

The Hard Court Herald Volume 21, Issue 3

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 CLINIC COORDINATOR: David Fox-Jefferson City H.S.
 WEB-MASTER: Bill Gunn-Northwest H.S.
 NEWSLETTER EDITOR: Shane Matzen-Marquette H.S.

Contact us at:

hardcourtherald@hotmail.com

President's Letter

As the season is getting down to championship time I have thought about some of the things that winning teams do or have done that help them win at the end of the season. First of all, I think those teams must be healthy and well rested. Practices still must be sharp and have intense training (especially shooting practice) but need to be shorter in length. Injuries are hard to heal while your trying to win games, but sometimes a game or two off to heal now can help later during district time. Leadership and roll understanding is key. All teams strive for this, but it changes some throughout the season due to injury, illness, foul trouble, etc. The chemistry of your team at the end is vital. Changes you might make in offense or defense need to be put in and practiced before that stretch run. It will be hard to execute if the team has not practiced (those new little wrinkles) a while before it really counts. One of the things that worked well for me is to have your team really focused on a couple of important things. Those areas of importance may change from one opponent to the next, but if your team can stay focused on the present they will make more positive plays down the stretch.

Please remember to nominate players, coaches, and assistants for post season awards given by MBCA.

Good Luck

Sean Williamson

MBCA President

2005-2006 MBCA DISTRICT REPRESENTATIVES & OFFICERS

SOUTHEAST
B-Travis Brown
Poplar Bluff H.S.
573-785-5183

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NEWSLETTER EDITOR: Shane Matzen-Marquette H.S.

MISSOURI HOOPS NEWS & NOTES

Congratulations to the 2006 Missouri Basketball Hall of Fame Class: Gene Bess, Lynn Nance, the 1984 men's and women's teams of Central Missouri State. The ceremony to place them into the Hall will be held February 12, 2006 in Springfield.

GENE BESS

Long-time coach at Three Rivers Community College in Poplar Bluff, Coach Bess is the all-time leader in wins amongst college basketball coaches with over 900 victories. Along with the many All-Americans and great Division I players he has produced, his teams have won the National Championship of the NJCAA on multiple occasions.

LYNN NANCE

Best known in Missouri circles for coaching the 1984 CMSU Mules that won the Division II national championship, Coach Nance enjoyed a long and successful career. Amongst his stops in his coaching travels were Central Missouri, Southwest Baptist, Washington State and Iowa State.

1984 CENTRAL MISSOURI STATE MULES (men's and women's teams)
The Mules and Jennies pulled off the rare one-school sweep of the national Division II basketball titles twenty-two years ago. Their teams will both go into the Hall in recognition of one of Missouri's all-time crowning achievements in team sports.

Several coaches across the state have achieved career milestones during the current season. They include:

700th win: Larry Holley (William Jewell University)
600th win: Kirk Hansen (Central Bible College)
500th win: Ed Lindsay (Clopton High School)
400th win: Steve Hunter (Ozark High School)
300th win: Duane Hiler (Mountain Grove High School)
300th win: Jay Osborne (Nixa High School)
100th win: Ken Ash (Oakville High School)
100th win: Bill Gunn (Northwest-Cedar Hill High School)

Q&A With the Difference-Makers

The second installment of our Q&A section deals with current Show-Me State Games director Ken Ash. Ken has had vast experience coaching and being around the game all of his life. He took the time to answer questions from The Hardcourt Herald that sheds light on his experiences and views on the sport.

Hard Court Herald: In addition to your current position at the Show-Me State Games, could you give us an overview of your travels and experience with the game of basketball?

Ken Ash: The three schools that I coached were: Columbia Hickman High School (8 years total-5 years as head coach), Central Methodist College (8 years) and Pittsburg State (4 Years). All of these jobs were good jobs and I feel fortunate to have worked with a number of good players and assistant coaches in each situation. When I took the job with the Show-Me STATE GAMES I was asked to coach the 7th grade boys team at Oakland Junior High here in Columbia and had a ball working with those kids. From NCAA Division II to 7th grade basketball you know there's not a lot of difference!

HCH: Having seen the game from lots of different levels of competition, what are things that a high school basketball coach can do that when a college coach or recruiter sees his players he thinks: "That player has been well-coached"?

