

HARD COURT HERALD

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## A Letter from Our President...

Missouri Coaches:

For many of us it is hard to believe another school year is upon us and the 2013 basketball season is just around the corner. For some of you, you are feeling the excited or maybe overwhelming feeling of your first school year, or your first coaching job. Personally, after 18 years in this business, I am feeling the excitement of a new job and the excitement of taking over as your MBCA President for the next two years.

Let me begin by thanking our outgoing president Neal Hook, our outgoing treasurer Tonya Mirts, and last but certainly not least, our outgoing executive director Dave Fox. The past two and a half years have been a time of unbelievable transition in our organization. Not many organizations are rocked to the core like the MBCA was with the illnesses of both our president, Stephanie Phillips, and our executive director, Gary Filbert. Certain people are placed in certain positions at exactly the right times and the leadership of Dave, Neal, and Tonya have led the MBCA from some of its darkest days, to currently some of our finest in terms of membership, events, and financial stability. There are not enough ways I can thank these three for their amazing leadership, they have left a legacy and huge shoes to fill as we turn the page on the next chapter of the MBCA.

The next chapter includes the hiring of two positions in the MBCA. Denny Hunt was hired by the Board of Directors as the 3<sup>rd</sup> Executive Director in our history. Denny has been involved with the MBCA since its inception and has been challenged by the Board to continue to grow the organization as we "Promote Basketball in Missouri." Secondly, the Board hired Shawn Erickson as its first Assistant Executive Director. Our growth, in both membership and events, has led us to the need for an assistant and Shawn's past work with membership, the coaching clinic, and the all-state teams have been invaluable to our organization.

As we move on in this chapter of MBCA history I have a simple challenge for you, the coaches in Missouri: **Get Involved**. We have many events and committees that could use your help, Hall of Fame, All State Selection, Academic All State, Newsletter, Missouri Challenge All Star Event, Clinic, Gary Filbert Classic, and the Norm Stewart Classic. As we continue our growth we are looking to add events as well. If you are a young coach, ask if you can help, that's how I originally got started in the organization. I have had coaches tell me they have tried and no one has contacted them. My e-mail and cell phone number are at the bottom of this letter, if you want to get involved in any of the MBCA events, contact me, and I will guarantee we will put you to work.

This is a great organization, full of great people, doing great things for basketball in Missouri. I am proud to be the president of this fantastic organization and look forward to working with you.

Yours in Hoops,

Ryan Shaw

417-496-4189

[rshaw@fulton58.org](mailto:rshaw@fulton58.org)

## 2012-2013 MBCA Board Regional Representatives & Officers

<u>Region</u>	<u>Name</u>	<u>School</u>	<u>E-Mail</u>
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KC Basketball Coaches Association	Scott Jermain	Raymore-Peculiar	sjermain@raypec.k12.mo.us
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Northeast-Girls	T.J. Quick	Fulton	tquick@fulton58.org
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Northwest-Girls	Brett Goodwin	St. Joseph Benton	brett.goodwin@sjsd.k12.mo.us
Private-Boys	Kevin Walsh	Vianney	kwalsh@vianney.com
Private-Girls	Julie Matheny	St. Joseph's	jmatheny@stjosephacademy.org
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	Jim Vaughan	Kennett	jimvon9@hotmail.com
NHSBCA Liason	Chris Nimmo	Warrensburg	cnimmo@warrensburgr6.org
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**7th annual**

## **Missouri Basketball Coaches Association Coaching Clinic**

Date: October 4 & 5, 2012

Site: Columbia College, Columbia Missouri

Josh Pastner joins an impressive list of speakers including Jimmy Dykes, Seth Greenburg and Paul Biancardi of ESPN, Fran McCaffrey (Iowa), Barry Hinson (SIUC), Gannon Baker, Greg Marshal (Wichita State), and ESPN National High School Coach of the Year, Kevin Boyle are committed to speak.

UMKC Women's head coach Marsha Frese as well as St. Louis University Women's head coach Lisa Stone have also been named to the list of clinicians.

The clinic will also feature a pair of practices including NCAA Division II Coach of the Year Ben McCollum brings his Northwest Missouri Bearcats to Southwell Gymnasium to practice at the clinic. Also conducting a women's basketball practice will be MBCA Hall of Fame Coach Chris Ellis of Maryville University in St. Louis, MO.

Continue to visit [www.mobca.org](http://www.mobca.org) and follow the MBCA on twitter @mbcaerickson for the latest MBCA-specific and clinic info.



## MBCA CLINIC SCHEDULE (speakers and times subject to change)

### **THURSDAY, OCTOBER 4<sup>TH</sup>, 2012**

9:00-10:45 AM	Registration
10:45-11:00 AM	Welcome (Denny Hunt, MBCA and Dr. Gerald Brouder, Columbia College)
11:00 AM-12:00 PM	Jimmy Dykes, ESPN (20 Truths of Basketball)
12:00-1:00 PM	Fran McCraffery, University of Iowa (1-2-2 $\frac{3}{4}$ Court Press)
1:00-2:00 PM	Josh Pastner, University of Memphis (Memphis Basketball)
2:00-2:15 PM	MBCA Presentation
2:15-2:30 PM	Krossover Presentation
2:30-3:30 PM	Barry Hinson, Southern Illinois University (SIU Basketball)
3:30-4:30 PM	Lisa Stone, Saint Louis University (Developing Player Toughness)
4:30-5:45 PM	COURT 1-Northwest Missouri Men's Basketball Practice, Ben McCollum COURT 2-Jim Middleton, Nixa (Scramble Defense)
5:45-6:45 PM	Gannon Baker, (Offense & Basketball IQ Skill Development)
6:45-7:45 PM	Gregg Marshall, Wichita State University (Wichita State Basketball)
7:45-8:45 PM	Kevin Boyle, Montverde Academy (Competitive Practice Drills)
8:45-9:45 PM	Seth Greenburg, ESPN (1-3-1 Defense)
9:45 PM	Coaches Social

