



BCAM August 2013 Monthly Report

Tom Hursey – Executive Director

FROM THE EXECUTIVE DIRECTOR: Wow! How fast the summer goes. Fall sports will be ramping up in a few days and that means school days will be close behind. Hopefully your summer has been restful and a chance to spend time with family. It also gives you a chance to reenergize your batteries. I know many of you had a hectic summer with summer ball, vacations and recreation. Maybe you are looking forward to school starting so you can get back into a regular schedule. Whatever your situation, enjoy the journey.

CLINIC: Clinic Director, Greg Mitchell, has put together an outstanding clinic for the coaches of Michigan starting with NCAA Finalist, **John Beilein** (U of M). Joining Coach Beilein as clinic speakers are **Suzy Merchant** (MSU Womens), **Bob McKillop** (Davison Mens & Team USA Basketball Coach), **Steve Hawkins** (Western Michigan Mens), **Tod Kowalczyk**, (U of Toledo Mens) and **Jason Otter** (Otter Basketball). In our “break out” sessions we will have **Jeff Anama** (East Kentwood HS), **Randy Baruth** (SVSU), **Carrie Lohr** (Wayne State), **Klint Pleasant** (Rochester University) and **Rob Smith** (East Lansing). There will be individual shooting drills (Shoot-A-Way), an MHSAA Rules Meeting, and there will be a college compliance person speaking on the new academic rules. We will be ON COURT at Holt HS on Saturday in the AM. On Saturday afternoon we will move to the Breslin Center for a MSU Men’s practice session headed by **Tom Izzo** and his staff. You are not going to find a better clinic this year for the price. The dates are October 4 and 5 in Lansing. Bring your staff and enjoy our **pay for 3 and get 4th free** clinic special. **You will be receiving a clinic brochure in the mail in August with all the details and prices. You can always go to the BCAM website for clinic information.**
Note: It takes many schools weeks to process clinic checks. Get requests in early.

NEW NCAA RULES: There are some major changes in the NCAA Eligibility Requirements for DI and DII. These changes will begin August 1, 2016. High school coaches need to be aware of these changes, especially if you anticipate developing some DI or DII student/athletes in the coming years. You can go to www.nfhslearn.com for a course designed to educate high school teachers and coaches about these requirements.



BCAM #1: It is official! BCAM has passed the Texas Basketball Coaches Association in membership and has become the largest basketball association in the country. Way to go Michigan coaches! The Executive Director from Texas has informed me that they will be putting forth an increased effort to regain their #1 ranking. Our goal for 2013-14 is 4800 members. *NOTE: Almost half of Michigan high schools have signed up using the “SCHOOL SPECIAL” (School Membership). See if your school would like to join these “special” high schools.*

DID YOU KNOW? As a member of BCAM you are automatically a member of the National High School Basketball Coaches Association (NHSBCA). Go to www.nhsbca.org for more information.

BCAM SCHOLARSHIP WINNERS

BCAM wants to announce the winners of the 2012-13 BCAM Scholarship. Every spring BCAM awards 12 students with \$600 scholarships. These students are the graduating high school senior sons and daughters of BCAM members. They are “judged” by a college counselor on their academics and activities OUTSIDE of sports. To qualify, the BCAM member parent must have been a BCAM member for the last 5 consecutive years. Congratulations to our winners and our best wishes to all who applied. BCAM is proud of your success in and out of the classroom and we are sure your parents are also! *(Note: In years past, the Detroit Pistons were the underwriters of the Scholarship Program, but they have dropped their sponsorship of BCAM.)*

Karly Bender – Brighton HS
Brett Branstrom – Rock Mid-Peninsula HS
Cora Easley – Ypsilanti HS
Alyssa Fausneacht – Hanover-Horton HS
Lloyd Herndon – Jackson Lumen Christi HS
Jenna Johnston – Haslett HS
Meg McGuire – Vicksburg HS
Ellory Neil – Holland West Ottawa HS
Alexa Robak – Waterford Our Lady of the Lakes HS



Devin Ruppert – LeRoy Pine River HS
Samantha Smith – Allendale HS
Nicole Winter – Watervliet HS

ASSISTANT EXECUTIVE DIRECTOR REPORT (*Dan Young*):

Take a look at this recent article from Jon Gordon! It reminded me of how lucky we are to teach and coach!! Have a great start to your school year! (Login at www.bcam.org and click on Monthly Reports to view this article).



