



BCAM November 2013 Monthly Report

Tom Hursey – Executive Director

FROM THE EXECUTIVE DIRECTOR: Another great clinic is behind us. Hats off to Greg Mitchell and his committee for continuing the tradition of outstanding BCAM clinics. *See Greg Mitchell's article below.*

We now head into that pre-season period where players are conditioning, coaches are preparing and everyone is anticipating that first game of the season. No question in my mind what the most difficult part of coaching was for me: "making cuts." What a stressful time for the coach and those players on the bubble. I always had a 3-day try-out period during the first 3 days of practice. I had all the players go through skills tests that gave some objectivity to my decision-making in determining my final team. I had a very good idea who would be my top 9-10 players since summer scrimmages and last year's performance was a big factor. But those last 2-3 players were always the toughest decisions. My goal was to keep 12 players. The reason for twelve was I could break them down into groups of 2, 3, 4 and 6. When working on 5 on 5 drills and scrimmages I would have the top 7 players work together and the other 5 were always on the court, which eliminated worrying about the last 2 players getting playing time in practice. I also made my final cuts coach to player. No lists were posted. So on the third day I would finish my practice with a scrimmage. During that scrimmage I would pull the players that were being cut out of the gym one by one. We would meet in my office and I would explain why I was cutting each player. Most of the players knew why they weren't being chosen. Some took it hard but they had a chance to dress and leave before the entire team ended their practice. The toughest cuts were the boys who had been in the system for years, who had attended summer camps that I conducted and worked very hard at basketball. I would invite these individuals to serve as managers and stat people. Once the cuts were made I would go back into the gym and welcome the remaining players as the Midland Chemich varsity basketball team. There were always a few relieved faces as they realized that they made the cut. The "funnel" in basketball is big at the top and small at the bottom. When you consider the number of elementary kids playing basketball funneling down to five or six seniors on the varsity team, it is quite a tribute to those who would make it. *One comment on seniors: In order to head off trouble toward the end of the season, if I decided to keep a senior who was not going to get much playing time, I would meet with him during final cuts and explain the situation. If he agreed that he could live with minimum playing time, then I would keep him. If he felt that he would not be happy going into February with little playing time, then we would part ways. This headed off many problems with players and parents in the later weeks of the season.* **FINAL COMMENT: GOOD LUCK!!!**



SPONSORS: I can't stress enough the importance of our sponsors. The reason we can keep our membership prices as one of the lowest in the country is our sponsors. The reason we can offer a great clinic for a very low cost is our sponsors. They continue to support BCAM in many ways that allows us to offer many opportunities for Michigan coaches that would not be possible otherwise. When making plans to buy basketball equipment please give our sponsors a chance to bid. Rawlings, NIKE, Meijer, Team Sports, Better Basketball, Shoot-A-Way, Johnny Mac's, Gatorade, and StatEasy are part of the BCAM team.

FILL UP YOUR SCHOOL MEMBERSHIPS: MANY schools have taken advantage of the discounted "School Membership" to register their coaches for this year's BCAM memberships. However, many of these same schools only have a handful of coaches actually registered for BCAM. You have paid for up to 15 coaches/administrators/etc to be

members, so make sure your whole staff is registered! If you need to know who is registered thus far, send an email to amy@bcam.org and ask. She can help you get everyone signed up.

F.Y.I.: This past season 38 boys' basketball coaches were ejected for their conduct. Thirty girls' basketball coaches were ejected. Let's see if we can bring those numbers way down for the 2013-2014 season.



DEALING WITH PARENTS: I am always concerned with coach/parent relationships. The last article of this Monthly Report will give you some thoughts about “nightmare parents” and “ideal parents.” You might even consider making copies and distributing to parents before the season begins.

“Success is not to be measured by the position someone has reached in life, but the obstacles he has overcome while trying to succeed.” – **Booker T. Washington**

COMMUNICATION IS IMPORTANT: *Rich Moffit (Grayling HS & BCAM Board Member)*

What is a safe way for teachers & coaches to text message students and stay in touch with parents for free?

