



# BCAM October, 2015 Monthly Report

Tom Hursey – Executive Director

**FROM THE EXECUTIVE DIRECTOR:** If you are reading this BEFORE October 3<sup>rd</sup>, you are still welcome to walk-in at our FALL CLINIC sponsored by Rawlings. Registration starts at 8 AM at Ann Arbor Pioneer HS. See website under “Camps/Clinics” for more details. Credit cards are accepted. For those coaches already signed up, our coaches’ party on Saturday night will begin at 7:30 instead of 9:00 PM at Buffalo Wild Wings (near the Sheraton Hotel).

There is a lot of talk by coaches, administrators and parents about all the transfers that are taking place. The MHSAA is caught in the crossfire since this association is the rules maker. Rather than make judgments based on hearsay and what you think is true, I recommend that you seek out the fall issue of the BENCHMARKS publication put out by the MHSAA. This issue goes into great depth to explain the past, present and future of the Transfer Rules. As a coach, you need to have some understanding of the current rules. Whether you are directly involved with transfer student/athletes or are competing against schools that have transfer student/athletes, you need to try to understand what is going on. BENCHMARKS will open your eyes to the concerns that transfers cause and how the MHSAA is dealing with this issue. You should be able to get a copy of BENCHMARKS from your athletic administrator.



I recently read the following quote from Billy Graham, “One coach will influence more people in one year than the average person will do in a lifetime.” As your season approaches, consider this quote and ask yourself, “What kind of influence do I want to project onto my athletes?” Hopefully it is positive in nature and you will be that role model that your players, parents, school and community want and deserve.

As we head into our season, keep in mind our great sponsors that help us out financially. Rawlings, NIKE, Meijer, Team Sports, hudl, Pistons, Better Basketball, Shoot-A-Way, Gatorade and Johnny Macs are all supporting BCAM. Contact information is available on the BCAM website, [www.bcam.org](http://www.bcam.org).

**CONGRATS BCAM, YOU ARE STILL NUMBER ONE:** Final tally for the leading state basketball associations with regard to membership for 2014-15: 1) Michigan 5,175, 2) Texas 4,576, 3) Ohio 3,744, 4) Wisconsin 3,200, 5) Iowa 3,141, 6) Indiana 2,067, 7) Kentucky 1,233, 8) New York 1,131.

**HACK-A-SHAQ:** I recently read an article by Kevin Hoffman (Winning Hoops) that defended the Hack-a-Shaq strategy. I go along with Kevin’s premise that it has always been part of competition to take advantage of your opponent’s weaknesses. Discover what they do poorly and exploit it. Gregg Popovich, coach of the San Antonio Spurs, made these observations: “There will be a lot of discussion about fouling, as there should be. But principle wise, I feel really strongly that it’s a tactic that can be used. If someone can’t shoot free throws, that’s their problem. As I’ve said before, if we’re not allowed to do something to take advantage of a team’s weakness, a trade off should be made with the other team, i.e., ‘We won’t foul your bad shooter, but you promise not to block any of our shots,’ Or, ‘We won’t foul your guy, and you allow us to shoot all uncontested shots.’” Do you agree?



**FROM THE ASSISTANT EXECUTIVE DIRECTOR: Dan Young**

**COACHES STICK TOGETHER:** Coaches, stick together when you’re in the middle of a student athlete transferring to or from your school. You will be surprised that eventually all of us will be in this situation on one end or the other. Most of us don't worry about it until one of our players suddenly leaves our program. We are suggesting that we all do a better job of communicating with one another and the MHSAA. We have to police our local communities and turn in violators, otherwise it will continue to go on.

**BCAM suggests the following:**

1) When a student or family approaches you about the possibility of transferring to your school, don't get involved and call their current coach or athletic director. This immediate action will take you out of the picture and clear you of any wrongdoing. The coach on the other line will appreciate the heads up and both parties will gain insight on the family and player involved.

- 2) If you are coaching high school and out of season basketball (AAU), be aware that you could be "linked" to anyone who transfers to your school from the out of season organization you coach and you could be suspended for up to a year.
- 3) If you hold open gyms and invite players from outside your school and they transfer at a later date, you also could be "linked" to the transfer.
- 4) Personal training is getting more and more popular. If you are in this business and are linked to a transfer, suspensions could follow.



