



FROM THE EXECUTIVE DIRECTOR (Tom Hursey): It is time to start thinking about the coming season. I am including some great articles that might fit into your program. These articles are meant to give you some ideas about preparing for the season. Many of the ideas expressed in the articles might be already in your plans. But some ideas might be new and could make a difference in how you approach the new season. You probably have noticed that most of the articles in the Monthly Report do not deal with X's and O's. There is so much information available now with the endless publications available to everyone online, I don't think it is necessary to duplicate. My main purpose when selecting articles is to keep in mind a statement that I have used in the past: *The X's and O's will not get you fired. It is your attitude, sportsmanship, communication, passion for coaching and ability to get along with parents and administrators that will get you fired.* Like it or not, you need to heed this statement and work to be successful in these areas.

CLINIC: Our fall clinic is just around the corner. Please do not wait to sign up. You have all received the clinic brochure and registration forms in the mail. Fill them out and return (or go online at www.bcam.org and click on CAMPS/CLINICS) ASAP. Don't end up paying extra because your school did not have time to process your request. (It sometimes takes schools a month to cut checks). By the way, this clinic line-up is probably the best line-up of any clinic in the country. Don't miss out. Bring you staff and spend time together deciding how to provide a basketball program for your team that will allow them to be successful. More information on the clinic follows later in this Report.

JUD HEATHCOTE: BCAM wants to acknowledge the passing of a big BCAM backer and a great basketball coach. Jud Heathcote passed away on Monday. He will always be remembered for his great coaching, the 1979 National Championship that put college basketball on the map and his humor. Rest In Peace Jud.

MEMBERSHIP: If you are reading this, you are a BCAM member. But you will be seeing other coaches at you league meetings and at other get-togethers. Remind them to sign up for BCAM and also the Clinic. We have been the largest basketball coaches association in country for the past 3 years. Let's keep it going.

SEEDING: We are working on a video that explains the KPI Seeding Process that we would like to have the MHSAA adopt. We believe that the more coaches and athletic administrators understand the process, the more likely they will favor it over other seeding programs. BCAM hopes to have something out this fall for your preview. In the meantime, the MHSAA will be working on their own method of seeding.

KROSSOVER JOINS THE BCAM TEAM: Our contract with Hudl ran out this summer. We opened bids for BCAM's official video analysis provider and Krossover's offer was too good for the Board of Directors to refuse.



You will be hearing more from Krossover this fall. BCAM believes that Krossover is the number 1 video analysis on the market. Before you make any decisions for this coming season, make sure you check out Krossover.

SPONSORS: BCAM continues to offer its membership the best basketball sponsors in the country...Krossover, Rawlings, United Dairy Industry of MI, NIKE, Meijer, Detroit Pistons, Team Sports, PureSweat, Shoot-A-Way, Johnny Mac's Gatorade & Baron Rings. As you plan for the season, please keep these sponsors in mind. You can contact these companies on the BCAM website on the link - BCAM SPONSORS. Support the companies and products that sponsor you through BCAM. Our membership dues and clinic costs are low because of the support of our fine sponsors.

MENTORS: Believe it or not, this season each of you will be confronted with a situation that will have you frustrated or confused or upset or wondering what to do. I also know that every one of these situations have confronted other coaches at other times. How do you get through these tough times...CONSIDER CONTACTING A BCAM MENTOR. BCAM offers a list (go to www.bcam.org and click on COACHING MENTOR LIST) of experienced coaches who have "seen it all." Don't try to reinvent the wheel. Contact a mentor and find out how to deal with these situations. A simple call or email might allow you to get through some tough times and make you season much more enjoyable.

BCAM FALL CLINIC sponsored by Rawlings – Kevin Richards and Dennis Hopkins (Co-Directors)

Sign up NOW for Saturday, **October 14** and Sunday, **October 15**. We are planning on a big turnout to this outstanding clinic. It will start with a **MHSAA Rules Meeting** on Saturday at 8 AM at the O'rena of Oakland University. Saturday's on-court speakers will be **Mike Neighbors** (Arkansas Women), **Chris Mack** (Xavier Men), and **Stan VanGundy** (Detroit Pistons). **Greg Kampe** and **Jeff Tungate** will be leading their teams through full team practices. On Sunday we will continue where we left off with **Steve Wojciechowski** (Marquette Men), **Robyn Fralick** (Ashland Women) and **Brad Underwood** (Illinois Men). There is also an opportunity for **coaching certification classes by USA Basketball**. Saturday evening there will be a Coaches Party at the Auburn Hills Marriott Pontiac Hotel at 9 PM. **EVERY BCAM MEMBER RECEIVED A BROCHURE RECENTLY IN THE MAIL WITH ALL THE DETAILS OF THE CLINIC.** (or go to **Camps/Clinics at the BCAM website.**)