### **FRIDAY, OCTOBER 5<sup>TH</sup>, 2012**

8:00-9:00 AM	Seth Greenburg, ESPN (Building Your Half Court Defense)
9:00-10:00 AM	Marsha Frese, UMKC (Guard-Post Slide)
10:00-11:15 AM	COURT 1-Maryville University Women's Practice, Chris Ellis COURT 2-Jim Scanlon, Rock Bridge High School (Favorite Practice Drills)
11:15 AM-12:15 PM	Paul Biancardi, ESPN (Zipper Offense)
12:15-1:15 PM	Kevin Boyle, Montverde Academy

## More Than Your Job Title

By Shane Matzen

Hard Court Herald Editor

Marquette High School

Given the amount of time I spend at this basketball thing (and in no way am I insinuating that I work harder than everyone else...just I know I put some tick of the clock into it), I am probably not a very good person to be writing this article. I think one of the major problems we (and I'm talking to men for the most part but I suspect this is a coaches' problem overall-male or female) have is that we identify who we are and what we are about by our work position. People who are a little more well-rounded identify who they are by not only their job but also by their family, their interests, hobbies, etc.



I wrote about a trip my family and I took a couple of summers ago to the Grand Canyon and how taking that trip got me a bit out of my "comfort zone" insofar as it wasn't my first choice for vacation venues. This summer we took two major trips. The one I wish to address was our week we spent as a family in Washington, DC. This vacation was different as I was all for going. We flew into Dulles late on a Saturday night, checked into our rented townhouse and got some rest before heading out the next morning to grocery shop and stock up for our week's stay.

It was at that point that the "coach" in me magically disappeared and the "inner history buff" emerged. Walking through the National Mall highlighted our first day in 105 degree heat which thankfully left the area the next day. We had tours of the Capitol, White House, Pentagon, Bureau of Engraving and Supreme Court. A bike trip to George Washington's home at Mount Vernon and touring Ford's Theatre and the home across the street where President Lincoln was carried to die were also a part of our week.

(For those who are friends of mine on Facebook, I'm going to stop at this point describing places we visited as I went into great detail-probably to their great chagrin-each evening after we had spent jam-packed days touring each locale.)

As I mentioned in my aside, at the end of each day, I would go on Facebook and document everything we had done each day and post our pictures from the day-over 150 by the time the week had ended. I've always



been an avid reader and enjoy history, biographies and particularly the whole segment of history that Lincoln encompassed. More than a couple of my friends sent me messages as the week went on though that went something like “I never knew you were so interested in history” or “How do you know all these little details?” I got to thinking as I went back and forth with those people, “I wonder if being a coach is all I come across as?” I enjoyed this trip so much that I continued to read more books afterward that I hadn’t thought to look up and with our gym being renovated this summer was forced to spend time off the floor (or at least more than usual).

In a roundabout way in writing this, I hope I’ve convinced those of you that are as immersed in this profession as I am that we are and can be more than just a basketball coach. I really enjoyed discussing my trip and experiences that my friends had pertaining to the subject in a way that’s maybe not better, but certainly different than the usual “Hey, how’s the team going to be this year?” Look in the mirror. There’s a real person in there, one that’s more than just “Coach”.

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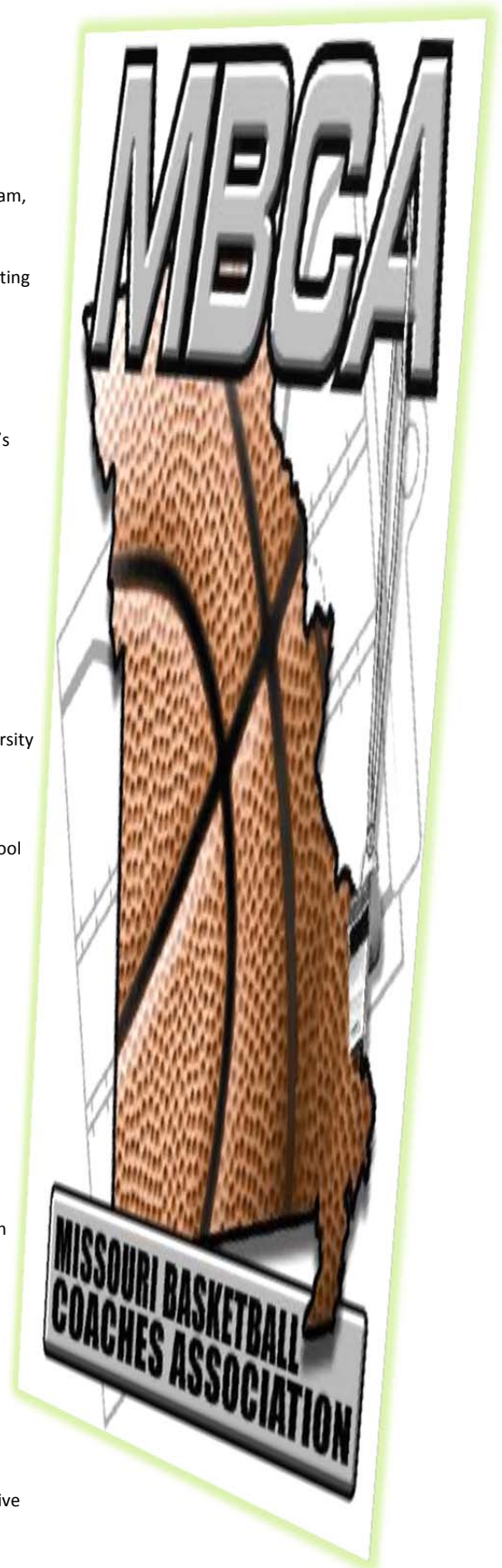
I wanted to end by sending out a short, public note of congratulations to our new leadership for the upcoming year. The loss of David Fox (our executive director who is now working for the Show-Me Games) and Neal Hook (our president who is now athletic director at his high school-St Joe Central) are surely substantial for our association. David and Neal were long-time members and leaders in the MBCA and played incredibly key roles bringing out association out of the hole in leadership we had after the death of Gary Filbert. We are very fortunate though as a membership with the additions of Denny Hunt in his role as executive director and Ryan Shaw as president. Both Denny and Ryan have been involved in the MBCA for many years and have stepped up time and time again to fill whatever holes and duties that were needed. In short, we are in good hands!





