



## MAY, 2012 BCAM MONTHLY REPORT

Tom Hursey – Executive Director

FROM THE EXECUTIVE DIRECTOR:

### ***BITS AND PIECES:***

**THE COACHING PROFESSION LOST A VERY SPECIAL PERSON** on April 14, 2011. Zack Moushegian, longtime Wayland Union Girls Basketball Coach, has passed on. Zack coached about 24 varsity seasons and left coaching about a decade ago with health concerns. Those who knew Zack will remember his coaching proficiency, engaging personality, his great sense of humor and his high sense of decency. Zack will be missed by the coaching profession.

**KINGSLEY HIGH SCHOOL** raised \$3,700 this year for the Coaches vs. Cancer efforts. Way to go Matt Schelich and staff!

### **DO YOU KNOW SOMEONE IN YOUR PROGRAM THAT SHOULD BE IN THE HALL OF HONOR?**

Most high school basketball programs have people who have been very helpful in maintaining a quality program. Scorekeepers, clock people, scouts, announcers, fans, etc. BCAM honors these people by inducting these "Friends of Basketball" into the Hall of Honor. It is a tremendous honor for those special people that do all the behind of scenes work and in many cases volunteer their time. If you have any of these people, please nominate them. (Must have been involved with basketball at least 20 years to qualify). The other categories for Hall of Honor are Assistant Coaches, Media and Officials. Don't delay as our next Awards Banquet is in October. **Go to: [www.bcam.org](http://www.bcam.org) and click on FORMS. Then click on COACHING NOMINATION FORMS. You can then click on Hall of Honor and you will be able to download a nomination form.**



**IT IS TIME TO GET YOUR FOURSOME (INDIVIDUALS WELCOME) AND SIGN UP FOR** the 3<sup>rd</sup> Annual BCAM Coaches vs Cancer Golf Scramble. We filled the field last year so don't delay. You **must** sign-up and pay online. Go to [www.cvcgolf.org](http://www.cvcgolf.org) to register. The date is Monday, August 6 at the Walnut Hills CC in East Lansing.

**BCAM IS LOOKING FOR SPONSORS** for the Coaches vs Cancer Golf Scramble. If you know of some business that would be interested in helping sponsor this event, have them contact me at [bcamtom@aol.com](mailto:bcamtom@aol.com). They can go to [www.cvcgolf.org](http://www.cvcgolf.org) to see sponsor opportunities.



**WE ARE BACK AT THE PALACE OF AUBURN HILLS.** The 33<sup>rd</sup> Annual All-Star Festival will be held on Saturday, August 11. Why not bring your team to see the top 100 seniors (boys and girls) play against each other. It is a great day of basketball.

**REACHING HIGHER IS GOING STRONG.** The top underclass boys and girls in the state of Michigan will show off their skills at the Reaching Higher Showcase at South Lyon HS. Boys date is July 18 starting at 4:00 PM. The girls will showcase on July 26 starting at 11:00 AM.

**CHECK OUT THIS BLOG.** <http://blog.dukeblueplanet.com/2012/04/wojocoaching/>

**LOOKING FOR 2011-12 BCAM AWARD WINNERS?** Go to the BCAM Website ([www.bcam.org](http://www.bcam.org)) and click on AWARDS.

**LOOKING FOR A NEW COACHING JOB?** Looking for a Summer Basketball Camp? Games Needed? Summer Shootout? Be sure to check out the BCAM website. You can also post YOUR event there too.

**FALL CLINIC WILL BE GREAT: You spoke, we listened!** Plans are being finalized for the TWO-DAY BCAM Clinic on October 5 & 6. Friday will be at the Best Western Plus Hotel (same place....new name). Saturday will be on-court at Holt High School all day. You will be receiving detailed information this summer. Mark the date on your calendar. This year's Hall of Fame Banquet will be SATURDAY night instead of Friday (back at the hotel). Your Clinic fee includes a ticket to the banquet.