BCAM HALL OF FAME & HALL OF HONOR BANQUET – Tom Valko (H of F Director) & Tim Reznich (H of H Director)

Following the Saturday clinic at MSU, we will move to the Auburn Hills Marriott Pontiac Hotel for our 33rd Annual Hall of Fame Banquet that will also feature our Hall of Honor inductees and Coaches of the Year. We are pleased to announce our four Hall of Fame recipients: **Mary Cicerone** (Bloomfield Hills Marian), **Greg Kampe** (Oakland University), **Kurt Keener** (Detroit Country Day), and **Paul Polfus** (Carney-Nadeau). The Hall of Honor recipients will be Assistant Coaches **Michael Perry** (Mt Morris HS), **Greg Rogers** (Midland Dow HS), and **Pete Wright** (Northville HS); Friends of Basketball **Jim Martin** (GR Catholic Central), **Bob Noorman** (GR Covenant Christian), and **Ted Wildermuth** (Marysville HS); Media **Phil McDonald** (WSJM sports radio St. Joseph); and Official **Ron Applegate** (Haslett). Details for banquet tickets are in the Clinic Brochure, or at www.bcam.org under Camps/Clinics.

SUMMERTIME AND THE LIVING IS...STRESSFUL by Elizabeth Grunch (BCAM President & Girls BB, Charlevoix)

Summer is hanging on by a thread and fall sports are in full gear. It was only a couple of weeks ago I was frantically on the phone trying to get enough players to play in one last basketball camp before summers' end. I was so frustrated with my players because I let them know at the end of May about the 4 camps we were going to as a team, our Tuesday league play schedule, and the big basketball fundraiser they were all supposed to participate or play in. I was so excited for our big summer and for our big season coming up because more camps equal more wins and more wins equal a state championship. Go Rayders!!!

Oh, if only it were that easy! Here is what I know:

1. All my players had summer jobs in our tourist town.
2. All but one player plays 3 sports = 3 summer programs.
3. Middle-end of June was the biggest participation from my team. More is not always better.
4. My team....they are all still teenagers and they are just trying to figure out life.

So what's the correct answer or the ideal number of summer dates to achieve that state championship? I honestly don't know because not one of my teams in my 16 years of coaching varsity sports has earned the big trophy. The closest any of my teams have come was in volleyball when we reached the Final Four in 2011. But that summer schedule was no different from the 10 years I coached prior. What made that season really special? One or two outstanding highly skilled volleyball players & effective leaders, a dozen daily hard-nosed workers, no drama (we talked about it all the time), and a little luck.



Safety First and Foremost *(Article from the BOCCC, Basketball Officials and Coaches Communication Committee)*

Safety of our student athletes has always been one of the primary goals of all coaches and officials for many years. Together we have strived to insure all contests are conducted with the utmost respect for the safety of the participants. We have had great success for the most part with only a few instances of injury. We all know we can only control so much but we set our goals higher each and every year.

A large part of the MHSAA on-line basketball rules video, viewed by both coaches and officials, pertains to concussions, concussion protocol, etc. Often it appears that this section is more appropriate for football coaches/officials, soccer coaches/officials, etc. Seriously, how often do injuries of any type enter into a basketball rules meeting or pregame discussion?

However, as we all look for ways to improve our officiating and our coaching, could safety be a small piece of the improvement puzzle? Could officials take a proactive stance and include safety when deciding whether or not to blow the whistle? Instead of deciding if it was swinging elbows or not, if it was pushing or not, if it was accidental or on purpose - maybe asking if it was safe or not would make the call much easier and much easier for others to understand.

How do basketball coaches fit into this? Many of you coach multiple sports; others focus on just a single sport. Each of you however is primary in the development of our student athletes. Your influence is integral in formation of opinions and idioms. My goal to all coaches is to embrace the new direction regarding the concern for safety. Be supportive both on and off the court. Concussion may be the focus for some sports right now, but as basketball players continue to get bigger, faster, and stronger, our sport is surely in the future. Thanks for all you do for the safety of the student athlete.

