

## FEBRUARY, 2010 MONTHLY REPORT

### FROM THE EXECUTIVE DIRECTOR

*Tom Hursey*

I am happy to report that our membership is at **4156!** The membership sign-up deadline is February 15 and we always have a few coaches waiting until the last minute to sign up and make their teams, players and themselves eligible for all the great BCAM awards.

Speaking of awards, this month and next will be an important time for each coach to be aware of the deadlines to nominate players and teams for our many awards. At the end of my report will be deadlines listed so you will know what is coming up and when you will need to respond. **Remember that all our ballots and nominations will be online.** This will really simplify the voting and nominating process. But you will need to make sure to follow directions and note deadlines. A complete listing of [Upcoming Events and BCAM Calendar](#) is on the homepage of the BCAM website [www.bcam.org](http://www.bcam.org).

**REACHING HIGHER SHOWCASE:** The nominations are in and the selection process will be done in a couple of weeks. If your player is selected, make sure he/she completes all the necessary paperwork and meets all deadlines. This is shaping up to be another first-class event for prospective college players and their parents. For information contact: Girls – Tim Conley [tjconley@stcs.org](mailto:tjconley@stcs.org) Boys – Rich Moffit [coachmoffit@gmail.com](mailto:coachmoffit@gmail.com).

**COACHES VS CANCER:** Hopefully you took part in the Free Throws to Fight Cancer event supported by BCAM. If not, you can still participate in February. Information is on the BCAM Website Carousel.

**TOP SHOOTERS CHAMPIONSHIPS AT HOOPFEST:** BCAM is partnering with the MHSAA to bring the top Free Throw and 3-Point Shooters to the state finals and shoot off for the state championship. This will be in conjunction with the HOOPFEST event held at Jenison Field House during the Girls and Boys State Championships. The finals will be held at the Breslin Center during halftime of the state finals. You will be receiving information via email about this event. You will need to nominate your players by completing the online nomination form for the **Top Shooters** awards BCAM sponsors at the end of the season. The top 20 Free Throwers and top 20 Three-Point Shooters will be invited to the contest.

**ONLINE NOMINATION FORMS:** Coaches will be nominating players for All-Star Teams, BCAM's BEST Teams and Academic Teams **ONLINE ONLY** beginning this year. (The only form that will need to be printed and mailed in will be for the Individual Academic award due to the required player signature). This will streamline the process. It will simplify the process. And coaches can save a stamp. You will be reminded by email blasts when nominations are open. Please don't delete these emails from BCAM. We will post the dates on the BCAM website's calendar. Please make sure you submit your nominations before the deadlines.

### **MICK MCCABE'S ARTICLE DISCUSSES THE EFFECTS ON HIGH SCHOOL BASKETBALL AS A RESULT OF THE SEASON**

**CHANGE:** Go to: <http://www.freep.com/article/20100124/HSS1201/1240498/Effects-of-season-switch-already-felt>

**NATIONAL CHAMPIONSHIPS:** Are we going down a slippery slope with national championships for high school student/athletes? There is more and more talk about having state all-star teams participating in national championship events. These all-star teams would consist of players off high school teams. Isn't this already done by AAU tournaments? The National Federation of State High School Associations (NFHS) is considering the establishment of sanctioned national championships. Are high school sports following college athletics' evolution into a high-stakes, high-pressure commercial enterprise? "How much longer is it before we're at the middle school level?" says Dan Lebowitz, Northeastern University's Center for the Study of Sport in Society.

Who is backing this movement? None other than sports, entertainment and marketing giant IMG. Do you think they are in it for the "good of the game" or money? IMG objective is to showcase its Bradenton FL facility to athletes and their families. Sam Zuzzman, managing director of IMG Academies and senior vice president of IMG Worldwide, maintains that by getting athletes into the facilities in Bradenton will position them for college careers. Oh by the way, the cost for one year at this facility can cost as much as \$60,000. \$60,000 can pay for a lot of college education.

