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## **2012-2013 MBCA Board Regional Representatives & Officers**

<b><u>Region</u></b>	<b><u>Name</u></b>	<b><u>School</u></b>	<b><u>E-Mail</u></b>
Central-Boys	Ryan Fick	Blair Oaks	rfick@blairoaks.k12.mo.us
Central Girls	Bobby Sangster	California	bobby.sangster@californiak12.org
Kansas City-Boys	Chris McCabe	Liberty North	cmccabe@liberty.k12.mo.us
Kansas City-Girls	Brad Gaines	Raymore-Peculiar	bgaines@raypec.k12.mo.us
KC Basketball Coaches Association	Scott Jermain	Raymore-Peculiar	sjermain@raypec.k12.mo.us
Northeast-Boys	Matt Pugh	Hannibal	MPugh@hannibal.k12.mo.us
Northeast-Girls	T.J. Quick	Fulton	tquick@fulton58.org
Northwest-Boys	Kevin Jermain	East Buchanan	jermain@ebs.k12.mo.us
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
St. Louis-Boys	Josh Martin	Hazelwood Central	jmartin1@hazelwoodschools.org
St. Louis-Girls	Jennifer Porter	Lafayette (Wildwood)	porterjennifer@rockwood.k12.mo.us
South Central-Boys	Bart Denbow	Osage	denbowb@osage.k12.mo.us
South Central-Girls	Brad Conway	Sullivan	Brad_Conway66@yahoo.com
Southeast-Boys	Darrin Scott	Jackson	dscott@Jackson.K12.mo.us
Southeast-Girls	Tyler Abernathy	Jackson	tabernathy02@yahoo.com
Southwest-Boys	Skip Brock	Mt. Vernon	skip_brock@hotmail.com
Southwest-Girls	Scott Womack	West Plains	swomack@zizzers.org

Executive Director	Denny Hunt	Drury	dennyhunt@mobca.org
Assistant Executive Director	Shawn Erickson	Hard Knocks	mbca.allstate@gmail.com
President	Ryan Shaw	Fulton	rshaw@fulton58.org
President-Elect	Bill Gunn	Kirkwood	kirkwoodbasketball@yahoo.com
Vice-President	Jeni Hopkins	Hillcrest	jhopkins@spsmail.org
Treasurer	Mark Anderson	Moberly	manderson@moberly.k12.mo.us
Secretary	Jeni Hopkins	Hillcrest	jhopkins@spsmail.org
Past President	Neal Hook	St. Joseph Central	neal.hook@sjsd.k12.mo.us
College	Bob Burchard	Columbia	rburchard@ccis.edu
Junior College	Randy Albrecht	Meramec	ralbrecht@stlcc.edu
Missouri Challenge Tournament Committee	Nick Kemerling	Savannah	nkemerling@savannah3.com
	Matt Thomas	Steelville	mthomas@steelville.k12.mo.us
Associate Clinic Coordinators	Chris Neff	St. Joseph Lafayette	chris.neff@sjsd.k12.mo.us
	Dan Rolfes	Incarnate Word	drolfes@iwacademy.org
All-State/District/Academic Committee	Shawn Erickson	Festus	mbca.allstate@gmail.com
	Jim Vaughan	Kennett	jimvon9@hotmail.com
NHSBCA Liason	Chris Nimmo	Warrensburg	cnimmo@warrensburg6.org
Coaches vs Cancer Liason	Jason Wolfard	Lindbergh	Jwolfard@lindberghschools.ws
Webmaster	Bill Gunn	Kirkwood	kirkwoodbasketball@yahoo.com
Newsletter Editor	Shane Matzen	Marquette	matzenshane@rockwood.k12.mo.us





## The Art of Letting Go

By Shane Matzen

Hard Court Herald Editor

Marquette High School

*"Just Hold On Loosely  
But don't let go  
If you cling too tight babe  
You're gonna lose control  
Your baby needs someone to believe in  
And a whole lot of space to breathe in  
Don't let her slip away"*

---lyrics to chorus of "Hold on Loosely" by .38 Special

My apologies to our younger readers who aren't hip to .38 Special (EDITOR'S ASIDE: a very underrated band in my opinion...I am of the age to remember their peak period which included going on tour as the headliner and having Bon Jovi, yes Bon Jovi, open for them when I was fortunate enough to be in the audience for a concert way back in 1987 at the Hearn Center...but I digress). If you read closely into the words expressed by the song's writers though, I think you can relate what they're trying to say to you and how you handle your team this year.



We all have many variables to relate to as we plan on the journey that is the upcoming season:

- What is the experience level of my team?
- How talented is my team?
- How intelligent is my team?
- How strong are my team leaders?
- And many more...

Part of the beginning of any season is the work we have to do to establish what an 'in' word in our business is now: our culture. That culture includes what offensive sets or offenses we want to run, defenses we want to deploy, the tempo we want to play, the lists of 'musts' that are ingrained in us individually as coaches, the list goes on and on as we attempt to put a team on the court for the first game that is a reflection of what we believe in as coaches and what we think this group can do best.

When I was in my earliest stages of coaching, an athletic director of mine came down to watch one of our practices and afterwards just asked in passing about the many stops I made during the course of that day's practice. My reply (and he didn't try to correct me, was only asking) was something to the effect of "I want to make sure I correct every mistake as it happens so that we don't repeat them". As I reflect back on those days, I still believe there is something to that. However, what part of practice you're making those corrections in I believe is hugely important. If you are in the midst of a breakdown drill, I think the fact that you're in a drill makes repeated corrections extremely relevant. If your players are in the course of a 'play' situation though, letting them go and seeing how they deal with a mistake makes much more sense to me than it did years ago. That doesn't mean that after the course of play has come to a natural stop the mistakes aren't discussed and analyzed, it just means that by letting your team work through their mistakes you are beginning to show a level of trust that will bear fruit as the season progresses.

