



BCAM June 2013 Monthly Report

Tom Hursey - Executive Director

FROM THE EXECUTIVE DIRECTOR: The summer season is almost upon us. After a few months of getting away from the bouncing basketballs, it will be back in the gym for those important off-season workouts. I will mention again what I always say at this time of the year: Make sure you take time to reconnect with your own family!

KEVIN RICHARDS RESIGNS AS PRESIDENT: Kevin Richards, Girls Varsity coach at Grosse Pointe South, has resigned his current position as president of BCAM. Coach Richards broke a MHSAA rule by texting a middle school student that was deemed a "recruitable student/athlete." As a result, he will serve a 3 game suspension from the MHSAA and a 3 game suspension by his school district. Coach Richards has written the following statement:

I am dedicated to the development of youth basketball in the Grosse Pointe community and surrounding areas. I have coached youth basketball for 13 years. I work with youth of all ages and genders in development camps throughout the summer and fall. I did not think my contact with the athlete in question was a violation of any MHSAA rules. However, I accept the MHSAA finding and sanction. The MHSAA rules regarding contact between High School coaches and grade school athletes has been evolving over the last 4-5 years. In my opinion, this has been a positive and instructive path. I appreciate the work of the MHSAA board and understand their decision. In the world of Twitter, Facebook and other social media it is important that MHSAA rules continue to evolve with the times to educate and guide High School coaches. It was a great honor to be selected by my peers to become president of BCAM. Because of the MHSAA and Grosse Pointe Schools decision of the suspension I am disappointed to say that I resign from my position as President of BCAM. I look forward to this upcoming season and remaining an active member of BCAM. I want to thank BCAM for all of their support during this difficult time. Sincerely, Kevin Richards.

I would like to add a warning to all varsity coaches...communicating with student/athletes that are not enrolled in your school could lead to suspensions. As stated by the MHSAA: Can high school coaches or their representatives call, email, text, tweet, write or contact athletic recruits? Answer: **NO!**



Your athletic administrator should have the current rules concerning "recruiting in high school sports." **Read them and adhere to them!**

THE MHSAA HAS CHANGED THE "TRANSFER" RULE: A major change has been made concerning student/athletes transferring from one school to another. **The new rule is printed below. Make sure you read this!**



THE RAWLINGS BASKETBALL HAS MADE A COME-BACK: Those of you who stuck with the Rawlings basketball have seen a big improvement in the quality of this ball. Coaches have been giving it high marks. If you went away from the "Ball of BCAM and the MHSAA" then you might want to get back on board. Not only does BCAM benefit but you will be using the ball that you will use throughout the state tourney.

PAT ON THE BACK...to all of you who hosted Coaches vs Cancer fundraisers this past winter. Whether it was Suits and Sneakers or any other event, basketball coaches helped raise over \$110,000 in our fight against cancer. Way to go!

WHAT IS BCAM? We have many new members this year and many others who might be wondering what does BCAM do? What programs and projects are the involved with? The answer to this question is on the website. Click on this link: www.bcam.org/content/what-bcam to find out what your association is all about.

RENEW YOUR BCAM MEMBERSHIP FOR 2013-14: We are in full swing accepting BCAM memberships for the 2013-14 school year. Officially, the 12-13 year has ended, but we will still give our 12-13 members website access until July 15th. At that time, your access to the "members only" areas of the BCAM website will be terminated unless you have renewed

(and paid) for your 13-14 membership. Sign up online at our www.bcam.org website under JOIN BCAM or download a paper form under FORMS. (Lifetime Members must renew also.)

BCAM SCHOLARSHIP AVAILABLE TO COACHES' CHILDREN: Do you have a high school son or daughter who is graduating this spring? Have you been a BCAM member for the last 5 consecutive years? Then apply for one of twelve \$500 scholarships given to sons and daughters of BCAM members. Scholarships given are based on academics and other activities which are NOT athletic. Download a Scholarship form at our website under SCHOLARSHIPS. Deadline is June 20th.