## WHAT'S IN IT FOR ME?

- ✓ You'll be a part of a group larger than yourself, your program, your school, your conference or your district
- ✓ A vast wealth of knowledge, experience and ideas just waiting to be tapped
- ✓ A chance to share ideas and be a mentor to other coaches In addition to learning from others
- ✓ The opportunity each fall to be a part of one of the nation's largest and fastest-growing clinics
- ✓ Choice of submitting dues by P.O., mail or online for membership, clinic or our traditional, money-saving membership/clinic combo (online payment new in 2011) [www.mobca.org](http://www.mobca.org)
- ✓ Sponsorship of great events for our state
  - ✓ Norm Stewart Classic @ Columbia College
  - ✓ Gary Filbert Classic @ Mexico High (new in 2011)
  - ✓ Missouri Challenge All-Star Showcase @ Drury University
  - ✓ MBCA Academic All-State Mr & Miss Show-Me Basketball Banquet @ Drury University
- ✓ Automatic membership in the NHSBCA (National High School Basketball Coaches Association @ [www.nhsbca.org](http://www.nhsbca.org) (new in 2011)
- ✓ The many opportunities to honor our players
  - ✓ Mr & Miss Show-Me Basketball
  - ✓ Players-of-the-Year in each class (new for 2012)
  - ✓ All-State squads
  - ✓ Academic All-State squads
  - ✓ Curtis Kerr Student-Assistant of the Year
  - ✓ All-District squads
- ✓ The many opportunities to honor our peers
  - ✓ MBCA Coaches Hall of Fame
  - ✓ Century Club (honoring coaches each year who attain career win 100, 200, 300, etc)
  - ✓ Class level Coach of the Year
  - ✓ Cub Martin Assistant Coach of the Year
  - ✓ District level Coach of the Year
  - ✓ Eligibility for the NHSBCA Coach of the Year Award
- ✓ Your voice via MBCA member seated on the MSHSAA Basketball Advisory Committee (new in 2012)
- ✓ "The Hard Court Herald" The country's most comprehensive coaching association-sponsored newsletter
- ✓ Most of all...it's about PROMOTING BASKETBALL IN THE STATE OF MISSOURI





## Q&A with the Difference-Makers



Denny Hunt

### MBCA Executive Director

Named in 2012 as the Gary Filbert Lifetime achievement award winner by the Missouri Basketball Coaches Association **Denny Hunt** is ready to serve the association in a new and exciting capacity.

Hunt has been named as the next Executive Director, the third in the history of the association. The past twenty seven years Hunt has worked in a variety of capacities including serving as president in 1998, as a board member from 1989-2009, and served as the co-director of the Hall of Fame Games from 1993-2008.

Hunt will succeed Dave Fox who led the association for one year and is moving on to the Show-Me Games. He will continue the work of friend and mentor Gary Filbert, the driving force behind the MBCA since the inception in the 1980's.

Hunt recently spent three seasons as an assistant at Drury University. Prior to his college stint, he built a 353-259 record as several coaching stops including Hartville, Republic, and Central High School. Hunt also was an important part of the Kickapoo (Springfield) staff from 1998-2008. During his time with the Chiefs he was a part of 10 Ozarks Conference crowns, seven district titles, three appearances in the Show-Me Showdown, and a state championship in 2003.

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Hard Court Herald: Congratulations, Denny, on your new appointment as executive director. Can you give our readers a little background on some of the major duties you've performed in the past for the MBCA?

Denny Hunt:

- Board Member since 1989
- Co-director of the Hall of Fame Games for sixteen years
- Clinic Director of the MBCA Clinic which was held in conjunction with the July Hall of Fame All-star Games in the 1990s
- State Committee for Coaches vs Cancer program representing the MBCA
- Vice President
- President
- Board Member for the Missouri Basketball Hall of Fame in the early years
- Committee Member for the First Missouri Challenge held at Columbia College

HCH: Obviously, Gary Filbert and David Fox put out association into the upper tier of coaching associations around the country through their tireless work. You've made the statement that you hope to continue the programs they've established. Can you give some of your possible ideas for future growth of the MBCA?

DH: I certainly have been very impressed with the progress of our association for the past three or four years. We all know that without Gary Filbert, who was a great friend and mentor to me for twenty-five years, the MBCA would not be a reality. With Gary's vision, leadership and hard work, our organization has evolved into what it is today.