I think I'm in the majority of coaches who probably enjoy practices much more than games just from a selfish standpoint. I can control everything about the structure of a practice, including the famous 'do-over'. A game means someone else is doing everything in their power to change the environment that I want my team to exist in (Haven't we all been a bit jealous at times of our counterparts in the cheerleading, dance, theatre and music departments? I mean, I respect what those kids do to the max but nobody's trying to trip them up, steal their lines, mess up their CDs, etc!) Another factor in game that can mean a lot to the growth of your team (though understandably is used only if the variables mentioned earlier are in place) is actually asking them while kids are on the bench, during timeouts or during halftime what works **IN THEIR OPINION**. That trust you build through exercises like this will make them believe in you more during the many moments when you must obviously make decisions and set the team's path.

While standing back in a practice and letting your players in essence, "coach themselves", means that we aren't as hard at work as we were in the aforementioned drill situation; it may mean you are doing more for them than you ever could changing their stance in a ballhandling drill or moving them up the line a foot or two to defend a ball screen. I have seen coaches over the years at our level do a better and better job at not only defending sets because of the preparation they're putting in but defending what you are so meticulously planning during timeouts. The ability of our players to "just play" is something we have to constantly cultivate throughout the season. This means shutting our mouths in the moment and reaping the benefits later on when in a tournament championship game, a district playoff game or even beyond our guys come down the floor with a minute to play in said contest and without saying a word, you motion for your guys to go and they get the ball to the right guy in the right spot resulting in a victory. (Of course we all live with the fact that if the ball doesn't go in the hoop everyone in the coffee shop the next morning will be talking about the idiot that didn't call a timeout!)

Whether it's the singer in an 80s Lynyrd Skynyrd-wannabe band imploring you to give your girlfriend her space or allowing our sons and daughters to grow up or letting our basketball teams get better without our constant input, the end result is clear. Doing a little less on our end can mean a lot more in the long run.

# NORM STEWART CLASSIC

*Missouri Basketball Coaches Association  
November 30 - December 2, 2012  
Columbia College - Columbia, MO*

## **FRIDAY, NOVEMBER 30**

**6:00pm**

**HICKMAN V. MOBERLY (G)**

**7:30pm**

**JEFFERSON CITY V. KIRKWOOD (B)**

## **SATURDAY, DECEMBER 1**

**11:00am**

**SOUTHERN BOONE V. MOBERLY (B)**

**12:30pm**

**SALISBURY V. MACON (B)**

**2:00pm**

**HELIAS V. PLEASANT HILL (G)**

**3:30pm**

**HELIAS V. ST. JOSEPH LAFAYETTE (B)**

**5:00pm**

**HICKMAN V. WAYNESVILLE (B)**

**6:30pm**

**NIXA V. DESMET (B)**

**8:00pm**

**ROCK BRIDGE V. CBC (B)**

## **SUNDAY, DECEMBER 2**

**1:00pm**

**MEXICO V. GLENDALE (B)**

**2:30pm**

**ROCK BRIDGE V. BLUE SPRINGS (G)**

**4:00pm**

**JEFFERSON CITY V. ST. JOSEPH'S ACAD. (G)**

**5:30pm**

**TROY V. LIBERTY NORTH (B)**

**7:00pm**

**BLAIR OAKS V. CAMDENTON (B)**

## Q&A With the Difference-Makers



### Sean Williamson-Glendale High School

*Sean Williamson was named the fourth head boys basketball coach at Glendale on April 21st, 2004.*

*Coach Williamson played three sports at Nixa High School in the mid-1980's. The Eagles advanced to the Missouri Class 2A State Championship game his senior year. He was a two-year baseball letterman at Evangel University in the late-80's.*

*After serving as an assistant to George Wilson at Willard for a few years, Coach Williamson took his first head coaching job at Conway High School in 1990. He compiled a 71-61 record in five seasons and won a district championship in 1993.*

*In 1995, he returned to Willard to take over for George Wilson. In nine seasons, his teams went 147-89 overall with a Central Ozark Conference title in 1997 and a two district championships ('97 & '04). He left Willard on a high note after upsetting state ranked Logan-Rogersville in the district tournament before falling in triple overtime to Ozark in the Class 4 Quarterfinal contest at Hammons Student Center.*

*After eight seasons at Glendale, his teams have won 161 games, while losing only 57 for an outstanding winning percentage of .74%. Notable accomplishments include two Blue & Gold titles ('04 & '10), two Ozark conference championships ('09 & '12), and the program's fifteenth district championship in 2006.*

*Coach Williamson also acts as Glendale's boys and girls golf coach (Boys won a state championship in '07), and he also served as general manager of the semi-pro Springfield Thrill basketball team. Sean was President of the Missouri Basketball Coaches Association during the mid-2000's for a two-year term that culminated a long and dedicated career serving the MBCA on its board.*

*(Coach Williamson's bio and photo courtesy glendalebasketball.com)*

Hard Court Herald: Of the many things that are talked about at the Missouri Basketball Coaches Association board meetings, a popular topic is getting more coaches involved. Can you give some of our coaches who have thought about doing more within the MBCA some concrete examples of what they can do for basketball within our state or possibly some of the duties that you performed as you rose through the ranks to president of our association?