KA: Well, this could be a very long answer but it won't be!! I think the key lies in three areas that each coach must ask himself/herself: 1) Is my philosophy of basketball sound, does it make sense, and what fundamentals do my players need to know? 2) Can I teach the fundamentals that my players will have to know in order to be successful, do I really know what I need my players to know and be able to execute and can my players understand what I'm teaching and execute what they have learned? 3) Finally, have I evaluated my players accurately? So, as a college coach, I'm looking for how a player reacts in pressure situations at the end of a game. Does this player have the discipline to execute the needed play, the needed pass the needed screen, the needed rebound because he blocked out, the needed shot and does this player play within the framework of the team? If the answer to these questions is 'yes' and the kid is 6'9" I think you could say that he's been well coached. Only kidding on the 6'9" part, but I always looked at height as something special and as we all know it can't be taught.

HCH: You have been a college coach at a couple of different levels. I think there's a big misconception out there that the lower levels (NAIA, Division II, etc) are vastly inferior to the game we see on ESPN every night. While it's obvious that the size of players is normally different, what makes the lower levels a great game to see for spectators and a great place for players to play?

KA: I think the main difference in players at the NAIA and Division II levels compared to Division I players is size and the ability to be a complete basketball player. To me

Division I players are more rounded in their abilities and can do several things well. Many of the NAIA and Division II players are one or two-dimensional and do not have the complete package the D-I player would have. Having said all that, I think that NAIA and Division II basketball are tremendously entertaining and the last true forms of amateur athletics. You get a lot of 6'4" to 6'6" runners and leapers as players and some are just outstanding athletes and basketball players and they are exciting to watch. This level is a great place for many players to extend their playing careers and get a college education.

HCH: From the days when you were a coach to now, what are parts of the game that have changed that you view as positives and what aspects do you see that you wish would have stayed the same?

KA: The positives that I see in basketball today are that basketball players at the high school level or collegiate level are overall bigger, stronger and faster. I also like the three-point line as it has opened up the game and allowed for teams without dominant big men to compete and has put a real premium on the perimeter shooter. To me it has allowed more of a balance with both inside and outside scoring opportunities. A team with a couple of good three point shooters can really make it tough on the other team as they can get back into a game very quickly. The one aspect that I wish would have stayed the same is the teaching of fundamentals to players (i.e. crossover dribble, various post moves, pivoting, passing etc.). I believe that too many coaches and players use the size, strength and athleticism of today's basketball players to replace fundamental basketball being taught. Obviously, this is not an across the board statement as I know many coaches who still teach the fundamentals. A dunk is not a fundamental.

HCH: Finally, in your new position as a Show-Me State Games director, where you do see the SMSG going in the future and how can this have a positive impact on basketball coaches and players across Missouri?

KA: Time does fly and it's hard to believe but I'm currently in my fourth year as Executive Director of the Show-Me STATE GAMES. We are in good shape and continue to move forward and change with the times. Basketball will always be an important part of the SMSG and don't be surprised if we start having local tournaments throughout Missouri. This will not be a festival concept as we once had but maybe 20-30 local tournaments that would actually take Show-Me STATE GAMES basketball to all corners of the state and places in between. I am very pleased the Show-Me STATE GAMES and the MBCA are in partnership as we both promote basketball throughout the State of Missouri. By the way, the 13th Annual MFA Oil/Break Time Shootout was very successful and total attendance exceeded 8,000. We are looking at schools for next year's shootout and will be sizing up the State Tournament as well as those teams that have an outstanding player. I wish we could give all teams across the state an opportunity to play at beautiful Mizzou Arena, home to the Missouri Tigers. Coaches can call Dave Gill a call at 573-882-2103 if their team for next year fits into the categories above. Entry booklets will be out by mid-February at any of your Shelter Insurance Agents or Missouri Lottery Outlets.

GET YOUR SPORTS FIX COMPETE IN 2006



Mark your calendars for 2006 Game Dates:
July 21-23 July 28-30 August 4-6

Visit www.SMSG.org for registration and sport information or call (573) 882-2101

THE HARD COURT HERALD

the official publication of the Missouri Basketball Coaches Association

Advertising rates

Full Page: \$500

Half Page: \$250

Quarter Page: \$125

Bring information about your camps, clinics, leagues, events and coaching-related items right to your target audience...Missouri's basketball coaches!



The Lost Art (and often the cause of the loss!)

By Shane Matzen

Hard Court Herald Editor

"Get those boys to making those free throws!"

