



## FEBRUARY, 2013 BCAM MONTHLY REPORT

Tom Hursey – Executive Director

**FROM THE EXECUTIVE DIRECTOR:** We are heading into the serious part of the season. Some of you are in the hunt for league titles. Some of you are trying to finish strong and peak for the state tournament. Some of you are trying to get through a tough season and maybe a win or two in the districts will be a boost to your program. I have been in all of these situations. I remember how much more pressure there was when my team was favored to win the district. I also remember the many years my team was not favored and it was a challenge to convince the players that they could be spoilers. Whatever your situation, good luck!

Are you having as much fun as I am watching our Michigan teams in the Big Ten fighting out every game in the league? What interesting match ups for both the men's and women's teams. Coaches Beilein, Izzo, Merchant and Barnes-Arico have done a great job of getting their teams ready for conference play. Now they battle every game, no matter who their opponent is, to get a win. February should be an interesting month for all 4 teams. It is great watching former Mr. and Miss Basketballs represent their high school teams and the state of Michigan with their fine play. Keith Appling (Det. Pershing), Derrick Nix (Det. Pershing), and Matt Costello (Bay City Western) are playing a big part in MSU's success. Jenny Ryan (Sag. Nouvel) and Madison Ristovski (GP University Liggett) are keeping the U of M women's team in the hunt. Klarissa Bell (East Lansing) and Jasmine Hines (Central Lake) are helping MSU's ladies to a great season. The upcoming games between these teams will be exciting no matter who you are cheering for. (Editor's Note: Former Mr. BB Dwaun Anderson (Suttons Bay) is playing out east at Wagner College).

BCAM wants to wish all the college teams the best as they head into their final month. BCAM is proud of the high school players that fill their rosters. Our coaches do a great job at developing basketball players. A few go on to play in college and are well schooled for the next level. Most do not play in college but hopefully your influence in their lives through basketball prepares them for the future.

**Coaches: You will be asked beginning later this month to nominate your team and players for the many BCAM Awards. Please take the time to nominate. Make sure you follow directions and be aware of deadlines. Each year players that should be nominated are left off because the coach did not follow through. Don't be that coach!**



In an effort to give BCAM members a variety of viewpoints and opinions, I am having BCAM Board members write articles for the Monthly Report. They have been asked to write on whatever subject they want and to pass on information from their many years of coaching experiences. I hope you find these articles informative.

### COACHING - THE GREATEST PROFESSION

*by Tom Valko (BCAM Board Member and Former Coach)*

This time of year, we often wonder to ourselves "why do we do it". It may have been after a tough loss, a parent or player issue, or just that general run down feeling and the thought that you are making about \$1.00 an hour to go

through this! Below are some random thoughts to reflect on and hopefully, after reviewing it, you can remain positive and realize the reason you are doing it is because coaching is....

### “The Greatest Profession in the World”

- I. Coaching gives you the ability and the platform to “Teach Life’s Lessons”
  - You can create an environment where you can have a huge impact on students' lives
  - You may be the only disciplinarian in some of these young men's and women's lives...and contrary to what you might think, kids love discipline
  - Not many other jobs give student-athletes and coaches the huge extremes of emotional fulfillment...you will experience the highest highs and the lowest lows
  
- II. Keys to a successful program--Coaching gives you and your players the opportunity to share:
  - **Passion:** Coach with emotion, your players will match yours--both positive and negative
  - **Relationships:** Foster caring relationships, players will play for someone they care about
  - **Preparation:** Players will respect a coach that prepares for all aspects of their program
  - **Motivation:** **Never** think you're going to win...**always know** that you can win
  - **Levels of expectation:** Communicate expectations and follow through with what you say
  - **Organization:** Be fanatical about little things, be a leader, be someone that players and assistants can lean on
  - **Promotion:** Promote your players and your program, involve lower levels

There are several things that contribute to your ability to be a great coach and be able to do it for a long time. Create balance in your life. Maintain a healthy mind and body. Try to never forget the impact that you are having on young people’s lives. You may not even realize this for 10 or even 20 years, when former players come back to you and tell you that you had more influence on their lives than anyone else. If you have created the proper culture, your legacy will be the type of young men and women that you have helped build into caring, prosperous adults. Hang in there!!!



### IMPORTANCE OF YOUR YOUTH PROGRAM

*by Tom Valko (BCAM Board Member and Former Coach)*

Nearly everyone tries to do it. Some do it well, and some do not. When it comes to developing a successful basketball program, there is not a single thing more important than developing players at a young level and instilling a love for the game. You can be the greatest coach in the world, and you will not win without good players. You need to develop talent and a “love of the game” culture to be successful. Being successful is not always about winning, but I would like to schedule anyone who tells you they do not correlate. You see so many youth programs offered now that are all basically carbon copies - I know because I did it for a long time. Saturday mornings, 1<sup>st</sup>-6<sup>th</sup> grade youth basketball; run some station work and drills for the first few Saturdays then pick teams and have games the next few Saturdays. This does provide fun and it gets student-athletes involved at an early age, and it is usually a nice fundraiser, but to take your program to the next step and develop adequate talent, you need to expand.