Sean Williamson: The mission of MBCA is to promote the game of Basketball around the state... There are so many ways to do that --- In our own programs or communities, special olympics, coaches vs. cancer, elem. programs or pee wee leagues. To be involved with the MBCA a coach just needs to be willing to donate time to help with events including at the all-star challenge, the clinic, nomination committees, selection committees, regional meetings, final four activities, be willing to be rep from your area...the list goes on and on.

HCH: Going way back in the history of basketball in our state, the southeast portion has a legitimate claim to being the hotbed of our sport. However, in the last 15-20 years, hoops has really taken off with as much or more fan support for it in your area around Springfield and the



southwest part of Missouri as anywhere. What are some factors that you've seen contributing to this?

SW: I think basketball has always been hot in southwest missouri --- I think we have just had some teams make good final four appearances (as of late) that grabs some attention from other parts of the state. SW has always had good coaches, fans, and dedicated players.

HCH: How have you seen our profession evolve in the sense of the number of duties that high school coaches are now expected to perform in comparison to when you started out?

SW: Coaching is still Coaching -- the difference is the expectation to promote. Coaches are asked to comment on their teams before they have had tryouts. The number of media outlets that request information on the season almost makes a school need a full time SID.. Most high school coaches are paid very little to actually coach, teaching is the real gig and the demands on teachers continue to rise as well. I really like the 25 contact day rule also.. I think is good for kids to be kids and coaches to recharge the batteries also. It wasn't long ago that the summer was totally spent in the gym. I love the gym but the lake is nice a bit also.

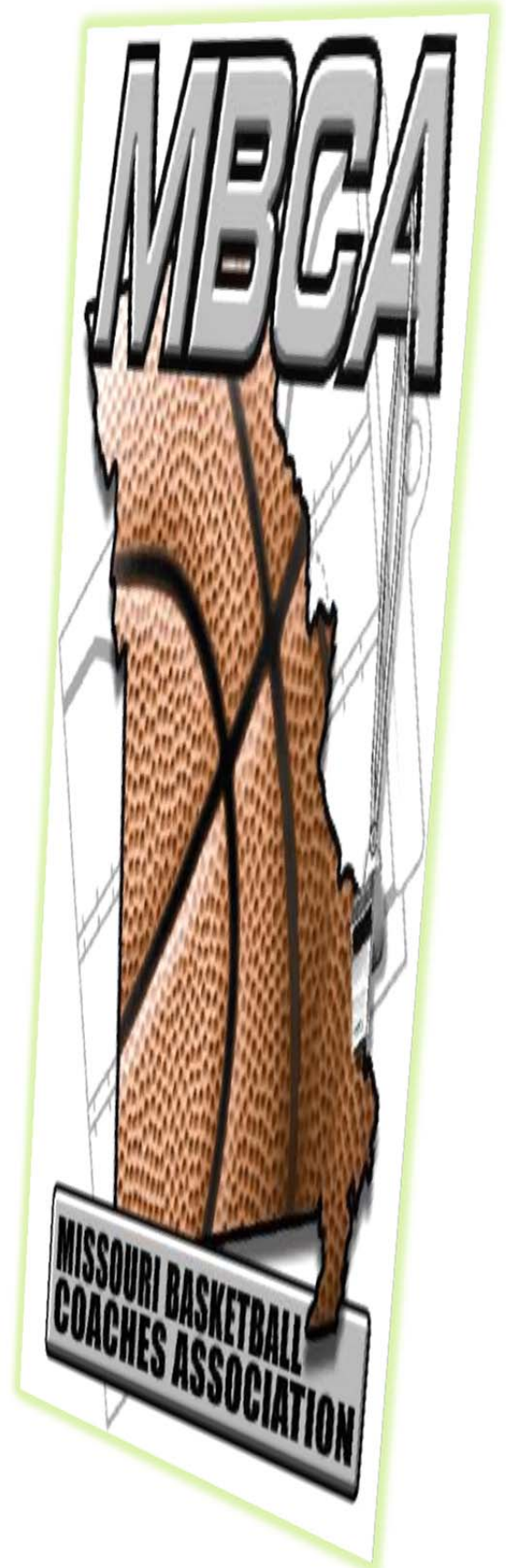
HCH: As a coaching veteran, what are some key things you've learned over the years that as a younger coach you would have appreciated knowing when you started out?

SW: The basketball season is long!! I think I attacked my team the first week and by February they were worn out and tired of me. Every team is different, but I learned having them hungry and wanting to play and practice is more important in February than June or even November.



# 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





## **Mike Neighbors | Assistant Coach**

University of Washington | W-Basketball, Box 354070 | Seattle, WA 98195-4070  
| Office: 206-616-8323 | Cell: 206-619-4157 | Fax: 206-616-8906  
Email: nabes22@u.washington.edu

### ***TIME MANAGEMENT FOR BASKETBALL COACHES***

The game of basketball changes every year. The players we coach evolve. Technology continues to advance beyond our wildest dreams. But one thing about the profession of coaching as never changed in our lifetimes... we all have 24 hours a day, 168 hours a week, 8,760 a year. And unless the Mayan's are correct, I am predicting this isn't about to change anytime soon.

The way in which we utilize those hours often separates the success we experience and most certainly determines how we as coaches are able to balance our on-the-court life with our off-the-court life.

Our ability to effectively manage those 24/168/8,760 hours can be the difference between a long, happy career and one that is short lived and miserable.

