



## What's Inside

<b>Page</b>	
<b>1</b>	<b>MBCA Board</b>
<b>2</b>	<b>"This Profession We Call Ours"</b>
<b>4</b>	<b>Show-Me State Games</b>
<b>6</b>	<b>The Little Things</b>
<b>9</b>	<b>Q&amp;A With the Difference-Makers: Kevin Garner-MSHSAA</b>
<b>12</b>	<b>A View From the Sticks</b>
<b>14</b>	<b>The Coach's Clipboard</b>
<b>16</b>	<b>From the Other End of the Court</b>
<b>17</b>	<b>Practice Drill of the Month</b>
<b>18</b>	<b>"Meat and Potatoes" Important MBCA nomination forms</b>

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Kansas City-Boys	Scott Jermain	Raymore-Peculiar	816-779-6656	<a href="mailto:sjermain@raypec.k12.mo.us">sjermain@raypec.k12.mo.us</a>
Kansas City-Girls	Brad Oyler	Liberty	816-736-6839	<a href="mailto:boyler@liberty.k12.mo.us">boyler@liberty.k12.mo.us</a>
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Northeast-Girls	Courtney Haskell	Hickman	573-214-3000	<a href="mailto:Chaskell@columbia.k12.mo.us">Chaskell@columbia.k12.mo.us</a>
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Northwest-Girls	Brett Goodwin	St. Joseph Benton	816-671-4030	<a href="mailto:brett.goodwin@sjsd.k12.mo.us">brett.goodwin@sjsd.k12.mo.us</a>
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St. Louis-Boys	Josh Martin	Hazelwood Central	314-953-5400	<a href="mailto:jmartin@sun.hazelwood.k12.mo.us">jmartin@sun.hazelwood.k12.mo.us</a>
St. Louis-Girls	Julie Matheny	St. Joseph's	314-965-7205	<a href="mailto:jmatheny@stjosephacademy.org">jmatheny@stjosephacademy.org</a>
South Central-Boys	Greg Dunigan	Washington	636-239-2880	<a href="mailto:greg.dunigan@washington.k12.mo.us">greg.dunigan@washington.k12.mo.us</a>
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Southwest-Boys	Jay Osborne	Nixa	417-724-3564	<a href="mailto:josborne@mail.nixa.k12.mo.us">josborne@mail.nixa.k12.mo.us</a>
Southwest-Girls	Jeni Hopkins	Hillcrest	417-523-8000	<a href="mailto:jhopkins@spsmail.org">jhopkins@spsmail.org</a>

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## **This Profession We Call Ours**

By Shane Matzen  
Hard Court Herald Editor  
Marquette High School

It's during this point in the season that it has finally hit 95% of us that what we do as coaches can be a grind, even if we do love it. The lack of sleep from staying up late to watch film, devise game-plans, ride the bus home for those of you with far-flung conferences, etc. The same factors you hear on an annual basis crop up again (parents who don't appreciate you, players who don't believe in what you're doing, families who just want more of your time, administrators who don't stand up for you, etc). Some of us deal with maybe just one or two of those issues. Some have the "dream season" where everything's perfect (though I'm still looking for you) and some have the "season from hell" where it all rains down upon you.

I've been around long enough by now to at least have seen a lot of the tough times if not felt them myself. My longevity, if you can call it that after going on 18 years of coaching, has taught me one thing though: we are truly in this together as coaches. What a wonderful profession we are in that we can acquire a support group upon the first day we enter this field and accumulate a lifetime's worth of friends after just a little while doing this job.

I'll never forget the first month I was on the job at Elsberry High School in my first head-coaching position and I received a note in the mail from Phil Yoesel who was then the coach at Warrenton (then fellow members in the Eastern Missouri Conference). It was a short letter that said something to the effect of "Shane, welcome to the league. Let me know if there's ever anything I can do to help." Phil is now a successful and long-time official in the St. Charles County area. It still brings a smile to my face whenever I see him and thus recall the way he made me feel like a part of the group. Even though they may have never needed my help and have been more successful than me in a lot of ways, I've always made it a point to do the same for new coaches coming into our league or area.

