



## BCAM September, 2015 Monthly Report

Tom Hursey – Executive Director

**FROM THE EXECUTIVE DIRECTOR:** School starts next week which means most of you will be back in the trenches and doing a great job educating our youth. It also means that we are less than a month from our Fall BCAM CLINIC sponsored by Rawlings. As I mentioned in previous reports, we are satisfying your wishes by offering 2 days of ON-COURT demonstrations. First at Ann Arbor Pioneer HS and then at the University of Michigan. You have all received by snail mail the brochure and registration form (can also download at [www.bcam.org](http://www.bcam.org) ). Please note the WARNING that time is against you. If your school is processing this form you will need to keep checking on the progress since many schools take weeks to process registrations. Don't get caught having to pay out-of-pocket at the clinic since your registration form did not arrive in time. We have not had 1000 coaches at our clinic for many years. I think this year might be the year to top 1000. With that said please note that the first 800 coaches through the door will receive their clinic gift.



*2014 Clinic attendees watch a MSU Men's Team Practice*

Now let's focus on the outstanding line-up our clinic committee has put together. We offer top-notch men's and women's college coaches as speakers. We have also added a financial advisor who will speak on "Coaches Investing in Their Future" and a session entitled "Middle School/Youth Development" in an effort to satisfy more coaches' interests. This would be the perfect time for the varsity coach to bring together his/her staff in an effort to bond. Our '4 COACHES FOR THE PRICE OF 3 SPECIAL' is a super deal aimed at bringing the entire staff to the clinic. For those who have noticed the clinic schedule does not break for lunch, concessions will be offered at both venues and will be available all clinic.





I recently sent out in a separate email an article entitled **3 MYTHS THAT ARE DESTROYING THE YOUTH SPORTS EXPERIENCE FOR OUR KIDS**. The response from members has been encouraging. If you haven't read it, please do. (<http://www.bcam.org/content/3-myths-are-destroying-youth-sports-experience-our-kids>) I think that we as high school and college coaches need to continue to educate our players and parents about specialization and only playing one sport in an effort to win a college scholarship. This article offers some suggestions about how to deal with these problems.

Another HOT TOPIC is "**PARTICIPATION AWARDS.**" I would like to hear your thoughts on the subject. Basically a YES you agree with James Harrison or NO you don't agree. Read the following and let the BCAM Office know your thoughts at [marybeth@bcam.org](mailto:marybeth@bcam.org) .

[http://www.forbes.com/sites/donyaeger/2015/08/25/you-dont-get-participation-awards-for-showing-up-to-work/?inf\\_contact\\_key=fc1413e91f0830658f139a6175fb7711dd73d0b1e129051aea92f4bd893ff80e](http://www.forbes.com/sites/donyaeger/2015/08/25/you-dont-get-participation-awards-for-showing-up-to-work/?inf_contact_key=fc1413e91f0830658f139a6175fb7711dd73d0b1e129051aea92f4bd893ff80e)

One more item that a member suggested to me: Bring a "business card" with all your contact information with you to the clinic. This will make it easy to pass on your information to your peer group.

Let's make 2015-16 a year to remember both on and off the court!

**FROM THE ASSISTANT EXECUTIVE DIRECTOR: (Dan Young): They are watching you.**



Your players are watching you. You can bet on that. They are watching how you conduct yourself, how you speak to others. They are watching and possibly laughing at the music you listen to, the clothes you wear and who you make company with. This is a good thing. They're part of your family and they look up to you. Keep up the great work you do and continue to lead, inspire and motivate every day. **They are watching you.**

**\*\*\*MHSAA BASKETBALL EXPERIMENT MODIFICATON\*\*\* : *This is just new from the MHSAA:***

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.

**PISTONS/BCAM SCHOLARSHIP WINNERS:** There were 35 applications for the Pistons/BCAM Scholarships this year. All candidates were highly qualified and deserving. The college counselor that was in charge of selections

had a difficult time determining the final 15. Congratulations to the following 15 winners and the parent BCAM member.

