



## JANUARY, 2011 BCAM MONTHLY REPORT

From the Executive Director

Tom Hursey

### RANDOM THOUGHTS:

**#1:** Last week I attended the Okemos – Lansing Eastern boys and girls basketball games held at the Lansing Eastern Fieldhouse. This past year the Capital Area Activities Conference was threatened by a lawsuit. The people behind the proposed lawsuit wanted girls' basketball games to be held after the boys' games in an effort to make things "equal". The boys' game was between two very good teams. I estimated a crowd of over 2,000 fans were there at 6 PM to watch the boys play. You guessed it: By the time the girls' game started, a crowd of 300-400 people remained.

As I listen to coaches and fans from around the state, this is common when the boys play the first game of a double-header. Is this good for the girls' game? The argument will continue, i.e., Is it better for the girls to play first and have a bigger crowd for the end of their game OR play the second game and have many spectators walk out while they warm-up and never come back? It would be interesting to survey the girls and their coaches and find out what they think. My guess is they would prefer the early game.

But such a survey would have no bearing on changing what might become a standard procedure of leagues balancing out which teams play first and which play second. These lawsuits and threats of lawsuits don't consider common sense. They don't want to look at the feelings of those involved in playing the games. But the law is the law and we will need to continue to live with these questionable decisions.

**#2:** I am also hearing that schools are dropping non-varsity level teams due to lack of girls participating. Indications are that fewer girls are playing high school basketball since the change in seasons took effect.

It looks like the high school basketball coach, along with the school administration, will have to continue to make all these transitions work. My hat is off to you people in the trenches who help make high school basketball such a great activity even though a few others make it so difficult.

**#3:** BCAM has processed 300 School Memberships. Most of these have been paid for by the school system. If all our School Memberships were completely filled (15 coaches/school personnel) we would have 4500 members. Sooo..., please make an effort to fill out your School Membership. Look out Texas – Michigan is trying to pass you as the largest basketball coaches association.

**#4:** With so many people involved at each school during the basketball season, it is great that BCAM tries to honor them. Our Hall of Honor exists to give special recognition to these people—scorekeepers, bus drivers, booster club administrators, long-time fans, assistant coaches, sports writers. All these, and more, are eligible for the BCAM Hall of Honor. If you have a long-time supporter of your program, please nominate them. Go to [www.bcam.org](http://www.bcam.org) and click on FORMS. Then click on COACHING NOMINATION FORMS and you will find the Hall of Honor form. Fill out and send to Fred Shaw.

**#5:** Were you surprised that the NCAA made Tom Izzo the "first" offender of the new rule that restricts anyone connected to a "recruit" from working at that school's summer camp? Do you think Coach Izzo and MSU are the only university that unknowingly "violated" this rule? My hat is off to Coach Izzo for the way he and the university handled this situation.

**#6:** BCAM is clearly one of the top coaches' associations in the state and country. As coaches, you know that anytime you have a successful team, it is not YOU but many people that are responsible for that success. My thanks go out to a great Board of Directors, to an outstanding office staff, to all the committee heads, and to each member of BCAM. I wish you all a happy, healthy and successful 2011.



**BCAM PRESIDENT-ELECT:** If you are a high school Head Varsity BOY's coach and are interested in running for the position of President-Elect, please contact your Regional Director. The RDs will be accepting nominations for President-Elect January 3-15. It is a 3-year commitment and only those REALLY interested in helping BCAM should apply.



**HS PLAYER AWARDS:** Head Varsity Coaches: Every spring, BCAM issues hundreds of awards to HS varsity players. Become familiar with these awards now so that when the time comes to nominate your players, you will know what to do and which of your players qualify.

[http://www.bcam.org/index.php?option=com\\_content&view=article&id=235:hsawards&catid=1:latest](http://www.bcam.org/index.php?option=com_content&view=article&id=235:hsawards&catid=1:latest)

**ATHLETIC DIRECTORS:** Are your basketball coaches members of BCAM? If not, they should be! Here's why: [http://www.bcam.org/index.php?option=com\\_content&view=article&id=60&Itemid=70](http://www.bcam.org/index.php?option=com_content&view=article&id=60&Itemid=70)  
If you don't know whether or not your coaches are members of their professional organization, email Amy and ask. [amy@bcam.org](mailto:amy@bcam.org)

**MILESTONE:** Al Schrauben, girls' coach at Portland St. Pats, has just passed the 500 victory plateau. Congratulations Al !