MINNESOTA HF 984 IS NOW LAW AND READS: "The existence of parent complaints must not be the sole reason for a board to not renew a coaching contract." Current Minnesota law allows coaches who are being non-renewed to the right to a hearing within 14 days of their notification of such if requested. The coach can ask for the hearing to be public or private. More on this landmark law is written later in this Monthly Report. Is this a law that other states, including Michigan, could adopt? High school coaches with "due process?" Very interesting!

4TH ANNUAL COACHES VS CANCER GOLF SCRAMBLE IS AUGUST 5: BCAM and the American Cancer Society are working together again to hold the 4th annual Coaches vs Cancer Golf Outing at beautiful Walnut Hills Country Club in East Lansing. The event begins at 11am on Monday, August 5th. (This will not conflict with high school football this year). Please enter as an individual or hopefully as a foursome to play in this fantastic event for a great cause. Lunch and dinner will be served as well as some terrific silent auction items and a chance to win a car for a hole in one! Coach Izzo will be there again this year as well as numerous High School and College coaches. It is easy to register, simply go to www.cvcgolf.org and click "register now". If you or someone in your community would like to be a sponsor for the event, just refer to the options on the website. Please feel free to call me with any questions: *Dan Stolz - CvC Chairman - 517-285-9806*

SALUTE TO BCAM

by Matt Schelich (Kingsley High School)

As I finish up my last days as BCAM Past President I'd like to reflect upon the opportunity to "put my two cents in" and to represent over 4,600 coaches in our state. It certainly has been an honor and privilege to work with such an elite group of people, and be involved with one of the premier coaches associations in the country.

Some people may not realize the amount of time and effort that goes into making BCAM what it is. It is not a fluke that our organization leads the nation in membership and is able to provide so many opportunities for coaches and players. The amount of hours involved to put on a quality Coaches Clinic, put together BCAM's Best teams, Reaching Higher Showcase, and the Coaches vs Cancer Golf Outing, is quite remarkable. These quality events don't just happen; they are the result of a highly organized and driven organization that wants the best for its members. All of this is the result of effective leadership. The BCAM Board consists of very productive and professional people that strive to make BCAM what it is. The pinnacle of that leadership is Tom Hursey. Tom puts in countless hours planning events, communicating with sponsors, and organizing the rest of us. If and when you see him around be sure to recognize and thank him for what he has done, and continues to do, for BCAM members and ultimately for the members' players.

I mentioned that our players benefit from our involvement and membership(s) with BCAM. Whether it is coaches learning new drills or x's and o's at the Clinic or coaches nominating their players for post season awards; the efforts of BCAM are ultimately for the players. Therefore it is imperative for all of us to continue to be members, recruit others, and be ambassadors for our players and for the betterment of basketball.

I would like to thank those that elected me to represent them on the BCAM board and would like to thank the members of the board for doing what they do. If you are reading this you are most likely a BCAM member. Thanks for being part of this great organization and do your part to make sure you have all of your staff and key members of your school's administration signed up as members for the 2013/14 season.

Johnny Mac's
SPORTING GOODS
YOUR "HOME TEAM" STORE

SHOOT-A-WAY IS NOW THE OFFICIAL BASKETBALL TRAINING AID OF BCAM: The Basketball Coaches Association of Michigan is proud to announce its partnership with Shoot-A-Way as a new corporate sponsor, and we look forward to many years of improved shooting throughout the state. Shoot-A-Way, makers of the 8000 and 6000 Series Gun, have been providing the best shooting aids in the basketball industry since 1983. For more information concerning any of the Shoot-A-Way products or resources, call (800) 294-4654 or call your Michigan representative, Dan Hoff, at (269) 929-4234.