Garrett Bondy – Yale HS	Patrick Bondy
Connor Brazeau – Marquette HS	Brian Brazeau
Alexandra Dartt – Olivet HS	Brian Dartt
Taylor Dunn – Jonesville HS	Tom Dunn
Zachary Fish – North Branch HS	James Fish
Jami Hubbard – Reading HS	Mitch Hubbard
Jane Hursey – Suttons Bay HS	Todd Hursey
Amber Keefe – Grand Haven HS	Kelly Keefe
Nicole Keeler – Tri-Unity Christian HS	Mark Keeler
Reagan Moffit – Roscommon HS	Rich Moffit
David Owens – Owosso HS	Dave Owens
Emily Starck – Remus Chippewa Hills HS	Lanny Starck
Theodore Tamm – Petoskey HS	Matthew Tamm
Matthew Tchozewski – Jenison HS	David Tchozewski
Cap Wilson – Goodrich HS	Wayne Wilson



**REACHING HIGHER SHOWCASES:** The MHSAA-BCAM Boys Reaching Higher Showcase took place on Wednesday, July 17<sup>th</sup>, at Milford High School. Willie Green [Detroit Cooley, University of Detroit & NBA Professional] and Lansing native Desmond Ferguson [University of Detroit & Professional Player] spoke to the 100 players about developing a strong work ethic and creating a strong foundation of core values. Players had a team practice, worked hard in fundamental stations and played 3 games in front of approximately 100 college coaches. Parents attended a workshop with Marc Comstock [Recruiting], Sharon Burnor [ACT/SAT Coach] & Ira Childress [Social Media & Recruiting]. A special “thank you” to the following coaches who worked at the event: Keith Kurowski, Adam Trumpour, Keith Guy, George Ward Jr., Gregory Boler, Cam Nichols, Rod Watts, Paul Marfia, Chuck Fabbro, Andy Dold, Josh Tropea, Kevin Lillibridge, Rocky Buscemi, Brad Maska, Dave Gilbert, Jeff Turner, Kirk Bradley, Anthony Wright, Tim Conley, Waleed Samaha, MJ Ewald, Mike Lovelace, Pierre Brooks, Don Gauthier, Mike Williams, Jeff Olson, Adam Smith and Chris Bondsteel.



*The Boy's Reaching Higher Showcase had around 100 college coaches attend.*

The **Girls Reaching Higher Showcase** was held on July 23, 2015. The 7<sup>th</sup> Annual Event was held at Milford High School. The process started in November of 2014 with the formation of a BCAM Selection Committee that worked together to obtain the Top 120 underclass female basketball players in Michigan. We had over 450 nominations. In February the 16 person selection committee began the task of picking our Top 120.

In the process of setting the agenda for this great event we had to also seek out BCAM members to work the Showcase. We had over 25 BCAM members participate on this day. The effort and commitment from our BCAM Staff was outstanding. We had an excellent group of speakers and trainers: \*Dave Ginsberg-College Coach/High School Coach/Executive Director of the National High School Basketball Coaches Association, \*Marc Comstock- College Coach/ High School Coach, \*Ariel Braker-former player Grosse Pointe North/University of Notre Dame, and \*Jason Nolan-Sports Speed and Performance.



The Showcase consisted of drills, skills, games, and educational topics: college recruiting process, understanding the differences from high school and college level, and the commitment of becoming a college player.

A huge thank you is extended to the Milford High School staff, MHSAA staff, and BCAM members who gave their support to this event. Any BCAM member who is interested in working the Showcase next year please contact us.