BOYS 2013 REACHING HIGHER SHOWCASE (*Rich Moffit – Director*)

The Reaching Higher Showcase took place on a steamy 95 degree day at South Lyon High School. The Boys Reaching Higher Showcase provides each student-athlete with an understanding of what it takes to succeed academically, athletically & socially at the collegiate level. One Hundred Seven players listened to classroom sessions highlighted by Mateen Cleaves [MSU All-American], Corey Person [University of Michigan Captain], Ira Childress [Childress Sports] and Cody Weber [Univ of Michigan Compliance Director].

Players then participated in basketball station work, team practice and games in front of college coaches. We had some of the best high school coaches in Michigan coaching the elite players in station work and in games. Additional information on the event may be found at www.miprepzone.com/oakland/results.asp?ID=10545 . A special "thank you" to the BCAM Reaching Higher Showcase Coaching Staff, Mike Teagan & Doug Host of South Lyon HS, & the MHSAA Staff led by Nate Hampton and Tricia Wieferich.

The event was cut short due to the high humidity in the gym which created a slippery surface. We will be addressing this issue in future meetings.

GIRLS 2013 REACHING HIGHER SHOWCASE (*Tim Conley – Director*)

On July 25, 2013 we held our 5th Annual MHSAA/BCAM Girls Reaching Higher Showcase at South Lyon High School. This massive event all started back in December 2012 with our BCAM membership sending nominations of the Top Female Players in our state. When our BCAM Selection Committee met in February 2013, we had over 493 players nominated. Our committee of sixteen BCAM members narrowed it down to the Top 120 players in the state.

A key focus of this showcase is to educate players and parents about life outside of the game at the collegiate level. Our speakers helped open the eyes of our attendees regarding how to succeed academically and socially, in addition to their athletic commitment. Below, you can find an overview of the events and speakers that took place:

- *NCCA Compliance Speaker- Cody Weber, University of Michigan
- *Speakers for Players - Jenny Ryan, Former U of M Player, Miss Basketball 2009
- Krista Clement, Former U of M Player, Miss Basketball 2003
- *Speakers for Parents - Marc Comstock, Former College Coach and Current High School Coach
- Ira Childress, Childress Sports Consulting
- *Player Stretch/Flex with training specialist Jason Nolan of Sports, Speed and Performance
- *Player Station Workouts
- *Games
- *Program Evaluation

We are extremely pleased with the number of players, parents, and College Coaches who attended.

Many thanks to all the BCAM coaches who assisted in the selection process as well as working the event. I would also like to thank the South Lyon High School Staff for their hospitality. Finally, a special thank you to the staff of MHSAA and our BCAM Secretary, Amy, for their continued support behind the scenes.



“He, who every morning plans the transactions of the day, and follows that plan carries a thread that will guide him through a labyrinth of the most busy life.” – [Victor Hugo](#)

The Power of a Positive Educator

By Jon Gordon

When I think about the teachers who made a difference in my life I realize they were all positive. Mrs. Liota smiled every day and made me feel loved. Coach Caiazza believed in me while Mr. Ehmann encouraged me to be my best. Years later as I think about the impact these teachers had on my life it's clear that being a positive educator not only makes you better it makes everyone around you better. Positive educators have the power to transform lives and inspire young minds to believe they can and will change the world. In this spirit here are seven ways we can all choose to be a positive educator.

1. Be Positively Contagious – Research shows that emotions are contagious. Sincere smiles, kind words, encouragement and positive energy infect people in a positive way. On the flip side your students are just as likely to catch your bad mood as the swine flu. So each day you come to school you have a choice. You can be a germ or a big dose of Vitamin C. When you choose to be positively contagious your positive energy has a positive impact on your students, your colleagues and ultimately your school culture. Your students will remember very little of what you said but they will remember 100% of how you made them feel. I remember Mrs. Liota and her smile and love and it made all the difference.

2. Take a Daily Thank you Walk – It's simple, it's powerful, and it's a great way to feed yourself with positivity. How does it work? You simply take a walk... outside, in a mall, at your school, on a treadmill, or anywhere else you can think of, and think about all the things, big and small, that you are grateful for. The research shows you can't be stressed and thankful at the same time so when you combine gratitude with physical exercise, you give yourself a double boost of positive energy. You flood your brain and body with positive emotions and natural antidepressants that uplift you rather than the stress hormones that drain your energy and slowly kill you. By the time you get to school you are ready for a great day.