I learned this through watching several area programs consistently produce more talented players from the same type of athlete. Boys Hall of Fame coach Tony Burton at Brown City always had great teams and he was a fantastic coach. One of the keys to Tony’s success was his youth programs. He would make sure his 5<sup>th</sup> and 6<sup>th</sup> grade programs had quality practice times, and most importantly, quality coaches. Al DeMott at Sandusky has done the same things with his girls for decades: find a good coach and get players learning from them and practicing and playing in travel tournaments. Marysville volleyball under Hall of Famer John Knuth had a run of numerous state champions and 192 straight wins for the same reason –he had girls loving the game, expecting success, and putting in

the time to get it. In it's heyday, Marysville volleyball had well over 100 Marysville girls in 5<sup>th</sup>-12<sup>th</sup> grade traveling to play in volleyball tournaments for several weekends every spring. Many of these girls played other sports as well, and they found time to work in all of them.

In our area, we have developed boys and girls leagues so our 5<sup>th</sup> and 6<sup>th</sup> grade teams travel every Saturday for a 6 to 8 week time period to an area high school and play two games. This has tremendously increased the level of basketball in our area. It is a fun yet competitive atmosphere, and it is all students from the same school on school teams. Once the teams are developed, many of them continue to play around the state on Saturdays throughout the year. There is not a shortage of events out there, and although a school team may end up on the wrong end of some lopsided scores at times, the payback down the road of experience gained is more than worth it.



So if you want to continue to improve your ability as a coach, and provide a valuable experience for your players, please evaluate your Youth Program. Because as I stated earlier, I truly believe it is the single most important thing you can do to build a successful culture.

**PRESIDENT ELECT NOMINEES:** The BCAM Board of Directors has nominated the following boys' coaches for the position of President-Elect. We are very pleased with the quality of nominees. Any of these coaches will make a good president. You will be receiving an email ballot on February 6<sup>th</sup> from Survey Monkey. Please vote. Background information will be posted on our website. The winner will serve a 3 year term moving from President-Elect to President to Past President. NOTE: Next year we will elect a President-Elect from coaches of girls.

**Dennis Hopkins – (Auburn Hills) Oakland Christian High School**

**Ramsey Nichols - Kalamazoo Central High School**

**Tony Sweet - Brighton High School**



## **BOCCC REPORT (Basketball Officials and Coaches Communication Committee)**

*Dan Christner - BOCCC Committee Member*

Earlier this season, while coaching a freshmen game, I asked one of the officials to pay closer attention to our opponent's post player who was spending more than three seconds in the lane. It was a simple request uttered during a dead ball situation. He did not respond nor did he pay any attention to my request.

Over the next few offensive possessions, three seconds became five then five became six until finally one of my player's dad, seated five rows up in the stands shouted, "That kid is camping in the lane." This pronouncement was greeted by a technical foul assessed to me; my first technical foul in eight years (a fact that coaches who know me will find hard to believe). I diligently tried to convince the official that I had said nothing, to no avail.

"Honestly, I didn't say a word. I have never lied to a referee...ever. It was someone in the stands."

"No, it wasn't," he said, "I've been listening to you all night." (I had made the one previous comment after the first possession of the game and we were now 3:12 into the contest.)

He would hear none of my explanation and proceeded to award our opponent one free-throw and then gave us the ball to inbound. Apparently the coach of the other team, like the official, didn't know the rule for administering a technical foul, as he did not protest the inaccuracy. I called the official to the scorer's table and informed him that our opponent should get two free-throws and the ball. He responded by asking me if I would like another technical foul. I declined the offer.

Meaningful communication is based on trust. Unfortunately we as coaches have lost trust with some referees. Part of this gap in trust may stem from the lack of familiarity that newer officials have with coaches whose games they have never worked. Part of the mission of the Basketball Officials and Coaches Communications Committee is to avoid in-game problems such as the one noted above.

You as a member of BCAM have a definite stake in this area. If you have suggestions on ways that we can improve trust and communication between coaches and officials, please contact a BOCCC member listed below:

Dan Christner (BOCCC Committee)	<a href="mailto:cdcfish@gmail.com">cdcfish@gmail.com</a>
Tyler Hursey (Okemos HS Girls)	<a href="mailto:tyler.hursey@okemosschools.net">tyler.hursey@okemosschools.net</a>
Joe Ricard (Chairman)	<a href="mailto:ricardj@fmuth.com">ricardj@fmuth.com</a>
Mitch Hubbard (Reading HS Boys)	<a href="mailto:mphubbard@charter.net">mphubbard@charter.net</a>
Andy Donovan (Frankenmuth Boys)	<a href="mailto:andyandtessa@hotmail.com">andyandtessa@hotmail.com</a>
Elaine Mahabir (Midland HS Girls)	<a href="mailto:mahabirER@mps.k12.mi.us">mahabirER@mps.k12.mi.us</a>



### **HELP NEEDED:**

**Steve Finamore (East Lansing Boys Varsity) would like your input:**

I am conducting a study/charting situations that occur late in games.

