

BCAM APRIL 2018 MONTHLY REPORT

FROM THE EXECUTIVE DIRECTOR: (Tom Hursey)

A big congratulations to all the State Champions. The weekends went well at Calvin College and MSU. The attendance at the Hospitality Room at the Boys Finals was down from previous years but those that attended had plenty to eat. The Miss Basketball and Mr. Basketball presentations at the finals went smooth. Both **Jaida Hampton** (East Lansing) and **Foster Loyer** (Clarkston) were in attendance since their teams were in the finals. On a side note, Foster also won the Gatorade Player of the Year for Michigan.

The 3-point and free throw Top Shooters Challenge was held in conjunction with the MHSAA and the state finals.

I have mixed feelings on Rich Moffit's (Grayling HS) recent retirement from teaching and coaching to pursue a position in marketing with a state university. Rich was the main mover and shaker for the Reaching Higher program that has been successful over the last many years. I am happy for Rich's retirement but know he will be missed by BCAM. Don Gauthier (Imlay City HS) will be taking over as Reaching Higher Chairman.

The BCAM Board of Directors is happy to announce that **Bill McCullen (Dewitt HS)** has been named President-Elect for the coming year. Bill has been very active with BCAM over the years and will bring valuable experience to the BCAM Board.

Many of us "old timers" remember the name **Richie Jordan**. He was a high school legend after averaging 44+ points his senior year. To honor his exploits on the basketball court, a documentary video has been produced. Whether you are an "old" coach or a "young" coach you will need to take 25 minutes to view this video. Click on:

<http://www.annecolton.com/Jordanville/watch/>. It should be noted that Mr. Jordan set the state rushing record in football and was an outstanding baseball player. He was a true multi-sport player.

There are many interesting articles that follow my comments. There is a great article about SPECIALIZATION IN SPORTS later in this Report. It answers many of your questions and might be useful in convincing athletes not to specialize. Hopefully you will take the time to look at this article and the others.

BCAM COMMERCIAL ON "SPORTS TV": Check out our BCAM commercial that aired during the Jalen Rose Legends special on Fox Sports Detroit. It promotes BCAM and all the great reasons to join. Take a minute to look at this video: <https://vimeo.com/user20608715/review/257761016/2fe38eaf48>

JOB OPPORTUNITIES ON THE BCAM WEBSITE: Are you interested in a new job involving basketball coaching? Are you looking for a basketball coach? BCAM offers a "Jobs" posting site on the website (www.bcam.org). Go to this website and click on the JOBS site. You will be able to look at jobs and post a job through this site. Please be aware that you *must be a BCAM member to access this area*. If you are a member and don't know your login credentials, contact amy@bcam.org. The **CAMPS and COMPETITIVE EVENTS** posting boards are also starting to come alive. Check these out.

USA BASKETBALL & NBA ANNOUNCE AGE-APPROPRIATE RULES & STANDARDS FOR YOUTH BASKETBALL COMPETITIONS
Do you run youth programs? Do you want to know what basketball experts are now saying about youth programs? Click on the following link to view: <https://www.usab.com/news-events/news/2018/03/youth-rules-and-standards.aspx>

FREE THROW & 3-POINT COMPETITION AT STATE FINALS (See pictures): 20 girls and 20 boys took part in the Top Shooters Challenge at the state finals. The girls shot off at Calvin College and the boys at MSU. The competition was conducted at both venues by Mark Bray, Dennis Hopkins and Steve Parham. They did an outstanding job of organizing this event. Here are the winners:

Girls FT: Champion: Jenny Beckman, Shelby. Runner-up: Ellie Mackay, Novi

Girls 3 pt - Champion: Anna Fischer, St. Joseph. Runner-up: Tessa Leece, Ishpeming Westwood

Boys FT - Champion: Zach Goodline, Coloma. Runner-up: Blake VerBeek, Calvin Christian

Boys 3 pt - Champion: Ethan Emerzian, Rochester Adams. Runner-up: Nicholas Waterworth, Goodrich







HOW DO YOU NOMINATE A COACH FOR THE HALL OF FAME?:

To be selected into the Basketball Coaches Hall of Fame may be the highest honor bestowed upon a coach during their career. The honor is objectively obtained through your complete body of work as a coach. Get your Hall of Fame nominations in ASAP. HOF applications are scored in April and the 2018 class will be announced in July. Please see below for eligibility information:

Eligibility: Those coaches who have coached high school varsity or college head basketball for 20 years or more and/or have 300 or more career victories are eligible to apply. Applicant must have been a BCAM member for a minimum of 5 years during his/her head varsity coaching tenure.