---pre-game advice from my grandmother Hope Bagby before all of my games

How many times have you found yourself listening to one of your coaching friends (or they hear you) giving the time-honored story that goes something like this: "We really played them tough. We did everything we had game-planned for, took the game right down to the wire. If we wouldn't have shot six for nineteen from the line we'd have won the game going away." We as coaches have all been there. It is a frustrating aspect of the game that I think is something we can definitely address though may never find a perfect solution to. My Grandma Hope is an avid basketball fan and like us, she realizes what an important part of the game this is. Within this article, I won't offer any fool-proof ways to end the frustration, but maybe give you some ideas you can try and see what might fit your style but most importantly, your players' psyches.

1) Ignore the problem

Yes, I said it: ignore the problem. I've tried the old miss-and-run technique. If you have a player or players who could be considered "deep thinkers" you're probably running them right off the cliff they've built in their mind and down into the abyss. The more a smart player thinks about the lack of success he's having, the more likely it is he will continue to overanalyze and make things worse. A smart player has to turn into a tough player in order to be successful at the line. Try having him dribble fewer times or none at all before he shoots. The less thinking and analyzing he does over the shot, the better. Not making a big deal out of the slump he's in may be the way to achieve this. Now, as far as the old theory goes about "I want my dumbest player at the line in the crucial situation because he has no clue.....," well, there may be something to be said for that.

2) Repetition, repetition, repetition...

Shoot free throws, lots of free throws. I'm not a big fan of this method. I make sure our guys have good technique and then latch onto the mental end of things after that. We ask our guys who feel like they need more work to get this in before or after practice.

3) Hit the links

I don't mean the kind with fairways and greens, but right there at the free throw line. Terry Hollander of St. Charles West gave out this game at a clinic of his. If your player swishes his free throw, it's a birdie. A par is a rim and in make. A bogey is a miss. We've had one-on-one ladder tournaments, match play, stroke play, you name it we've done it. I suppose one of these years I'll get a green jacket to bring to practice. We have also done it as a team. For example, have each player shoot a one-and-one. At the end of the exercise, your team has a "cut" they have to make. I've also made the front end worth double and triple the score to put the pressure on them. This is a fun way to play the game, get them to concentrate and be competitive.

4) Hate thy enemy (and the thought of missing)

In this game, designate your baskets (I'll use an example as having four buckets to shoot at) as your school and then down the line using three of your biggest rivals. A player wants to end the time (designate a time they have to shoot) at your home basket. If they make it at the home

bucket, they get to stay there. If they miss there, they move back to the beginning-your biggest rival. A miss keeps them there, but a miss moves them up to the next rival. A miss at that bucket moves them down one, a make moves them up one. Obviously, the higher up the ladder the shooter goes, the more is at stake. No one wants to end up at your biggest rivals' bucket at the end. You can designate different amounts of running corresponding to which basket the players ended the time at.

5) Really getting crazy with this

When I became Jeff Sherman's assistant at Central Methodist College (now University), we were installing the Loyola-Marymount offense with the program. Our big motto was "WE Run" in an effort to insure that every member of the team understood that every player must run on every possession for this endeavor to be successful. In the process of "brainwashing" our players, we came up with this radical idea: When players practiced their free throws, they GOT to run if they made their shots. For example, we'd have our guys shoot five two-shot fouls. If they made both, they would run 10 sprints, made one only got to run five and if they missed both, they didn't get to run. The amazing part of it was it actually worked! Our guys during those years took intense pride in their work ethic and what we were doing. I will admit, I haven't done this at the high school level. The idea has not left my mind though and someday I think I will try it again given the right group of kids with the right mind-set.

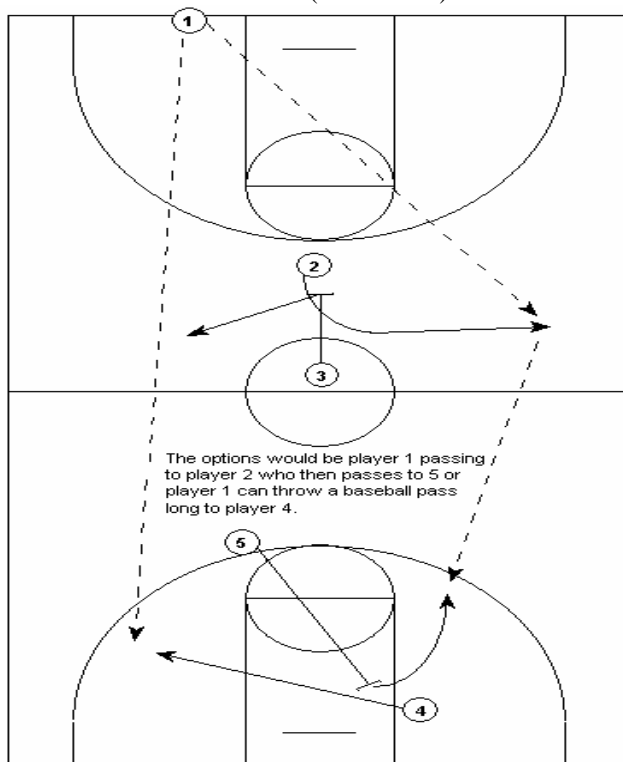
6) What are your ideas?