What can I say about David Fox? He has worked diligently for twenty-five years promoting basketball and the MBCA throughout our state. He became the clinic director at a time when the need was greatest and has developed our clinic into the best association clinic in the nation.

David stepped up as the Executive Director after the loss of Gary Filbert to provide direction, organization and to develop additional programs to continue the growth of MBCA. David has begun laying a foundation for our association that will be valuable for years to come.

As Gary and David have done before me, I will continue to look for new opportunities to improve our financial status, as well as membership benefits, while promoting the great game of basketball. This can only be accomplished with the continuing contributions from the Board and membership that has made the difference in the past.

HCH: The MBCA is a coaches-based association and you served as one for many years. What are some of your fondest memories serving in that role?

DH: I got a call from Jacky Payne that educated me about the development of our association and he suggested that I get involved. Jacky had played for Gary Filbert in college and he was Gary's choice to make calls to solicit help. During the early years, there were few coaches willing to show up at every event. Gary would call, and we would show up, get our assignments from him and work the event. The first event I worked was the membership table at Norm Stewart's clinic. That day I think I spent more time carrying boxes that had "Show-Me State Games" written on them from building to building, than working the MBCA table. Gary seemed to need a little extra help moving boxes, and I was glad to do it.

The toughest assignment I had during those times was when the Hall of Fame Games were moved from Columbia to Springfield. Jacky Payne and I were selected as co-directors of the games. Most of the revenue from them was going toward the Hall of Fame. When the building was being built, it was the Missouri Basketball Hall of Fame, but it became the Missouri Sports Hall of Fame soon after completion. Jacky and I had help with identifying players, contacting coaches and players from the Hall of Fame. We would bring players in on Thursday for a Saturday night All-Star event at Hammons Student Center on the campus of Missouri State University. We housed and practiced our players at Drury University. All basketball functions fell to the co-directors, including travel and dorm supervision. We were unsuccessful in our attempts to convince the young coaches to stay in the dorms with the players. There was very little sleep to be had in those three days.

It was during the Hall of Fame Games Weekend that we began our first MBCA Clinic. There were countless hours devoted to this task, but it was a good time.

HCH: Through your experience as a coach, how have you seen the job change and what are some of the chief challenges that the current-day coach faces and how can our association be a resource for our current group of coaches?

DH: The biggest changes I have seen are how coaches relate to players and their parents, along with how coaches conduct themselves on the sideline. Coaches should develop a methodology without compromise that demands discipline and the proper work ethic without being what I call a "By God Coach". That is a coach who tells players and parents that "by God if he/she doesn't do it this way, they can get the blank out of the program." I think you can demand the same things but by using a different approach.

Parents these days have been asked by the educational systems to always be involved in their child's education. Many have followed their sons and daughters through every sport he or she has played since kindergarten as well as attending every school function. When their child becomes involved in organized school athletics, they don't see why their involvement should end and they may become overly protective. Coaches should anticipate this and attempt to head off this situation before it becomes a problem.

One of the great resources of our association is our clinic. We have tremendous speakers and coaches can create relationships with people whom they would not normally meet. I know I have learned a lot about the game from coaches that I attended with or associated with at these clinics. Relationships are what make the world go around and MBCA is a great vehicle for developing those relationships.

HCH: Finally, any thoughts or statements you'd like to convey in this early opportunity to speak out to the membership?

DH: One thought I would like to leave you with is this: get engaged in MBCA; you will cherish the connections you make. At the end of the day, you will have promoted the great game of basketball, as well as the satisfaction of having given something back. Just get involved by calling a board member and asking, "What can I do to help?" It may be carrying boxes, like I did, or watching the ball rack like Ryan Shaw at his first event. Oh, I assigned Ryan to that task. Who knew that he would become the President of MBCA? I look forward to meeting as many of our membership as possible.





## ***WHEN PLAYERS NEED YOU THE MOST***

## ***HAVE YOU EVER WONDERED IF YOU WERE SUPPOSED TO BE A COACH?***

### **By Michael Neighbors**

Assistant Women's Basketball Coach

University of Washington

Sacramento, California... ARCO Arena... March 29th, 2010... NCAA Elite 8... Stanford (34-1) vs. Xavier (30-3) Winner advances to the Final Four... Stanford had won their first three tourney games by a combined 98 points... Xavier attempting to be first non-BCS school to advance to Final Four in 11 years... 20.6 seconds to play... 51-51 tie game... Xavier ball on the side coming out of a timeout... Shot clock is off... Ball inbounded safely... All-American Amber Harris cuts off a high cross screen and draws a double team from Stanford All-Americans, Nneka Ogwumike and Kayla Pedersen... Harris finds a wide open Dee Dee Jernigan behind the defense... Amber fires a bullet pass to block... Dee Dee can't convert the wide open two footer... Harris alertly scrambles for the rebound which she secures... As she dribbles to get space, she finds Dee Dee again even more open and closer to bucket than the first time with 9.5 to play...she misses again... and this time Stanford's Kayla Pedersen rebounds...