BCAM is well aware that this is becoming more and more of a problem nationwide. We as members of the best basketball coaches association in the country must stick together. Pick up the phone and talk to each other. Make it clear you have nothing to do with this nonsense and work TOGETHER on solving the problem! Educate the parents on possible sanctions and most importantly contact the MHSAA of any wrongdoing.

**CHECK OUT THIS VIDEO: A Champion's DNA:**

[http://www.coachingtoolbox.net/filingcabinet/coaching-basketball-champions-dna.html?utm\\_content=ed1b329d31f5b4d8c5a4033022a3cef4&utm\\_campaign=150829&utm\\_source=Robly.com&utm\\_medium=email](http://www.coachingtoolbox.net/filingcabinet/coaching-basketball-champions-dna.html?utm_content=ed1b329d31f5b4d8c5a4033022a3cef4&utm_campaign=150829&utm_source=Robly.com&utm_medium=email)

**MHSAA BASKETBALL EXPERIMENT MODIFICATION:**

Michigan Varsity basketball teams are allowed two (2) contests during the regular season that are played in two 16 minute halves with one (1) additional 30 second time out.

**Purpose:** The MHSAA Basketball Committee has for several years discussed the potential for allowing Michigan teams the experience of games played in halves. The original NFHS request for 18 minute halves was denied.

**Requirements:** All games played in halves must be pre-approved by the MHSAA. Each school participating must complete an after game report.

**Time out Allowance:** Games played in halves

Three (3) 60 second time outs

Three (3) 30 second time outs

**Normal overtime rules and timing will apply:** 4 min overtime period, 1 additional 60 second time out.

*There is a form from the MHSAA that needs to be completed before you can play under this special rule.*

**RULES REVISIONS FOR 2015-16 (National Federation of State High School Assoc.):**

1. The following acts constitute a foul when committed against a ball handler/dribbler. A player becomes a ball handler when he/she receives the ball. This would include a player in a post position.
  - a. Placing two hands on the player.
  - b. Placing an extended arm bar on the player.
  - c. Placing and keeping a hand on the player.
  - d. Contacting the player more than once with the same hand or alternating hands.
2. Officials Signal Chart and Officials Manual: A new signal for officials was added to indicate that the team inbounding the ball may move along the end line after a made basket when time-out or injury has occurred.

**Major Editorial Changes:**

1. By state association adoption, one commemorative/memorial patch may be worn on the jersey.
2. All sleeves/tights shall be the same solid color and must be the same color as any headband or wristband worn.
3. Headbands and wristbands shall be white, black, beige or the predominant color of the jersey and shall be the same color for each item and all participants. They must be the same color as any sleeves/tights worn.

**Points of Emphasis:**

1. Post Play
2. Rebounding
3. Protecting the Free Throw Shooter
4. NFHS Signals and Mechanics



**THOUGHTS FOR COACHES AND OFFICIALS:** *By Bob Williams, Basketball Assignor and BOCCC Member*

I am employed at a school but I am not on the faculty. As I was passing the conference room the other day I saw the head coach having a staff meeting with several basketball coaches on his staff from the Varsity level down to the 7<sup>th</sup> & 8<sup>th</sup> grade level. I noticed that he had a very lengthy bullet point list of things that he wanted to focus on to make the program a success in 2015-16. He appeared very motivated and excited giving his presentation much like you would see a coach address his team in a pre-game pep speech prior to a game.

The light came on for me. As we all prepare for the coming basketball season, this is a great ramp up period for both officials and coaches. For coaches this is a great time to add to the bullet point list for the staff:

- This year we are going to talk with officials and not yell and make gestures all over the court.
- We are going to respect officials and appreciate the job that they do.
- We are going to mentor our younger coaches to ensure they know how to communicate with officials and do not embarrass the school or themselves.

Conversely officials will be adding to their bullet point list as they prepare for the coming season:

- We are going to know the rules better than anyone in the game.
- We are going to respect the job the coach does, understanding that he/she is with his/her team countless hours and has developed a passion to be successful.
- We are going to become better listeners to calm conversation and legitimate questions / concerns.
- We are going to help our younger officials become better communicators and understand why officiating at the high school level is an awesome job.
- WE all have learned over the years that goal setting is a key to success.

With Officials and Coaches setting pre-season goals and bullet point lists we all can be successful in obtaining the best possible environment for interscholastic athletics.