How mobility impacts durability

By Jon Sanderson Head Strength & Conditioning Coach University of Michigan Basketball

Basketball is a dynamic sport played at high speeds that require the ability to accelerate and decelerate, land, cut and jump effectively. With these conditions comes the risk for injury if our athletes are not prepared. It is no surprise that high school athletes account for approximately 2 million injuries each year. Part of this problem is due to poor training and preparation. Top collegiate and professional programs around the world will capitalize and use services that assess their mobility working to identify areas of deficiencies. They take this information and implement corrective exercise to restore normal function. For example, did you know ankle range of motion directly impacts forces at the knee? If range of motion is limited at the ankle, the knee is vulnerable to injury.

Here are three examples of ankle mobility exercises:

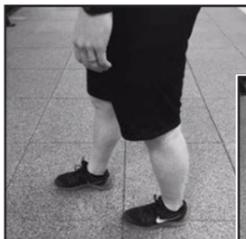
1. Calf foam roll:

- Place foam roll underneath targeted calf
- Proceed to work from heel to knee
- Hold any area that is tight or feels bound up
- 3x30-45 second hold each leg



2. Knee Drivers:

- Stand with a staggered stance
- Drive the back knee forward while keeping the heel down (feel the stretch in the lower leg and achilles)
- 3x10 each leg



3. Calf Stretch

- Place targeted leg on an incline
- Shift weight onto leg needing stretched ensuring heel contact on surface
- 3x30 second holds



The good news is you don't have to wait until college to have your athlete evaluated by a professional. If you're interested in keeping your athlete healthy I highly recommend DynaScreen. DynaScreen is a professional athletic screening service that works towards reducing the likelihood of injury and maximizing athletic performance. They have a team of specialists comprised of physical therapists, athletic trainers and strength and conditioning coaches who screen the athlete via an online platform. The athlete will get a detailed report of their deficits AND a corrective exercise program to improve in those areas.

DynaScreen.org Use Discount Code: BCAM for 20% off

Coaching Basketball Team Defense

 coachingtoolbox.net/defense/team-defense.html

These are some questions for your coaching staff to use to plan the upcoming basketball season. You can use to develop a defensive system and to tweak the system so that it fits your changes in personnel and the changes in your opponents' personnel from year to year

Philosophy

- Defensive Adjustments for a team or an Individual?
- Scouting or System?
- Do we want to have any "junk" in our system?
- What are the strengths of our players and how can we best utilize those strengths while hiding their weaknesses?
- What is the optimal number of possessions per game for this group?
- Can we defend for that number of possessions at that pace?
- How is our ability compared to the best teams in our region of the state tournament? our conference? our area?
- How do we need to play to advance as far as possible in the state tournament?
- What is our depth like?
- How does our depth affect our style and pace of play?
- What will our substitution pattern be?

Conversion Defense

- How many players are we going to send to the offensive glass?
- Do we need to add any rules that will improve our conversion?
- Do we like the drills we have to teach conversion defense?

Man Defense

- What hurt us most last year defensively?
- How do we defend dribble penetration better?
- What screening actions created problems for us?
- Where do we want to pick up the dribbler?
- How do we want to defend the post?
- How do we want to defend ball screens?

Zone Defense

- How much zone do we want to play?
- Would it help us to have an even front and odd front zone so we can attack them both offensively during practice?
- Do we want to be able to trap out of our zone defenses?
- How do we best teach rebounding out of our zone?

1/2 Court Trap

- How much do we want to play it?
- How big are our trappers?
- How do we want to rotate out of the trap?
- Do we want to stay in the trap or go "one and done"?
- When do we want to look to play it – dead balls, FT's, end of half...
- Do we have a better trapping line-up than others?

Presses

- How much do we want to use the press?
- When do we want to press?
- How aggressive do we want to be with our press?
- Do we have a better pressing line-up than others? Who are our best trappers?
- Do we deny the point guard back once they pass out of the trap?

Inbound Defense

- Do we want to play strictly man?
- Do we want to trap the inbound pass?
- How do we want our inbound defender to play UOOB and SOOB?

Special Situations

- Who would be our best denial defender?
- Does any team on our schedule potentially warrant a special defensive tactic?

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OTHERS TOO, HAVE BRAINS

Coach John Wooden used this "motto" when he defined important aspects of a coach as a teacher:

Coaches must continuously be exploring for ways to improve themselves in order that they may improve others, and welcome every person and everything that may be helpful to them. As has been said, they must remember, "Others, too, have brains."

Coach was committed to proactively and independently seeking knowledge. He did not just look for new information when he had a problem that needed to be solved. His quest for new knowledge was a disciplined routine habit he lived by the same way a competitive distance runner runs a certain number of miles every day when in training.