**This was the moment I knew I was supposed to be a coach.**

**If you don't remember the play or have never seen it, check out this link to hear Stuart Scott's ESPN call of the action and also what followed in the final 4.4 seconds before you read on.**

**<http://www.youtube.com/watch?v=M5Je0ludNqA&feature=related>**

**So much of our daily routine as a coach is spent doing things in an office. We are on the computer researching opponents or recruits. We are manning a remote control watching film in preparation for an upcoming game or one of our own games/practices. We are on our phone chatting with other coaches about the latest gossip or news of the day. We are filing out paper work for an upcoming road trip. On top of that high school coaches are grading papers, filling out absentee forms, doing lunch duty, or meeting with a parent about a student's generally poor attitude in your math class.**

**While vital to execution of our jobs, it is NOT what our players really need from us. If you as a coach can't perform the necessary duties of your job without tiring out or burning out, you will never be there when your players truly need you.**

**I learned this one the hard way over the years. I found myself so wrapped up in "doing my job" that most times I wasn't there to do my real job. Sure, I had some highlights. I was there at times, but wow did I miss out on so many more.**

**Over the last two years since that Stanford game, I have been trying to collect all the times I was there when a player needed me as well as the times I wasn't. With help from other Newsletter group members and coaching colleagues input, I hope we can share a piece that will help young coaches from having to learn these lessons the hard way.**

**I can assure that your boss will never be upset if "your TPS reports are late" if you are tending to the welfare of one of your players. (Office Space reference for you non-movie buff basketball heads)**

**As with some previous Newsletter pieces, these are in no particular order of importance... just ramblings...**

**When they miss the game winning shot... We have all seen videos of coaches reacting to game winning shots running wildly around the floor looking for someone to high five or jump on. Most of the times there is no one there. You know why? It's because the players don't need you then!! They are mobbing each other and many times the cheerleaders and fans too.**

**Your player needs you the most, when they miss the game winning free throw and other people are afraid to be around them. They need you when they dribble the ball off their foot when they are driving for the winning basket. They need you when they get back-door cut on defense for the winning basket even though you told them during the timeout it was coming.**

**When they don't play well...**this is similar to the first one but not the same. This can be after a win or a loss. But your players need you when they don't have a career night. Sure it's fun and necessary to high five those kids and congratulate them on their success, but every coach does that. If you want to be different than most, seek out that player that didn't play well and make sure they go home that night just as important to your team as the Player of Game. It's a pet peeve of mine to especially to see a player who played poorly sulking after a team win and hope it is one of yours too. It's always tempting to call that person out in front of team but only in certain situations would I recommend it. Be there for that player before they put themselves in that situation in front of their teammates... "shout praise/whisper criticism method"

**When they don't play at all...** Here I am speaking to that player who has played in all your pre-season scrimmages. They had a role in some early non-conference games. But invariably, there comes a game, that for whatever the circumstance, their number isn't called. This player needs you after the game. There certainly probably wasn't a plan to NOT play them. It just happened. There surely wasn't time to explain it as it was happening. But your player needs to hear from you before they leave the locker room that night. Maybe even before they go into the locker room. Even your "best team player" will need you. Apart from their own questions, they know they are going to be explaining it to family, friends, and others. Give them a few minutes of your time and help them through this situation.

**When they are in a shooting slump...** the very best shooters in the world have these. Your shooter needs you when they are in one. My experience that just the slightest mention of something technical whether it is true or not helps snap them out of it. A reminder of their overall shooting % sometimes put a short slump in perspective too. One thing, I have rarely seen work is ignoring it. Sure we want our shooters to have A.D.D. when it comes to misses in a game, when that slump continues, they need you. You know your player better than anyone and you can sense the proper time to approach them. Your ability to take players "out of the moment" will separate you from coaches who don't have relationships with their players.

**When they foul out...**this is a situational one. We all have that player that fouls out routinely. Those kids probably can be handled with a tap on the head or a high five. But when that player that "never fouls out" does, she needs you. Most likely she has seldom not been on the floor late in games. She doesn't even know where to sit much less how to act. Grab them and sit them with you. Don't let them sit on the end with their head draped in a towel covering their frustration (or tears if it's a tourney game). The players who are used to being on the bench at that time of a game don't want them there anyway. It changes the way they act too. So, keep them with you. You still need them. If the game is still in question, they can still be a positive. If you are there when they need you most, they will at least not be a distraction.

**When they are thrust into a leadership role...** This isn't necessarily something that happens during a game although it could be at times. It could be the day a senior leader graduates. It could be the day after a star player/leader quits because you took the "fun" out of the game.

Whenever the time comes, your player needs you to be there. It's not easy to be a leader on a team. It causes you to lose people you thought were your friends due to jealousy. It invests you deeper than ever. It is NOT easy. Your player needs your help. They need resources to help them navigate in the locker room. They need your support when they are forced to be a leader on the back of the bus. They need your time to talk because they don't have as many people to talk to as they did before they became a leader. Check out Jeff Janssen's book *THE TEAM CAPTAIN'S LEADERSHIP MANUAL* if you want to put a resource in their hand. Good for every coach to have in the arsenal as well.



**When they call/text to ask you to shoot with them...** this was one I failed at many times in my years. I can't tell you how many times I made up excuses to open the gym. It was inconvenient and almost never failed the call came when I was in the middle of an urgent project. It wasn't long before players stopped asking me...mission accomplished!! Wrong...mission failure. What I learned was that 99.9% of players who ask you to shoot with them are actually saying "hey coach, I just want to talk to you about something and I am using getting some shots up as a way to break the ice." They can shoot with anyone. In fact, what they are really saying is they want you to REBOUND/PASS for them. Some do it to prove to you that they are working extra. Fine. DO IT!! Get off your butt and work later on your project. I never miss a chance to "shoot" with players now. This request could also be disguised as "watch film", "work on Free throws", "improve ballhandling".

**When they lose a loved one ...**if this list were in order, this one would/should be #1. No basketball related situation trumps being there for a player when they lose someone they love. Outside of their loved one they just lost, there is a solid chance that you spend more time with them than anyone. And if they just lost that person, they need YOU!!