*Boys Director: Rich Moffit, Grayling HS. Girls Directors: Tim Conley, Saginaw Heritage; Tim Reznich, Frankfort HS*

Additional information about Reaching Higher may be found at: <http://secondhalf.mhsaa.com/All-News/articleType/ArticleView/articleId/3952/Michigans-Best-Reach-Higher-at-Milford>

*Editor's note: Nominations for the 2016 Reaching Higher Showcases will be accepted in January. Watch for more information from BCAM. Information about this event can be found under REACHING HIGHER at the BCAM website.*



*2015 Girls Reaching Higher Showcase attendees and parents listen to one of several speakers*

**BACK TO SCHOOL:** *by Lee Morgan, Veteran Official and member of the BOCCC:* As summer draws to a close and we return to the classroom for another year, I try to take a moment to reflect on experiences. Coaches are excited to be getting back to work and the joy that comes with being with the student athlete. Coaches are anxious to see if the summer practice time has molded the young men and women into a model for their program. Coaches are looking for maturity of their veterans along with the fresh new blood of the newcomers. The possibilities are endless and excitement abounds.

The same is true for the officials. Many have spent countless hours in training camps, clinics, study groups and the like to get them ready for another year of excitement. Officials are looking at their schedules awaiting the big game. Officials prepare their mind and body to spend another school year with the students, the coaches and the spectators. Officials pursue the same level coaches do and cannot wait to do it again.

I hope every Coach and Official alike has the best season possible this year. I hope we both realize our job is to work together to make sure the student athlete has the best experience of their life. It is a win-win for us all.



**A MAJOR CONCERN FOR OFFICIALS:** *by John Kirk, Longtime official/assignor and member of the BOCCC:* When an official reports to a school to officiate a basketball game, one area that needs to be addressed by a school administrator is...Who is the administrator in charge of crowd control? The officials need to know who to turn to if fans become a problem. They are not responsible for ejecting unruly fans. There should be a school administrator at EVERY game that has this responsibility. As a coach, you might make sure that your school has an administrator assigned to your games or there could be some very difficult situations that arise.

**GATORADE COACHING SERVICE AWARD:** Have you been coaching (at any level) for 15/20/25/30/35/or more years? You probably qualify for the Gatorade Service Award. Click on the following link for a nomination form: <http://www.bcam.org/content/coaching-nomination-forms>

## **Five Tips on How to Become a Successful Sports Coach** *From <http://iatdc.org/>*

The five tips below are there to help you reflect on your current practice and when reading them, try and think of ideas that will ultimately benefit you and your athlete/s.

### **Variety**

Variance is a key factor to learning and maintaining motivation. If your athletes turn up to the same warm up and the same practice drill every day they will start to feel like training is a chore. Try and have a set of different warm ups and try something new now and then. By doing this your athletes will enjoy the new experience and also feel more motivated. If you are one of those who do the same warm up every day then try something new and I am confident your athletes will notice.



### **Know your athletes**

I don't mean find out what they like to watch at the cinema or what food they like, I am talking about what signs do they show when they are reaching their limit? Are they the sort of athlete who continues on until they do damage to themselves, do they aspire to be somebody or just want to cruise in their career? These are the questions you should be able to answer and this will help you plan and move them forward. There is no easy answer to this but make sure you listen and observe their patterns.

## Learn from others

Do you read sports coaching and sports science articles? Do you know what inspires the top coaches in your sport? If not, research it. Find out what tips they have and learn from them. They are the people who are at the top of the sport and you can learn a huge amount from them. Don't necessarily copy everything they do as this might not go down well with your athletes but make sure you read up on how they got to their current position and what their previous job roles were.



### Don't be afraid to fail

The "don't be afraid to fail" speech by Arnold Schwarzenegger is one of my favorite quotes and I believe this is key to becoming a successful sports coach. Every coach has made a bad decision in their career, but learning from these mistakes is the important part. You might try a new training session tonight and it might be the best training session you have or it may be the worst. Either way you know next time whether it works or not.

## Always aim for the next step on the ladder

This tip is to help you focus on the next step in your career. Do you know what you have to do to get to the next level? Do you know how to get that coaching job with the local team? If not, find out. By doing so you will not only be developing yourself but learning new skills that you can use when coaching to improve your athletes even further.