It's hard to mess up a career where you get to wear short pants and tennis shoes and play games, but if you allow time to become your nemesis, it can happen to the best of us.

There are time management guru's giving speeches and hosting seminars all over the country on a daily basis. There are volumes of books at Barnes and Nobles with ALL the answers from award winning authors. Problem is, most of them aren't coaches and some of their time saving tips just aren't a possibility in this profession.

I am certainly no TIME MANAGEMENT expert, but the one comment I receive most often about our UW Newsletter is "where do you find time in your day to do it". The answer to that is mostly because we have a great IT department here and great group members willing to share. But, time management was something that plagued me early in my coaching career and has steadily improved over the years. Just like with our transition offense or our Pac Line Defense, my ideas might not work for everyone and their particular situation. But if I can share one thing from my experiences that will help you spend more time with your family/friends, spend more time enjoying a hobby, or just allowing you more time to effectively execute the rest of your responsibilities, then this little piece will be worth it.



# UNIVERSITY OF WASHINGTON

**ONE... stop attending the seminars and stop looking for a magical formula in a book that you can purchase. I made that mistake early on in my coaching days. I am not saying there aren't some good ideas in them or that these people aren't speaking the truth. It's just not 100% applicable to coaching. For example, if you google/bing articles on time management they will list as one of the top things to eliminate is your time on the computer. Well, for me email, FACEBOOK, twitter, and Instagram are the live blood of recruiting. So eliminating that from my day would not be such a good idea.**

**It okay to attend the seminars or read a few books. Just don't expect to come away with a "playbook" of how to proceed. Don't keep buying a new book or subscribing to a new method.**

**Take the information you do get, and just like attending a coaching clinic, *make the ideas your own.***

**When I got serious about managing my time, my goal was to save 5 minutes a week on 10 to 15 different things. That doesn't seem like a lot of time in the grand scheme of time. But in saving that small amount of time, I gained 75 minutes a day, 525 a week, 27,375 minutes a year... Do the math on that and you'll find I had 19 days more than I had before... 19 DAYS!!!**

**So, I am just going to take you through my philosophy and how it has evolved over the last 15 years and hopefully something will help you save five minutes and maybe help you look at your current situation and find other ways to reach your 19 extra days.**



**STOP USING A DAYRUNNER:** When I first broke into coaching, Franklin Planners were all the rage. Everyone had a "dayrunner" and it held everything that was important. There were (and still are) Franklin Covey stores in which you could buy a multitude of tools to organize yourself. I got one as a gift for getting my first head coaching job. I was meticulous in organizing it. I color coded everything. Red for this, blue for that, black for another, green for yet another. Daily, weekly, monthly calendars at the tip of my fingers. To-do lists we prioritized down to the minute with everything for the day ahead. It took about two years for me to realize I was spending more time organizing my day than I was saving by being organized for my day. I wasn't saving time and could not tell that I was doing better quality work as a result. Does making your daily TO-DO list really pay off in the long term??

# **UNIVERSITY OF WASHINGTON**

**WITH YOUR DAY RUNNER GONE WHAT THEN:** Now that I had disposed of my life line to organization I still needed a way that kept me focused and on track to complete what I needed to get done. I was a high school coach at the time teaching three sections of biology, two sections of chemistry, and one of physics in addition to coaching my team. Obviously I needed something to keep things straight. I sat at my desk one day until I had a plan. I came up with four things that were important to me... Family/friends, My Current Situation, My Future, My Hobbies... Those were the things that I dealt with on a daily basis and I needed to be good at. From that I created PILING system (I always hated filing things and thought that process too wasted valuable time). So I had for PILES on my desk. One for each of those Important Things. During the course of the day many things came across my desk that needed attention. If they didn't fit into one of those PILES it stayed on my desk until I completed it. Those things directly in front of me then were things that we either URGENT or IMPORTANT. If it was urgent I did it right then. If it was IMPORTANT it might be able to wait until all the URGENT things were done. At the end of each day before I went home, everything went into one of my four piles or it went in the trash can. If something had survived the day without being IMPORTANT OR URGENT and didn't relate to my FAMILY/FRIENDS, MY CURRENT SITUATION, MY FUTURE SITUATION, or MY HOBBIES it went into the trash can. If I had to take something home with me to finish that night I did. If not, the next morning I had a clean desk and perhaps a small stack of things that were IMPORTANT left over from the day before. I didn't have the neatest desk in the building, but I could tell you where everything was located. And I had a PILE for everything.

- \*\*\* I kept a stack of index cards handy to write notes and place into piles as the dictated**
- \*\*\* I would periodically actually file some things from my four piles that didn't require daily attention**
- \*\*\* I had a manager who was OCD so she had to color code the 4 piles which turned out to be useful**
- \*\*\* I learned to be maniacal in my decisions between Important and Urgent**

**This system worked for me and was the sole tool I used in being organized for the next 4 years as a head coach at the high school level.**

**Organization became even more important to me when I went to work for Gary Blair at the University of Arkansas. I was transitioning from being a head coach of my own program to being the Director of Operations for a collegiate team. Just like the jump in the game itself, the biggest change for me was the PACE at which everything occurred and the fact that everyone around was as good (or way better in my case) than I was. I kept my piles but my stack of URGENT and IMPORTANT became deeper and harder to determine a place for. It took exactly two days on the job for me to have my second major break through in MY organizational plan.**



# UNIVERSITY OF WASHINGTON

**EAT THAT FROG:** I learned after two days that I had to have everything done that I needed to have done for myself by 9 am. 9 am was the time (within a few minutes daily) that Coach Blair would walk into my office with a stack of things for me to do and 99% of them needed to be done by noon if not before. My stack of URGENT and IMPORTANT from the day before must be gone or very, very small. For me to effectively function I needed to have a blank canvas. EAT THAT FROG is a reference to Brian Tracy's idea of making sure that you do the things you least want to do first in your day. Find those things that you dread doing and get them out of the way early (eat that Frog). In doing this, the rest of the URGENT items were all downhill. Along the way I found too that if these matters dealt with other people, getting to them early in their day was equally as beneficial. This is something that to this very day I still naturally do. So, if you get a call from me early in the day that might tell you something!!!