**CLICK HERE FOR EXERCISES TO PREVENT ACL INJURIES:** [http://www.coachingtoolbox.net/filingcabinet/alan-stein-reducing-acl-issues.html?utm\\_content=d6fec5d21fccbb76d4bd33af4897b9c8&utm\\_campaign=150906&utm\\_source=Robly.com&utm\\_medium=email](http://www.coachingtoolbox.net/filingcabinet/alan-stein-reducing-acl-issues.html?utm_content=d6fec5d21fccbb76d4bd33af4897b9c8&utm_campaign=150906&utm_source=Robly.com&utm_medium=email) **Don't miss the videos.**

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**From Paul Angelico - Colorado HS Athletic Association** (*Can you use this letter in your own situation?*)

Dear Parents,

I have been involved with high school athletics for more than 30 years, and one of the most valuable lessons I have learned is this: It is imperative that we — parents, coaches, administrators, students and community members — all understand what these sports and activities are designed to accomplish. Without that basic understanding and mutual agreement, something that should be a powerful and exciting life experience can quickly deteriorate into something very negative.

Although these activities are an integral part of our education system, the value lies in the fact that they are a privilege to be earned. They are not a right; they are not an entitlement.

Following is a list of what you should expect on this journey called high school sports and activities:

- To have a coach who is student-centered, has the best interest of *all* student-athletes in mind, and sets high standards. A coach must stretch kids to be more than they ever thought they could be.
- Coaches must be a positive role model in kids' lives – not to tell students how they should act or live, but to show them by personally modeling how to live an exceptional life.
- Coaches need to be a caring and concerned influence in kids' lives. They must make sure that every win, every loss, every personal victory or defeat comes with a lesson to be learned that will help prepare their students for life after sports and school.

- Sports need to develop our student-athletes to enable them to be productive, passionate leaders in their communities. Coaches should develop a sense of perspective and compassion that will allow for athletes to be gracious in victory and dignified in defeat.
- Athletes are measured by the quality of their work ethic. They are judged on their willingness to lay it all on the line for their school, community, and family. They need to be respected and praised for trying to attain more than they believe they are capable of.
- Students need to be taught to be an integral part of a team, for putting their ego and personal goals aside in favor of teamwork and attaining *group*.
- Coaches must put ego aside and realize that in order to develop the best team they can they need to let their athletes know they care about them as an athlete, but more so as a person.
- The primary goal of any good coach is to be a teacher and a mentor every bit as much as a coach of the sport.
- Players should not be criticized for the results on the scoreboard, or judged by the amount of minutes played.

Yes, these expectations apply to those of us in the stands supporting them. They apply to the officials, administrators, the parents, and teammates. These expectations need to reflect our community and school values.

We may need a reminder every so often, but we can never forget that this journey is not about the individual. It's about the team. It's about the school, the community. It's about being that role model that the young kids in the stands can look up and aspire to. High school sports value in the lessons learned through the journey not the end results.

Every time our students step on the field, they need to be encouraged to look past the scoreboard, to breathe in the atmosphere, and acknowledge there is so much more being learned than what meets the eye.



**A GREAT STORY ABOUT PERSEVERANCE:** *(submitted by Woodhaven Head Coach Rodney Scharboneau)*

Thank you for the chance to tell you about a young lady named Makayla Moore from Woodhaven (MI) HS. It's her junior year at Woodhaven HS and Makayla wants to make the varsity girls basketball team in the worst way. She attends every pre-season workout and open gym, she works hard to improve and does everything the coaches ask of her.

She gives it all but at tryouts it's apparent she is not good enough to be in the top 12 to 15 players. So she was cut.

Instead of complaining or blaming or pointing fingers she turned to focusing on what she could do to contribute. She asked the head coach if she could be the team manager. He was so happy she wanted to help because Makayla was someone he knew the team needed to be around.

In this way Makayla set a great example for her teammates on how we should always be looking for what we can do to serve a role for something larger than us – she wanted to be part of the team – to give to the team in any way she could – and now she had found a way.

Fast forward to her senior year. Makayla works hard all summer on her game – and again in the fall doing all she can to get better. She plays her heart out at tryouts – but again is informed she did not make the team.

Makayla immediately went to the coaches to ask them if she could be the team manager AGAIN. They were so grateful to her – they felt so bad that she did not make the team – but they knew she was such a fantastic person and teammate and had become such a big part of their family.

Late in the season – when many teams start to fight energy decline – Makayla's voice could regularly be heard, encouraging teammates at practice and from the sidelines in games – doing all she could to bring effort, energy and enthusiasm to her team and her role.