**COACHES VS CANCER "SUITS & SNEAKERS":** Ann Arbor Huron and coach Waleed Samaha are planning to raise funds that night by collecting donations from the competing school's fans during the game. They will have some kind of bucket or box decorated in each school's colors and turn it into a competition during the game. The PA announcer will give periodic updates to keep the competition moving. The schools are hoping to have Pink Uniforms donated and auctioned off after the game. If not, players from both teams will wear pink warm up t-shirts. And both teams will wear pink shoelaces.

***BCAM salutes this effort and hopes that many more coaches will spearhead an effort to raise money to fight cancer. The National Suits and Sneakers week will be January 24-30, 2011. Please make plans to do your part in this great effort to fight cancer. To request a Coaches vs Cancer kit for your school, visit [www.coachesvscancer.org](http://www.coachesvscancer.org) or contact your local American Cancer Society office by calling 1-800-227-2345. The donations raised at your school can stay with your local American Cancer Society.***

## REACHING HIGHER SHOWCASE NOMINATIONS

BCAM & the MHSAA have united to bring the perfect venue for underclass basketball players to "showcase" their talents and maybe reach a higher level after high school - the MHSAA-BCAM REACHING HIGHER SHOWCASE. The Girls' event will take place on Saturday, July 23, 2011, while the Boys event will take place on Sunday, July 31, 2011. The Reaching Higher Showcase is an NCAA APPROVED EVENT which will take place at South Lyon High School.

The Reaching Higher experience is the "Advanced Placement Course" in high school basketball. This event will provide each student/athlete an understanding of what it takes to succeed academically, athletically, and socially at the college level. The event will feature the following: top underclass players in the state of Michigan, 3 games officiated by MHSAA Officials, elite BCAM Coaches, Drill Work, a Seminar for Parents & Players and Motivational Speakers. College basketball coaches will evaluate players at the event.

Coach, we are looking for the top players in the state of Michigan. If you have a player, grade 9-11, or know of a player in your area, who possesses the potential to be a college basketball player, please nominate the player by FEBRUARY 5 by using the following link:

[http://www.bcam.org/index.php?option=com\\_rsform&Itemid=201](http://www.bcam.org/index.php?option=com_rsform&Itemid=201)

OR you can go to [www.bcam.org](http://www.bcam.org) and click on the REACHING HIGHER tab. You can nominate with our online form or a paper form. (Online is greatly preferred).



The Boys & Girls Reaching Higher Showcase Selection Committee will meet on Sunday, February 13 in East Lansing. The committee will select 120 players and 40+ alternates for each event [boys & girls]. Selected players will be posted at MHSAA.com & BCAM.org on Monday, February 14, 2011.

If you have any questions, please contact Rich Moffit [Boys Director] & Tim Conley [Girls Director] at [reachinghighershowcase@gmail.com](mailto:reachinghighershowcase@gmail.com).



**SCHOOL SPORTSMANSHIP:** Don't forget that each school is being evaluated on their sportsmanship throughout the regular season. At the end of the regular season, the **TOP 100 BOYS AND TOP 100 GIRLS SCHOOLS** will be winners of the **TOP 100 SPORTSMANSHIP AWARD** sponsored by **THE ARMY NATIONAL GUARD**. With this in mind, it might be a good time to incorporate something similar to the CAAC Sportsmanship Statement listed below at your school and/or your conference.

## CAAC Sportsmanship



### School Expectations of Fans at All Events

#### Acceptable Behavior

- Applause during introduction of players, coaches and officials.
- Accept all decisions of officials.
- Applause at end of contest for performances of all participants.
- Show concern for an injured player, regardless of team.
- Encourage surrounding people to display only sportsmanlike conduct.

#### Unacceptable Behavior

- Singling out individuals on the opponent's team.
- Disrespectful or derogatory yelling, chanting, singing or gesturing.
- Booing, heckling or displaying of extreme temper over an official's or coach's decision.
- Use of profanity or displays of anger that draw attention from the game.
- Deliberate shouting of derogatory chants over the cheerleaders' cheers.