**BATCH RATHER THAN PRIORTIZE:** Many people will teach you to prioritize your to-do lists in various ways. While I certainly agreed with the need to have a plan, once I got things into my two piles of URGENT/IMPORTANT I learned I was more effective with my time when I batched tasks together rather than simply doing them in order or importance. By batching I mean, grouping things together that are similar. For example, if I had a high priority task that required me to be in the film room it became smart for me to knock out any other tasks that required me to be in or near the film room even if they were lower down my priority list. This saved the few minutes of re-tracing steps and maybe a few minutes on becoming distracted along the way to and from. Another example might be returning all your emails or returning phone calls. Anything that makes sense BATCHED together saved a couple of minutes here and a couple of minutes there.

**DRIVE TIME:** In a perfect world, living close to your gym is a huge plus. The time spent in your vehicle making the trips back and forth can really add up quickly. So the first point of this one is live as close as you can afford or makes sense with your living situation. Secondly, if you do have a short (or long) commute. Use your drive time home at night to make that one phone call you need to wrap up your URGENT stack. Use your drive into the gym in the morning to EAT THAT FROG and make the call you would otherwise be dreading all day. Obviously with laws these days, hands free is a must and safest, but it is valuable time. Thirdly, this can also be YOUR TIME. Some days it could be your time to listen to that new song from itunes before you get home to a crazy house. Whatever you decide to use the time for, just make sure it isn't wasted and aimless.

# ***UNIVERSITY OF WASHINGTON***

**READY ON YOUR ALARM:** This one is certainly a personality thing. In examining my own routines I learned that I wasted valuable time in the morning preparing myself to leave for the gym. Finding my keys, locating the proper practice gear for the day, loading up my work bag, where is my wallet?, where is my phone? Etc. It was three to five minutes a morning. Yet I laid in the bed at night fighting sleep, flipping the TV remote watching info-mercials. So, I committed to having my morning ready to start at my alarm by getting all that stuff ready the night before. Now, you may be a morning person and exactly opposite of me and would rather do that in the morning. Fine but I bet if you examine your nightly routine you would find a way to save a few minutes. Just being ready to start your day on a good note can lead to a productive morning into a good afternoon and wrap up with a great evening.

**DUMP YOUR CABLE PROVIDER:** This was toughie for me but maybe the best thing I ever did... I didn't do this during my days at Arkansas but I mention it here because I just made reference to flipping the TV remote. I cut off my cable. Cold turkey. Went from a 300 channel guy to a zero channel guy overnight. Were there some serious withdrawals? No doubt. But what I found was I could find almost anything I really wanted/needed to see on the internet or at the office. Then with the money I saved in six months of not having a cable bill I was able to buy an ipad on which you can view EVERYTHING... I extra time I saved from watching the tube lead to reading more and interacting with real live human beings. I know this is a drastic one, but I can attest that it won't kill you and the rewards are countless.

**SOCK SORTING SUCKS:** Since I broke with chronological order above, I will just go with it now. As a single guy, I do my own laundry. I am too cheap to pay someone else to do it so saving all laundry time I just needed to streamline the way I did it. I came up with a system that worked for me to get everything clean in a pretty timely manner. That is a big challenge for us coaches who may have a "4 change day" depending on the time of the year. The one thing I always dreaded and found myself frustrated with was sorting of socks. I always ended up with a basket full of socks at the end of the week (er, or month). I would plop down in front of game film and go about sorting them. Of course only to find that the dryer had eaten at least one leaving an odd pair every single time. It was 20 minutes of pure hell. Then one day it hit me... THE SOLUTION... I put every pair of socks I owned in the trash. Went to Dick's sporting goods and bought 50 pairs of the same athletic sock. Went next door to Jos A. Banks and bought three pair of colored dress socks that too were all the same. Now when I wash socks they all go in at once, come out at once, and go back into a drawer with out even pairing up. ONE BIG SOCK DRAWER. Reach in grab two and I am set for the day. No sorting, no pairing, no searching for. Why didn't someone put this one in their book!!!

# UNIVERSITY OF WASHINGTON

**FRONT ROW JOE'S:** This one also hit me on a random Saturday afternoon. I was that person who always thought there was a better parking spot just on the next row over. I was in constant search for the perfect spot and celebrated finding a FRONT ROW JOE at the mall like we had just hit a game winner to win the Championship. The new time saving me now parks in the first open spot I see and walk in. Roughly estimate I park 40 times a week doing various things. If I save 20 seconds per time... do the math per week, per month, per year...

**SHOPPING ONLINE:** I think someone more committed than me could even take this one to another whole level. In Seattle, you can actually do your grocery shopping online then just stop in the store, pay for you order, then roll out. As a coach I already throw away too many things before I eat them, but there are lots of other ways I SHOP online. I count bill paying in this one too. But finding things online and having them shipped to my door saves traffic, parking, out of stock issues that eat away quickly at the time you have worked so hard to save. I believe someone could pretty much get everything they need delivered without ever leaving their iphone or laptop.

