ypsi High are documented in the previous story](#).
George A. Haggarty filled us in on the rest:

Haggarty, who had moved from New Orleans to Ypsilanti to live with an aunt, was one of just four two-sport athletes in his class at Michigan and was the captain-elect of the basketball team in 1925.

George A. Haggarty has a New Orleans newspaper clipping that reported in 1924 Haggarty “was acclaimed the greatest basketball player of the Big Ten and was almost a unanimous selection for the mythical all star cage team.”

Haggarty also played baseball at Michigan. The same newspaper clip says he was “one of the fastest men on the paths and is an accurate and steady fielder as well.”

After playing a little professional basketball after graduation, Haggarty attended law school at Michigan. Upon graduation, he went to work at Dickinson Wright law firm in Detroit for 20 years.

Haggarty opened his own law practice in the late 1940s and, in George A. Haggarty’s words, “eventually combined his legal knowledge with his business acumen to become a very successful private investor in both real estate in the Detroit area as well as mineral interests in Texas.”

Haggarty fed another athletic pursuit by purchasing the Lake Point Country Club, which is now a St. Clair Shores municipal course. He was a nationally competitive senior golfer in the 1960s and was honored by the Michigan section of the PGA in 1968.

He died in 1971 after a brief battle with leukemia. He was 68.

“In the last month of his life, he was able to play golf once, shooting a round in the mid-70s,” George A. Haggarty said. “He was a wonderful husband, father, and grandfather. Throughout his life, his competitive zeal made him a success in everything he did.”

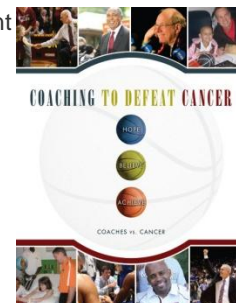
Rich Rezler is a sports producer for AnnArbor.com. Contact him richrezler@annarbor.com or 734-623-2553.

COACHING TO DEFEAT CANCER

Since the formation of Coaches vs. Cancer in 1993, college basketball coaches have inspired thousands of people in the fight against cancer – both through their efforts to raise funds to fight the disease and increase awareness and education, as well as their actions to successfully battle cancer on a more personal level. **Coaching To Defeat Cancer** chronicles the success stories of nine basketball coaches who hope to inspire others going through their own cancer journey. The book also includes tips and advice from 18 prominent college basketball coaches who have been touched by cancer in some way and have joined efforts to help save lives from the disease. All of the coaches featured have demonstrated the strength, courage, determination, and faith that can make the difference in winning life's greatest challenges.

The book is published by myTEAMBOOK, a division of MomentumMedia which publishes Coaching Management Basketball and Athletic Management magazines. 30% of the book sales go to Coaches vs. Cancer and the American Cancer Society to assist in the fight against cancer. The cost of the book is \$17.95, and copies can be purchased by going directly to the myTEAMBOOK web site: www.myteambook.net.

myTEAMBOOK is also asking coaches to promote **Coaching To Defeat Cancer** at their Coaches vs. Cancer events. Please contact Publisher Mark Goldberg mg@momentummedia.com or (607) 257-6970, ext. 11, and myTEAMBOOK will provide you with copies of a flyer detailing the book and where it can be purchased. Please state how many copies of the flyer you'll agree to distribute, and myTEAMBOOK will send you the flyers before your first scheduled Coaches vs. Cancer event.



WHAT IT TAKES TO BE A CHAMPION IN LIFE

By Bill Ullenbruch – BCAM Hall of Fame Coach

“Little C’s add up to become a big C”

1st C – Conditioning: Development of strength. An increase in strength will improve the efficiency of output. Stretching to increase the degree of flexibility. This improves the range of movement with less resistance. Constant challenge of doing things that require agility. Increases the ability to change direction with control. Work on quickness. Demand that you react faster to different stimuli. Explosive power helps increase the range of movement with quickness. Challenge yourself to start quicker and to get up higher. Endurance to sustain output for an extended period. Eliminate abuse to the body and mind by avoiding drugs, alcohol, tobacco and greasy foods. Formulate a good diet of fruits, vegetables, fiber and water. Sufficient sleep and relaxation are essential to concentration.