Who are they trying to fool? This movement will only involve the top ½ of 1% of the high school seniors playing sports. That percentage might be too high. Don't these top athletes already have enough "extras" thrown at them? The

all-stars involved in these proposed championships already have college scholarships so don't sell these events as showcases for athletic scholarships. I truly believe that high school athletics should be directed at the majority of our student/athletes and not the small number of "all-stars."

It will be interesting in what direction the National Federation decides to go. I just hope they don't sell themselves to the highest bidder (or any bidder for that matter).

### **IMPORTANT DATES FOR:**

#### **PRESIDENT-ELECT:**

- 1) February 15: Ballots and resumes will be emailed to "actively coaching" members.
- 2) March 1: Deadline for ballots to be returned.
- 3) March 10: Results will be posted on the website.



#### **MISS BASKETBALL:**

- 1) (3/3/10) Wednesday of District Week: Miss BB ballots emailed to actively coaching members for online voting.
- 2) (3/10/10) Wednesday of Regional Week: Deadline for ballots to be returned.
- 3) (3/15/10) Monday of Finals Week: Miss BB Press Conference at Detroit Free Press.

#### **MR. BASKETBALL:**

- 1) (3/10/10) Wednesday of District Week: Mr. BB ballots emailed to actively coaching members for online voting.
- 2) (3/17/10) Wednesday of Regional Week: Deadline for ballots to be returned.
- 3) (3/22/10) Monday of Finals Week: Mr. BB Press Conference at Detroit Free Press.

#### **GIRLS COACH OF THE YEAR:**

- 1) (3/1/10) Committee Chair asks Regional Directors for Nominations
- 2) (3/12/10) Deadline for nominations from Regional Directors.
- 3) NOTE: Members will receive only a ballot for their region. Ballot will list only coaches from their region.
- 4) (4/5/10) Coach of Year ballots emailed to actively coaching members for online voting.
- 5) (4/15/10) Deadline for ballots. The BCAM Office will tabulate the votes and send results to Committee Chair.
- 6) (4/30/10) Results will be posted on the website.



#### **BOYS COACH OF THE YEAR:**

- 1) (3/8/10) Committee Chair asks Regional Directors for Nominations.
- 2) (3/19/10) Deadline for nominations from Regional Directors.
- 3) NOTE: Members will receive only a ballot for their region. Ballot will list only coaches from their region.
- 4) (4/5/10) Coach of Year ballots emailed to actively coaching members for online voting.
- 5) (4/15/10) Deadline for ballots. The BCAM Office will tabulate the votes and send results to Committee Chair.
- 6) (4/30/10) Results will be posted on the website.



### **REACHING HIGHER SHOWCASE**

**FEBRUARY 7, 2010:** The Reaching Higher Showcase Committee will meet at the MHSAA Office. The committee will select 120 players and 40+ alternates for each event (boys and girls).

**FEBRUARY 8, 2010:** Selected players will be posted at MHSAA.com and BCAM.org. Coaches should check the posted list and contact their players immediately. Players must submit an online registration by Feb. 26, thereby accepting the invitation to the event. Detailed instruction will be posted online at the above websites.

**MARCH 1, 2010:** Deadline for players to accept the invitation by submitting the completed registration form. Upon receipt of the completed registration form and payment, Reaching Higher Showcase players will receive a detailed itinerary via email. A corresponding number of alternates will be contacted based on the number of those who decline the invitation in order to fill out the Showcase rosters.

**APRIL 18, 2010: Girls Reaching Higher Showcase at South Lyon HS**

**JULY 31, 2010: Boys Reaching Higher Showcase at South Lyon HS**



## **Sportsmanship**

Jimmy was crying by the time the softball game ended. It wasn't because his team had lost. It wasn't because he was unhappy about his own playing. It wasn't even because of anything the other team had said or done. Jimmy's tears came after his dad yelled at him, in front of all his teammates, for missing the fly ball that could have saved the game. Jimmy is just 8 years old.