**PHRASEXPRESS.COM:** A computer application to works like auto-fill on your emails and word processing. As a coach there are many common phrases that we use repeatedly. This feature recognizes those patterns in our every day routine and fills them in automatically. I send on average 250 emails per day (sometimes as many as 1000). If I can save seconds in each that adds up in a big, big hurry. There are others out there, but this is the one I came across first and have stuck with. (for example it has auto filled about 30 times in this document alone!!)

**RSS FEEDS:** Staying with the technology theme, using RSS feeds to alert you of things that occur in real time that are important to you are a huge time saver. Google Alerts, RSS feeds from other places bring things you choose right to your attention as they hit the world wide web... This is where you can be more efficient in your job because of all the other ways you have saved time in your day.

**RECREATE YOUR OFFICE AT HOME:** I have tried to re-created my office setting in the gym as closely as I can at home. I have a computer charger at home so I don't have to pack one from the office. I have access to all my office files via an external hard drive at home. Obviously there are things you can't bring home but being as functional as possible saves those extra travel trips, the lost time in procrastinating until you are "at your desk". Again you can take this one to extremes as you are able, but just a few small things like not packing and unpacking a charger saves you a minute or so each time.



# **UNIVERSITY OF WASHINGTON**

**TOUCH ONCE:** When I first started paying attention to this one it was dealing with dirty dishes. I was notorious for putting a dirty plate in the sink. Letting the sink fill up, then finally breaking down and putting them into the dish washer. The TOUCH ONCE principle told me that since I already have it in my hand, rinse it off, and put into the dishwasher all at once. Not only did it keep my kitchen more presentable, I also found myself implementing the TOUCH ONCE principle other places... Dirty laundry, equipment around the gym, tasks in your day, etc.

**PACKING:** This point alone could warrant an entire 10 page piece, but since I know not everyone travels I won't go into great detail. I will just say that having a plan in packing your bag can save a HUGE amount of time directly and indirectly. Not over packing clothes that you have to rewash after packing and never wearing but need to be washed as a result of being packed. Forgetting things that require time (and money) to replace away from home. I can't tell you how many BLACK BELTS I had accumulated after my first year of college coaching!! As someone who is on the road 75-100 days a year, this is a biggie. Still no expert, but now that I have a plan I see a noticeable difference in how comfortably I travel and being stress free away from home is priceless. It helps me be fresher come game time and if it helps me pay more attention to the game, then maybe it helps our team.

So, there are MY 15 things.

Not a magical formula. Not a playbook that everyone can follow. Nothing too life changing by themselves.

What I hope you can take from this is the way to examine your own routines, identify the things that waste time and/or just cause you frustrations, and help you recognize that saving a few minutes here and there really had up over the course of a basketball season.

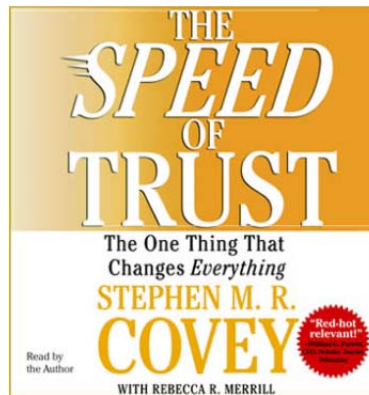
Just like all things Basketball... take these ideas and make them yours.



PS... It's going to be impossible not to think of me every time you sort SOCKS if you don't make that change



## RECOMMENDED READING



*Trust, says Stephen M.R. Covey, is the very basis of the new global economy, and he shows how trust—and the speed at which it is established with clients, employees, and constituents—is the essential ingredient for any high-performance, successful organization.*

*For business leaders and public figures in any arena, The Speed of Trust offers an unprecedented and eminently practical look at exactly how trust functions in our every transaction and relationship—from the most personal to the broadest, most indirect interaction—and how to establish trust immediately so that you and your organization can forego the time-killing, bureaucratic check-and-balance processes so often deployed in lieu of actual trust. (review courtesy of amazon.com)*