2nd C – Control: Hunger to take command – want the ball – aggressive catch – rip the ball off the floor and the boards – square up with a strong balance – firm grip of the ball in the triple threat area of the chest – defensive footwork with the feet shoulder width apart with the knees flexed and the weight centered on the inside edges of the feet.

3rd C – Confidence: Repetition of the basic skills – this frees the mind and body to operate freely without hindrance. Visualize yourself being successful. Feel the flow of the game. Have a strong desire to compete and to take charge of the game.

4th C – Composure: Keeping your emotions under control. Try to develop a positive reaction to all negative happenings. Maintain poise in meeting the demands of the game. Take part within the rules of the game.

5th C – Compassion: Respect your teammates, your coach, the officials and your opponent. Operate with your team both on and off the floor with a WE attitude. Communicate positively with your teammates. Feel that everybody contributes to the success of the team.

6th C – Competitiveness: Look forward to competing. Enjoy the competition. Play with great intensity and emotion. Be thankful for the opportunity to compete.

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7th C – Concentration: Be alert to the action of the game for every second you are on the floor. Read and anticipate the flow of the game. Create a feel for the game and then be ready to make a positive reaction.

Put the seven little C's together and then you will have a BIG "C" (Championship). You become a champion on and off the floor. You may not always win a championship but you will always be a champion. You have paid the price of preparation to challenge the task before you. Effort in developing the seven little C's will be your key to self-discovery.

Drill the Game

Have you ever been in a sports practice and felt like you have run dry with "good" drills to use with your team? If you feel this way, just be sure not to get caught up in running just any old drill. You want to make the drills matter. I always say "the job of a coach is to set his or her athletes up for success". If you are running drills that are not going to lead to success then you are wasting time. Here are some thoughts on how you can have tons of drills that really matter to the game and set your athletes up for success...



First of all, if the age group you are working with is very young and inexperienced then **the most common drills need to be based off fundamental skills** (dribbling the basketball, passing the volleyball, ground strokes in tennis). **If the athletes do not have the basic fundamentals down then all the advanced drills in the world don't mean a thing.**

To get the most out of your drills take all every aspect of your offense, defense, special situations, special skills needed, and anything else related to playing the sport and break them into drills. For example, in softball turning a double play is an important defensive play. Break down the footwork of the play and drill it many different ways.

Another example would be the give and go in soccer or basketball. Teach the players to find open space and make passes into the space. As a coach, this is the most fun for me. I love taking offenses and defenses and breaking down the patterns into drills. This gives the players more repetitions at their offense and defensive skills, without actually running the entire play.

When drills are taken from the offensive and defensive structures of the game you build an automatic response from the players—they just do it without thinking. This occurs because they have grooved the pattern through tons of reps.

Don't forget, **without the basic fundamentals of the game more advanced drills shouldn't be added.**
– Shared by Lee Taft

Self-motivation...What does it Mean?

Self-motivation...what does it mean? There's a simple definition for a complex subject:

"Self-motivation is an inner drive that compels behavior." *What makes it complex, however, is that little word "inner," because what works for me may not work for you, and vice-versa.*

There are, however, some common denominators; some basic fundamentals when it comes to motivating ourselves. It's these fundamental ideas and some other things that have worked for me personally, that I'd like to share with you. As we all know, it's not always what is said, but how it's said that can turn the switch from "off" to "on." One idea, if you're ready for it, can change your life forever.

Charging the Human Battery is one of my all-time favorite projects because it's a little book from which everyone can benefit. Who do you know that doesn't need a little help staying positive; or a little "shot of inspiration" from time to time? I know I do!

Stress, and how we deal with it, is a big factor in staying motivated. I read a great article recently in Men's Health magazine titled: Break the Stress Cycle... Separate the Stressors from the Energizers. It offers some simple, great advice on dealing with stress.