**Golden Rule: Cheer for your team ... not against the opponent!**

## DO NOT LET FEAR AFFECT YOUR GAME OF BASKETBALL

By: Stan Popovich

Sometimes, fear and anxiety can get the best of us in basketball. The key is to know how to manage that fear and anxiety. As a result, here is a brief list of techniques that a basketball player can use to help manage their fears and every day anxieties.

Occasionally, you may become stressed when you have to play in an important round. When this happens, visualize yourself doing the task in your mind. For instance, you have to play in the championship game in front of a large group of people in the next few days. Before the big day comes, imagine yourself playing the game in your mind. Imagine that you are playing in front of a large audience. By playing the game in your mind, you will be better prepared to perform for real when the time comes. Self-Visualization is a great way to reduce the fear and stress of a coming situation.

Sometimes we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could read the newspaper, listen to some music or do an activity that will give them a fresh perspective on things. This is a great technique to use right before your next game.

Another technique that is very helpful is to have a small notebook of positive statements that you can carry around with you. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you. Whenever you feel stressed, open up your small notebook and read those statements. This will help to manage your negative thinking.

In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and anxieties. For instance, you have a lot of anxiety and you decide to take a small walk before your game to help you feel better. The next time you feel anxious you can remind yourself that you got through it the last time by taking a walk. This will give you the confidence to manage your anxiety the next time around.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

### BIOGRAPHY:

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" – an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com/>

### AFTER YOU KNOW IT ALL

*Beyond the festive caps and gowns,  
Beyond the PhDs,  
Beyond the books that filled the minds  
Of those who earned degrees,*

*A greater knowledge will commence,  
For those who heed the call--  
What counts the most is what you learn  
After you know it all.*

*All graduated pedagogues,  
When teaching, find in turn,*



*Those books on what to teach had failed  
To show how children learn.*

*And they will soon discover that  
Each child who owns a name  
Is different and unique, and so,  
They all don't learn the same.*

*The class roomed coach who learned, the boys  
Are Xs and are Os,  
Become adept at leadership  
The moment that he knows,*

*Those boys need teacher-shepherds who  
Will guide their little lambs  
To execute the truths of life  
Beyond the diagrams.*

*Oh decorated graduate,  
Once past that college wall,  
What counts the most is what you learn,  
After you know it all.*

*~Sven Nater*

#### **THOUGHTS FOR THE DAY!**

***"If I am through learning, I am through."***

***"It is what you learn after you know it all that counts."***

***"The worst thing about new books is they keep us from reading the old ones."***

***John Wooden***

**SOME THOUGHTS from Morgan Wooten**, the legendary high school coach at DeMatha HS in Washington DC.

When asked about the problems he saw with the game today. He was very quick to reply; "Too many games". He also felt that there were too many people who did not have the best interest of the players involved with youth today. "Coaches are givers not takers." He was also asked what separates the great player from the average. "Heart" was his simple response. He then went on to elaborate that players with heart were able to handle adversity. They knew their strengths and weaknesses.

When asked why he had chosen not to move onto the NCAA, he explained that he had many offers over his years in coaching, but he always felt that he had more of an influence on the lives of the players at a high school age than those in university. He had put so much into developing the DeMatha program and was impacting the lives of so many young men it did not feel right to leave. He commented that it is important in coaching and in life to figure out what you're good at and do it. Progressing in a linear fashion to the next level is not always the best decision.

#### **Coaching keeps you humble**

You can never get to the point where you think you know it all. Coach Wooten's grandson's kindergarten teacher asked the boy what his favorite sport was. "Baseball", was the reply. "I am sure



your grandfather would think differently” responded the teacher. “I don’t know anyone who knows anything about basketball”, was the reply.

**Successful people have their priorities in order.**

They are givers not takers.

- Give energy.
- Give love.
- Give effort.
- Give knowledge

Coaches touch lives. Players never forget the time you said this or that.

He always told his players:

- Play hard.
- Play smart.
- Play together.
- Have fun.

Each person figures out priorities on his/her own. Since he taught at a Catholic High School he encouraged the boys to have the following priorities:

- God #1
- Family
- School
- Basketball

**Use this rule of thumb:**

**For the coach** - Are you the kind of coach who your own son or daughter would play for?

**For the player** - Are you the kind of son or daughter who would be like you? Don’t compare yourself to others. I am me; I want to be the best me I can be. God made you. God didn’t not make junk.

**Every possession is a new one**

What do you do when you are down defines who you are.