If the applicant is not named to the Hall of Fame right away, they may be named at a later date. The nomination form is translated into "points" based on winning percentage, championships, basketball service, and awards (categories that are mentioned on the application form). If the applicant totals enough "points" they will be considered for the Hall of Fame. SO if you have submitted a nomination form in the past, and can now add more information to the nomination form, please fill out the form again and resubmit it. The more items listed on the form, the more points the applicant will receive and the better the chances of being named to the Hall of Fame.

You can find the HOF forms on the BCAM website at BCAM.org under Forms – Coaching Award Nomination forms.

Completed forms should be sent to: Tom Valko - HOF Chairman - Marysville High School, 555 East Huron, Marysville MI 48040 Questions: tvalko@marysville.k12.mi.us

HOW CAN YOU HELP WITH OFFICIATING? Not happy with the officiating in your area? Rather than continually complaining about the state of officiating why not be proactive and do something about it? You are coaching the next generation of basketball officials. Your players will be the future officials. BUT they will need some encouragement. That is where you come in. Let them know that they can stay in the game by becoming an official. They can pick up some extra money. They can stay in shape. And they can ensure the future of the great game of basketball.

One of the best ways to get a start officiating is through the intramural programs that most colleges offer. Encourage your players to sign up to be an official in college. Many colleges offer official training sessions that lead into working games on campus. Middle schools are always looking for officials. Go to www.mhsaa.com and click on OFFICIALS to find resources that will direct through the process of becoming an official.

Do what you can to promote officiating.

TRANSFERS AT ALL LEVELS BECOMING A PROBLEM: 2017 Transfers in D1 Men's Basketball:

There were 347 schools in 32 Division 1 basketball conferences during the 2016-17 NCAA basketball season. Each of those schools can award 13 men's basketball scholarships.

If each of them had 13 players on scholarship, that would be 4511 scholarship players.

If each team had only 2 players who either graduated or forfeited their eligibility for professional basketball, that would leave 3817 scholarship players returning this past season.

As of August 27, 2017 there are 816 D1 Men's Basketball scholarship players that are transferring to another school. That means 21% of D1 Men's Basketball players will be attending another school for the 2017-18 season.

This, along with the free agency of professional basketball, is what high school-age players in the USA see. How can this NOT be impacting the widespread lack of school loyalty that we are seeing among high school players today? (Reprinted from the Ohio High School Basketball Coaches Association's Hoopliness magazine.)

