



BCAM October, 2014 Monthly Report

Tom Hursey – Executive Director



The Meijer logo consists of the word "meijer" in a bold, lowercase, red sans-serif font. The letter "i" has a blue dot above it. A registered trademark symbol (®) is located to the upper right of the word.



HALL OF FAME TROPHIES ON PERMANENT DISPLAY AT U OF M: As the picture shows, the new Mr. and Miss Basketball trophies have a permanent home on the concourse of the newly remodeled Crisler Center. BCAM wants to thank Coach Beilein and Coach Barnes Arico for their support in bringing this project to the University of Michigan.

FROM THE EXECUTIVE DIRECTOR: BCAM's BIG WEEKEND is almost here. I always look forward to this weekend, even after 31 years of attending. It is a great time to start thinking about the up-coming season. It is a chance to see fellow coaches that you haven't seen in a while. It is a chance to learn about phases of basketball from outstanding clinicians. It is a chance to pick up one or two coaching tips from each speaker that might make a difference in your season. It is a chance to sit down with your peers over a "pop" and pick each other's brains (I picked up some very good ideas from other high school coaches during these "pop" sessions). It is a chance to check out the latest basketball equipment from the group of vendors. And it is a chance to honor outstanding coaches at our Hall of Fame Banquet (free with your clinic registration). Hopefully you are signed up.

If you know a coach that has 20 years of varsity coaching, and/or 300 victories and an outstanding career, you should find out if he/she has been nominated for the BCAM Hall of Fame. Contact Glen Bagnall (Clinic Chairman, coach222@comcast.net) to find out if they have been nominated. If not, you can print a nomination form from the BCAM website. www.bcam.org (FORMS).

The logo for Better Basketball features the letters "BB" in a large, bold, black font. The "B"s are stylized and overlap. Below "BB", the words "Better" and "Basketball" are stacked in a black, sans-serif font.

5000! Can BCAM reach this number of members this year? We have some big states chasing us but with each of you making sure your staff is signed up and other coaches in your conference are members, BCAM can remain the largest basketball coaches association in the country (world?).

Our website continues to be our main method of communication with the membership. If you have a concern or question about BCAM, go to www.bcam.org. The answer is probably there.

No other coaches association has the support that BCAM has from sponsors. Our sponsors allow BCAM to keep our membership costs very low. They also allow BCAM to give back to members and players in the way of scholarships and awards. PLEASE GIVE OUR SPONSORS A CHANCE TO SUPPLY YOUR BASKETBALL NEEDS. They offer first class equipment and competitive prices: Meijer, Pistons, Hudl, Adrenaline Fundraising, Gatorade, Better Basketball, Johnny Mac's, Nike, Rawlings, Shoot-A-Way and Team Sports.

NOMINATIONS FOR THE NATIONAL COACH OF THE YEAR: Each year BCAM is asked to nominate a girl's coach and a boy's coach for National Coach of the Year. This year's nominees are:

GIRL'S – Mary Cicerone (Bloomfield Hills Marian). Mary was BCAM's last year's Overall Coach of the Year.

BOY'S – Greg Esler (Warren De LaSalle). Greg was elected to the 2012 BCAM Hall of Fame.

Nominees for this award must have outstanding records, longevity and still be actively coaching.

BEILEIN HONORED: Michigan basketball coach John Beilein has been named the 2013-14 recipient of the NCAA's Bob Frederick Sportsmanship Award.

The Frederick Award, first presented in 2009 to honor the late Kansas and Illinois State athletic director, is given to "an NCAA member institution coach or administrator who exhibits a lifelong commitment to sportsmanship and ethical conduct, leading by example and promoting positive fan involvement in and out of competition."

Beilein says he's certain there were other coaches who deserved the award, but he's honored to be chosen. Beilein led the Wolverines to a 28-9 record last season, and Michigan won the Big Ten title.

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I CAME ACROSS THE FOLLOWING VIDEO about arguably the greatest basketball player of all time...Pete Maravich. Many of you have never seen his highlight films. Take a look at a scoring machine (and how he used the backboard) and a passing wizard. And most of his scoring records were accomplished without the 3-point line.

http://www.youtube.com/watch?v=o5-J2Spj7kg&feature=em-subst_digest-vrecs

SPEAKING OF SPORTSMANSHIP: Last year 17 boys' varsity basketball coaches and 12 girls' varsity basketball coaches were ejected from ball games. Hopefully we can improve on these numbers and reduce the number of ejections this coming year. It is not necessarily what you say to an official in the heat of the moment BUT HOW YOU SAY IT.