The subject of free throw shooting is an intriguing one to me. Being selfish, I'd love to hear what some of your ideas are out there as members of the MBCA. In future issues, I'd be happy to share some of your ideas with others from around the state. I certainly don't have all the answers to this problem that will be around for time eternity. I have had teams shoot great percentages and others that just make you tear your hair out as the clock ticked down. I do love the idea though of keeping practice fresh and the players' minds free of clutter so that they can function to the best of their ability. Send me an e-mail at hardcourtherald@hotmail.com and I will do my best to see if we can't make free throw shooting an experience we can all try to enjoy!



COACHES' CLIPBOARD

Play of the month
"Wooten" (last-second)



This edition's "Play of the Month" courtesy of the Playanizer CD. The CD and other useful coaching aides can be purchased through their web-site at: <http://www.teamanizer.com/>

Suggested Reading: **The Greatest Basketball Story Ever Told: The Milan Miracle Then and Now** by **Greg Guffey**

Everyone knows about the movie "Hoosiers". This book gives the TRUE story of how Milan High beat the odds to give us the story that we never get tired of hearing. An excellent account from the perspective of what happened in 1954 and the present.

Web-Site of the Month: **SportsWorkout** (www.SportsWorkout.com)

For coaches that are just starting to establish a comprehensive off- and in-season training regime for your programs or are just looking for something new, this is a good place to start. In addition to the training programs, there is a plethora of other items to look at here to aid yourself and your players.

To contribute to the Coaches' Clipboard (plays, drills, books, quotes, web-sites, etc.) or to submit any other item for "The Hardcourt Herald (article, article idea, etc.), contact Shane Matzen at hardcourtherald@hotmail.com.

The "Meat and Potatoes" Section

You joined the MBCA for several reasons. Hopefully one of which was to be able to access the January and April issues of The Hardcourt Herald (available only to members). But the true reason we all coach and belong to this organization is to do for others (peers and players). The remainder of this newsletter includes all the necessary forms you will need to nominate those that have contributed to the game.

Whether you have a player who has been a star on the court and/or been a great citizen and student, an assistant coach who has meant a great deal to you and your community, a coach you respect who deserves to be a candidate for Coach of the Year or in the Missouri Basketball Hall of Fame....well, the avenue to recognize them is on the following pages.

Please take the time to peruse the forms included here and pay a tribute to a player or coach who deserves to be recognized. Forms will have different due dates to be turned in and some awards will require you to be a member to nominate and some will not. **Membership fees go up as of February 1st. Individual fees will be \$25 and school staff fees will rise to \$75.** Please pay particular attention to those details when selecting which categories you choose to print, fill out and send in. The awards and forms to follow include:

Mr. & Miss Show-Me Basketball
MBCA All-State
Academic All-State
MBCA Coach of the Year
MBCA Hall of Fame
MBCA All-Star Game
"Cub Martin" Assistant Coach of the Year
MBCA Membership Form



Nomination form
Mr. and/or Miss Show-Me Basketball
Sponsored by the Missouri Basketball Coaches Association

Player Name:_____

School:_____ **School Phone:**_____

Player's Home Phone:_____

Coach's Name:_____

Coach's Phone:_____

School	home	cell
--------	------	------

Height:_____ **Weight:**_____

Averages:

Points:_____

Rebounds:_____

Assists:_____

FG%:_____ **FTA:**_____ **FTM:**_____ **FT%:**_____

Honors

Received:_____

Coach's

comments:_____

Coach's Signature:_____

There will be 10 girls and 10 boys selected as finalists from the nominations submitted. Mr. and Miss Show-Me Basketball will be chosen from those finalists. The names of finalists will be published in the Hard Court Herald and at mobca.org. The final selection will be made from a panel of college assistant coaches. Mail all nominations to:

Gary Filbert, MBCA Office
906 Wayne Road
Columbia, MO 65203

Return this form by March 1, 2006. YOU MUST BE A MEMBER TO SUBMIT A NOMINATION.