Sportsmanship Taking a Beating From Ego

https://www.huffingtonpost.com/ken-reed/sportsmanship-taking-a-be_b_9606408.html

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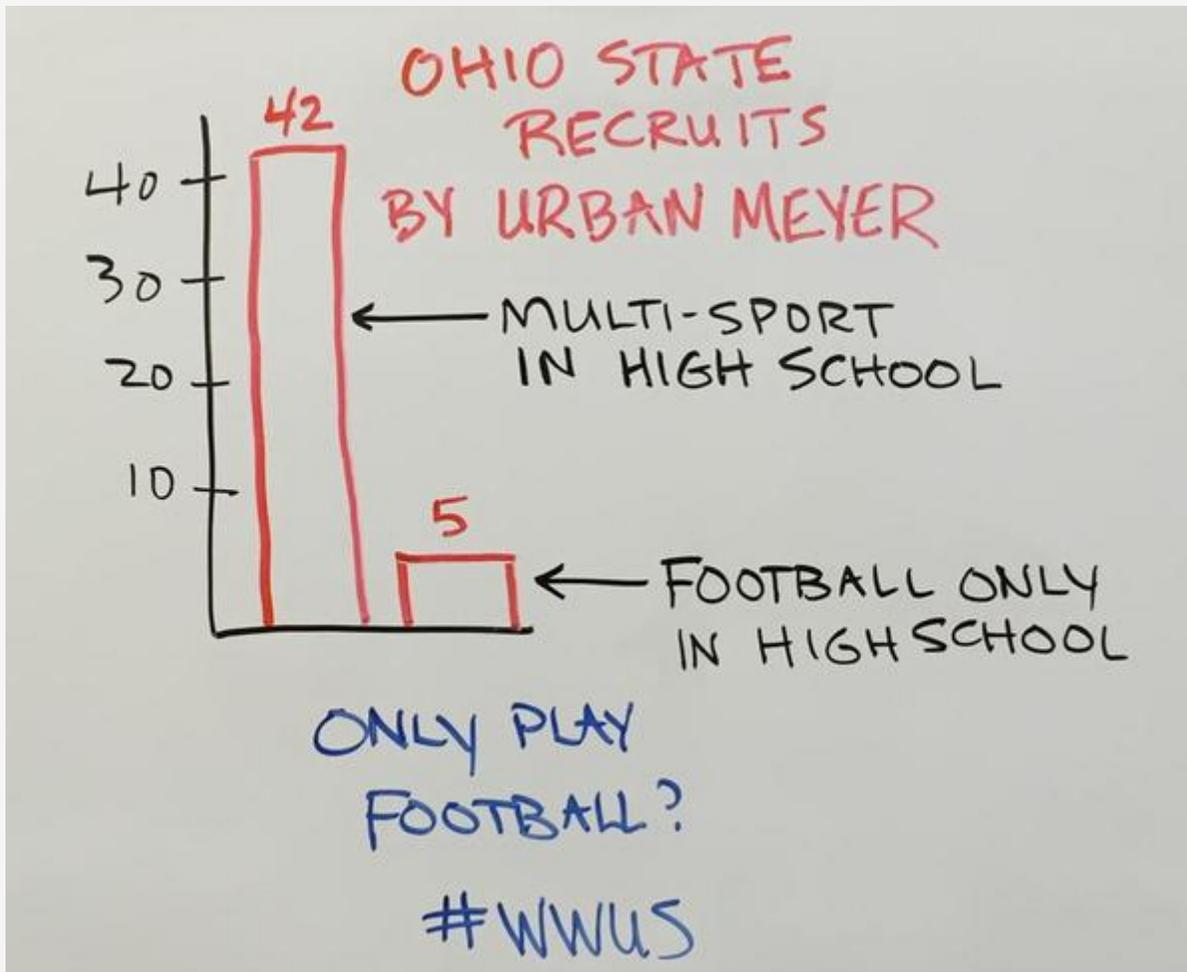


The Perils of Single-Sport Participation (The following article is lengthy but well worth the time spent reading it if you are interested in "Specialization in Sports.")

BY [JOHN O'SULLIVAN](#) / PUBLISHED IN [MESSAGES FOR KIDS](#) [PHYSICAL LITERACY](#) [PROBLEMS IN YOUTH SPORTS](#) [SPECIALIZATION](#)

For the last few days, my email and social media accounts have been lit up by a simple image first shared with me on Twitter by @ohiovarsity. It is amazing because the image portrays something that is widely known among experts, widely discussed in coaching circles, and has certainly been written about by me and others many times. Yet [this excellent blog article on a high school sports site](#) got over half a million shares in the first 3 days it was out because this image touched a nerve

Why? Well, here is the image:



The question I was asked over and over this week was "What do you think of this?"

My answer, over and over was, "Amen, agreed, hopefully now people will start paying attention."

If it takes an infographic of Urban Meyer's football recruits at Ohio State to shift the paradigm in youth sports, then so be it. The image above, which clearly demonstrates that the overwhelming majority of his recruits are multi-sport kids, is not new information, but it has caused quite a stir. Here is what it says in a nutshell:

To be an elite level player at a college or professional sport, you need a degree of exceptional athleticism. And the best medically, scientifically and psychologically recommended way to develop such all around athleticism is ample free play and multiple sport participation as a child.