John Wooden kept his brain in training every day of his life. Here are a few examples of how he did that:

1. When coaching at UCLA, he took psychology classes to learn how to communicate better.
2. He attended practices of other coaches, including coaches of other sports. He learned time management by attending Frank Leahy's Notre Dame Football practices.
3. He reached out and asked for help from other coaches. As a player, he interviewed opposing coaches on their techniques. While coaching at UCLA he asked for and received help on his defensive strategies from his rival Pete Newell, who was the head coach at Cal Berkeley.
4. He attended as many coaching clinics as he could. When he was a guest speaker at a coaching clinic he would arrive before it started and stay until after it ended, sitting in the front row taking notes while listening to all of the other guest speakers.
5. He researched a different basketball topic each year by reading all the material he could find on it and sending a survey to the top performers in that category.
6. He read voraciously. Many of the hundreds of books in his personal library had key passages underlined in pencil and notes written in the column.

With the internet your resources to learn are unlimited.

Overdrive is a free App you can put on your phone or computer to download audio or E Books for free from any library system for which you have a card.

Project Gutenberg <https://www.gutenberg.org/> offers over 53,000 free eBooks. The table of contents from *Wisdom of the Ages* by Wayne Dyer and *50 Self-Help Classics* by Tom Butler-Bowdon will give you a great starting point on whom to study.

Podcasts are fantastic. *Ted Talks* and *How I Built This* are just a few examples. YouTube is awesome. Anson Dorrance: *What Drives Winning* is just one example.

You can spend your time learning from your mistakes or as Coach did recognize: *Others, too, have brains* and grow from your well thought out intelligent experiences.

John Wooden was never interested in demonstrating to others how much he knew. He was keenly interested in what they knew.

What is your game plan for personal growth? The resources are free and waiting for you!

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



I came across this comprehensive Master Practice Planning article that I would recommend to all coaches. Take a look to see if you are covering all aspects of basketball in your practices. Beginners (or early in your career coaches) could benefit from this article. (You will need to copy & paste this link)

https://coachingtoolbox.net/master-practice-plan-outline?utm_content=b101ce42bb1a58d4912b0b0326dc5ab7&utm_campaign=170619&utm_source=Robly.com&utm_medium=email

I'VE LEARNED:

Written by Andy Rooney, a man who had the gift of saying so much with so few words.

I've learned....That the best classroom in the world is at the feet of an elderly person.

I've learned....That when you're in love, it shows.

I've learned....That just one person saying to me, 'You've made my day!' makes my day.

I've learned....That having a child fall asleep in your arms is one of the most peaceful feelings in the world.

I've learned....That being kind is more important than being right.

I've learned....That you should never say no to a gift from a child.

I've learned....That I can always pray for someone when I don't have the strength to help him in any other way.

I've learned....That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

I've learned....That sometimes all a person needs is a hand to hold and a heart to understand.

I've learned....That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.

I've learned....That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

I've learned....That money doesn't buy class.

I've learned....That it's those small daily happenings that make life so spectacular.

I've learned....That under everyone's hard shell is someone who wants to be appreciated and loved.

I've learned....That to ignore the facts does not change the facts.

I've learned....That when you plan to get even with someone, you are only letting that person continue to hurt you.

I've learned....That love, not time, heals all wounds.

I've learned....That the easiest way for me to grow as a person is to surround myself with people smarter than I am.

I've learned....That everyone you meet deserves to be greeted with a smile.

I've learned....That no one is perfect until you fall in love with them.

I've learned....That life is tough, but I'm tougher.

I've learned....That opportunities are never lost; someone will take the ones you miss.

I've learned....That when you harbor bitterness, happiness will dock elsewhere.

I've learned....That I wish I could have told my Mom that I love her one more time before she passed away.

I've learned....That one should keep his words both soft and tender, because tomorrow he may have to eat them.

I've learned....That a smile is an inexpensive way to improve your looks.

I've learned....That when your newly born grandchild holds your little finger in his little fist, you're hooked for life.

I've learned....That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.

I've learned....That the less time I have to work with, the more things I get done.



5 Ways Players Can Lead Themselves in Practice

See complete article with links at: coachingtoolbox.net/practice/5-ways-players-can-lead-practice.html

This post was written for [PGC Basketball](#) by Graham Maxwell, Assistant Men's Coach at Emmanuel College.

I hope you can find a few items to share with your players in one way or another.

This blog post is specifically for those athletes who want to be the best they can be as players and leaders. If you want to be an effective leader it is crucial to first lead yourself.