The above tips are there to try and help you create some targets to move your coaching career further. Hopefully they will help you highlight some areas that you can work on and help you to continue to move forward.

## The Benefits of Positivity and Cost of Negativity

### 11 Benefits of Being Positive:

1. Positive people live longer. In a study of nuns, those that regularly expressed positive emotions lived an average of 10 years longer than those who didn't (Snowdon, 2001).
2. Positive work environments outperform negative work environments (Goleman, 2011).
3. Positive, optimistic salespeople sell more than pessimistic salespeople (Seligman, 2006).
4. Positive leaders are able to make better decisions under pressure (Institute of HeartMath, 2012).
5. Marriages are much more likely to succeed when the couple experiences a 5-to-1 ratio of positive to negative interactions, whereas when the ratio approaches 1-to-1, marriages are more likely to end in divorce (Gottman, 1999).
6. Positive people who regularly express positive emotions are more resilient when facing stress, challenges, and adversity.
7. Positive people are able to maintain a broader perspective and see the big picture, which helps them identify solutions, whereas negative people maintain a narrower perspective and tend to focus on problems (Fredrickson, 2009).
8. Positive thoughts and emotions counter the negative effects of stress. For example, you can't be thankful and stressed at the same time.
9. Positive emotions such as gratitude and appreciation help athletes perform at a higher level (Institute of HeartMath, 2012).
10. Positive people have more friends, which is a key factor of happiness and longevity (Putnam, 2000).
11. Positive and popular leaders are more likely to garner the support of others and receive pay raises and promotions and achieve greater success in the workplace.

### The Cost of Negativity:

1. Ninety percent of doctor visits are stress related, according to the Centers for Disease Control and Prevention.
2. A study found that negative employees can scare off every customer they speak with—for good (Rath, 2004).
3. At work, too many negative interactions compared to positive interactions can decrease the productivity of a team, according to Barbara Fredrickson's research at the University of Michigan.
4. Negativity affects the morale, performance, and productivity of our teams.

5. One negative person can create a miserable office environment for everyone else.
6. Robert Cross's research at the University of Virginia demonstrates that 90 percent of anxiety at work is created by 5 percent of one's network—the people who sap energy.
7. Negative emotions are associated with decreased life span and longevity.
8. Negative emotions increase the risk of heart attack and stroke.
9. Negativity is associated with greater stress, less energy, and more pain.
10. Negative people have fewer friends.

Excerpt From [The Positive Dog](#) -Jon Gordon



## 5 Questions to Ask Your Mentor

Growth and development is something we all desire. The road to getting there, however, is often crowded and, not to mention, looks different for all of us. As we live, learn and lead, we tend to think that having the right answers will help us matriculate and advance. Answers are great, but sometimes we must ask the right questions. As you continue your coaching sessions with your mentor, be sure to ask him/her these questions.

1. Who do you know that I should know?
2. What are the most important decisions you face daily?
3. What do you do daily to ensure you own growth and development, personally and professionally?
4. What book has had the greatest influence on your life?
5. If you were hiring for a leadership role, and you had two equally qualified candidates, how would you determine whom to hire?

**Boys' coaches...don't be afraid to learn from women's coaches. Girls' coaches...don't be afraid to learn from men's coaches. \*\*\*at our clinic.**

**Are you looking for a mentor? Check out BCAM's Mentor List at:**

<http://www.bcam.org/content/coaching-resource-list>

### *Success...*

“The final test of a gentleman is his respect for those who can be of no possible service to him.”— **William Lyon Phelps**

### *Leaders...*

“Great leaders are almost always great simplifiers, who can cut through argument, debate and doubt, to offer a solution everybody can understand.”— **Colin Powell**

### *Effort...*

“Effort only fully releases its reward after a person refuses to quit.”— **Napoleon Hill**

### *Challenges...*

“Don't handicap your children by making their lives easy.”— **Robert A. Heinlein**

