

# BCAM October Monthly Report 2018

## **FROM THE EXECUTIVE DIRECTOR: *Tom Hursey***

I hope you are one of the many coaches who will be attending our outstanding clinic next weekend. Our speaker line-up is second to none. Kevin Richards (Clinic Co-Chair), with the help of Greg Kampe, has put together an all-star list of speakers. If you still want to attend, you will have to pay the Walk-In rate of \$110 at the door. We did have one speaker back out, (Ed Cooley - Providence) but his replacement (Tim Miles - Nebraska) will be a tremendous addition.

I am sad to report that we lost a BCAM Hall of Famer in the last week. Long time Berkley boys' basketball coach, Steve Rhoads, passed away surrounded by his family. This hit very close to me since Steve and I go back to our freshman year at Central Michigan University where we were bench warmers on the frosh basketball team. Our best times were after practice with some outstanding games of HORSE. We recently argued who won the last game. Steve and I became fraternity brothers and friends over the years. My best to Steve's family.

On September 28 I attended, along with my assistant Dan Young and NHSBCA Secretary, Dave Ginsberg, the Michigan Sports Hall of Fame ceremony in Detroit. The late and former Saginaw High basketball coach, Charlie Coles, was inducted. Dan and Dave worked as assistants to Charlie while he was head coach at CMU. Coach Coles was an outstanding high school and college coach. While coaching at Midland High, we had some classic battles with Charlie and his Saginaw Trojans. He was very deserving of this honor.

This time of year is the "calm before the storm" for high school and college coaches. October is a time to work with those players not playing a fall sport. But until the actual season begins, it is hard to get too excited. It is a good time to get everything in order so the start of the season runs smooth. Do you know what offense you will be using? Do you know what defenses you will be teaching? Do you have your press breakers all set? The list goes on with things you must know before the season begins. Have you spent time with your assistant coaches to make sure they are on the same page as you? There is a good article later in this report that concerns assistant coaches. Have you decided on what to discuss at your parents meeting? This will be the most important meeting of the year. I have made this comment over and over in the past and I still believe it: the X's and O's won't get you fired, but the parents will. Your parents need to know HOW you coach. They need to know WHAT you will be coaching. They need to know WHY you will be doing certain things during practice and games. These items need to be covered in your pre-season parent meeting.

BCAM has great sponsors. Make sure that you give them a chance to bid on your equipment needs. You can go to [www.bcam.org](http://www.bcam.org) and click on the ABOUT link. Then click on SPONSORS. You can access all our sponsors on the website.

Because of the change in starting and ending dates for boys and girls basketball this season, I am listing the new dates that you all need to be aware of.

Finally, I want to thank all the committee people, the Regional Directors, the Board of Directors and Amy Heydenburg for their efforts last year. BCAM continues to be one of the top (in my mind the best) basketball associations in the country. With 5700+ members last year and hopefully more this year, BCAM continues to be a leader. Maximize your School Memberships. Take part in events like the fall clinic, surveys, the hospitality room at the boys' finals, nominations of your players and coaches in your area for awards and reminding coaches in your conference and area of the state to join BCAM. Together we can continue to be a leader nationwide.

**OUR LINKS PAGE HAS GREAT RESOURCES FOR ALL PHASES OF BASKETBALL COACHING: *Check it out by going to [www.bcam.org](http://www.bcam.org) and clicking on RESOURCES.***

**The Womens Basketball Coaches Association (WBCA): Offers Special Membership Rate to NHSBCA (and BCAM) Members - GIRLS COACHES: JOIN YOUR NATIONAL ASSOCIATION BY **CLICKING ON THE FOLLOWING.****

**<http://nhbco.org/wp-content/uploads/2018/09/2018-NHSBCA-Dues-Information.pdf>**

## **DATES TO REMEMBER - Boys Basketball**

**Practice Begins** -- Nov. 5  
**First Contest** -- Nov. 26  
**District Tournament** -- Feb. 25, 27, March 1  
**Regional Tournament** -- March 5 & 7  
**MHSAA Quarterfinals** - March 12  
**MHSAA Semifinals** - March 14-15  
**MHSAA Finals** -- March 16