The coaches noticed this selflessness – putting her team first over and over again – every event. Every practice. For two straight Seasons.

So 10 games into her senior season, they presented Makayla – in front of all of her teammates who were beaming with joy because they loved her so much – with her own game jersey.

She was now on the roster as a player. She had now made the team. She finished out her senior season on the court and giving her team all she had. She had made it – and did it by first doing whatever she could to help and be part of the team.

Makayla Moore is the best teammate I have ever coached and I'll never forget her and the life lessons she taught all of us for those two seasons.

## Coaching Basketball: 37 Tips for Assistant Coaches

Coach Bob Starkey is an assistant Women's Coach at Texas A & M. He has an outstanding coaching blog that you should definitely add to your regular reading list: [Hoop Thoughts](#). This article was originally posted on that blog.

High School coaches won't be able to apply all of the points, but will still have some takeaways.



### Tips for Assistant Coaches

by Bob Starkey

Two of my favorite people in the world of coaching (and two of the people in my coaching circle of influence) are Felicia Hall Allen and Greg Brown. Felicia has been a game changer for our profession with the development of A Step Up Assistant Coaching Symposium for men and women's basketball coaches. She also is an amazing motivational speaker and excellent team builder. We utilized her at LSU and she made such an impact in our program that we annually voted her a recipient of our Final Four rings. Greg Brown is someone I have known for years in large part because of my relationship with Don Meyer who Greg worked for. In fact, I often tell people that Greg worked for Coach Meyer and Pat Summitt when they were the winningest coaches in all of college basketball. Greg is an excellent teacher and continual learner.

The two of them combined for this post this morning. Greg had sent this list from an article he read to Felicia and she then emailed out to her contact list. It is an outstanding list and I wanted to share it on our blog:

#### TIPS FOR ASSISTANT COACHES

1. Ultimately, your job is to make your head coach look good. Being a head coach is much more about being a CEO than an Xs and Os strategist. Yes, the head coach will get most of the credit, but they will also get all of the blame. Their job is to win, have a detailed vision and to be the leader. Your job is to help them execute their vision. It's not your show, it's the head coach's show.
2. Understand and teach the game inside and out. Know how to attack opponent weaknesses, win with the players you've got, teach fundamentals and research and teach the best drills to prepare your position group.
3. Traits head coaches are looking for in assistant coaches: loyal, hard-working, reliable and trust-worthy. Being a great recruiter can help you get and keep a job.
4. Not everyone on the staff will get along—there will always be jealousy, personal differences, age differences but in order to win you must be able to put that aside to work with each other!
5. Coaching is a family—build your network. Outside of your head-to-head competitions, consider other coaches as your co-workers, not enemies. Build a strong network. You will rely on them heavily throughout career.
6. Best way to move up from where you are today into a new position? Be the best at your current position! Treat your role and current school as your dream job, and work like it's where you've always dreamed to be.
7. Assistant coaches on your staff (or your opponents) can be in the position to hire you one day—you are building a track record with not just your head coach, but assistant coaches and opponents. Keep it professional and courteous.
8. Always bring a great attitude to work, even if you are having down days. Keep your personal issues to yourself, the team would never accomplish anything if every coach and player brought their personal issues to the facility or complained about all of their problems. Manage your personal life, address problems, get counseling if you need to!