Are There Any Questions?

(Written by a coach in the middle of the night when he couldn't sleep)

You have just introduced a new idea to your team: It could be a new drill or play or an offensive or defensive concept. You have patiently established new vocabulary. You have provided sufficient "wait time" for the ideas to sink in. Perhaps you have demonstrated the new technique.

Scanning the player's faces for those who may still be in doubt, you feel confident that it is time to ask: "Are there any questions?" No one speaks.

"Do you all get this?" Heads nod.

With certainty that they are ready, you put the new idea into play.

Twenty seconds into their activity, you count 4 mistakes. Clearly they don't get it. Time for the Tums. What happened?

At least two mistakes have occurred: both made by you. First, you have not effectively coached your leaders; and second, you have not created enough trust among the group members for ignorance to be revealed.

When the leaders of the group acknowledge a lack of understanding it sets the tone for all the others. The message is clear: it's alright to ask questions for clarification. Only the leaders of the group will have the confidence to expose their uncertainty.

This could be an opportunity for an assistant coach to serve in a leadership role. "Hold on for a second Coach, are you saying that we need to...? When one of the coaches asks for clarification in front of the group, it establishes the idea that the most important thing is to fully understand the concept that is being introduced. Egos need to be set aside. Fear of embarrassment is secondary to getting it right.

No one is laughing at the leader. No one EVER laughs at the leader. When you have created an atmosphere where no one ever laughs at one of the followers, then there is safety in admitting ignorance.

This whole process takes more time but in the long run, you will need to buy fewer Tums.

SEVEN “C’s” OF CHAMPIONSHIP TEAM BUILDING: (Carrie Lohr, Women’s Basketball Coach, Wayne State University, BCAM Board Member)

The start of basketball season is upon us. While many are focusing on the X’s and O’s of the game – take some time to focus on the “C’s”. I would like to share with you an article by Jeff Janssen, Sports Leadership Expert and founder of Janssen Sports Leadership Center.

Legendary Boston Celtics basketball Coach Red Auerbach once remarked "Some people believe you win with the five best players, but I found out that you win with the five who fit together best." While talent is definitely important to be successful, the most talented team on paper does not always win the tournament or championship.

Talent without teamwork is trouble. We have seen too many teams who had great talent, yet were unable to play to their potential because of selfishness, jealousies, conflict and players who were unable to accept their roles. Likewise, we have seen teams with solid but not superior talent, rise to a championship level because of teamwork. Thus, teamwork becomes a sort of "wild card" factor whether you have great or average talent.

Mr. Janssen has discovered seven important factors that distinguish championship teams. As you read the description of the Seven "C's" of Championship Team Building, take a moment to assess how well your team is doing on each of the characteristics.



Seven "C's" of Championship Team Building

1. Common Goal - Championship teams have a singular, common focus. Obviously, for many teams the common goal is to win the conference and/or national championship. This is the team's primary, specified, overt goal and all other goals revolve around it. This goal is firmly embraced by all members of the team, coaching staff and support staff. Everyone understands that this is the direction and destination that the team is moving toward. The players understand that their individual’s goals must fit within the framework of the team's goal.

2. Commitment - While some seasons may start with the entire team focused on a common goal, rarely do they end up that way. Commitment is probably the single most important factor that differentiates championship teams, coaches, athletes, businesses, schools, marriages (you name it) from the mediocre. It's much too easy to say you want to win the championship and its a whole other thing to put in the blood, sweat, and tears necessary to pursue a championship - especially when obstacles and adversity strike. Continual commitment to the team's common goal is one of the toughest areas of team building. Championship teams buy into the mission at every level and make the mission their own. The players and coaches work hard and pay their dues because they want to, not because they have to. In addition to their commitment, the team members feel a sense of personal and group accountability. The players have a clear understanding of how their individual choices and decisions influence the collective psyche and success of the team. There is a true sense that if a player is slacking off, she is not just hurting herself but her entire team. The players feel a sense of responsibility and obligation to give it their best.