Answer: www.remind101.com. “Remind101” is an outstanding tool that our program has used for the last couple of years to communicate practice changes, cancellation of games, inspirational messages, etc.

Directions to use www.remind101.com:

1. Teachers/Coaches register their name and group name at www.remind101.com.
2. The Teacher/Coach will then receive a number and a class code.
3. In our preseason parent meeting, we will share the text number [given to us by remind101] and class code with our parents and players.
4. Parents and players will then send a text message [along with the class code] to the given number. They will now receive all messages from the coach & teacher.

Coaches will be able to communicate to players and parents instantly. Parents and players cannot respond to the text message which provides a safety net to the coach and teacher.

ANOTHER SUCCESSFUL CLINIC – Greg Mitchell – Clinic Chairman: As our annual BCAM Clinic came and went, it is with pride that we can all say how fortunate we are to be a part of such an outstanding state when it comes to quality basketball coaches. We had over 800 coaches in attendance who drove from all over the state to increase their knowledge as well as share with fellow colleagues concepts that will benefit the players that we coach. We were treated to a diverse set of speakers who delivered content that was well-organized and progressive.

It's always important and greatly appreciated to receive feedback from numerous attendees, almost all of which had very positive comments about the weekend. It's enlightening to hear what coaches liked as well as suggestions to consider in order to improve the clinic. The common thread of why the clinic was successful, according to those who responded, was that the content was useful and interesting and that the speakers were well prepared and enthusiastically engaging. The combination of the main ballroom setting, the smaller break-out sessions, and on-court demos and live practice, offered a variety that most enjoyed. The clinic committee recognized that space was an issue in some break-out rooms and the video screens were tough to see for those in the back of the main ballroom. Both concerns will be addressed.



Overwhelmingly, those that responded mentioned their highlight was finishing the clinic at the Breslin Center at MSU's practice. We can't thank Coach Izzo enough for agreeing to help make that happen. The committee will pursue

including live practices in our future clinics and will continuously strive to make sure our clinic remains successful and meets the needs of our members.



A big thanks to all who contributed to the organization of the clinic and helped make the entire weekend successful. We hope all coaches acquired some useful information to implement in this upcoming season. Let's continue the commitment of providing our teams with top-notch coaching throughout the state and keep Michigan in the driver's seat of high school basketball in the United States!

Left: BCAM coaches enjoying a MSU men's practice at Breslin Center as part of the BCAM Coaches Clinic.

BOCCC REPORT: By Tyler Hursey (Okemos HS), Member of the Basketball Official and Coaches Communication Committee

I hope that you had a chance to get to the BCAM Clinic on October 4th and 5th. As a coach, this clinic really gets me thinking about the season and I always pick up some ideas from the outstanding presenters. Thanks to Mark Uyl (MHSAA) for providing video clips about officiating that were shown at the start of two of the Friday speakers. I think coaches need to be aware of the training that officials go through in order to be prepared for the season. I would also encourage coaches to make a goal to model good sportsmanship towards officials this season to your players and to your fans. Understand that they are all watching you and your behavior will influence the way that they conduct themselves.

NEW NCAA RECRUITING REQUIREMENTS (Robie Baker, NCAA Associate Director in charge of Amateurism Certification): The following information we are providing will assist all prospective student-athletes and their families, as well as coaches in understanding the NCAA initial-eligibility process. Please take some time to explore these resources that are essential to becoming a final qualifier. **TO LINK TO THIS IMPORTANT INFORMATION:**

<http://www.bcam.org/content/ncaa-eligibility-requirements>



THOUGHTS ABOUT COMMITMENT:

"Our tradition calls for a commitment to accountability. This is not an assumption – this is a promise that I will be there for you; and I can count on you being there for me."

Bob Ladouceur, De La Salle High School Football Coach

"Put your heart, mind, and soul into even your smallest acts. This is the secret of success."

