



BCAM April, 2015 Monthly Report

Tom Hursey – Executive Director

FROM THE EXECUTIVE DIRECTOR: I just got back from a great weekend at the Boys' State Finals. First my congratulations to the players and coaches of our state champs. It is quite an honor to be crowned state champs. BCAM was very prevalent during the finals. Our Top Shooters Challenge saw many of the state's best Free Throw and 3-Point Shooters take part during the finals. The MHSAA workers at the finals were wearing vests supplied by BCAM. The Miss and Mr. Basketball presentations during the finals were well received by those in attendance and through state-wide TV. The Hospitality Room played host to hundreds of coaches and officials. It offered these people a chance to get away, have snacks and/or lunch and not have to leave the Breslin Center. BCAM thanks the MHSAA for their assistance in conducting the Hospitality Room and all the other events throughout this weekend.

My hat goes off to Nate Hampton and the MHSAA staff that puts on one of the best run tournaments in the country. When I stop to think of all the events that are going on during state final weekend, I always am amazed at the perfect timing that takes place in order for this tournament to run smoothly. We are fortunate to be part of this great event.



As I write this article, the MSU Spartan men's basketball team is preparing for the Final Four in Indy. BCAM congratulates Coach Izzo and his staff for a great job of coaching. There were many "experts" that wrote off the Spartans as the season progressed. It sure is great to have a university from our state representing basketball in the NCAA's final weekend.

The BCAM Awards Program has been underway for over a month. Hundreds of awards will be given out to outstanding players and coaches. This program is only as good as the members who nominate their players. We have many deserving players and coaches that go unnoticed because their coach or peers do not nominate them. And there are many members who do not take the time to vote. With our online process to nominate and vote, there is no excuse to not participate. Please take a couple of minutes to make our Awards Program even more valid than it already is.



I try to remind coaches every year that you need a life outside of basketball, as do your players. Give yourself some time away from the basketball court and reunite with your family. Give your players a chance to be involved in other sports and activities. The number one reason that students take part in high school athletics is TO HAVE FUN! Don't turn your program into WORK.

Finally, I want to thank all the BCAM members who work so hard on committees and behind the scene to make BCAM such a great organization. You are the reason that BCAM is so respected within our state and around the country. We must be doing something right to increase membership each year. We not only reached our goal of 5000 members this year but we are well over 5100 members. I look forward to representing Michigan basketball coaches at the summer meeting of the National HS Basketball Coaches Association. I will wear my BCAM logo proudly.

FROM THE ASSISTANT EXECUTIVE DIRECTOR (Dan Young):

Boys' State Finals: Basketball Officials & Coaches Communication Committee Update (BOCCC)

Ratings of officials was a hot topic of discussion at this year's meeting at the boys' state final.

Best practices for rating officials:

1. Coaches who are diligent with keeping notes in their scorebook throughout the season will have more accurate ratings.
2. Coaches who wait to cool off after their contest (suggestion is at least 24 hours) have more accurate ratings.
3. Ratings are used for MHSAA post season assignments only, not evaluations.
4. Officials do not see who rated them. They just see the numbers averaged out by all who rated them.

Girls' State Finals: 10 hours and One Week (and you thought you had a lot of travel this season):

It took the Calumet Girls Basketball Team "10 hours and One Week" to reach the Breslin Center and win the Class C State Championship. They left their upper peninsula home on Monday en route for their quarter final matchup in Petoskey, followed by their semifinal game in East Lansing on Thursday and finally the final on Saturday. Living on a bus and sleeping in a hotel was worth it for these girls and their coaches. A once in a lifetime experience capped off with the biggest prize: The State Championship!

PHOTOGRAPHER NEEDED: BCAM is in need of member who is into photography. Preferably a person in the Lansing area. I would like to have a person who would attend the state finals, our hospitality room, our clinic, the Hall of Fame Banquet, and any special events. BCAM would pay mileage and expenses including free admission to these events. If interested, please contact me at bcamtom@aol.com.



AWARD WINNERS ARE ON THE BCAM WEBSITE: Once the BCAM awards are finalized, they are posted on www.bcam.org. Make sure to check the website to see the winners.

TOP SHOOTERS EXCEL AT STATE FINALS: BCAM invited the top free throw and 3-point shooters in the state to participate in a contest at the girls' and boys' state final weekend. Preliminary shooting reduced the contestants down to 2 in each category. During half-time of various state final games the top 2 shooters faced off on the Breslin court. The winners in each category were:

Girls' Free throw winner: Hailey Leidel - Woodhaven HS - Junior

Girls' 3-Point winner: Kassy Nelson - Pine River HS - Senior

Boys' Free Throw winner: Shawn Pardee – Millington HS - Junior

Boys' 3-Point winner: Chase VanderKlay – Wyoming HS – Sophomore



DENNIS STARKEY REACHES 500 WINS: Longtime Petoskey boys coach, Dennis Starkey, recently reached the 500 victory milestone. Coach Starkey entered the BCAM Hall of Fame last fall. Click here for details: http://www.petoskeynews.com/basketball/starkey-gives-another-memory-with-th-win/article_6df293d0-0c22-58a7-8db1-967c95e9cb47.html.

MARYSVILLE TOPS \$8,000 FOR COACHES VS CANCER: Marysville High School basketball coaches showed their support of the National Basketball Coaches Association "Coaches vs Cancer" program by hosting their third annual "Pink Out" and raising \$8,085 for their local Relay for Life and the American Cancer Society. In the last three years, Marysville High School and their boys and girls basketball programs have helped raised over \$21,000 to fight cancer. On February 25th, all Varsity, J.V., and freshmen teams sported pink socks, laces, and warm-up shirts honoring the name of a loved one who is now fighting or has fought cancer. Students, families, and fans also participated by wearing custom pink shirts and donating to the cause. Local business sponsors were also vital in the success of the event by contributing over \$4,000 in donations. Throughout the evening spectators had access to ACS literature on cancer treatment and prevention, and half-time included special remarks by a community leader and cancer fighter, Melissa Duso. Fans also enjoyed a 50/50 raffle, half-court shooting contests, and performances of the school's award-winning Viking Regiment band members. The "Pink Out" has become an exciting staple of Marysville basketball and the community is proud to support the American Cancer Society and Relay for Life.

Submitted by Ms. Erin Potts - AP US History & World History Teacher - Marysville High School



Taken from the Champion's Mind-"How Great Athletes Think, Train, and Thrive" by Jim Afremow, PhD--

Body Language: Make a Golden Impression - *Warriors don't slouch into battle.* - *Anonymous*

Your own body language reveals your thoughts and feelings to others: and other people's body language reveals their thoughts and feelings to you. The body language of athletes and coaches is easy to pick up while watching a sporting event, and it is usually representative of who is winning or losing at the moment.

Positive/Upbeat Body Language: *Smiling *Chin up *Shoulders back/Chest out *Standing Tall *Walking Strong

Negative/Glum Body Language: *Frowning *Shaking your head *Eyes downcast *Shoulders Hunched *Dragging your feet.

Adapt the pose of a supremely confident athlete for the duration of your practices and games. Acting this way will help you stay in a winning frame of mind, regardless of the score or situation. Just smile you WILL feel better!

Have a great month! *Todd Walden - Fulton HS (BOCCC Member)*



DO YOU HAVE A STUDENT/ATHLETE THAT WANTS TO PLAY A SPORT IN COLLEGE? If so, have him/her go to the website below:

The NCAA Eligibility Center has launched a new website at NCAA.org/playcollegesports to help high school student-athletes successfully transition to college. The enhanced online content gives student-athletes and counselors a broad look at the initial-eligibility process and detailed information about common eligibility situations.

MARCY WESTON, CMU ICON AND ADVOCATE FOR WOMEN'S ATHLETICS, RETIRES: After 42 years of serving Central Michigan University as a coach and administrator, Marcy Weston is retiring. But her legacy will live on after being recognized as one of the outstanding leaders in college athletics and has been instrumental in expansion opportunities for women athletes both locally and nationally. She coached basketball, volleyball and field hockey during her tenure at CMU. Among her most prestigious honors were: *The NCAA recognized Weston in 1991 as one of the nine major contributors to the first decade of NCAA women's basketball, *In 2000, she was inducted into the Women's Basketball Hall of Fame in Knoxville, Tennessee, *In 2008, she was honored by the National Association of Sports Officials as the first woman to earn the organization's Gold Whistle Award.

BCAM wishes Marcy a long and healthy retirement.

COLLEGE ATHLETES OVER ESTIMATE THEIR CHANCES OF GOING PRO: *(From article in March issue of Coach and Athletic Director magazine)*

It's common knowledge that college athletes greatly overestimate their chances of going pro, but to see the statistics illustrating that fact is something entirely different.

Duke's Jabari Parker is among the 1.2% of Division I men's basketball players that go pro. Inside Higher Ed recently posted [this piece](#), breaking down some of the NCAA's findings in a recent survey. It's staggering to see that more than half of all Division I student-athletes in football, baseball, men's basketball and hockey believe they have pretty good odds of playing professionally.

From Inside Higher Ed:

This is particularly true for college athletes coming from low-income communities and locations where athletics is seen by some talented players as one of the few viable routes to a better life, said Mark Nagel, a professor of sports and entertainment management at the University of South Carolina.

“Good athletes get so consumed with playing their sports, it’s very difficult to take a step back and realize what else is going on,” Nagel said. “It’s commendable in some ways, because it’s really what they want to do. It’s an all-consuming passion.”

Explaining to athletes that their passion — and years of hard work — is not likely to lead to a career is an uncomfortable but necessary conversation to have, NCAA President Mark Emmert said during his address at the NCAA’s annual meeting earlier this month. “How can we help them understand the realities of what that looks like?” he asked. “What can we change to give them a more realistic sense of it? How do we get a handle on that? How can we provide them with a greater sense of the realities and what that looks like?”

That’s a fair question, and the article makes a valid point that Division I athletic programs are partly to blame. Too many entice recruits by presenting them lists of athletes that went on to play professionally after leaving their programs.

Making young athletes believe in that dream will continue to be part of the recruiting process.

Here’s a look at the disparity in those who go pro versus those who *believe* they’ll go pro (via Inside Higher Ed):

Men’s hockey: 63% believe they will play professionally — reality is 0.8%

Men’s basketball: 76% believe they will play professionally — reality is 1.2%

Women’s basketball: 44% believe they will play professionally — reality is 1.9%

Baseball: 60% believe they will play professionally — reality is 9.4%

Football: 52% believe they will play professionally — reality is 1.6%

It’s OK to dream, but a lot of times that fantasy leads student-athletes to neglect their studies and what should be their real priority: earning a degree. Emmert is right. These realities should be made clear to student-athletes, but statistics indicate that’s not being done.

THIS ARTICLE WAS WRITTEN BY ALAN STEIN: [Stronger Team Blog](#).



Assistant Coaches Code:

1. Your #1 job is to make your head coach’s job easier. Be a servant leader. Find what your head coach needs you to do and do it!
2. Act as if it is your team. You will have your own team one day. Act like it now.
3. Do what you can, with what you have, where you are. No excuses.
4. Add value to everything you do, every single day... on and off the court.
5. Enforce the team’s culture and standards at all times. Protect the locker room.
6. When you find a problem... find a solution. Your head coach has enough problems as it is.
7. Be professional. Period.
8. Encourage and motivate everyone in your program to buy in to what the head coach wants – from players, to managers to other assistants.
9. Bring energy, enthusiasm and effort every day.
10. When asked for your input, speak honestly. Don’t be a ‘yes’ man (or woman).

“Those who have never suffered adversity, never experience the true meaning of success.”

Coach Wooden defined Success as: *Peace of mind attained only through self-satisfaction in knowing you made the **effort** to do the best of which you’re **capable**.*

We should welcome **adversity** as a learning experience that when meant with **effort** increases our **capability**.

Coach was concerned that if his team did not make enough mistakes during a basketball practice (mistakes of commission and not mistakes that were being repeated over and over) there was not enough effort; no challenging of adversity to increase capability.

In his book *The Pyramid of Success* with Jay Carty Coach described his perspective on adversity.

We cannot allow difficulties to discourage us. Roadblocks may cause us to alter our course a bit, but we cannot let them deter us from our destination. I have often said that we grow stronger through adversity.

We become stronger physically through a weight-lifting program. Our muscles work against heavy objects. That's adversity. We get stronger mentally through the progressive difficulty of education. We don't start with calculus; we start with arithmetic. After we learn the basics, we move on to algebra, then to geometry and so on. We work our way up to calculus.

In the same way, we grow stronger spiritually through the tests of life. Losing my beloved wife, Nellie, was the hardest event in my life. For a couple of years, it slowed me down; but it didn't stop me. In the end even her loss has made me stronger.

In every way—physically, morally, emotionally and spiritually—we increase our strength when life is hard; therefore, we must not dread adversity, nor can we allow it to stop us from becoming the best we can be through the steadfast pursuit of our goals.

*In fact, as we become stronger we can and should **expand our goals**. Extending our capabilities to their limits requires us to realistically reevaluate our potential.*

It has been said: *If the road is too easy, you may be going the wrong way.*

In his eleventh season (1959) Coach Wooden had the poorest record of his UCLA career winning 14 games and losing 12.

Four years later, in 1963, UCLA lost in the first round of the NCAA tournament. Wooden had been coaching at UCLA for 15 years and made it to the NCAA tournament five times while posting a tournament record of three wins and nine losses—**the worst record of any of the coaches that participated in the tournament that year.**

In 1964, Coach Wooden won his first national championship. He would go on to win an unprecedented 10 national championships in his last 12 years of coaching at UCLA and in 2009 was voted by Sporting News as the greatest coach in the history of American athletics.

To live greatly, we must develop the capacity to face trouble with courage, disappointment with cheerfulness, and triumph with humility. Thomas S. Monson

Yours in Coaching, Craig Impelman www.woodencourse.com

Fear...

"The greatest fear in the world is of the opinions of others. And the moment you are unafraid of the crowd you are no longer a sheep, you become a lion. A great roar arises in your year, the roar of freedom."— Osho

Encouragement...

"How would your life be different if... You walked away from gossip and verbal defamation? Let today be the day... You speak only the good you know of other people and encourage others to do the same."— Steve Maraboli

"A man all wrapped up in himself is a mighty small package." — Martin Luther King

"The best executive is one who has sense enough to pick good people to do what he wants done, and self-restraint enough to keep from meddling with them while they do it." — Theodore Roosevelt

Power...

"Power is of two kinds. One is obtained by the fear of punishment and the other by acts of love. Power based on love is a thousand times more effective and permanent than the one derived from fear of punishment."— Mahatma Gandhi