## RECOMMENDED BOOKMARKS

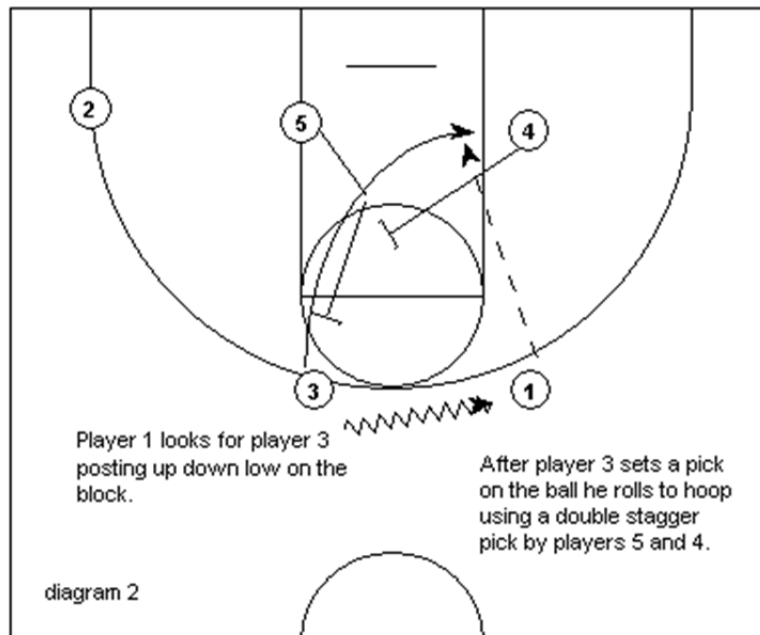
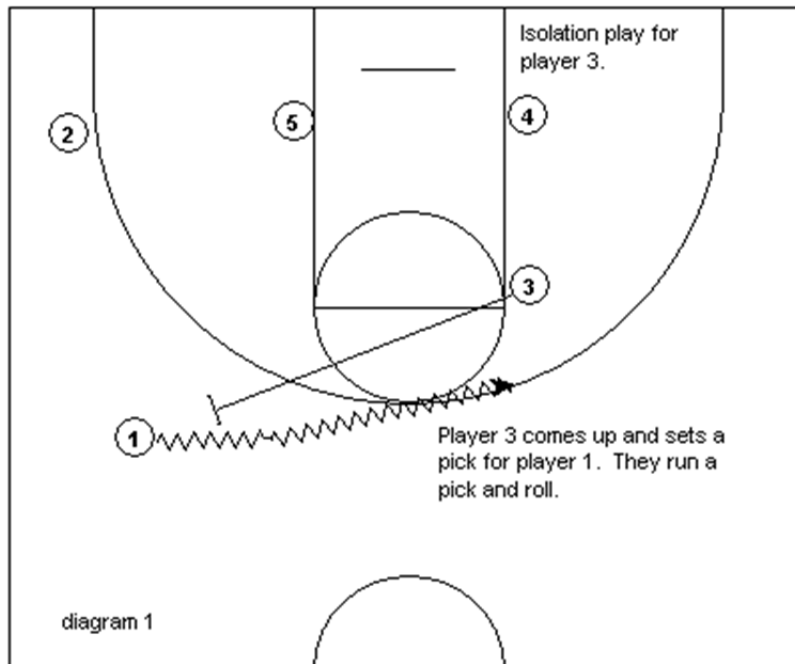
Blogs recommended by Michael Neighbors (University of Washington Womens Basketball)

Here are a few that I have found and read weekly if not daily: (in no particular order)

- [Hoopthoughts.blogspot.com](http://Hoopthoughts.blogspot.com) (Bob Starkey started when at LSU)
- [Basketballinsights.blogspot.com](http://Basketballinsights.blogspot.com) (Joey is a college coach that also loves to share)
- [Blogs.thescore.com](http://Blogs.thescore.com)
- [Hoopedonline.com](http://Hoopedonline.com)
- [Womenshoopblog.wordpress.com](http://Womenshoopblog.wordpress.com)
- [3fromthecorner.com](http://3fromthecorner.com)
- [Chasinggreatness.donyaegar.com/blog](http://Chasinggreatness.donyaegar.com/blog)
- [Coachingtip.blogs.com](http://Coachingtip.blogs.com)
- [Edweek.org](http://Edweek.org)
- [Linked2leadership.com/blog-topics-2012](http://Linked2leadership.com/blog-topics-2012)
- [Learntoduck.net](http://Learntoduck.net)
- [Michaelhyatt.com](http://Michaelhyatt.com)
- [Danpink.com](http://Danpink.com)
- [Jongordon.com/blog](http://Jongordon.com/blog)

## FEATURED PLAY/DRILL

### "XAVIER"





**MBCA Board Meeting  
October 3, 2012**

**I. Call to Order-Neal Hook 8:03**

President Hook welcomed everyone and made introductions, including new president, Ryan Shaw

**II. Minutes from the March Board Meeting - Jeni Hopkins**

*Motion to accept Jim Vaughn*

*2<sup>nd</sup> Brad Conway*

*All Approved*

**II. Treasurer's Report - Mark Anderson**

Treasurer Report was handed out and reviewed. Details are in the handout.

*Motion to accept Jim Vaughn*

*2<sup>nd</sup> Brad Conway*

*All Approved*

**IV. Introduction of the Board and Executive and Assistant Executive Directors - Ryan Shaw**

President Shaw introduced Brad Stout from Collegiate Awards and he gave a summary of what his company does and we expressed gratitude for his sponsorship of the Hall of Fame and the Missouri Challenge.

President Shaw started introductions around the room.

Executive Director Denny Hunt welcomed everyone and complimented the board and the association for all of their work the last few years.

**V. Committee Reports**

**a. Membership Report - Shawn Erickson**

650 are coming to the clinic, will top 800 by at-the-door registration; 213 plus clinic numbers is our current membership. Projections by the end of the season as high as 1500.

Encouraged to get feeder school coaches involved.

**b. Norm Stewart Classic - Denny Hunt / Dave Fox**

Teams are set. Need sponsorship; send Denny ideas; National Guard was suggested

Date – Nov 30-Dec2nd

Provides funds for scholarships, Special Olympics, and Cancer Organizations.

Dave Fox said the officials will not be donating their pay, that is a \$2400 loss; need to make up some way. Did add two games, will help; suggested admission price increase and JV games. President Shaw volunteered to be a part of this committee and encouraged ideas for additional assistance.

**c. Gary Filbert Classic - Denny Hunt / Dave Fox**

Teams are set. Need Sponsorship, have someone, but will always use more.

Provides funds for scholarships, Special Olympics, and Cancer Organizations.