## **DATES TO REMEMBER - Girls basketball**

**Practice Begins** -- Nov. 12  
**First Contest** -- Dec. 3  
**District Tournament** -- March 4, 6, 8  
**Regional Tournament** -- March 11, 13  
**MHSAA Quarterfinals** - March 19  
**MHSAA Semifinals** - March 21-22  
**MHSAA Finals** -- March 23

**ARE YOU AN ASPIRING YOUNG COACH THAT WANTS TO BECOME A VARSITY COACH? HERE ARE A COUPLE OF THOUGHTS FOR YOU:**

**1. University of Maryland, Baltimore County coach, Ryan Odom, has some advice for ambitious coaches:**

*Note: UMBC is the #16 seed that beat the #1 seed Virginia in the NCAA's last spring.*

"Don't get caught up in climbing the ladder. The more you worry about that, the more it's not going to happen for you. Just dive in and do the best job where you're at. Somebody will notice, and things will change.

"If you worry about what's next and not about where you're at, you may get the opportunity but you won't be ready. The key is to be ready for the opportunity when it comes."

**2. That leads to an actual situation of a coach waiting for his chance and being ready for the opportunity.**

Recently I (Tom Hursey) had a honor of being the emcee at the Midland High School Athletic Hall of Fame. One of the inductees had the following as part of his bio:

- **Assistant** Baseball Coach - 10 years
- Varsity Baseball Coach - 19 years
- Baseball State Champs - 1998
- Baseball Coaches Hall of Fame - 2003
- **Assistant** Football Coach - 25 years
- Varsity Football Coach - 9 years
- Football State Finals Runner-up, Eight playoff appearances.
- Football Coaches Hall of Fame - 2009
- Midland County Athletic Hall of Fame

The coach's name is Terry Wilczek. He put in the time as an assistant coach and when the opportunity presented itself, he was ready. There are many more of similar stories around the state. Don't think that you have to jump into a head coaching position immediately. Usually that quick jump is also a quick exit.

# 12 Phrases Youth Athletes Needs to Hear From Their Parents

Parents have a powerful effect on their children's performance and enjoyment of playing youth sports. Their words make a difference.

As parents, you have a powerful effect on your children's performance and enjoyment of playing sports. Your words can heal and empower them to reach their full athletic potential.

Below are 12 phrases that will help your boy or girl grow into a complete athlete, both on and off the field.

## ***"You choose the sport you want to play."***

Offer suggestions, but let your child choose the sport—or variety of sports— he or she wants to play. Not the sport you played, or the sport grandpa wants him to play, but the sport your child is truly interested in.

## ***"Tell me about practice/game."***

This allows your young athlete to talk as much or as little as she wants.



## ***"Tell me about your dreams."***

Allow your child to dream, set goals and think big. Don't feel the need to help your child see "reality." Life has a way of re-shaping those dreams.

## ***RELATED: 10 Things Sports Parents Should and Shouldn't Do***

## ***"I enjoy watching you play."***

That is really all your child needs to hear before and after a game. He doesn't need a play-by-play critique. He just needs to know that, win or lose, you still support him.

## ***"I believe in you."***

Sometimes that's all the motivation your child needs to do her best.



## ***"I'm proud of you."***

This goes beyond the scope of sports, but your child needs to know that you are proud of *her*, not her stats or her trophy collection.

## ***"You will come back."***

All athletes suffer from slumps, but the real test of their strength is learning to push through until they get it right.

## ***"Let's celebrate the small victories."***

Helping your young athlete appreciate the small victories in a game instead of huge achievements gives him a sense of accomplishment even when things are hard.

## ***"It's OK to struggle."***

Every athlete struggles. If sports were easy, there'd be no pleasure in the achievements. Let your child know that the struggle doesn't have to beat her.

### ***"I'm sorry."***

Sorry you lost. Sorry you feel bad about your performance. Sorry you don't like your team. Sorry you aren't happy with your playing time. Recognizing your child's feelings is OK. It lets him know you support and love him.

### ***"How can I help?"***

When your child is having a hard time, she may just need to know that you are there to offer her support.

### ***"I see your progress!"***

When your child takes big *or* small steps, when he learns a new skill or how to be a leader, or a team player, notice it and affirm him.

Although these phrases can motivate and help your child, remember that sometimes the most important communication we give is not in our words. It is who we are to our kids that really empowers them for life.