Learning the following five habits to lead yourself in practice will not only earn the trust of your teammates and coaches but it also will give you confidence in yourself.

WORK ON YOUR GAME OUTSIDE OF PRACTICE

I know this says specifically for practice but I couldn't let this one slide. If you want to be your best in practice you have to work outside of practice. The best shooters and ball handlers are not made because of the shots or dribbles they take in practice. They are the best at what they do because of the work they put in when nobody is watching. You will never be a great basketball player if you only work on your game during practice. It is also true that if you want to be the best leader possible you have to work on being leader outside the practice facility. You don't earn the trust of teammates by just showing up and having good practices. You have to put in the work outside of the gym.

Great players are the best at what they do because of the work they put in when nobody is watching.

CHANGE YOUR VIEW TOWARDS PRACTICE

I have been around players long enough to know that the majority of their thoughts surrounding practice is negative. I was once a player too. I know practice at times was not the most fun thing to attend. If you want to lead yourself in practice, you have to change your initial thoughts about it. Instead of saying, "*I have to go to practice*" start saying "*I get to go to practice.*" It takes you from a place of negativity and complacency to a place of appreciation and opportunity. So I challenge you to start viewing practices as privileges and opportunities.

Read More: [4 Ways to Have the Most Fun Playing Basketball](#)

HAVE 1 MAIN OBJECTIVE FOR EACH PRACTICE

Every single day, you should know what you want to get better at during practice. If you are unsure on what your focus should be, ask your coach. Ask them how you can improve as a player, leader, or teammate. Your coach determines your playing time so what he or she values is a good indicator of what you need to work on.

For example, let's say I have had difficulties turning the ball over in our games. More specifically, my passes keep being deflected or stolen. My next practice(s) will be focused on completing passes. In every drill and every scrimmage, I am going to be the best passer on the team. No turnovers. Nothing high or low. Only goldilocks passes. If I really want to challenge myself, I will tell a teammate my practice goal so they can hold me accountable. Every single day you should know what you want to get better at during practice.

After practice, I made sure to have a thoughtful evaluation of my goal. If I tried to focus on 20 things to improve, during practice, then by the end I would have gotten better at none of them. Focus on one aspect of your game and grow that during your practice time.

IS THE PRACTICE BETTER WITH YOU THERE?

Be honest with yourself and ask "*is practice better because I am here?*" If practice is not better because you are there figure out why and fix it. *Are your teammates better because you are there?* If not, fix it. Do not be disengaged with what is going on around you. Great leaders do not have the luxury of minding their own business.

Take it a step further and ask yourself, "*is this drill better because I am in it?*" Great leaders and great players are constantly aware of their surroundings. Be aware of what is happening in practice good or bad. **Special leaders and special players hold themselves accountable for their environment.** If practice could be better or they are not enhancing their environment they do not fade into the background and blame the coach or a teammate, they accept the challenge and fix it.

[Great leaders do not have the luxury of minding their own business](#)

VISUALIZATION AND IMAGINATION

A great way to lead yourself in practice is to have a game-like mentality. If you go through the motions in practice, there is a good chance you will not be as sharp for the games. If you throw lazy passes in practice or you have a nonchalant approach why do you expect a different result in the games?

[If you throw lazy passes in practice, why do you expect a different result in the games?](#)

Always imagine anything you do you are playing against the toughest opponents you will face all season. When you are on the sidelines, waiting to jump into the drill, visualize yourself making the right reads on defense or making the right decision on offense.

When those plays happen in a game you want your mind to think it is second nature. So use your imagination to practice the plays you will make in a game and visualize your success. Remember, "***In times of most extreme pressure you revert back to your most deeply held habits***". You want your habits to be thought of and visualized so much that a game is actually easier than practice. Put pressure on your self in practice so the pressure of a game won't throw you off. The best way to practice championship like pressure is to visualize it.

Read More: [How to Play in a National Championship](#)

I hope you can take these five keys and put them into practice as soon as you can. Not only will these habits benefit you now as players they will also spill over into your every day life. The more belief you have in yourself the more everyone else will believe in you as well. To be a leader of others you must first lead yourself. Don't let practice be an excuse for you not lead yourself.

To [learn more about PGC Basketball](#), including additional training tips and videos, you can visit their [YouTube Channel](#)



“Some days are just bad days, that's all. You have to experience sadness to know happiness, and I remind myself that not every day is going to be a good day, that's just the way it is!”
– **Dita Von Teese**

“Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it.”– **Steve Jobs**