**When they have a relationship go bad...** This one can be touchy. Depending on the relationship you might be the LAST person they want to talk to. You don't need details. You don't need to offer a bunch of unsolicited advice. But, you do need them to let you know you are there for them IF they need you. Simply recognizing the situation is enough with this situation in most instances.

**When they screw up...**This is a broad encompassing one. It covers miss class, fail a test, late for bus, bomb a project, forget their shoes, pack the wrong uniform, break a team rule, get in trouble with law for being in wrong place at wrong time...etc. Again, your role is not necessarily to fix their problem. We tell our players all the time there is NOTHING we can do if you break the law or school policy. It doesn't mean that we can't be there for them though.

**When they are injured...** if a player plays this game long enough they will miss some time from practice or some games. It could be a sprained ankle that they need a couple of days to recover or an ACL that sidelines them for a year. They need you. They need to hear that you have a plan for them to recover and still contribute to the team while they are out. They need a role. They need to hear success stories about injured players returning better than ever. They also need to hear the reality of what happens to some players upon return that don't properly rehab. Be there if they have surgery. Be there when they do some rehab. Be there when they can't practice or play.

**When they rehab...**this is a goes with above. But needs to be said. Injured players want a plan to win their rehab just like a healthy player wants a plan to win the game. You need to get them with a trusted physician and a trusted athletic trainer to develop that plan. Not only will this help their rehab, it will strengthen your connection to that player when they return to the court. Go with them to a scheduled re-hab appointment. That small effort will have a ripple effect on your relationship with that player that will spread throughout your entire team/program.

**When they are sitting out in red-shirt ...** This one probably pertains more to college players but more and more states are also forcing players to sit if they transfer districts. These players need you. While they are practicing with you daily, they can't dress out and play in the games. On game days, we work our red-shirts out before the game. They come in 30 minutes before rest of players report and we get after em on the game court. The opponents are usually making their way to the court. There they are busting it!! I've seen opposing players literally stop their routine and watch our kid being worked out. While the purpose really isn't to intimidate or distract an opponent, it is kinda fun. After they workout, then they have time to clean up while rest of team is warming up and join them for the game if allowed by rules. They need you throughout the year to keep them posted as they have no real way to gauge their improvement. They don't have the chance to compete nightly, so you need to give them that outlet to keep them motivated.

**When they have car trouble...** Even though I am from Arkansas, I know NOTHING about cars. NOTHING!! But you can make a huge impact on players when you are there for them when they break down. I always hope for a flat tire because I do know how to change those. I can usually pull off a dead battery jump too. But after that, just being there is about all I can do. I can get them calmed down and pointed in the right direction. I have more "thank you" cards in my file for this one than any other. Just showing up is 95%!!

**When they graduate...** So many coaches lose contact with players after they are "done with them". Rationalizers will say they "have a new group of players to be there for". Wrong. You just have more. You must continue to be there for your players after they are "gone". They might not reach out to you as often, so you actually have to do more work. You have to initiate the contact. You have to reach out. They will need you for recommendation letters. They will want to use you as a reference. I always write in our players graduation cards that they had better keep me posted so I CAN write those for them. Yes, you will spend more money on baby showers, wedding gifts, and the such. But for all they sacrificed for you, it's a small price.

**When they have a rumor going around about them...** This one WILL happen, so be ready. It could be from in- side the team or just a general rumor going around. It might also involve a facebook stalker!! Don't laugh, with social media like it is these days you better be prepared for the "someone posted a pic of me on facebook" dilemma.

**When they visit a new place...** I just added this one today because a player just left my office. She came in and said "coach, I know you travel a lot. My family is going to \_\_\_\_" what should we do? If your player comes to for non-basketball stuff/regular human being stuff, take the time to share your experiences. They may or may not even hear your feedback but them talking to you about LIFE stuff is a big step for many young people.

This is certainly not an inclusive list. Just like on the court, try to be prepared for as many situations as you can so you can properly handle the ones you haven't prepared for.

Ideally this list sparked memories of times you have been there for your players. But if all you do is pat your- self on the back for those times, you are only getting half the benefit. You should also try to think about the opportunities you have missed out on. This is where true growth will occur. I caught myself feeling sorry for some of the players I had coached in the past. If you do to, reach out to them now. Explain that you weren't a very good coach back then. They may not respond but they will appreciate it.

**We can't be there every time. Circumstances just don't allow it. But the goal is to minimize the times we can't be and maximize the times we can be. You and your program will experience a compounding effect for every time you can be.**

**Hopefully you'll never have to be there for a player who misses critical shots. If you are, make her a video of all the plays she made in the game that helped put your team in a position to be there. Make a video of the critical plays she made in the Sweet 16 game to get you to that game. Have her team mates list ways her play got them to that point. Talk to her. Don't let her go through it alone. Let her absorb the situation. NOTHING will seem like it helps at that very moment. NOTHING. You will feel helpless. But in time, it will help her. In time, she will see the team going 1-17 from the three point line when they normally shot 35% from the arc or missing 5 free throws in last two minutes was a bigger reason for the loss.**

**And it will help YOU be prepared for when you get a text saying your top recruit was just diagnosed with Leukemia on your campus during her official visit.**

**That's another future Newsletter mail out.**

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*EDITOR'S NOTES: I have gotten to know Michael via his almost-weekly newsletters. They are TREMENDOUS resources for coaches and I highly encourage you, my reader, to email Michael and let him know you'd like to be added to his newsletter distribution list. It's coaches like Michael and a myriad of others throughout our sport that have made technology a huge factor in the many ways we can grow our game. For more information, please get in touch with Mike via the contact notes below:*

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## **Taking Our Own Advice**

**By Chris Wilkenson**

**Fox High School**

As coaches we are great at giving advice. We give it to our players, if they want it or not, all the time. We advise our administrators, our parents, and our staff. But do we follow what we ourselves preach.