Why? Well let's see what the experts say:

Coaches and Elite Athletes:

Pete Carroll, former USC and now Seattle Seahawks Football coach, says [here](#) “The first questions I’ll ask about a kid are, ‘What other sports does he play? What does he do? What are his positions? Is he a big hitter in baseball? Is he a pitcher? Does he play hoops?’ All of those things are important to me. I hate that kids don’t play three sports in high school. I think that they should play year-round and get every bit of it that they can through that experience. I really, really don’t favor kids having to specialize in one sport. Even [at USC], I want to be the biggest proponent for two-sport athletes on the college level. I want guys that are so special athletically, and so competitive, that they can compete in more than one sport.”

Dom Starsia, University of Virginia men’s lacrosse: “My trick question to young campers is always, ‘How do you learn the concepts of team offense in lacrosse or team defense in lacrosse in the off-season, when you’re not playing with your team?’ The answer is by playing basketball, by playing hockey and by playing soccer and those other team games, because many of those principles are exactly the same. Probably 95 percent [of our players] are multi-sport athletes. It’s always a bit strange to me if somebody is not playing other sports in high school.”

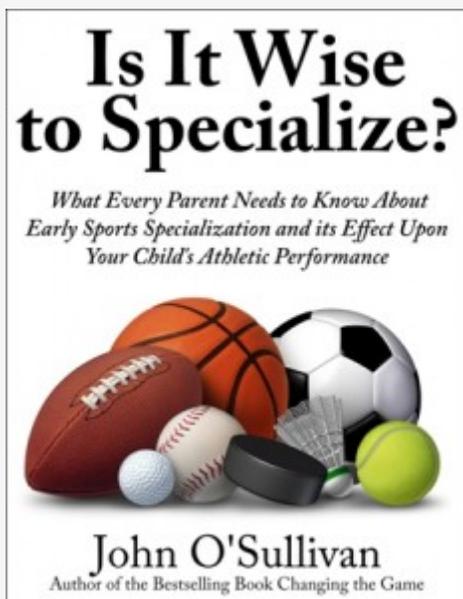
Or in [this interview with Tim Corbin](#), coach of NCAA Champion Vanderbilt Baseball, on why he chooses multi-sport athletes over single sport kids.

Or **Ashton Eaton, world record holder and gold medalist in the decathlon**, who never participated in 6 of the 10 required decathlon events until he got to the University of Oregon.

Or **Steve Nash, who got his first basketball at age 13 and credits his soccer background for making him a great basketball player**, a similar story to the 100 professional athletes interviewed in [Ethan Skolnick and Dr. Andrea Korn’s *Raising Your Game*](#).

The list goes on and on.

What about the medical experts?



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As I have outlined in [my ebook “*Is it Wise to Specialize?*”](#) and echoed in world renowned orthopedic surgeon [James Andrew’s book *Any Given Monday*](#), there are strong medical reasons for not specializing at a young age:

1. Children who specialize in a single sport **account for 50% of overuse injuries** in young athletes according to pediatric orthopedic specialists.
2. A study by Ohio State University found that children who specialized early in a single sport led to higher rates of **adult physical inactivity**. Those who commit to one sport at a young age are often the first to quit, and suffer a lifetime of consequences.

3. In a study of 1200 youth athletes, Dr Neeru Jayanthi of Loyola University found that early specialization in a single sport is one of the strongest predictors of injury. Athletes in the study **who specialized were 70% to 93% more likely to be injured** than children who played multiple sports!
4. Children who specialize early are at a far greater risk for burnout due to stress, decreased motivation and lack of enjoyment
5. **Early sport specialization in female adolescents** is associated with increased risk of anterior knee pain disorders including PFP, Osgood Schlatter and Sinding Larsen-Johansson compared to multi-sport athletes, and may lead to higher rates of future ACL tears.

And the sport scientists?