Some stress is unavoidable. Some is not. "The trick is learning to distinguish between the two," says Paul Rosch, M.D., president of the American Institute of Stress. He can't identify your sources of stress for you, because one man's stress is another man's joy. So you'll have to do that part yourself. **Divide your stresses into two lists: "accept" and "change."**

As you draw up your lists, you'll naturally pay attention to what your brain knows about your sources of stress, but make sure you listen to your body's complaints as well.

When are you experiencing those headaches? Or back pain? Is there a pattern to your heartburn, or a particular stretch of your commute that provokes road rage? **"Learn how your body responds so you can detect early warning signs of stress,"** says Dr. Rosch.

In evaluating your stressors, do sweat the small stuff. It's the petty problems that cause serious stress in the long run, says Harvard psychologist Daniel Gilbert, Ph.D. Having to listen to your girlfriend's Jimmy Buffet CDs night after night really could push you over the edge. (But not into Margaritaville.) Your activities during these first 7 days are not merely a prelude. Simply sitting down to identify all the things that stress you out, and deciding to do something about them, is a powerful stress buster in itself. It's been known since the 1950s that **stress is exacerbated if a person has no sense of control and no hope that things will get better.**

Having goals, and reaching those goals, is the healthy opposite of that. "Too often, we are adrift on the sea of life," says Dr. Rosch.

Drop anchor.

– Shared by Mac Anderson



Here are a couple of stories that you might use with your parents...

We expect More out of Adults

Although 11-year-old Mark wasn't much of an athlete, his dad urged him to play youth baseball. Mark liked to play, but he was hurt by the remarks of teammates and spectators whenever he struck out or dropped a ball.

Just before the fourth game of the season, he told his dad he didn't want to go. "I'm no good," he said, "and everyone knows it."

His father urged him to stick with it. "Just do your best," he said. "That's all anyone can ask. Your best is good enough."

Mark struck out his first two times at bat, and each time looked over to his father, who struggled to look positive. In his last at-bat, Mark hit the ball solidly, the first time all season. It was a hard grounder to third, and the play at first was close. When the umpire called Mark out, his father went wild. "Kill the ump!" he yelled. "Are you blind or just stupid? If you can't do the job, stay off the field!" On the way home, Mark broke a long silence, "Dad, you said all anyone can ask for is to do his best." "That's right, Son," his father assured him. "You did your best, and I'm proud of you. But that jerk of an umpire robbed you with a bad call."

"I wasn't talking about me," Mark replied. "I was talking about Billy's dad. He was the umpire. He was doing his best, too, but you got mad at him."

His father was taken aback, but he said, "Yeah, but he's an adult. We should expect more out of adults."

Mark looked his dad in the eye. "That's what I thought, too. By the way, I was out."

Despite his father's good intentions, he didn't set a good example. **We should indeed expect more from adults – more fairness and respect, more sportsmanship and self-restraint. If your kids play sports, be a model, not a problem.**

-- Michael Josephson

Let the Butterfly Struggle

There's a parable about a mother who discovered a butterfly struggling mightily to escape its cocoon through a tiny opening at the top. She became concerned when the creature seemed to give up after making no progress. Certain that the butterfly wouldn't make it out without help, she enlarged the hole.

On its next try, the butterfly wriggled out easily. But the young woman's joy turned to horror when she saw its wings were shriveled and useless. Her well-intentioned intervention had interrupted a natural process. Forcing the butterfly to squeeze through a small opening is nature's way of assuring that blood from the creature's body is pushed into the wings. By making it easier, she deprived the butterfly of strong wings.

Childhood, too, is a sort of cocoon. If a healthy adult is to emerge, parents must allow, even encourage, their children to struggle, make mistakes, learn from them, and pay the price for bad judgments and conduct.

Of course, good parents should protect their children from serious harm, but **being overprotective can itself inflict damage. Adversity is not always an enemy.**

Teaching can help a young person develop wings strengthened by self-confidence and self-reliance.

Helen Keller once said, **"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired, and success achieved."**

-- Michael Josephson