NHSBCA UPDATE - Dave Ginsberg - Executive Director, NHSBCA

BCAM members—greetings from the NHSBCA!!!! Your National High School Basketball Coaches Association has been quite busy preparing for our summer meetings in Indianapolis (July 16, 17 and 18) as well as our “special” inaugural event, “The Rising Seniors” showcase (July 14, 15 and 16), also being held in Indianapolis. In this first year we will be having teams from Kentucky, Illinois, Wisconsin, Iowa, Ohio, and Indiana. Each state will play the other five squads once, and the athletes will be treated to “special seminars and speakers” presented by the NCAA, the National Federation of High School Athletics, the NABC, and professional players including members of the Indiana Pacers organization. We feel that this exposure to these governing organizations and their philosophy on rules, regulations, sportsmanship, and character development will enhance each young person in attendance during these few days. This “Rising Seniors” event will be unique, educational, and unlike every other summer basketball opportunity in America. This is an assertive effort by the NHSBCA to provide something extremely special promoted from the perspective of our National High School Basketball Coaches Association and not some “outside group” determined to “make a buck” on the backs of our student-athletes. We certainly hope to expand the number of teams participating in 2014, and hope that one day we will have states represented from all over America in our “Rising Seniors” event.

Our summer meetings will be exciting and productive as we are expecting 5-10 new states joining in with us. Georgia and New Mexico have already confirmed their intent on joining us in Indy, and the addition of these two states will provide a further reach out in the country for the NHSBCA. We hope you are visiting our website from time to time. Like all technology today, our website is constantly being upgraded and is a work-in-progress.

Outside organizations (most recently *Airborne*) are investing in sponsorships with us at the national level, and we are confident many more will be aligning with us in the very near future!

These investments will interpret into new and valuable savings for you and your programs in Michigan. EXCITING! Our past President, Dave Archer, is a voting member on the Board of the NABC (National Association of Basketball Coaches), and at the recent Final Four in Atlanta the NHSBCA had a huge presence with high school and college coaches from all over our country! We are on the move and will continue to grow, work for YOU, and discover ways to improve the quality of the “basketball environment” in every state.



On a personal note, I’ve lived in Michigan my entire life, and in December I will be entering my 37th basketball season as a coach in our beautiful state. Of this I am terribly proud. We have an opportunity to positively affect the lives of our young people – a responsibility of the highest order. Each season I make a covenant with myself to control my ego, use my power wisely, remember that I’m only a small piece-of-the-pie in a young person’s development, and to do the best I can do. Many wonderful coaches (men and women) have mentored me over these last four decades, and at the beginning of every season I remind myself of what they taught me, the things they shared, and how important it is to represent their efforts in an honorable and appropriate way. Let’s join together and dedicate our efforts to the “beauty of the game!”

PARENTS VS. COACHES: AN EPIC BATTLE

BOCCC Article by Wallace Whitfield (Officials' Assignor - Metro Detroit)

There are many positive aspects of school sports. Being part of an athletic team teaches children the value of team work, dedication and hard work. Students also gain valuable leadership skills. All of these positive aspects of school sports are oftentimes overshadowed by the behavior of parents. Sometimes this behavior can best be described as an epic battle between the parent and the coach.

On one side is the parent who contends his / her child doesn't get adequate playing time or isn't being coached properly. On the other side is the coach. These battles can result in parents sometimes sabotaging the program. Many administrators, thankfully, will make the effort to call the parties together, interview the players, and then determine if the claims were baseless allegations or not. Any responsible athletic director should handle all situations this way.

Parents and children need to understand an important reality: As children grow older, the recreation league mantra of 'everyone plays' gives way to a competitive mindset whereby winning becomes more important. This is a difficult lesson for both parent and child. Parents should model the appropriate behavior. To aid this, parents should keep the following in mind:

- Make your love of the sport unconditional
- Have real expectations for your child in sports
- Keep it fun
- Remain calm and composed during games
- Have them play for them and not the parent
- Reinforce your child to be a good sport at all times

While this battle won't end any time soon, employing the above helpful hints, all parties (parent, child, coach) will benefit from team sports.