As a Varsity Basketball Coach at Fox High School I give advice every day to my players about their health. From making sure they hydrate correctly to wearing their jackets after leaving a hot gym and going out into the cold I am always giving them some sort of health advice. Many of you do the same sort of things with your teams.

But the question is do you take your own advice? I know I didn't for a long time till something happen to me one night. Let me give you a little background about myself. I will be completely honest and share things that not many people know. If it helps someone then it is worth it. Until two years ago I didn't have a full time doctor. I was 40 and I thought reasonably healthy. Even when I had my appendix taken out four years earlier I still didn't have a regular doctor (I was up coaching five days later). So, truly, my health was not a major factor in my life.

On to the night that changed all that. I was coaching a road game not for from my home so I drove myself to the game. We were having a terrible season. The kids were playing hard but no results to show for it and with every loss I was getting more and more down on myself and taking care of me was not a priority. About half way through the game I started feeling weird (almost an out of body feeling). After the game my blood pressure was 30 points higher than it had been the last time I remember it. My assistant coach said I should go to the hospital and have it checked out and I said I will be fine. As I was driving my leg began to hurt and I could feel my heart race. I pulled over to the side of the road and called 911. I was really afraid I was having a heart attack and was going to die right there.

After a night in the hospital and a stress test and blood work all night they found I didn't have a heart attack. It was stress, (a bad team will do that to you) and dehydration. Over the next year I would have 3 more of these attacks that mimic a heart attack. Never was one but they did find out that I have very bad acid reflux, something called PVC, and stomach issues. This can lead to panic attacks. I have had 2 EKG's and another stress test and all is fine with my heart. My blood pressure is good 120/85. I have a full time doctor and I take medicine for my acid reflux everyday as well as medicine if I have a panic attack.

I am going to give you some advice on how to make sure you have a long happy coaching career and more importantly aren't on the side of the road thinking you are never going to see your kids again. I have done some research on the topic. Here are some simple things all of us can do.

**Physical side:**

Get a complete physical before the season. Players have to have one and so should we.

Get all the blood work and if an over 40 male get the entire tests that are required for us.

Have your heart completely checked out.

**Limit Caffeine-**

I know this may be tough but caffeine can dehydrate you and elevate your heart rate. Coffee and soda are the worse. Trust me I love soda. I not that diet stuff. Old fashion regular Pepsi. As for you that say I drink diet soda that is ok. Not so fast my friend. Studies are now showing diet soda can add inches to your stomach and may also lead to increase risk of heart attacks. If you are going to drink caffeine drink tea. It can be very beneficial for your heart. (Green tea is even better and speeds up metabolism to you keep weight off.) Drink plenty of water

**Exercise-**

Do more than raving on the sidelines. Go for a walk. Run on the treadmill. Lift, just do something. It can relieve stress and the physical benefits are numerous.

**Eating habits-**

How many of us during the season eat properly? Example: It is game night and you don't want to eat or can't because of time. So after the game you are starving and stop by and get that large value meal to eat at 10:00 pm. You then stay up till midnight because you are trying to figure out why you guards can not break the press you worked on for 2 days. Not good for the stomach. So eat try and eat healthy. Eat during the day small meals and snacks.

**Sleep-**

Get some and plenty of it. I know it is hard but make time for it.

**The mental side of things:****Basketball free zone.**

Spend at least 24 straight hours a week not thinking or doing anything about your team. Your team will survive.

**Family time**

Make family time and enjoy it. I have coached my son's feeder team in the past. His practices were some of the most valuable times he and I spent together. Cutting practice 20 minutes short or having your assistant run it so you can make your daughter's soccer practice, dance performance, school musical will help you, your daughter and your team. If your team knows you care about your family first they are more willing to listen when you talk to them about family.

Lean on others-

I coach in a great conference with people I respect and like. If I need to vent they are there for me. Find someone you can do that with. That coach that wins 20 games every year that you think has it easy is dealing with problems also. May not be the same as yours but he/she is dealing with issues also.

Make yourself enjoy it-

Trust me it is still a game. If your best player breaks up with the love of their life the day of the game more than likely the two-page scouting report you have for that game is the last thing they are thinking about in warm-ups.

I hope this was informative. Maybe a little bit entertaining and maybe got some of you to think. Thanks for your time.

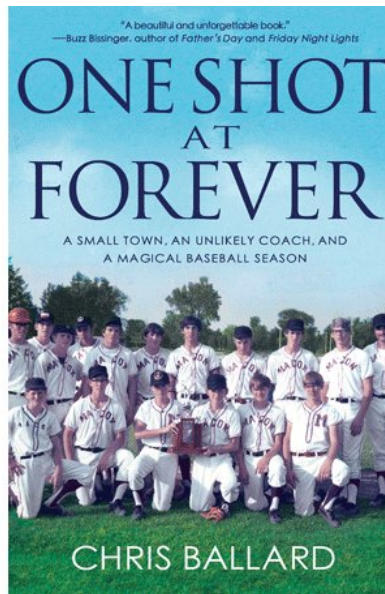
[WilkensonC@fox.k12.mo.us](mailto:WilkensonC@fox.k12.mo.us)

@CoachWilkes3





## RECOMMENDED READING



(HCH Editor's Note: I read this book on vacation this summer and enjoyed it immensely. Not only is it entertaining---a "Hoosiers" version of baseball---but will give you something to think about coaching-wise.)