Team on defense is up 3 with less than :07 to play.

My question is, do you foul or just trust your defense?

Think about this if you have not caught on yet.

If you foul, you send their team to the FT line. They can't tie the game with a three now.

Now you can figure out where I'm going.

I have 229 samples thus far in HS, college and pro.

I'd love to get other BCAM members from around the State of Michigan sending me their info if they find themselves in this position.

Having coaches get back to me is what makes this study possible. Send to: [stevefinamore@yahoo.com](mailto:stevefinamore@yahoo.com)

### **John Wooden:**

*As my father reminded me more than once, "Great leaders give credit to others and accept the blame themselves." If one of my assistant coaches made a suggestion that we decided to implement, I would make sure to praise him for his foresight in the press conference afterward. But if one made a suggestion that didn't prove to be as successful, I accepted the blame myself rather than pinning it on the assistant. After all, as the head coach, I had decided to go forward with it. I found that this was the most effective way to keep my assistant coaches feeling engaged with the game, willing to make suggestions, and ready to contribute to the betterment of the team. It worked with my players, too. I would never publicly criticize a player for poor performance. Even in moments of extreme frustration, I would check myself because it just didn't seem right—because it didn't seem like something my father would have done. And I'm proud to say that to the best of my knowledge, I never did slip up in that regard. [www.woodencourse.com](http://www.woodencourse.com)*



### **Actions to Help Eliminate Bullying from The Center for Ethical Youth Coaching**

Here are specific actions the adults in each of these environments need to take to eliminate bullying and teasing.

- Discipline the bullies and teasers when you observe this behavior.
- Do not make light of the actions of bullies/teasers.
- Do not allow; therefore discipline, even slight behaviors that are in the direction of teasing/bullying—such as name calling, hitting, disrespect, taunting, put-downs.
- Treat bullying behavior as seriously as any other violation of rules.
- There is nothing wrong with giving consequences on the suspicion of bullying behavior.
- Increase the supervision of these perpetrators.
- Always model appropriate behavior yourself. Do not tease or put down others, particularly those younger than you, in order to be humorous, teach a lesson, be motivational, get them to behave correctly, etc. Teasing, sarcasms, prodding, nagging, and yelling are all behaviors in adults that have been emphatically proven not to work.
- Be a cooperative team player with the other adults in a child's world. If you are a teacher don't criticize the administration in front of the students. Voice your concerns at more appropriate venues such as faculty meetings or one-on-one meetings with the administrator. If you are a parent, similarly, don't negate what your spouse says to the children in front of the children. Pick an appropriate time to share differences in discipline, rule setting, privileges etc.
- Counsel the bully or teaser. Show them appropriate ways to get the same goals accomplished. There is nothing wrong with being popular, funny, or even have power. But, it is wrong to do it at the expense of others. The focus of your counseling of the bully should be on what needs are being met by this behavior. Counsel the bully with compassion, not punishment. This doesn't take away the consequences of their actions, but try to understand why they approach social situations with bullying and teasing. When appropriate, help them understand the circumstances around things they don't understand and therefore they tease another about. Here I am talking about making fun of someone's eye glasses, braces, a crippled walk, or a speech impediment, etc. Help them to understand that when they bully someone something is wrong inside them at this time in their life. Try and uncover what it is that is damaged inside them. Make sure you emphasize that you care about them and will try to help them just like you would help anyone who has something wrong inside them. Include parents in this counseling and advise the parents of the bully on the ramifications of continuing this pattern of social behavior. Teach the parents better parenting techniques on how to raise a social child.
- Make sure we don't let bullying or teasing work for those who do this to others.

*The Center for Ethical Youth Coaching is a member organization of [The National Council for Accreditation of Coaching Education](#).*

### **BELIEVE IN YOURSELF:**

**Believing in yourself comes from knowing what you are really capable of doing.** When it's your turn to step up to the plate, realize that you won't hit a homerun every time. Baseball superstar Mickey Mantle struck out more than 1,700 times, but it didn't stop him from excelling at baseball. He believed in himself, and he knew his fans believed in him.



**Surround yourself with positive people** - they know the importance of confidence and will help you keep focused on what you can do instead of what you can't. Who you surround yourself with is who you become.

**Never stop learning!** I would work this advice into every column if I could; it's that important. Don't limit yourself only to work-related classes, either. Learn everything about every subject that you can. When you know what you're talking about, it shows.

**Be very careful not to confuse confidence with a big ego.** If you want people to believe in you, you also have to believe in them. Understand well that those around you also have much to contribute, and they deserve your support. Without faith in yourself and others, success is impossible.

At the end of a particularly frustrating practice one-day, a basketball coach dismissed his players by yelling, "Now all you idiots, go take a shower!" All but one player headed toward the locker room. The coach glared at him and asked why he was still there.

"You told all the idiots to go, Sir," the player replied, "and there sure seems to be a lot of them. But I am not an idiot."

Confident? You bet. And smart enough to coach that team some day.

**Moral: Believe in yourself, even when no one else does.**

-- Harvey Mackay