FOOD FOR THOUGHT: DO YOU KNOW?

Of all men's basketball student-athletes who matriculated to college in 2006, NCAA research determined that **74% graduated**.

Of those student-athletes who completed four-years of eligibility in 2011, NCAA research determined **85% graduated or were within 12 credits of graduation**.

In the NCAA's 2010 GOALS study of 20,000 student-athletes, **88% of Division I men's basketball student-athletes stated that they believe player graduation is highly important to their coach** (this was the highest percentage among Division I men).

Another stat from that study: **55% of Division I men's basketball student-athletes think they will attend graduate school** and 31% say it's very likely they will do so.

Minnesota bill intended to protect coaches from parent complaints

FARGO – It's just one simple sentence, but for Minnesota high school coaches, it could be the difference between remaining on the bench and sitting in the stands.

Added to an existing statute on coaching contract renewal will be the following: "The existence of parent complaints must not be the sole reason for a board to not renew a coaching contract."

Passed 78-56 in the Minnesota House of Representatives and 41-26 in the Senate on Sunday, Gov. Mark Dayton will sign the bill today. It's a demand that is the first of its kind in the country and packs a punch in one sentence.

"It protects coaches from out-of-control parents, who are on a vendetta to have a coach removed based solely for their reasons, whether it be a child was cut, didn't receive playing time or the team did not play as well as they deemed it should have," Minnesota State High School Coaches Association Executive Director John Erickson said. "It leaves those responsibilities for those kind of evaluations for the school administration."

Erickson said he receives 15 to 25 requests a year from coaches looking for help regarding an issue with a parent that could determine their coaching position.

Rep. Dean Urdahl, who co-authored the bill, led the New London-Spicer girls cross country team to three straight state championships in 2000, 2001 and 2002. Urdahl had little run-ins with noisy parents. He let the finish line do the talking.

“Usually the stop watch determined what my team was,” Urdahl said. “I didn’t have many personal experiences, but I received a call from (John Erickson) saying more needed to be done, and there was an increase in parental involvement with coaches being dismissed. Parental complaints are an important part of the process, but there should be other factors that decide if a coach should be removed or not.”

Rep. Paul Marquart, a Fargo North graduate and former Dilworth-Glyndon-Felton wrestling coach, co-authored the omnibus education bill featuring the new coaching legislation.

“Coaching is a tough job,” Marquart said. “This gives coaches some comfort language to know that every single decision they make isn’t going to cost them their job. A school board has to consider more than just a parental complaint before they dismiss a coach.”

Marquart feels the legislation is in place because of the new culture of high school sports.

“You have a lot more of the traveling teams, in which the parents have a lot of control,” Marquart said. “They are paying for the coaches and probably have a lot more direct impact with the decisions. When it gets to high school, I think there’s a little bit of conflict moving from traveling teams to high school athletic programs. This provides time and space between parents and coaches.”

Moorhead boys hockey coach Peter Cullen had to interview for the Spuds job once before the season and again after leading the Spuds to a fifth-place finish at state. He certainly feels the security of the new legislation and is happy his job will come down to what the school administration thinks.

“It’s a nice security blanket,” Cullen said. “As a coach, it gives a little bit more backing and distance from parents to do our jobs, which we’re doing because we love it, not for the paycheck. When administrators aren’t influenced by parents, it gives us a sense of security that we’re doing all these things for the betterment of the school and sport rather than just to stop a few howling parents. The majority of parents get it, but, once in a while, there’s one or two who don’t get their role.”

Marquart and Urdahl were adamant that the security blanket the legislation provides certainly does not cover everything.

“I want to make one thing clear,” Urdahl said. “If a coach breaks a law or a school policy, he’s not protected. If a parent complains about seeing a coach do something that’s illegal, that certainly needs to be taken care of.”