If your child has ever participated in a sport, you've undoubtedly met people like Jimmy's dad, parents who behave inappropriately and upset their kids. These parents get so wrapped up in winning and losing or how well their own kids perform that they lose sight of what's really important. They forget that one of the most important goals of kids' sports is to promote a sense of good sportsmanship.

**Watching and Learning** Whether you're watching the Olympics on TV or attending a high-school sporting event, you can always find "teachable moments" regarding sportsmanship. Ask your child her opinions of: players who showboat and taunt their opponents; players arguing referees' calls and judgments; the costs to the team of a technical foul, or being ejected from a game for unsportsmanlike conduct; and the appropriate behavior of opposing players toward one another after a game. During these "teachable moments" ask open-ended questions and listen more than you talk or lecture.

### **What Is Good Sportsmanship?**

Good sportsmanship is when teammates, opponents, coaches, and officials treat each other with respect. Kids learn the basics of sportsmanship from the adults in their lives, especially their parents and their coaches. Kids who see adults behaving in a sportsmanlike way gradually come to understand that the real winners in sports are those who know how to persevere and to behave with dignity, whether they win or lose a game.

Parents can help their kids understand that good sportsmanship includes both small gestures and historic efforts. It starts with something as simple as shaking hands with opponents before a game and includes acknowledging good plays made by others and accepting bad calls gracefully.

Displaying good sportsmanship isn't always easy: it can be tough to congratulate the opposing team after losing a close or important game. But the kids who learn how to do it will benefit in many ways.

Kids who bully or taunt others on the playing field aren't likely to change their behavior when in the classroom or in social situations. In the same way, a child who practices good sportsmanship is likely to carry the respect and appreciation of other people into every other aspect of life.

**Getting your athletes to talk :**

### **SPEAK UP! 12 Techniques to Get Your Athletes to Talk**

*Jeff Janssen, Janssen Sports Leadership Center*

Click here: <http://www.championshipcoachesnetwork.com/public/415.cfm>



## **ATHLETES' EXPECTATIONS OF COACHES**

**By James Simmons Jr., CAA, Lafayette, Louisiana**

Coaches should remember that every action on and off the playing surface is very important. Young people are more influenced by what you do than by what you say. Following is a list of key points concerning communication when working in an athletic environment.

### **PLAYERS EXPECT COACHES TO:**

- 1. Care for them.**
- 2. Discipline them in a moral, legal and caring way.**
- 3. Be there for them when they fall on hard times – both on and**
- 4. off the court.**

5. Organize the program with efficiency, consistency, fairness and
6. understanding.
7. Respect them and not to demand their respect, but to earn it.
8. Have parenting skills in taking care of them and nurturing them.
9. Be knowledgeable in all areas of life in order to be able to relate to them in their world.
10. Be a friend they can confide in with the utmost trust.
11. Ask nothing of them that they are not willing to give of themselves (hard work and dedication).
12. Understand that each one of them as people and players are different and need to be coached and instructed according to their individuality.
13. Give the foundation for life as adults and to help athletes become productive citizens in society (through wins, losses, successes and failures).
14. Push them farther than they ever thought they could go and make them believe in themselves by knowing that you believe in them. When coaches do this, they have already made athletes winners.
15. Teach them and coach them without embarrassing them in front of their peers.
16. Love them.
17. Be a role model they can be proud of.
18. Be their heroes.
19. Have them understand that the most important things in their lives are God, family, school and sports.



## Dr. Martin Luther King, Jr. on Leadership

<http://www.championshipcoachesnetwork.com>

As a tribute to the great leadership of Dr. Martin Luther King, Jr., here are some of his words to reflect on regarding leadership.

### LEADING BY EXAMPLE

"People are often led to causes and often become committed to great ideas through persons who personify those ideas. They have to find the embodiment of the idea in flesh and blood in order to commit themselves to it."

"The people are looking to me for leadership - and if I stand before them without strength and courage, they too will falter."

"If a man hasn't discovered something that he will die for, he isn't fit to live."

### CONFIDENCE

"I have a dream my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character. I have a dream today!"

### COMPOSURE

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

### CHARACTER

"The time is always right to do what is right."