**d. All State Selection - Shawn Erickson / Jim Vaughan**

Shawn asked Reps to send him All-State Selection Committee; reminder that Class 1, 2, 3 selections are the first weekend and the next week is Class 4, 5. Make sure and communicate to the members and make sure we are represented appropriately. Jim suggested getting reps from all classes and getting more involved in the process.

**e. Awards - Coaches of the Year, Mr. & Miss Show-Me, Curtis Kerr, Assistant**

Update – reviewed nomination process.

**Coaches of the Year, Hall of Fame Nominees, Mr. & Miss SOMO**

Update – reviewed nomination process.

**f. Missouri Challenge - Nick Kemerling**

President Shaw read an email from Nick; want it promoted it at the clinic; had impressive numbers involved. Suggested changing days to Sunday/Monday; addressed the issue with KC Girls last year and encouraged all reps to start early in promoting it. Would like to add two to the committee; suggested moving it back to April in two years when MSHSAA votes (we hope) to change the All-Star wording to EVENTS instead of GAMES.

**g. Academic All State - Shawn Erickson**

Update – reviewed nomination process and qualifications. Only change in qualifications is the SAT requirement...1920.

**h. Hall of Fame - Kevin Walsh**

1. Need someone to fill this role – Bart Denbow has volunteered.

Reviewed qualifications (500 automatic; 400+ considered with criteria, compiled by Kevin and Bill Gunn) Bill explained the compilation of qualifications by researching other state associations and is sending out their proposed ideas.

**i. Sponsorship Report - Denny Hunt, Dave Fox**

Need one for Norm Stewart; Denny is approaching National Guard; looking for corporate sponsorships in the region and statewide.

**j. Coaches vs. Cancer - Jason Wolfard**

Reviewed and updated; MU filmed two PSA's we can use at our events. Expressed discussions on future plans and brainstorming to grow our partnership.

**k. National High School Basketball Coaches Association - Chris Nimmo**

Dues have been waived; join MBCA, member of NHSBCA. They are growing in sponsors, Winning Hoops, Fast Model, etc.

Need a nominee by Feb. 15<sup>th</sup> for a National Coach of the Year.

Starting a national junior tournament and are looking for teams, sponsored by the MBCA, if we choose to participate – for incoming seniors; games in July in Indianapolis, IN. Need to decide by December if we are going to commit. Tabled to wait for details...Chris will be forming a committee to investigate.

**I. Hardcourt Herald - Shane Matzen**

All well. President Shaw commended his work.

**m. Website - Bill Gunn**

Started it in 2000. Pay \$140/year; we are spending \$500 for "Constant Contact" email database; cannot collect credit cards from them. CC Fees are high – total approx. \$800/year. Bill would like to upgrade the website; he found sport-ingin and would like to negotiate with them to get it upgraded. They will do what we have now and more; much more – for approximately \$780/year after a onetime fee of \$300-\$600 (estimate) set up fee. We can also get \$50 for referral fees if individual schools use it. This would eliminate Constant Contact and Credit Card Fees. Bill is asking for the additional money to propel the website and update it. No brainer.

*Motion made to accept Bill's proposal to upgrade.*

*Motion to accept Bart Denbow*

*2<sup>nd</sup> Chris Nimmo*

*All Approved*

**n. Clinic Report and Duties - Dave Fox / Chris Neff**

Have some jobs available. Board members asked to sign up for duties.

2 hour shifts starting at 8:30 for tables.

Need beverage servers – that evening at social. 9-9:30

Assign bios – Denny has list.

Shawn reported \$45,037.30 gross income so far of clinic. Hoping to net \$20,000...projections and figures look to support that.

**VI. Old Business**

None

**VII. New Business**

**a. Sponsorships - MoSports and Mustang Mania- Do we want to continue Sponsorship?**

*Motion made to continue sponsorship*

*Motion to accept Jim Vaughn*

*2<sup>nd</sup> Brad Conway*

*All Approved*

Shawn would like to buy a printer, motion was needlessly made. ☺

All approved

University of Illinois would like to have member emails; instead of giving them out Shawn would like to negotiate a fee and he send it out for them. Issue will go to Executive Committee.

Denny handed out shirts!

**VIII. Adjourn**



*Motion made to accept adjourn...9:55*  
*Motion to accept Jim Vaughn*  
*2<sup>nd</sup> Brad Conway*  
*All Approved*

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**MBCA Executive Board Meeting  
October 5, 2012**

- I. **Call to Order-President Ryan Shaw**  
President Shaw reviewed the items that needed to be discussed.
- II. A proposal was brought up to partner with Tri-Lakes Shootouts for a fundraiser. Todd Mercer (with Tri-Lakes) felt we could make close to \$10,000 in three (3) days through an already established shootout. Executive Director Hunt will explore this with Coach Mercer.
- III. Denny Hunt discussed the possibility of a golf tournament and is exploring a partnership with a course and will get back to the board on the details so we may decide to move forward.
- IV. Discussion was made on whether to sell member emails to colleges and businesses, including clinic sponsors. A point was made that they can get them online and we should pursue this as a revenue path. President Shaw is going to explore this along with E.D. Hunt and get back with us on prices that other associations charge.
- V. We agreed to raise the admission to the Norm Stewart Classic \$1.00 with \$1.00 still going to Coaches vs. Cancer.
- VI. The clinic numbers looked great. Shawn Erickson reported that we hope to clear \$27,000-\$30,000.
- VII. Discussion was brought up to add a MSHSAA representative to our board. Both sides were discussed and E.D. Hunt will be meeting with them to discuss the possibility.
- VIII. Meeting adjourned by President Shaw



## 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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