Swami Sivananda

"I am a member of a team, and I rely on the team, I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion."

Mia Hamm, Former Soccer Superstar

"Those who stay will be champions." --Bo Schembechler, Former Michigan Football Coach

"Everyone starts strong. Success comes to those with unwavering commitment to be at the end."

Howard Schultz, Founder and CEO of Starbucks

"Commitment is an act, not a word."

Jean-Paul Sartre, Philosopher

"The greatest danger for most of us is not that our aim is too high and we miss it but that it is too low and we hit it." – **Michelangelo**



What I Want in a Coach

The following was written by an 18 year old high school senior about what he wants in a coach. Players everywhere can compare these words to their own "wants" when it comes to coaching while coaches everywhere can get some valuable insights into the minds of a player.

There are certain things that just about every player I know wants from a coach - encouragement, loyalty, and confidence.

Many players want to hear their coach tell them only positive things in order to boost their self-esteem or make them feel valued.

I, however, would rather have a coach who is tough on me and teaches me the value of hard work. I know that a coach who pushes me to my limits and is very direct with me sees potential in me & wants me to succeed.

Flowery praise is going to make me feel better temporarily, but strong, direct encouragement is going to help me get better. I want to be the best I can be and I want a coach who can help me get there. If I can get better I might be able to play at a small college somewhere next year.

A lot of players say they want a coach who they think is loyal to them no matter what. What they really want is a coach who will cover up for them. Someone who is willing to give them chance after chance with absolutely no consequences.

I want a coach who holds me accountable and keeps me from getting complacent. As nice as it might be sometimes, I don't want to be in a situation where I can screw up and know that my coach will just "fix it." I want to be assured that when I am loyal to him & to the team that he will be loyal to me as well. I want to know that he will be there if I ever do really need his help.

I want a coach who is passionate about what he is doing. I want a coach who loves to win and absolutely hate to lose. I've had coaches tell me "Our team can't be more important to me than it is to you." Well I feel the exact same way.

I want our season to be important to him and for him to set the example of focus and dedication. I've had coaches tell me to work hard but then they were lazy. They told me to always be prepared for our next practice and our next game then they were unprepared and disorganized. I hate that. It's really hard for me to want to win and to care about every game if it doesn't seem like my coach cares one way or another.

People say you can learn a lot from losing but too much losing seems to grind on players and actually make them worse. I want a coach who does everything he possibly can to help us win.

I want a coach that helps prepare me for the future and by future I don't mean our next game. I know there are certain values and qualities I need to develop further if I am going to be successful the rest of my life and I want my coach to help me with those things. I want to know that I am more than just some points and rebounds to him. He is going to have a lot more players but I might not ever have another coach. This might be the last team I am ever on and so I want to try to make it as good as possible.

One way or another I am never going to forget this experience and so I want a coach who will work non-stop to make it memorable.

HoopSkills.com is home of the 'Train Your Game' weekly ezine with 25,000+ subscribers. If you're ready to get on board and receive FREE basketball training & coaching tips on a regular basis visit www.hoopskills.com



BE QUICK BUT DON'T HURRY – From www.woodencourse.com

This Maxim of Coach Wooden's was probably the one probably he most frequently used at basketball practice.

It has great application to all phases of everyday life. Andy Hill, author of the book *Be Quick- But Don't Hurry*, put it this way when he spoke at the first John R Wooden Course:

This phrase applies not just to sports, but to every phase of your life. It applies to our expectations of anything we hope to accomplish and how quickly we can expect to get there. Impatience and unrealistic goals will sabotage a talented group of individuals in any workplace. Set your sights too high and expect immediate attainment of your goals, and invariably, you will never reach your destination.

It is vital to focus on things that you can actually control, like your own effort, as opposed to external controls over which you have no control. Leaders should strive for quickness in their work. Most people are naturally hesitant and the Wooden approach was to remove all hesitation from the game. If you can remove hesitation from your game you will be well on your way to being a better leader and your organization will run more efficiently.