Past Mr. Show-Me Basketball Winners

2005-Tyler Hansbrough-Poplar Bluff
2004-Drew Richards, Logan-Rogersville
2003-Spencer Laurie, Kickapoo
2002-Jimmy McKinney, Vashon
2001-David Lee, Chaminade
2000-Joel Shelton, Vashon
1999-Kareem Rush, Pembroke Hill
1998-Jaron Rush, Pembroke Hill
1997-Larry Hughes, CBC
1996-Tate Decker, Webster Groves
1995-Ryan Robertson, St. Charles West
1994-Monte Hardge, Jefferson City
1993-Kelly Thames, Jennings
1992-Brian Gavin, Parkway Central
1991-Marcus Timmons, Scott County Central
1990-Jevon Crudup, Raytown South
1989-Chris Heller, Rockhurst
1988-Anthony Peeler, Paseo
1987-John Cooper, Rockhurst
1986-Anthony Bonner, Vashon
1985-Monroe Douglass, McKinley

Past Miss Show-Me Basketball Winners

2005-Heather Ezell, Kickapoo
2004-Katie Dierdorf, Visitation
2003-Laura Granzo, Kickapoo
2002-Kari Koch, Elsberry
2001-Dionnah Jackson, Parkway West
2000-Terianne Wolford, Nixa
1999-Karensa Barr, West Plains
1998-Lauren Jackson, North Kansas City
1997-April McKinney, Incarnate Word
1996-Niele Ivey, Cor Jesu
1995-Amy Rhea, John F. Hodge
1994-Kristin Folkl, St. Joseph's Academy
1993-Marsha Burton, Marionville
1992-Andrea Siemer, Jackson
1991-Melissa Grider, Marshfield
1990-Melody Howard, Marshfield
1989-Kim Mahn, DeSoto
1988-Rhonda Moore, Hazelwood East
1987-Lisa Sandbothe, Washington
1986-Lori Sandbothe, Washington
1985-Janet Clark, St. Joseph Lafayette

(please print clearly)

circle one: Male Female

Classification (circle one): 1 2 3 4 5

[illegible]

All coaches can nominate their respective players (i.e. you do NOT have to be an MBCA member). If you are unsure of who your district rep is or have any other questions, please refer to the corresponding page in this newsletter or to mobca.org which lists this year's board members from around the state and their contact information.

Nomination form
Academic All-State Team
Sponsored by the Missouri Basketball Coaches Association

Player Name:_____

School:_____

Player's Home Phone:_____

Coach's Name:_____

Coach's Phone:_____

School	home	cell
---------------	-------------	-------------

Coach's E-Mail:_____

The individual being nominated for Academic All-State must meet the following qualifications:

1. Senior standing
2. Started 90% of his or her team's games or played in 75% of the total team quarters played.
3. Possesses outstanding moral character.
4. Has ONE OR MORE of the following verified minimum scores:
 - A. ACT score of 27 composite or above
 - B. SAT score of 1210 composite or above
 - C. PSAT score of 185 selection index or more
5. Grade-Point Average of 3.25 out of possible 4.0 (or equivalent on alternate grade scale)

---SCHOOL PRINCIPAL MUST VERIFY ALL OF THE APPLICABLE ITEMS---

Other qualifications:_____

Coach's signature:_____

Principal's signature:_____

---AN OFFICIAL TRANSCRIPT MUST ACCOMPANY THIS NOMINATION---

All student-athletes who meet ALL of the required criteria will be honored as members of the Missouri Academic All-State team. Please send additional information to your district representative. **YOU MUST BE AN MBCA MEMBER TO NOMINATE FOR THE ACADEMIC ALL-STATE TEAM.** Mail all nominations to the following address by March 10, 2006:

Gary Filbert, MBCA Office
906 Wayne Road
Columbia, MO 65203

The MBCA Academic All-State program has become possible through the hard work and dedication of its membership. Thanks go to The Show-Me State Games for providing a scholarship to be awarded to the top player on the Academic All-State teams for both boys and girls. This award is decided upon by the MBCA Board.

COACHES.....THERE IS A LATE FEE OF \$10 EXTRA TO BE ADDED TO YOUR MEMBERSHIP IF YOU JOIN AFTER FEBRUARY 1!