#### **EXPECTATIONS OF AN ASSISTANT COACH - (From an article on [www.gomaxone.com](http://www.gomaxone.com))**

- To be consistent in keeping our players accountable for their actions (or inactions). Players need to know the boundaries and have no doubt that those boundaries will be consistently and fairly enforced. This means that an assistant coach should not "play favorites" because no one player is bigger than the team
- To be open and honest about their concerns behind closed doors. Disagreements are to be left in private. Any issues with other staff personnel are to be taken first to the individual and if the situation cannot be resolved, to the head coach. This ensures that no talk goes on behind another staff member's back as this would breach the characteristic of respect that our coaches are expected to maintain. Once we step outside the meeting room, our staff is a united group. This point is essential in maintaining the solidarity of our entire program.
- To perform all of their coaching duties on time and in a manner that is consistent with the quality of excellence that we expect from our players.
- To care about the well-being of our student-athletes beyond the basketball court. In order to have the lasting impact and influence that gives our profession meaning, we must be active (and appropriate) in meeting the needs of our players. "Rules without relationship equal rebellion, but rules with relationship equals response." Our players must know that we care about them and in turn they will respond to our demands.
- To be great teachers of the game. There are times that call for a coach to raise his voice but raising ones voice is not the same teaching. Repeating the same thing over and over to a player is not teaching. Demeaning a player for repeated mistakes is not teaching. We must actively seek ways to engage our players and their learning styles and make time for those who do not understand our teaching. Chances are, it was our teaching that was lacking, and not the player's intellect.
- To actively look for areas to improve our program. Coaches that constantly need to be told what to do and how to do things are a hindrance to the program.
- To conduct themselves with enthusiasm and passion for the game. As a team, we are never as good as we think we are, and we are never as bad as we think we are. With this in mind, there is no loss that should put our attitude in the tank, and no win that should keep us from continued dedication and hard work.
- To always have a plan for practice and to be organized in regard to communication and execution of duties.

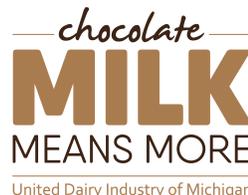
- To model the characteristics of integrity, respect, discipline, self-control, and excellence in the way they handle themselves both on the field and in the school building. Our coaches reflect and represent what our program is about to the outside world and this reflection is of the utmost importance in building quality football players and citizens.

### REFINING YOUR COMMUNICATION SKILLS *(By Chris Wellman, Article in Winning Hoops Magazine)*

Skilled coaches always look for ways to improve themselves. This can be done in many ways, including developing better communication skills. Here are seven ways that coaches can use communication in developing team success.

- 1. Establish a respectful atmosphere.** Emphasize constructive criticism and teach players how to use it. Point out that respect is a foundation of teamwork and, as a coach, always model respect in your communication with players.
- 2. Use positive communication.** Speak of potential, positive goals and possibilities. Catch your athletes doing something right and point it out to the team. Seek to build character.
- 3. Practice communication skills.** Provide athletes with timely information and look for teachable moments. Don't forget to tell athletes why they are practicing a particular skill, and avoid words that attack an athlete's self-worth.
- 4. Nonverbal communication.** Use tone and volume of voice to add importance to what you say. Maintaining eye contact when speaking increases understanding and personalizes the message. A touch, handshake or high five brings feeling to what you say to a player.
- 5. Listening skills.** Check with players for understanding of discussions. Encourage questions, suggestions and opinions from players. Never hesitate to consider what you can learn from your players.
- 6. Use effective verbal cues.** Cues should be simple yet meaningful. Players should connect the verbal cue to a change in position, movement or strategy, but make sure to limit the number of verbal cues you use.
- 7. Give specific praise and remediation.** Specific comments are more powerful and meaningful. This includes evaluations, which are necessary for player and team improvement.

When coaches improve their communication skills, they become better teachers and leaders. Coaches will find that better communication requires conscious effort and practice. This produces positive results with regard to teamwork, player improvement and team attitude.



“Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.” – **Mahatma Gandhi**

“When obstacles arise, you change your direction to reach your goal; you do not change your decision to get there.” – **Zig Ziglar**

“A leader is best when people barely know he exists, when his work is done, his aim fulfilled, they will say: we did it ourselves.” – **Lao Tzu**

“Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible. – **St. Francis of Assisi**