Change in Transfer Rule Highlights Spring Actions by MHSAA Representative Council

EAST LANSING, Mich. – May 20 – A change in the transfer regulation and the addition of safety training for assistant and subvarsity coaches were among the most significant actions approved by the Representative Council of the Michigan High School Athletic Association during its annual Spring Meeting, May 5-6, in Gaylord.

The Spring meeting of the 19-member legislative body of the Association’s more than 1,500 member schools is generally the busiest of its three sessions each year. The Council considered 40 committee proposals and also dealt with a variety of eligibility rule, postseason tournament and operational issues.

The most significant change to the MHSAA body of regulations concerns students who transfer between schools for reasons related to athletics. Effective for the 2014-15 school year, a transfer student will be ineligible for 180 school days if he or she has partaken in an activity during the previous 12 months that demonstrates the transfer is related to athletics. Offending activities may include practicing, competing or training with a member of the new school’s coaching staff including during summer activities or non-school sports seasons like for AAU basketball. Attending an open gym at the new school or being coached by a current or incoming coach while the athlete still attended his or her former high school also would be considered an offending activity.

Currently, a school that loses a student for athletics-related reasons must report this to the MHSAA for that student to incur the 180-day transfer penalty. This is no longer necessary if the above activities are verified. The rule change beginning with the 2014-15 school year will consider a student's activity taken place during the previous 12 months. Transfers may still qualify for one of 15 exemptions that allow for immediate eligibility.

COACH JOHN WOODEN REVISITED: NO SHOWMANSHIP!

I find it disconcerting to watch college basketball and see more and more players display three fingers after they make a three-point shot. Aside from the fact that it is ineffective (taking them out of their zone) and annoying to watch; my primary concern is that now high school and grammar school players are doing the same thing.

We should be setting an example of teamwork not more of "look at me"! Coach Wooden was quite direct regarding his feelings on showmanship:

I detest showmanship. I didn't permit showmanship and I don't like it at all.

"All for one and one for all" is not an empty slogan for me. I don't need scientific proof to know that Rudyard Kipling was correct: "For the strength of the pack is the wolf; and the strength of the wolf is the pack."

No one player should take credit for the effort of all the others. That is the primary reason I strongly discouraged individuality—showboating or flamboyance—in the context of team play. Showing off or doing something contrived to gain attention for oneself not only demeans that individual, it is dismissive of the effort made by all the other team members.

A player who is thumping his chest after he makes a basket is acknowledging the wrong person. Team Spirit occurs when you are able to get those under your leadership to think "Team First" rather than "me first."

Be as enthusiastic about the success of others as you are about your own is a better leadership philosophy than Hey look at what I just did.

LEADERSHIP:

Coach Wooden summed it up this way: *The best leaders are usually humble leaders because they gain loyalty through respect rather than bravado.*

Coach had three rules for his teams that contributed to an environment where respect and loyalty were given and received.

- 1. Be on time*
- 2. Never Criticize a Teammate*
- 3. Not one word of profanity*

Yours in Coaching, Craig Impelman www.woodencourse.com

SLEEP FACT SHEET

Sleep Requirements

- Adolescents require 8.5 to 9.25 hours of sleep per night
- Only fifteen percent of adolescents get the required amount of sleep during the week; most sleep seven hours
- Deep sleep is critical to cognitive or motor skills, problem solving, and maintaining the immune system

Daytime Sleepiness

- Daytime sleepiness increases during puberty and can cause accidents/injuries and reduce attention spans

Effects of a Sleep Deficit

- A 30 to 36 hour deficit reduces cardiovascular performance by 11%
- Mental performance and information processing decreases twice as quickly as physical performance
- Minimal sleep deficits can result in fatigue or depression

Sleep and Extra-curricular Activities

- Teens who are extensively involved in school or community activities or work part time are at a greater risk of the effects of sleepiness than those who are less involved or work fewer hours