9. Your players will mirror you. You want them to do it right and pay attention to detail—you must take the lead and see that you take the little details serious, too. Do what you say you will do. Follow through!
10. It's never "I," "me" or "mine," instead use "we," "us," and "our."
11. No detail is too minor for the head coach. If they want to be kept up-to-date on an issue, keep them in constant communication with a quick text, call or email.
12. Your position group, recruiting efforts and off-field responsibilities need to be your top priority. Do not get distracted by the fluff that goes along with the job. Focus on what you are being paid to do: develop players, graduate players, win games, represent the university and sign new players. If you feel like you can handle it, ask to take on additional responsibilities or create a new job responsibility that falls into one of those categories that will ultimately help your team win.
13. Become a great evaluator of talent—you need to learn how to find the hidden gems who aren't gracing every recruiting Top 100 list. You need to be able to "find" great players before every other coach. Find the players who fit your needs, who have raw talent, who can be developed reasonably quickly, and who have great attitudes and toughness.
14. Remember—you are ALWAYS representing your boss and university.
15. Understand and value that EVERYONE in program has a role. Everyone has different strengths, everyone can contribute something different and critical: coaches, players, trainers, doctors, academic counselors, marketing staff, interns, students, boosters, maintenance staff, housing.
16. Think ahead, anticipate what's next. What will your head coach need today/this week?
17. Self-evaluate and scout your team and position group. What weaknesses are returning? Evaluate top teams at those skills—how and why are they successful? What do they do exceptionally better? What drills can you use to help your players improve?
18. When evaluating players it's critical you rule out players who will be a waste of time in terms of leading you on a wild goose hunt. Don't spend all of your time recruiting players who will never get enrolled into your university, who won't finish, who won't be happy too far away from home, etc. If you know problems will arise down the road, it's best to find other players who have less off-field issues. The risk isn't often worth the reward.
19. Nothing is beneath you—all hands on deck. Be wise with your time and put most urgent priorities first! Develop players, graduate players, win games, sign new players.
20. Appearance is important—never know who you will run into. Your days will be long, the stress will be high—being in shape will help you fight the mental and physical battles. Be well groomed, well dressed and energetic.
21. How can you separate yourself—what value can you add to a staff? What can you become indispensable at? Scouting, recruiting, relationships with prep coaches, developing players, leadership?
22. Scout opponents as if your job depends on it—at some point, it will! The smallest of details can make the biggest of difference when it comes to game planning and having your players prepared.
23. Keep a daily to-do list with the same key areas that need your daily attention: situations to monitor (class attendance/study hall/grades of your players), things to do, people to call. Repeat, repeat, repeat with the attention that you expect of your players with their fundamentals.
24. Be organized—organization brings direction to chaos! A prepared player never flinches, nor do prepared coaches!
25. If needed, help communicate for your head coach. You may have to return calls for them, take on delegated responsibilities. Remember—your job is to make their job easier and to make them look good.
26. With recruiting—it's not about what YOU want in a player, it's about what your boss wants in a player. Can the recruit play for and be successful under this head coach? Will they clash or flourish? Recruit players who will fit your head coach's personality and style.
27. If you lack experience or talent, you can overcome your weaknesses by being hardest worker who brings relentless energy—in the same way that you teach your players that "Hard work beats talent when talent doesn't work hard."
28. Be who you are and believe in who you work for.
29. Never doubt the head coach in front of players or other members of the staff. When the negative talk begins internally everyone's job is in trouble. If there is an issue with the head coach, approach them directly.

30. Most head coaches are excellent in three areas—on-field teaching, off-field preparations and recruiting. Most assistant coaches are only good at one or two of these areas, sometimes just masters of one. You must develop strong skills in all three areas to become a successful head coach.
31. Help your players do something that's never been done before, even if it's a small accomplishment. Bigger accomplishments will come after you begin achieving smaller, more manageable goals.
32. Develop a good relationship with your player's parents—communicate! They need to be your allies, not your enemies! Deal with issues before they become unmanageable.
33. Have a 'no gossip' policy with your spouse—they shouldn't be the town gossip about team issues. Like you tell your players, 'What happens in the locker room stays in the locker room.' If they can't keep issues quiet, limit what you share with them.
34. No money talk amongst other coaches—your salary is what you have agreed to and signed for. It is a cancer to constantly discuss money with other coaches on staff.
35. What would a scouting report on your own team/unit look like? Be brutally honest with yourself on which weaknesses your players need to improve on. Build on what they are really good at, show them how to get better!
36. Get to know your Athletic Director and Associate/Assistant Athletic Directors, they could be in position to hire you one day or give you a key recommendation.
37. Get to know athletic department staff—at some point you will need their help, they are ambassadors for your program! Their jobs are important, get to know everyone and let them know you appreciate them.

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### *Vision...*

“The only thing worse than being blind is having sight but no vision. ” – **Helen Keller**

### *Progress...*

“You don't make progress by standing on the sidelines, whimpering and complaining. You make progress by implementing ideas. ” – **Shirley Chisholm**

### *Focus...*

“Successful people maintain a positive focus in life no matter what is going on around them. They stay focused on their past successes rather than their past failures, and on the next action steps they need to take to get them closer to the fulfillment of their goals rather than all the other distractions that life presents to them.” – **Jack Canfield**

### *Happiness...*

“I am determined to be cheerful and happy in whatever situation I may find myself. For I have learned that the greater part of our misery or unhappiness is determined not by our circumstance but by our disposition. ” – **Martha Washington**

### *Motivation...*

“People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily. ” – **Zig Ziglar**