"There comes a time when one must take the position that is neither safe nor political nor popular, but he must do it because his conscience tells him it is right."

### VOCAL LEADERSHIP

"I will not be intimidated, I will not be harassed. I will not be silent, and I will be heard."

### SERVANT-LEADERSHIP

"A man all wrapped up in himself is a mighty small package."

### CONFIDENCE-BUILDER

"We've got some difficult days ahead. But it doesn't matter with me now. Because I've been to the mountaintop... I've seen the promised land. I may not get there with you. But I want you to know tonight, that we, as a people will get to the promised land."

### REFOCUSER

"The first thing we must do here tonight is to decide we are not going to become panicky. That we are going to be calm, and we are going to continue to stand up for what is right. Fear not, we've come too far to turn back... we are

not afraid and we shall overcome."

### **TEAM-BUILDER**

"A genuine leader is not a searcher for consensus but a molder of consensus."

### **ENFORCER**

"Injustice anywhere is a threat to justice everywhere."

"We are not asking, we are demanding the ballot... "

"When evil men plot, good men must plan. When evil men burn and bomb, good men must build and bind."

### **RECOMMENDED READING**

For more information on Dr. King and his powerful leadership, read the following:

*Martin Luther King, Jr. on Leadership* by Donald T. Phillips

*The Autobiography of Martin Luther King, Jr.* edited by Clayborne Carson

*King: The Photobiography of Martin Luther King Jr.* by Charles Johnson and Bob Adelman

## **PLANNING PRACTICE – BLUEPRINT FOR SUCCESS**

**By Dr. David Hoch, AD at Loch Raven HS in Towson, Maryland**

**As you begin to develop your practice plans, the following suggestions and guidelines should be used:**

- Restrict practice sessions to two hours. Beyond this point, you get negative returns. Some school districts have the two-hour limit as a written policy.
- Consider teaching new techniques, skills and plays in the first-half of practice while the players are still fresh and attentive.
- Do not continue any drill "until we get it right." All athletes learn at different rates and it may take several days of repetitions until the skill is mastered.
- Also, every segment and drill on your practice plan is there for a reason and is important. Everything needs to be covered in order to ensure that the athletes are getting the full benefit of the practice session.
- Use only drills that teach or reinforce the skills and concepts that are part of your system. There isn't enough time to use popular drills that others – even well-known and successful coaches – use unless they complement your approach.
- Take each aspect of your offense and defense and create your own "Breakdown Drills." Practice these individual parts and then put them back into use as part of the Whole-Part-Whole Method of instruction.
- Develop a list of alternative drills to teach the same skill or concept. As the season progresses, vary the drills to keep things fresh and interesting for the athletes while still reinforcing the desired skills.
- Use part of your full-court press break as a warm-up drill. Not only are you preparing the athlete's body for the rigors of practice, but you are also reinforcing concepts that will be used in games.
- Try to incorporate game-like conditions in order to make the conditioning drills at the conclusion of practice more fun and relevant for the athletes. Sprinting after a loose ball or finishing a fast break makes sense to a young person as opposed to merely running sprints and they both accomplish the physical purpose.
- Set the standard that the coach will strategically schedule water breaks for the athletes. By being included in the practice plan and timed, optimum efficiency and results can be obtained.
- Instruct your athletes at the beginning of the season that they should stop and listen whenever they hear the whistle. Total attention is necessary in order to hear the next instructions or corrections to the execution of a drill.
- Considering alternating intense drills with those who may be a little less demanding, but still instructive, in order to maintain maximum participation by the athletes. Without this consideration, you may find some athletes pace themselves in order to make it through a practice session.
- Use assistant coaches and, perhaps managers, in drills in order to allow the athletes to get as many repetitions as possible. Learning is an active and not a passive process. Standing and waiting for one's turn is not an efficient approach to master skills.
- Shorten the length of practice sessions as the season progresses into the last third of the schedule. The players have already learned and incorporated the skills and system. The goal should be to prevent athletes from getting stale.