In January 2015, I had the honor of sitting in a lecture with Manchester United Performance Coach Tony Strudwick, winner of 13 titles as the fitness coach for Manchester United's first team. His advice was that a multi-sport background prior to the age of 12 set up soccer players for long-term success by lowering the rates of injuries and making them more adaptable to the demands of elite level play. "More often than not," he stated in a recent interview with SoccerWire.com, "the best athletes in the world are able to distinguish themselves from the pack thanks to a range of motor skills beyond what is typically expected in a given sport." He recommended tumbling and gymnastic movements, as well as martial arts, basketball, and lacrosse as great crossover sports for soccer.

Here are some other advantages I have previously written about:

1. **Better Overall Skills and Ability:** Research shows that early participation in multiple sports leads to better overall motor and athletic development, longer playing careers, increased ability to transfer sports skills other sports and increased motivation, ownership of the sports experience, and confidence.
2. **Smarter, More Creative Players:** Multi-sport participation at the youngest ages yields better decision making and pattern recognition, as well as increased creativity. These are all qualities that coaches of high-level teams look for.
3. **Most College Athletes Come From a Multi-Sport Background:** A 2013 American Medical Society for Sports Medicine survey found that 88% of college athletes surveyed participated in more than one sport as a child
4. **10,000 Hours is not a Rule:** In his survey of the scientific literature regarding sport specific practice in The Sports Gene, author David Epstein finds that most elite competitors require far less than 10,000 hours of deliberate practice. Specifically, studies have shown that basketball (4000), field hockey (4000) and wrestling (6000) all require far less than 10,000 hours.
5. **There are Many Paths to Mastery:** A 2003 study on professional ice hockey players found that while most pros had spent 10,000 hours or more involved in sports prior to age 20, only 3000 of those hours were involved in hockey specific deliberate practice (and only 450 of those hours were prior to age 12).

Are all sports the same?

No, they are not. They each require specific athletic, technical, and tactical skill sets. Some sports, in order to be elite, require early specialization, such as gymnastics and figure skating.

Other sports are so dependent upon physical prowess (American football, basketball, volleyball, rugby and others) that the technical skills and tactical know how can be developed later. There are many stories of athletes taking up these sports in their teens, even 20's, and playing at a very high level because of the ability to transfer skills learned in one sport to another.

And then there are sports like hockey and soccer, which without a doubt require an early introduction to the sport. There are technical movements and skills that are most sensitive to improvement prior to a child's growth spurt, and it is unlikely that a post-pubescent child is able to catch up if that is their first introduction to the sport.

HOWEVER, there is no evidence that pre-teen athletes in these sports should only play a single sport. As both the hockey evidence and the interview with Tony Strudwick mentioned above demonstrate, playing multiple sports early on

sets these athletes up for longer-term success. They can better meet the demands of elite level play. They are less likely to get injured or burnout, and more likely to persist through the struggles needed to become a high-level performer.

If you want your child to play at a high-level, then the best thing you can do is help them find a sport that best suits their abilities, and help create an environment that gives them the best chance of success.

That environment is a multi-sport one. The evidence is in. It is pretty conclusive.

It is time for our youth sports organizations to not only allow but encourage multi-sport participation. Yes, it is tough on the bottom line. But ask yourself this:

Is your bottom line worth more than the well-being of the children you have been entrusted with educating?

So what do you think? Should kids play multiple sports? Only one? If you think specialization is the right path prior to the teenage growth spurt (excluding gymnastics and figure skating), then by all means bring some evidence and links to the discussion. And if not, then how about some thoughts on how we can stand up and change the status quo that forces kids to choose far too young.

Thanks to Urban Meyer and the poignant image of his recruiting class breakdown, we now have the opportunity to have this discussion.

We have the opportunity to serve our children better.

We have the responsibility to help them become better athletes by encouraging them to become all-around athletes.

And we can do this by letting them play multiple sports.



“A hero is someone who, in spite of weakness, doubt or not always knowing the answers, goes ahead and overcomes anyway.”— Christopher Reeve

“Motivation is what gets you started. Habit is what keeps you going.”— Jim Rohn

“Surround yourself with good people. People who are going to be honest with you and look out for your best interests.”— Derek Jeter