3. Celebrate Success – One of the simplest, most powerful things you can do for yourself and your students is to celebrate your daily successes. Instead of thinking of all things that went wrong at school each day focus on the one thing that went right. Try this: Each night before you go to bed think about the one great thing about your day. If you do this you'll look forward to creating more success tomorrow. Also have your students do this as well. Each night they will go to bed feeling like a success and they will wake up with more confidence to take on the day.



4. Expect to Make a Difference – When positive educators walk into their classroom they expect to make a difference in their student's lives. In fact, making a difference is the very reason why they became a teacher in the first place and this purpose continues to fuel them and their teaching. They come to school each day thinking of ways they can make a difference and expecting that their actions and lessons will lead to positive outcomes for their students. They win in their mind first and then they win in the hearts and minds of their students.



5. Believe in your students more than they believe in themselves – I tried to quit lacrosse during my freshman year in high school but Coach Caiazza wouldn't let me. He told me that I was going to play in college one day. He had a vision for me that I couldn't even fathom. He believed in me more than I believed in myself. I ended up going to Cornell University and the experience of playing lacrosse there changed my life forever. The difference between success and failure is belief and so often this belief is instilled in us by someone else. Coach Caiazza was that person for me and it changed my life. You can be that person for one of your students if you believe in them and see their potential rather than their limitations.

6. Develop Positive Relationships – Author Andy Stanley once said, "Rules without relationship lead to rebellion." [\[Tweet That\]](#) Far too many principals share rules with their teachers but they don't have a relationship with them. And far too many teachers don't have positive relationships with their students. So what happens? Teachers and students disengage from the mission of the school. I've had many educators approach me and tell me that my books helped them realize they needed to focus less on rules and invest more in their relationships. The result was a dramatic increase in teacher and student performance, morale and engagement. To develop positive relationships you need to enhance communication, build trust, listen to them, make time for them, recognize them, show them you care through your actions and mentor them. Take the time to give them your best and they will give them your best.

7. Show you Care – It's a simple fact. The best educators stand out by showing their students and colleagues that they care about them. Standardized test scores rise when teachers make time to really know their students. Teacher performance improves when principals create engaged relationships with their teachers. Teamwork is enhanced when educators know and care about one another. Parents are more supportive when educators communicate with their

student's parents. The most powerful form of positive energy is love and this love transforms students, people and schools when it is put into action. Create your own unique way to show your students and colleagues you care about them and you will not only feel more positive yourself but you will develop positive kids who create a more positive world. **If you commit to being a positive educator I encourage you to read and commit to The Positive Teacher Pledge.**

Wooden's Wisdom courtesy of: www.woodencourse.com

Wisdom, like the wind, blows on unused, except for those who know the art of sailing.

This quote from Coach Wooden reflects great advice he received from his father Joshua: *You'll never know a thing you didn't learn from someone else.*

Coach Wooden received much wisdom from his in depth study of Abraham Lincoln. It was gained by reading over 40 books about Lincoln. His curiosity about Lincoln was inspired by his admiration of his Father who was a keen admirer of Lincoln and well read on the subject.

President Lincoln gained much of his wisdom from his own in depth study of the writing of Thomas Jefferson.

John Wooden gained his insight on conditioning, skill and team spirit by observing and studying his college coach Piggy Lambert.

Piggy Lambert wrote a detailed book on coaching basketball entitled *Practical Basketball*.

John Wooden wrote a detailed book on coaching basketball entitled *Practical Modern Basketball*.

John Wooden learned how to structure a detailed well-executed practice plan when he was a high school coach by observing the practices of the great Notre Dame Football coach Frank Leahy.

The Wisdom of Joshua Wooden, Abraham Lincoln, Thomas Jefferson, Piggy Lambert and Frank Leahy were only valuable to Coach Wooden because he sought it out and used it. Just like the wind is only valuable to the sailor who seeks it out and knows how to sail.

In the wonderful book, *You Haven't Taught Until They Learned John Wooden's Teaching Principles and Practices* by Swen Nater and Ronald Gallimore, Coach's pursuit of basketball wisdom is described this way:

Coach Wooden employed an organized research and development system, which allowed him to make substantial improvements each year on how he taught basketball.

At the conclusion of each basketball season his self-improvement research began. He chose only one topic for each off season study (e.g, defensive rebounding, free-throw shooting,ect.) The goal was to uncover all he could learn about a specific subject, draw conclusions, and apply it to his teaching.

Coach Wooden's premise was the assumption that all the essential truths about each topic existed "somewhere," but scattered across many sources. Some of the truths were in books, some in the thoughts of successful coaches and athletes, and others were, perhaps, in places he never considered. Some ideas were his own but needed testing, refinement and elaboration.