3. Complementary Roles -Championship teams are comprised of several individuals who willingly take pride in a playing a variety of roles. These roles, when played in concert and harmony lead to team success. Thus, each player is assigned specific positions and responsibilities that help determine the entire team's success. While individually they are not solely responsible for the team's success or failure, collectively each role forms a synergistic whole that is greater than the sum of its parts.

The major difficulties in developing complementary roles is that some roles get more attention and praise thereby making them seem more important. Championship teams however realize that all roles are critical to the overall team's success and willingly accept and value their individual roles.

4. Clear Communication -A fourth characteristic of championship teams is clear communication. Successful teams communicate successfully both on and off the field. The on field communication helps them perform more efficiently and effectively. Players must communicate signs, the number of outs, where to throw the ball and call fly balls to perform successfully. Off the field, players need to continually monitor the team's effectiveness, modify things when necessary, and celebrate successes.

5. Constructive Conflict - Along with effective communication, championship teams have the ability to keep conflict under control. Often, coaches and players are able to use conflict constructively to further develop and strengthen the team. It is not that championship teams never experience conflict, because this is impossible. Instead they are able to handle the conflict they experience and do not let it interfere with the team's common goal. Championship coaches and players make sure that their common goal always takes precedence over any conflict.

6. Cohesion - A sixth characteristic shared by many championship teams is that they genuinely like and respect each other. The players like to spend time with each other outside of scheduled practice and game times. They find reasons to stay together like going to the movies, studying, hanging out, etc. This is not to say that every single player is a part of the group, but that a majority of players tend to socialize together. While it is not absolutely necessary, cohesion is a factor that often will help your team perform at a higher level.

7. Credible Coaching - Finally, it takes a credible coach to develop, orchestrate, and monitor all the other "C's" of Championship Team Building. You as a coach play a critical role in helping the team arrive at a common goal, monitoring and maintaining your players' commitment, assigning and appreciating roles, communicating with the team, keeping conflict under control, and promoting your team's chemistry and cohesion. The team must have a leader who they believe in and has the skills necessary to get the most from the team. A credible coach creates an effective environment that allows the team to perform to their full potential.

As you realize, championship team building is a complex process which must be continually monitored and improved. Regardless of your talent level, invest some time and tap into the power of teamwork to help your team perform at a higher level. By recognizing and working on the Seven "C's" of Championship Team Building you can create a more motivated, committed, and cohesive team.

COACH JOHN WOODEN used the following to help his teams avoid peaks and valleys. Coach Wooden summed it up this way:

I believe that for every artificial peak you create, you also create valleys. When you too high for anything, emotion takes over and consistency of performance is lost and you will be unduly affected when adversity comes.

I emphasized constant improvement and steady performance.

I have often said: "The mark of a true champion is to always perform near your own level of competency." We were able to do that by never being satisfied with the past and always planning for what was to come.

I believe that failure to prepare is preparing to fail. The constant focus on the future is one reason we continued staying near the top once we got there.

Self Respect...

"Don't be too hard on yourself. There are plenty of people willing to do that for you. Do your best and surrender the rest. Tell yourself, "I am doing the best I can with what I have in this moment. That is all I can ever expect of anyone, including me." Love yourself and be proud of everything you do, even your mistakes, because your mistakes mean you're trying.

If you feel like others are not treating you with love and respect, check your price tag. Perhaps you subconsciously marked yourself down. Because it's YOU who tells others what you're worth by showing them what you are willing to accept for your time and attention. So get off the clearance rack. If you don't value and respect yourself, wholeheartedly, no one else will either."— Unknown

Character...

"Bad things do happen; how I respond to them defines my character and the quality of my life. I can choose to sit in perpetual sadness, immobilized by the gravity of my loss, or I can choose to rise from the pain and treasure the most precious gift I have - life itself."— Walter Anderson

"The greatness of a man is not in how much wealth he acquires, but in his integrity and his ability to affect those around him positively."— Bob Marley

"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."— Mark Twain

Future...

"Let others lead small lives, but not you. Let others argue over small things, but not you. Let others cry over small hurts, but not you. Let others leave their future in someone else's hands, but not you."— Jim Rohn

"You don't have to be great to get started, but you have to get started to be great."— Les Brown