## **PRESIDENT'S MESSAGE** by Greg Mitchell (Laingsburg HS)

It's a genuine privilege for me to serve as BCAM President this year and be a part of such an outstanding association that is committed to maintaining basketball excellence in Michigan. As coaches, we all continue to strive to help our teams and our programs as a whole to reach their potential, which is the obvious short and long term vision we all have. This past season, for example, I incorporated Jay Bilas' popular article, Toughness, as a guideline in order to help my team increase its understanding of 'toughness' and how we look at the concept as coaches. If you haven't seen the article, it is a must read for any coach! An example such as this can play a role in a team buying into something that indeed may add to the success of its season.

For a program to reach its potential over the long haul and establish a successful basketball tradition, look no further than to heed the advice of MSU basketball coach Tom Izzo. When speaking at the annual BCAM clinic years ago, I recall Coach Izzo taking the time to extend a heart-felt thank you to the high school coaches of Michigan for their 'grassroots' effort in cultivating the fundamental talent of high school players that he recruits. He went on to suggest to all of us the importance of getting involved at the ground floor of our programs if we expected long-term success. For all of us, especially younger coaches or those that may be new to the field, this is gospel-type advice. Players today are playing more basketball and at younger ages than ever by way of junior pro leagues, AAU & AYBT tournaments, which is great. However, it also presents challenges for us as varsity coaches because of the type of instruction they may be receiving.

For reasons such as this, we **MUST** be active in our programs at all levels as much as we possibly can. Some examples of 'grassroots' efforts that can be incorporated include:

- Conducting an annual coaches clinic open to all coaches at all levels in your program
- Running a summer camp for all ages
- Spend time connecting with kids through individual workouts
- Be visible by attending youth league/jr high games when possible
- Let your lower level coaches know that your practices are always open and encourage them to attend one or more.

Obviously efforts such as these take time and require a certain amount of sacrifice on the part of the high school coach. However, the work we do at the ground floor over time often pays off exponentially.



## **HOW & WHY DO WE DO THE THINGS WE DO -- By Matt Schelich (Past President – Kingsley HS)**

Ever wonder why we "run" the things we do, or use certain drills, plays, and philosophies? How did it come about that we do what we do?

I would bet that most basketball coaches learned from others that had a positive impact on them as players and people. In my case I have to credit the coaches I played for and work with for providing me with experiences that left an impression on me as a person, educator, and coach. One of those people would be Roy Johnston (Beaverton). I had the privilege to be a part of the Beaverton Basketball Program from the 3<sup>rd</sup> thru 12<sup>th</sup> grades. I credit Roy for engraving defense in me as well as the importance of giving players roles. These are two areas that I emphasize with my teams. A few years ago Roy informed me how impressed he was with my team, but also pointed out that he was disappointed that I didn't yell at the players more. Maybe I should do more of that?

Another person that has influenced my coaching philosophy is Fred Schramski, the former boys coach at Kingsley. I served as Fred's assistant coach for five years, during which he always took the time to mentor me and "show me the ropes" as far as running a program from top to bottom. Fred arguably ran the best program in Northern Michigan for 25 years, stressing the simple things to his players such as fundamentals, defense, and conducting themselves in a classy manner. To this day, Fred and I rarely have a basketball conversation in which he doesn't talk about the importance of taking time to work on the fundamentals. It is Fred that got me involved with BCAM and showed me the value to continuing to learn, and develop relationships and camaraderie with coaches from around the state.



Another source of x's & o's, drills, philosophies, and advice is at the annual BCAM Fall Clinic. I have heard a lot of speakers over the past 17 years and wrote down numerous drills, plays, and ideas. My goal is to always pick up a few

new items at the clinic each fall. The annual clinic and banquet is a great resource for coaches, old and young, and is a great opportunity to hangout with a bunch of basketball junkies for the weekend.