Nomination form
Richard Fairchild Coach of the Year
Sponsored by the Missouri Basketball Coaches Association

Nominated Coach's Name:_____

School:_____

School Classification (circle one): 1 2 3 4 5

Nominating Coach's Name:_____

You must coach in the SAME classification as the individual you are nominating!

Nominating Coach's School:_____

Mail all nominations by March 13, 2006 to:

Gary Filbert, MBCA Office
906 Wayne Road
Columbia, MO 65203

You MUST be an MBCA member to nominate!!!

Nomination form
Missouri Basketball Hall of Fame
Sponsored by the Missouri Basketball Coaches Association

Coach's Name:_____

School(s) coached at and record at each school:

Nominated Coach's

Phone:_____

School	home	cell
--------	------	------

Nominating Coach's Name:_____

Nominating Coach's Phone:_____

School	home	cell
--------	------	------

Career Honors

Received:_____

Nominating Coach's

comments:_____

Nominating Coach's Signature:_____

Coaches with 500 or more wins in Missouri are automatic qualifiers. Please mail form or seek more information by contacting Gary Filbert at the following address:

Gary Filbert, MBCA Office
906 Wayne Road
Columbia, MO 65203

Return this form by March 13, 2006. YOU MUST BE A MEMBER TO SUBMIT A NOMINATION.

Nomination form
MBCA All-Star Game
Sponsored by the Missouri Basketball Coaches Association

Players should be nominated that you feel are one of the top twenty senior boys or girls in the state.
Said player must also be available to play in Springfield on a date to be determined (nominees for the
game will be notified ASAP when that date is set).

Player Name:_____

School:_____

Nominating Coach's Name:_____

Coach's Phone:_____

School	home	cell
---------------	-------------	-------------

**Player's Honors, Awards,
etc:**_____

**Player's College Plans/Schools Offering
Scholarships:**_____

Senior Season Statistics:

PPG:_____ **REB:**_____ **ASSISTS:** _____ **STEALS:** _____

FG%:_____ **FT%:**_____ **BLOCKS:** _____

Mail all nominations by March 10, 2006 to:

Gary Filbert, MBCA Office
906 Wayne Road
Columbia, MO 65203

You do not have to be an MBCA member to nominate.
Nomination form

KEVIN “CUB” MARTIN MEMORIAL

MISSOURI ASSISTANT BASKETBALL COACH OF THE YEAR

This award is being awarded in honor of the late Kevin “Cub” Martin, the long-time assistant basketball coach at Nixa High School. A lifetime resident of Nixa, Kevin’s committed loyalty to his students, players, family and friends was always proudly displayed and never questioned. He was a source of inspiration to all he came in contact with. His legacy is one that will now live on in honoring those who give of their time to basketball in our state in a manner befitting Kevin’s life and career.

CRITERIA

Outstanding Character
Loyalty
Commitment to Program and Community
Sportsmanship
Ethics
Selflessness
Leadership
Longevity at a School/Program

NOMINATION REQUIREMENTS/PROCESS

Nominating coach must be a member of the MBCA
Applicants will be sorted and honorees selected by the MBCA board

Fill out the space below with appropriate information and return to:
Missouri Basketball Coaches Association
906 Wayne Road
Columbia, MO 65203

Assistant Coach Nominated: _____

School Affiliation: _____ **Years at School:** _____

MBCA Member Nominating: _____

******In addition to this form, please submit a letter of recommendation including:
1) career overview of nominee 2) reason for nomination**



2005-2006 MEMBERSHIP APPLICATION

Please fill out and return \$15 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__

DISTRICT: NW__ NE__ SE__ SW__

SC__ NC__ 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:

Missouri Basketball Coaches Association
906 Wayne Road
Columbia, MO 65203

(Please note: single Membership is \$15 per year)

*****SPECIAL "ALL-SCHOOL MEMBERSHIP"*****

INDIVIDUAL Schools may enroll ALL of their coaches (boys AND girls) for a school membership fee of only \$50. Each coach on the staff though will have to fill out an individual membership form along with the check for \$50. After February 1, 2006, the prices will go up to \$25 per individual and \$75 for the entire school staff.

I would like to become more involved in the MBCA and its activities. I will volunteer my services if needed with the following:

Nominating__ Legislative__ Hall of Fame Games__

Academic All-State__ Newsletter__

Suggestions for the MBCA Board to consider:
