



*June 2017
BCAM
Monthly Report*

FROM THE EXECUTIVE DIRECTOR (Tom Hursey): Another school year is almost complete. Summer for most teachers is a time to get some R and R. But for most varsity basketball coaches there is a second season coming up. Some of you will use all 15 days to work with your players while others will try to spend less time but be more efficient in your work-outs. However you handle the summer months, make sure to spend most of your time with family.

SEEDING: While the results of the Representative Council's vote was not to our liking, I believe the MHSAA is open to some form of seeding. *Graham Couch's article in the Lansing State Journal does a good job explaining the situation.* <http://on.lsj.com/2qDBydB>

Our Seeding Committee is still working on promoting seeding and still believes that Flex Seeding has merit and hopefully will still be considered.

DIVISIONS: Basketball will now have equal "divisions" thanks to the efforts of Jay Green (Kingston HS). He worked hard to bring this change around. His concern was the discrepancy in the number of schools in Class A, B and C compared to Class D. Many small schools are members of the MHSAA and are counted to determine classes but many of these small schools do not sponsor basketball teams in the tournament. Therefore there are currently fewer schools in Class D for the tournament than in Class A, B and C.

BIG CONCERNS ABOUT LOCATION OF FUTURE STATE TOURNAMENTS: As much as coaches are concerned about seeding, the MHSAA has a bigger problem. In the next 2 out of 3 years the girls' state finals cannot be played at the Breslin. And in 2019 the boys' tournament must find a new home. This is due to NCAA schedules. This coming season the girls will move to Van Noord Arena at Calvin College. This coming year the MHSAA will be working on necessary changes in venues and dates for future state tournaments.

CHANGES COMING TO BCAM: 1. As most of you are aware, Mick McCabe has retired as prep sports editor at the Free Press. Since he was instrumental on the Mr. and Miss Basketball Committee, BCAM will need to make some changes in how we nominate the top players. We should have something set after our summer board of directors' meeting.

2. We are making a small but necessary change to the Hall of Fame point system for selecting inductees. More points will be given for coaching longevity.

3. There have been some glaring concerns about coaches not nominating their players for the BCAM's BEST teams. A proposal to improve the process is in the works and changes should be in place by next fall.

4. Lastly, Steve Norgrove (Stoney Creek HS) has a committee that would like to see the MHSAA allow schools to play 22 games. More information will be forthcoming and possibly a survey of the membership. Stay tuned.

SCHOLARSHIP APPLICATIONS DUE BY JUNE 20: If you have a high school senior daughter or son graduating this year AND you have been a BCAM member for the last 5 years, they are eligible for the Detroit Pistons/BCAM Scholarship. BCAM will award fifteen \$500 scholarships to members' children. This is an academic award and has nothing to do with athletics. Applications are available at www.bcam.org and click on SCHOLARSHIPS. Make sure to fill out all parts of the form. The recipients will be selected on their academic achievements and activities other than athletics. A college counselor will make the final decisions on the applicants based on the information supplied on the application form. APPLICATIONS MUST BE POSTMARKED NO LATER THAN JUNE 20.



JR. NBA HAS A LOT TO OFFER: Many of you direct basketball programs for youth players (14 years old and younger). I recommend that you check out jr.nba.com. There is valuable information about coaching youth basketball. Also, drills for rebounding, offense, defense, ball handling, conditioning, etc. This is especially helpful for youth coaches who have not had any coaching training.



JIM MAIER STEPS DOWN FROM BOARD: Jim has retired off the BCAM Board after 20+ years. I am sure you all will join me in thanking him for his service and we wish him well. He has been a mainstay on the board and is one of the reasons BCAM has grown to be one of the best associations in the country.

SAL KONKLE TO HEAD GIRLS' BCAM'S BEST: Coach Konkle (Marshall Girls' Varsity) will replace Jim Maier as Chair of the Girls' BCAM's Best. She will also replace him on the board. We welcome Sal to the board, and with her experience she should be a great asset to BCAM.



DID YOU KNOW ABOUT THE 3-SPORT ATHLETE AWARD ?: The Rich Tompkins Multi-Sport Athlete Award recognizes the accomplishments of student athletes who have excelled in a variety of athletic, academic, school, and community endeavors. These student athletes were nominated by school administration based on his/her three seasons of interscholastic athletic participation in four years of high school, their accomplishments academically, and as an active participant in additional school and community activities. The MHSCA sponsors this award. For more information contact Jim Okler at oklerj@gischools.org.



THE RELATIONSHIP BETWEEN HIGH BASKETBALL COACHES AND OFFICIALS: *by Wallace Whitfield, BOCCC Member and Longtime Basketball Official.*

It may not look like it on most Tuesday and Friday nights, but believe it or not, high school coaches and officials are mostly on the same page. They might not be laughing with each other or telling fishing stories with each other during the game, but

when the smoke clears and the screaming dies down and the euphoria of a win or loss fades, a healthy working relationship between high school coaches and officials isn't about the statistics in the book, it all comes down to Consistency,

Communication and Respect. The most important thing to

create a good relationship between coaches and officials is communication and being honest with each other. All coaches are trying to campaign for their team, to get more calls, to get any advantage they can; but they need to do it with respect. Referees are more prone to want to communicate with any coach or player when respect is shown.

As long as everyone is on the same page, even coaches and officials can get along....most of the time, anyway.



A Recipe For Playing In 'The Zone'

by Rodney Scharboneau,(GBB Woodhaven HS)

Many coaches try to control the details of player movement. They tell their players where to go and when to go and want them to know everything that is planned to happen schematically. Practicing this application will (sometimes) produce limited forms of success - like winning. Yes, if we win in this way it is a limited form of success.

It's limited because it keeps players and teams from reaching pure potential. It's true - to improve as players and teams we must practice individual and team offensive & defensive actions. While in the midst of it, the key is to practice the state of mind from which the actions come.

If a player's state of mind is confined by a coach's detailed directive, that player will produce a result born out of that confinement. That result, regardless of outcome, will be limited.

Imagine if we directed the movements of artists and writers in the same fashion that many coach their athletes? In similar ways, sports are capable of yielding products of creative genius, but only when the athletes are given the chance to flower.

Human performance will not strive toward pure potential under these circumstances. When freedom of mind is lived and practiced, freedom of body follows. Athletes describe being in "the zone" as a kind of out of body experience, a time in the contest when their mind and body are truly free and working as one.

Instead of trying to control the movement of each of our players - let's find ways to free their mind and body so that they can more readily frequent "the zone."

That is where they will find the greatest potential for learning, improvement and uncharted levels (far beyond winning a contest) of success.

KEEPING FRIENDS - Words of Wisdom from John Wooden

When it came to friendship, Coach Wooden followed his own advice:

"Work at it. Don't take friendship for granted. If you do it may not last. And don't just work at it from one side. Friendship comes from mutual esteem, respect and devotion. Just as in a successful marriage, both sides must work at it."

"Once we have taken the steps towards friendship we must remain loyal to our friends, lest the friendship fall apart."

Here are four lessons I learned from Coach Wooden on **keeping friends**:

1. **Stay Connected.** All of us have what we call *long lost friends*. Pick up the phone and give them a call and check in. No agenda is needed: hello and how are you will suffice. Even if it's once or twice a year, keep that connection. If it is a friend in the same city, make it a point to have dinner at least once every three months. Time flies by: *Don't get so busy making a living that you forget to make a life*. Make sure your daily schedule includes a *To Who List* for your friends not just a *To Do List* for your job.
2. **Be a giver, not a taker.** When you visited Coach Wooden he never wanted a favor. He was, however, always available to help. His schedule was full.
3. **Be a loving, supportive, loyal, non-judgmental listener.** When you visited Coach Wooden, you never worried about what he would think about you. No judgement would be passed. You did know he would listen with sincere interest and be supportive. Love was always there when you entered his home.
4. **Be sincere.** Coach put it this way: *"Sincerity may not make a friend, but it will keep one. It often takes a while to be validated, but once a person knows that our word, character and steadfastness have withstood the test of life, a firm friendship can be established and maintained."*

Dust off that address book and call a friend tonight; no agenda needed. As Coach liked to say: *"To have a friend be a friend."* **Good luck with your To Who List!**

Yours in Coaching, Craig Impelman www.woodenswisdom.com [Follow @woodenswisdom](https://twitter.com/woodenswisdom)



FOOD FOR THOUGHT: "Change the Way You Think About Strength"

Taken from a passage written by Wayne Dyer...

Whether you are waiting to return a serve on the tennis court or listening for your name to be called for a job interview, your instinct is to stay loose. Be ready, be flexible, be poised to respond when the time is right. Staying loose is part of living in the present moment. Your readiness to move is part of your wisdom and gives you the power you need to live your best life. Flexibility that living things possess: The grass and trees are soft and pliable in life. Contrast that living pliability with the dry and brittle quality of death - to remain flexible is choosing life.

This is often in conflict with our society's sensibilities. You may have been taught that strength is measured by how "hard" you are in your thinking or how inflexible you are in your opinions. You may have been told that weakness is associated with those who bend. But when confronted with any stressful situation, keep in mind that being stiff won't get you very far, whereas being flexible will carry you through.

Change the way you think about strength. The physically and mentally strong are those who can bend and adapt to life. The more you think in rigid ways and refraining from considering other points of view, the more you're liable to break. Our minds and our bodies need flexibility to thrive.

QUOTES

“If you spend your whole life waiting for the storm, you'll never enjoy the sunshine.”

– **Morris West**

“If you have an opportunity to make things better and you don't, then you are wasting your time on earth.”– **Roberto Clemente**

“Out of every one hundred men, ten shouldn't even be there, eighty are just targets, nine are the real fighters, and we are lucky to have them, for they make the battle. Ah, but the one, one is a warrior, and he will bring the others back.”– **Heraclitus**

Johnny Mac's

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