What follows in the book is a detailed description of this process including but not limited to reading all the material available on the subject, researching and contacting the coaches of teams and players who had the most success in the particular area, developing and sending them a survey to express their ideas and processing the data to reach conclusions which could be applied to help his team.

Coach did this before the internet existed.

12 SIMPLE YET SIGNIFICANT DAILY TO-DO'S FOR LEADERS

--SHERIDAN COLLEGE GENERALS--Coach Steve Smiley

1. Be the hardest worker at practice today. Without fail, one of the quickest ways to impact a team is with your own work ethic. Choose to be one of the hardest workers on your team today. Not only does it set the tone for the work ethic of your program, it is also one of the best and quickest ways to enhance your leadership credibility with your teammates and coaches.

2. Be a spark of energy and enthusiasm today. Let your passion for the sport shine through today. Spread a contagious energy and enthusiasm amongst your teammates. Think about how lucky you are to be able to play and compete. Remember back to when you were a young child and reconnect with the joy you played with back then. Make your sport fun again for yourself and your teammates.

3. Model mental toughness today. Because your teammates will look to you under pressure, adversity, and stress, be sure to model mental toughness today. Bounce back quickly after errors to show your teammates how to respond to negative situations. Maintain your poise and optimism despite any mistakes you might make so that your teammates can trust and rely on you to get them through the tough times.

4. Connect with a teammate today. Leadership is all about relationships. Invest the time to build and strengthen the relationships you have with each of your teammates. Inquire about their day, challenges, and goals. Make a special and ongoing effort to get to know every athlete on your team, not just your friends and classmates. The relationship building you do each day will pay off immeasurably down the road.

5. Compliment a teammate today. Be on the lookout for teammates who are contributing to your team. Call out a teammate for making a hustle play, pushing through a weight workout, recovering quickly from a mistake, getting an A on an exam, etc. Praise the actions and attitudes you want to see repeated. As Mother Teresa once said, *"Kind words are short and easy to speak but their echoes are truly endless."*

6. Challenge a teammate today. Challenge at least one of your teammates today. Positively push them and yourself to make the most of your workout. Make a friendly wager to see if they can be successful at least 4 out of 5 times in a drill. See if you both can improve your times in conditioning. Offer to stay after to help if there is anything they want to work on. Good leaders consistently invite, inspire, and sometimes implore others to greatness.

7. Support a teammate today. Odds are, at least one of your teammates is struggling with something today – it could be a performance slump, a rocky romantic relationship, a disagreement with a coach, an unglamorous role, struggling with a class, or a sick family member. Good leaders are consistently on the lookout for teammates who might be struggling and are ready to offer an ear to listen, an encouraging word, a pat on the back, or a shoulder to cry on.

8. Constructively confront negativity, pessimism, and laziness today. As a leader, have the courage to constructively confront the negativity, pessimism, and laziness that will crop up on your team from time to time. Instead of fueling the fire by joining in or silently standing by, be sure to refocus your teammates on solutions rather than dwelling on and complaining about the problems. Left unchecked, these problems can quickly grow to distract, divide, and destroy your team.

9. Build and bond your team today. Team chemistry naturally ebbs and flows throughout the course of the season. Take the time to monitor and maintain your team's chemistry. Let your reserves and support staff know how much you appreciate them. Stay connected and current with each of the natural sub-groups on your team.

Douse any brush fires that might be occurring and continually remind team members about your common goal and common bond.

10. Check in with your coach today. Invest the time to check in with your coach today. Ask what you can do to best help the team this week. Find out what your coach wants to accomplish with today's practice. Also discuss if there is anything your coach is concerned about regarding your team. Discuss your collective insights on your team's chemistry, focus, and mindset. Work together to effectively co-lead your team.

11. Remind your team how today's work leads to tomorrow's dreams. It's easy to get bogged down during your season with monotonous drills, tiring conditioning, and demanding workouts. Remind your teammates how all the quality work you do today gives you a distinct advantage over your opponents. Help them see and even get excited about how today's hard work is a long-term investment in your team's goals, rather than just a short-term hardship or sacrifice.

12. Represent yourself and team with class and pride today. Leaders have the awesome privilege and responsibility of representing their teams. Take advantage of this opportunity by representing your team with class and pride today. Hold a door open for someone, sit in the front rows of class and actively engage in the discussion, say please and thank you, dress in respectful attire, etc. These tiny pushes represent you and your team with class and distinction. And they ultimately set you up for a lifetime of respect and success.