Attending college practices is another great source to pick up useful items for coaches. This is always a fun and interesting time. You could take yourself, your staff, or possibly your entire team to observe a practice. Most college coaches that speak at BCAM make comments about welcoming us to their practices. **DO IT!** I have taken advantage of this a few times, and I must say that observing basketball played at a high level is definitely a good way to learn. A few years back I took my entire team to a MSU practice (thanks Suzy). The kids were very impressed with the facilities, players, and the high level of intensity that was apparent in the practice. Most importantly it was important for them to see that they weren't the only players working on drills and skills in practice and that essentially the MSU players were working on a lot of the same things they were.

So my point to this article is for you to 1) reflect a bit on the "how" and "why" of your teams and programs; and 2) pay a little gratitude to those that helped to "mold" you. I believe that, especially as high school coaches, we must continue to learn and find ways to keep the game fun, interesting, and challenging for our players.

## BOCCC REPORT: Offseason Challenge for Coaches and Officials

*By Bruce Keeling, BOCCC Member*

In the next few weeks school will end and the summer season for coaches and officials will begin. I challenge you to consider a couple of ideas for this summer's activities.



### Coaches

During one of your summer scrimmages take the opportunity to officiate the scrimmage. Don't just stand at mid court with a whistle but actually lace up the sneakers and run up and down at the different positions that officials work from and see the looks that an official would have. If you haven't officiated recently or have never officiated before, you might be surprised at the speed of the game and the difficult job that officials have.

### Officials

Take the opportunity to get to an officiating camp this summer. You should have no trouble finding a quality camp in the state of Michigan that offers instruction and an opportunity to improve your skills and learn the latest information about officiating. While at camp take a minute and listen while the coaches are teaching their players. Learn the latest strategies, techniques and buzzwords. By keeping up with the changes in the game you should find yourself ready when the 2012-2013 season begins. You will also be able to communicate better with coaches if you are able to understand their concepts and speak their language.

### Coaches

When you see officials at a camp this summer take an opportunity to chat with them. Most officials at a summer camp are paying to be there and are simply trying to improve. Ask them what they like and dislike about the job of officiating. Many times the things that upset officials also are the same things that upset coaches.

### Officials

Call one of your local coaches and invite them to lunch. It doesn't have to be the varsity coach but a coach at any level will give you a better understanding of what coaches go through. Have a conversation about what coaches like and dislike about officials. Stay away from discussions about any one call but talk about the pressures of each of the jobs. Officials don't be afraid to pick up the check!!!



The bottom line is that the more coaches and officials find ways to communicate on and off the floor, the more the barriers will begin to break down between the two parties. The end result is that basketball will be better for all that are involved. Have a great summer.



## Two of Coach John Wooden's Favorite Quotes

"It's what you learn after you know it all that counts."

and

"If you are through learning, you are through."

## "TIPS FOR COACHES WHO ARE DADS"

*From the Fellowship of Christian Athletes*

1. Mom and Dad have a consistent date night alone together at least once a month
2. Dad has scheduled one-on-one time with each of his children at least once a month
3. Entire family gathers for dinner at least 3 times a week
4. Dad texts, e-mails or calls each of his children at least once a day
5. A monthly family home video night
6. A monthly family board game night
7. Saturday chores are done with the kids helping
8. At least once every three months, Dad brings lunch to school for his kids
9. Dad prays with each of his children before they go to bed each night
10. Weekly church attendance
11. Three TV shows per week are watched by the entire family (with commercials muted)
12. Dad's job does not keep him working a lot of late nights or weekends
13. Entire family has at least one week of vacation time together per year
14. Mom and Dad attend at least one marriage strengthening conference per year
15. Family attempts camping at least once a year
16. Dad attends or coordinates a Daddy/Daughter Dance
17. Dad personally knows all of his children's teachers and is involved in the PTA
18. Dad's time with his buddies more often than not includes everyone's kids
19. More family activities are planned outdoors than indoors
20. Dad who honors his own parents

## What Makes A Nightmare Sports Parent -- And What Makes A Great One

Written by: [Steve Henson](#)

Hundreds of college athletes were asked to think back: "What is your worst memory from playing youth and high school sports?"

Their overwhelming response: "The ride home from games with my parents."

The informal survey lasted three decades, initiated by two former longtime coaches who over time became staunch advocates for the player, for the adolescent, for the child. Bruce E. Brown and Rob Miller of Proactive



Coaching LLC are devoted to helping adults avoid becoming a nightmare sports parent, [speaking at colleges, high schools and youth leagues](#) to more than a million athletes, coaches and parents in the last 12 years.

Those same college athletes were asked what their parents said that made them feel great, that amplified their joy during and after a ballgame.

Their overwhelming response: "I love to watch you play."

There it is, from the mouths of babes who grew up to become college and professional athletes. Whether your child is just beginning T-ball or is a travel-team soccer all-star or survived the cuts for the high school varsity, parents take heed.

The vast majority of dads and moms that make rides home from games miserable for their children do so inadvertently. They aren't stereotypical horrendous sports parents, the ones who scream at referees, loudly second-guess coaches or berate their children. They are well-intentioned folks who can't help but initiate conversation about the contest before the sweat has dried on their child's uniform.

In the moments after a game, win or lose, kids desire distance. They make a rapid transition from athlete back to child. And they'd prefer if parents transitioned from spectator – or in many instances from coach – back to mom and dad. ASAP.

Brown (pictured below at podium), a high school and youth coach near Seattle for more than 30 years, says his research shows young athletes especially enjoy having their grandparents watch them perform.



"Overall, grandparents are more content than parents to simply enjoy watching the child participate," he says. "Kids recognize that."

A grandparent is more likely to offer a smile and a hug, say "I love watching you play," and leave it at that.

Meanwhile a parent might blurt out ...

*"Why did you swing at that high pitch when we talked about laying off it?"*

*"Stay focused even when you are on the bench."*

*"You didn't hustle back to your position on defense."*

*"You would have won if the ref would have called that obvious foul."*

*"Your coach didn't have the best team on the field when it mattered most."*

And on and on.

Sure, an element of truth might be evident in the remarks. But the young athlete doesn't want to hear it immediately after the game. Not from a parent. Comments that undermine teammates, the coach or even officials run counter to everything the young player is taught. And instructional feedback was likely already mentioned by the coach.

"Let your child bring the game to you if they want to," Brown says.



Brown and Miller, a longtime coach and college administrator, don't consider themselves experts, but instead use their platform to convey to parents what three generations of young athletes have told them.

"Everything we teach came from me asking players questions," Brown says. "When you have a trusting relationship with kids, you get honest answers. When you listen to young people speak from their heart, they offer a perspective that really resonates."

So what's the takeaway for parents?

"Sports is one of few places in a child's life where a parent can say, 'This is your thing,' " Miller says. "Athletics is one of the best ways for young people to take risks and deal with failure because the consequences aren't fatal, they aren't permanent. We're talking about a game. So they usually don't want or need a parent to rescue them when something goes wrong.

"Once you as a parent are assured the team is a safe environment, release your child to the coach and to the game. That way all successes are theirs, all failures are theirs."

And discussion on the ride home can be about a song on the radio or where to stop for a bite to eat. By the time you pull into the driveway, the relationship ought to have transformed from keenly interested spectator and athlete back to parent and child:

"We loved watching you play. ... Now, how about that homework?"

## **FIVE SIGNS OF A NIGHTMARE SPORTS PARENT**

Nearly 75 percent of kids who play organized sports quit by age 13. Some find that their skill level hits a plateau and the game is no longer fun. Others simply discover other interests. But too many promising young athletes turn away from sports because their parents become insufferable.

Even professional athletes can behave inappropriately when it comes to their children. David Beckham was recently ejected from a youth soccer field for questioning an official. New Orleans radio host Bobby Hebert, a

former NFL quarterback, publicly dressed down LSU football coach Les Miles after Alabama defeated LSU in the BCS title game last month. Hebert was hardly unbiased: His son had recently lost his starting position at LSU.

Mom or dad, so loving and rational at home, can transform into an ogre at a game. A lot of kids internally reach the conclusion that if they quit the sport, maybe they'll get their dad or mom back.

As a sports parent, this is what you don't want to become. This is what you want to avoid:

- **Overemphasizing sports at the expense of sportsmanship:** The best athletes keep their emotions in check and perform at an even keel, win or lose. Parents demonstrative in showing displeasure during a contest are sending the wrong message. Encouragement is crucial -- especially when things aren't going well on the field.



- **Having different goals than your child:** Brown and Miller suggest jotting down a list of what you want for your child during their sport season. Your son or daughter can do the same. Vastly different lists are a red flag. Kids generally want to have fun, enjoy time with their friends, improve their skills and win. Parents who write down “getting a scholarship” or “making the All-Star team” probably need to adjust their goals. “Athletes say their parents believe their role on the team is larger than what the athlete knows it to be,” Miller says.

- **Treating your child differently after a loss than a win:** Almost all parents love their children the same regardless of the outcome of a game. Yet often their behavior conveys something else. “Many young athletes indicate that conversations with their parents after a game somehow make them feel as if their value as a person was tied to playing time or winning,” Brown says.

- **Undermining the coach:** Young athletes need a single instructional voice during games. That voice has to be the coach. Kids who listen to their parents yelling instruction from the stands or even glancing at their parents for approval from the field are distracted and can't perform at a peak level. Second-guessing the coach on the ride home is just as insidious.

- **Living your own athletic dream through your child:** A sure sign is the parent taking credit when the child has done well. “We worked on that shot for weeks in the driveway,” or “You did it just like I showed you” Another symptom is when the outcome of a game means more to a parent than to the child. If you as a parent are still depressed by a loss when the child is already off playing with friends, remind yourself that it's not your career and you have zero control over the outcome.

## FIVE SIGNS OF AN IDEAL SPORTS PARENT

Let's hear it for the parents who do it right. In many respects, Brown and Miller say, it's easier to be an ideal sports parent than a nightmare. "It takes less effort," Miller says. "Sit back and enjoy." Here's what to do:

- **Cheer everybody on the team, not just your child:** Parents should attend as many games as possible and be supportive, yet allow young athletes to find their own solutions. Don't feel the need to come to their rescue at every crisis. Continue to make positive comments even when the team is struggling.



- **Model appropriate behavior:** Contrary to the old saying, children do as you do, not as you say. When a parent projects poise, control and confidence, the young athlete is likely to do the same. And when a parent doesn't dwell on a tough loss, the young athlete will be enormously appreciative.

- **Know what is suitable to discuss with the coach:** The mental and physical treatment of your child is absolutely appropriate. So is seeking advice on ways to help your child improve. And if you are concerned about your child's behavior in the team setting, bring that up with the coach. Taboo topics: Playing time, team strategy, and discussing team members other than your child.

- **Know your role:** Everyone at a game is either a player, a coach, an official or a spectator. "It's wise to choose only one of those roles at a time," Brown says. "Some adults have the false impression that by being in a crowd, they become anonymous. People behaving poorly cannot hide." Here's a clue: If your child seems embarrassed by you, clean up your act.

- **Be a good listener and a great encourager:** When your child is ready to talk about a game or has a question about the sport, be all ears. Then provide answers while being mindful of avoiding becoming a nightmare sports parent. Above all, be positive. Be your child's biggest fan. "Good athletes learn better when they seek their own answers," Brown says.

And, of course, don't be sparing with those magic words: "I love watching you play."

-- Steve Henson is a Senior Editor and Writer at Yahoo! Sports. He has four adult children and has coached and officiated youth sports for 30 years. He can be reached at [henson@yahoo-inc.com](mailto:henson@yahoo-inc.com) and on Twitter @HensonYahoo