*In 1971, a small-town high school baseball team from rural Illinois playing with hand-me-down uniforms and peace signs on their hats defied convention and the odds. Led by an English teacher with no coaching experience, the Macon Ironmen emerged from a field of 370 teams to become the smallest school in Illinois history to make the state final, a distinction that still stands. There, sporting long hair, and warming up to Jesus Christ Superstar, the Ironmen would play a dramatic game against a Chicago powerhouse that would change their lives forever.*

*In a gripping, cinematic narrative, Sports Illustrated writer Chris Ballard tells the story of the team and its coach, Lynn Sweet, a*



*hippie, dreamer and intellectual who arrived in Macon in 1966, bringing progressive ideas to a town stuck in the Eisenhower era. Beloved by students but not administration, Sweet reluctantly took over a rag-tag team, intent on teaching the boys as much about life as baseball. Inspired by Sweet's unconventional methods and led by fiery star Steve Shartzter and spindly curveball artist John Heneberry, the undersized, undermanned Macon Ironmen embarked on an improbable postseason run that infuriated rival coaches and buoyed an entire town.*

*Beginning with Sweet's arrival, Ballard takes readers on a journey back to the Ironmen's historic season and then on to the present day, returning to the 1971 Ironmen to explore the effect the game had on their lives' trajectories--and the men they've become because of it.*

*Engaging and poignant, One Shot at Forever is a testament to the power of high school sports to shape the lives of those who play them, and it reminds us that there are few bonds more sacred than that among a coach, a team, and a town (book review courtesy of amazon.com)*

### **MUST-SEE WEB-SITE**

[www.neuedgesports.com](http://www.neuedgesports.com)

Rest assured, we here at the HCH are receiving no kickbacks from the folks at neu edge. It can be safely said though that if you are looking for reasonably-priced uniforms in either their ready-made styles or want to make your team have its own unique look, neu edge is the place to go.

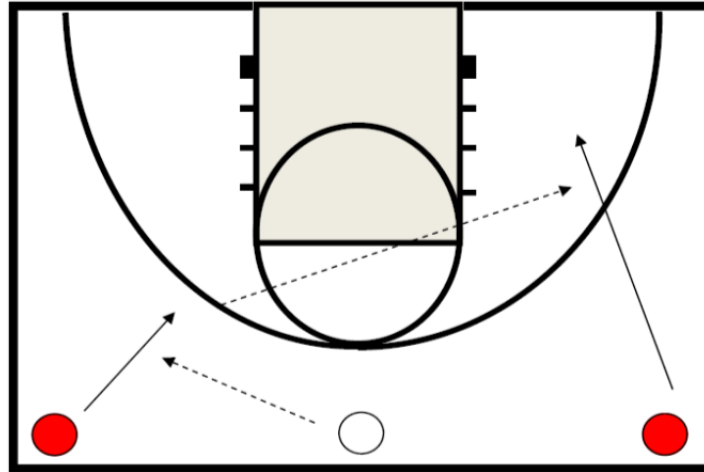


## DRILL OF THE DAY

**USA BASKETBALL**



### Weave to Block Out



White team player passes to one of the red team players cutting toward the basket.

The white team after passing then immediately becomes a defender.

The red team player who received first pass, passes cross court to her red team mate who is cutting to the basket. The 2nd red team player catches ready to shoot a short banked jump shot (12 to 15 feet)

The white team player who initiated the drill is now charged with blocking out the first red player she passed to. If the shot is made, the three players get wide and outside the drill and next three players go.

If the shot is missed and white rebounds, the red players sprint to the wide outside the drill to back of next line.

If the shot is missed and red player rebounds, she plays 1-on-1 vs the white team player.

For variety, change the shot position or the side of the court to attack.

**NATIONAL TEAM DRILLS**



## 2012-2013 MEMBERSHIP APPLICATION

Please fill out and return \$25 per single membership  
(Take note of "All-School" rate and late fees below).

Make your check payable to:  
"Missouri Basketball Coaches Association"

NAME: \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

SCHOOL AFFILIATION: \_\_\_\_\_

CLASS:            1\_\_                            2\_\_                            3\_\_                            4\_\_                            5\_\_

JR HI\_\_                            HS\_\_                            JUCO\_\_                            COLLEGE\_\_                            OTHER\_\_

REGION:                            NW\_\_                            NE\_\_                            SE\_\_                            SW\_\_

South Cent\_\_                            Cent\_\_                            KC\_\_                            STL\_\_

Total Wins as Head Coach \_\_\_\_\_

Number of years coaching at each level:

COLLEGE:                            ASST\_\_                            HEAD COACH\_\_                            TOTAL\_\_

HIGH SCHOOL:                            JR HI\_\_                            HS ASST\_\_                            VAR\_\_                            TOTAL\_\_

### MAIL TO:

MBCA, c/o Shawn Erickson  
942 North 6<sup>th</sup> St  
Festus, MO 63028

(Please note: single Membership is \$25 per year)

### \*\*\*\*\*SPECIAL "ALL-SCHOOL MEMBERSHIP"\*\*\*\*\*

INDIVIDUAL Schools may enroll ALL of their coaches (boys AND girls) for a school membership fee of only \$70. Each coach on the staff though will have to fill out an individual membership form along with the check for \$70. After February 1, the prices will go up to \$30 per individual and \$85 for the entire school staff.

I would like to become more involved in the MBCA and its activities. Please check out the info below for more information on how you can contribute:

MBCA web address: [www.mobca.org](http://www.mobca.org)

Shawn Erickson: [mbca.allstate@gmail.com](mailto:mbca.allstate@gmail.com)

Suggestions for the MBCA Board to consider:

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