Tips to Combat a Sleep Deficit

- Establish a sleeping environment that is dark, quiet, cool, and comfortable
- Stick to a consistent bedtime
 - Restrict adjustments in bedtime to thirty minutes daily
 - Two consecutive nights can alter circadian rhythms
- Reduce caffeine consumption in the afternoon and evening
- Adolescents should not consume melatonin

Sleep and Studying

- It is important to get enough sleep before (to be alert) and after (to consolidate memory) learning
- All-nighters create a severe sleep deficit for several days

CAFFEINE FACT SHEET

Consumption

- The maximum recommended daily dose of caffeine is 300mg

PRODUCT AMOUNT OF CAFFEINE

Coffee (8 oz) 118 mg

Tea (8 oz) 43 mg

Cola (12 oz) 46 mg

Chocolate Milk (8 oz) 8 mg

Chocolate bar (1.5 oz) 10 mg

Cold remedy (1 tablet) 15-30mg

Headache reliever (1 tablet) 30-32mg

Stimulants (1 dose) 100-200mg

Effects of Caffeine

- Moderate doses of caffeine (<200mg) produce the following effects:
 - Short term alertness, happiness or sense of well-being
- Large doses of caffeine (>200mg) can cause the following effects:
 - Nervousness, anxiety, stomach troubles for up to six hours
- The effects depend on each individual's caffeine sensitivity
- Any amount of caffeine can cause sleep disruption
- Caffeine can leach calcium from the body

Caffeine Withdrawal

- Signs of caffeine withdrawal include:
 - Headaches, fatigue, inability to concentrate, depression, and anxiety and disappear after a few days
- Reduce caffeine consumption by cutting back slowly
- Symptoms disappear over time

Post-activity

- Caffeine is a diuretic and exacerbates fluid lost during activity
- **However**, chocolate milk is a good recovery fluid and contains a relatively low amount of caffeine

NUTRITION FACT SHEET

• *If you are experiencing low energy levels (during basketball or other activities,) you might consider this information*

Carbohydrates

- Carbohydrates are converted into blood glucose, which fuels muscles
- Muscles store blood glucose as glycogen
- Consider replenishing glycogen stores before (between 1-4 hours before) and after exercise by consuming carbohydrates
- Types of carbohydrates: Fruit, vegetables, grains, and milk

Recovery after Exercise

- For recovery after workout, consume 1.5g of carbohydrates for every kg of body weight and about 6g of protein **total**
- If you are training to improve your physical performance, you should be consuming at least 7g of carbohydrates and 1.2-1.7g of protein per kg of body weight
- Keep snacks handy in a locker for the trip home; avoid high sugar snacks
- Suggestions for recovery snacks: bagels, juice, bananas, carrots, chocolate milk

Dehydration

- Dehydration reduces performance
- Fluids include water, juice, sports drinks, or milk
- Consume fluids before, after, and during exercise
 - Drink beyond thirst

TIME AMOUNT OF FLUIDS CONSUMED

Two hours before workout 400 to 600ml (14 to 22 oz)

During workout 150 to 350 ml (6 to 12 oz) every 15-20 minutes, depending on player

After workout 475 to 650 ml (16 to 24 oz) for every pound lost due to perspiration

Healthy Choices • Improvement Log

PREPARED BY COACH BROCK BOURGASE

In order to succeed on the basketball court, all team members must perform at their best. Healthy personal habits (i.e. nutrition, sleep habits, stress, exercise) are an important component of high level performance.

I, _____, commit to making the following change (_____) to my lifestyle during the pre-season.

SIGNATURE:

DATE:

WHAT STRATEGIES WILL YOU EMPLOY TO MAKE THIS CHANGE?

PROGRESS LOG:

WEEK 1

WEEK 2

WEEK 3

SELF-EVALUATION

What grade would you give yourself for making this change?

What is the next step to maintaining this change?

END OF SEASON SELF-EVALUATION

Since the first assessment, have you improved, regressed, or stayed the same?
What are your plans for the off-season to continue your new healthy habit?