Andy further identified four key pointers to remove hesitation: *avoid delays, avoid maybe, move on mistakes and follow your instincts.*

Coach commented on the importance of quickness as follows:

You have to know what to do but you have to be quick to do it or you might not get to do it at all. I think that's important in most everything. Don't hurry. You make mistakes when you hurry. Be under control. I want quickness under control. Otherwise you'll have activity without achievement. I don't care for activity without achievement.

Coaching Basketball End of Game Checklist

They were assembled by former long time NBA Assistant Gordon Chieas. He spent 16 seasons with the Jazz and also had a tenure with the Grizzlies. He also served as a college assistant at Dartmouth and Providence. He was the head coach at both Manhattan and Providence. He was an assistant with team that reached both the NBA Finals (1997 and 98 with the Jazz) and the NCAA Final Four (1987 with Providence)

OFFENSIVE QUESTIONS/CONCEPTS

Who is our:

- Best offensive team when our team is losing.
- Best foul shooting team when our team is winning.
- Best ball handling team when protecting a lead.
- Best three point shooting team when our team needs a "Three."
- Best individual match-up to score a basket/create a foul.

- Which opposing player is in deep foul trouble, and our offense can go directly at him?
- Who is our best inbound passer? Who is our 2nd best inbound passer?
- What side of the floor, when inbound from the sideline do we prefer?
- Know/Understand with how much time left on the game clock, and the score is tied, when should the offensive player take the shot?
- Know/Understand that the defense is going to switch-out of any screening action regardless of size. The screener should look for a slip move as he starts setting the screen. The passer has to be ready to "Read and Pass."
- Know/Understand that when the opponent has a foul to give and our team has used our last time out, the Head Coach, during that time out, has to give our team two offensive plays to execute

DEFENSIVE QUESTIONS/CONCEPTS

Who is our:

- Best defensive team when our team needs one defensive stop (under 7 seconds on game clock)?
- Best defensive team to contain dribble penetration
- Best rebounding team when the opponent goes big?
- Best "Comeback" Defensive Team by trapping/presses creating havoc defensively?
- Best zone defensive team to take away the opposition set offensive plays?
- Be ready to match-up small to defend the opponent's 4 or 5 man who can make three point shots,
- Know and understand the concept of staying home on 3-point shooters on dribble penetration.
- Know and understand how to foul on the catch before the shooter goes into his shooting motion
- Be ready to sub out a key offensive scoring player who has four fouls and 'sub In" a "designated fouler." Teach the designated fouler that he is making a positive contribution towards winning. We are not trying to embarrass him.
- Know/Understand that when the score is even or our team is up one or two, we will early double team or create a running trap situation against the "star perimeter player" in the scoring area. Philosophically we are not going to let the star perimeter player beat us with a basket or create a foul. We are going to make him pass the ball to a lesser offensive threat. Also, as an alternative, we could play a zone defense on the last possession against the star player.

END OF GAME CHECKLIST

- Know the score of the game and the time left on the shot clock and game clock.
- Know the timeout situation for both teams
- The Head Coach will tell the players the team foul penalty situation from both an offensive and defensive standpoint. The players will always know if we have a foul to give.
- Know/Understand when to call timeout by a Player who is not involved with the ball when his teammate is in a bad disadvantage.
- Who are the worst foul shooters in the game?
- Who are the worst foul shooters not in the game in case of an injury situation and the opposing team can choose the new shooter?

FIVE SIGNS OF A NIGHTMARE SPORTS PARENT – By Steve Henson: 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:** I 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.

- **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.

- **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, it's easier to be an ideal sports parent than a nightmare. It takes less effort. 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. 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.

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 and on Twitter @HensonYahoo

For printable copies of this article go to:

<http://www.leaguelineup.com/westernlittleleague/files/What%20Makes%20A%20Nightmare%20Sports%20Parent.pdf>