As tough as some nights after losses are or as high as a kite as I've been after a big win, one constant has always seemed to be there for me the past few years late after the games have been played. Bill Gunn from Kirkwood and I congratulate, commiserate, whine or moan about what's happened a few hours earlier via the wonderful tool called e-mail. It's very nice to know that when the house is quiet and nothing's making much noise other than the coffee pot percolating, my laptop humming and Taylor Swift or Britny Fox or the Eagles (yeah, I've got musical range) playing softly on my computer's iTunes that I've got an avenue to throw whatever on-the-spot and oftentimes irrational thoughts I have out and there's somewhere for them to stick. Bill and I have joked that it's a rare occurrence when one of us isn't completely mad at the world and wouldn't it be nice if we both ever won on the same night.

Many of you go to Bill's web-site ([www.mosports.com](http://www.mosports.com)) to catch the latest scores and results from around the state and, admit it, catch up on the gossip from both the informed and uninformed constituents. A regular occurrence happens though to the newbies on the board: if a coach gets taken down a few notches by the disgruntled, they are swarmed by the faithful of our "union". I've even seen it said by some outside the coaching world that this is just wrong. There are bad coaches out there and they should be called out. You know, I guess in some way they're right. But I'm a coach (and this IS a members-only edition of the newsletter) and I love it that we protect our own. If the coach isn't doing his job very well, then I say we need to step up and help the poor soul become a better coach and/or give him some solution to the situation he finds himself in. But one thing about it is, we've all been there and owe it to our brethren to be there for him.

As I mentioned before, I have some years behind me now in this job. There's been enough of them to make me start wondering what it would be like to have a Christmas break, to find out it's a snow day and not have to call around to see whether or not we can practice/play and then call the 20 other people on my list to notify them, to be able to watch a basketball game and not be concentrating on which way the point guard likes to dribble or what set they like to run coming out of a time-out and the list goes on and on. One thought keeps coming back to me though when it comes to this topic of not coaching anymore....I don't know how I would replace in my life this wonderful group of people I belong to as a full-fledged member. It's part of my identity and I'm proud to be a part of it. My sincerest hopes are that you have been able to experience it in a way that makes you feel the same as I do.





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## **The Little Things-“Celebrating Your Accomplishments”**

By Jason Wolfard

Lindbergh High School

Hard Court Herald Associate Editor

Pretty soon, our current seasons will be ending and all of us will begin to start figuring out how we can get ready for next year. For us ambitious ones, sometimes looking forward to next year can block our view of remembering and celebrating our accomplishments this past year. No matter good or bad, the kids who put in the work throughout the season deserve to be recognized. This edition of “The Little Things” talks about how to recognize those accomplishments.

I have seen, heard, and been a part of many different types of end-of-season celebrations. There are those out there who simply have the “Pizza Party” celebration for the team and hand out awards, and there are those who rent out a banquet hall and have a sit down dinner and ceremony. My goal of this is to simply throw some ideas for banquets out to you to look at and consider. Maybe some of these will help you as you prepare for your end-of-season banquet and maybe some will not. So here we go...

### **1. The length of the banquet**

I have been at several banquets that lasted for 3-4 hours which included a social time, sit down dinner, and awards. Last year we were fortunate to have such a great end to our season that none of us were worried about the length. We had to celebrate our accomplishments, say goodbye to 13 seniors (players and managers), say goodbye to a long-time assistant coach, and then had a highlight video at the end. My senior year in high school, our former head coach who left to become an assistant at the University of Kansas was able to convince Roy Williams to come to our banquet and talk to the seniors. In both cases, the length of the banquet did not matter as every moment was special. I have also been to banquets that seemed to drag on forever with many in the audience dozing off. Here are some ways that we work on to cut down on time in our banquets:

- A) Our sophomore coach would bring up about 3-5 players at a time instead of one at a time. This cut down on the time it took to call up each individual player, and it also helped to talk about players when you really don't have enough to say about some of them.
- B) We start talking about the program's accomplishments and players while people are eating dessert. We let everyone know that they are free to get up and go to the bathroom or stretch. This allows us to get right into our awards.
- C) Don't look too much to the future, but celebrate your accomplishments and memories. This helps the focus stay on what the night is about...the season and the seniors who have given their all to the program.

### **2. Who to invite**

I have heard of those programs out there that have separate banquets for each level. I understand the philosophy as it can get tough to recognize everyone, but my philosophy has always been to have all levels together. This really gives more of a sense of family. It also helps the younger ones understand and appreciate the accomplishments

of the older players. Many times after our banquets, I have had several of the freshman parents approach me and say that it was great to hear about the season and they look forward to the upcoming season. While it does take time, I think that it helps build tradition in the program.

### 3. **Awards to give**

At the end of our season, our players vote on three awards (MVP, Best Defensive, and Most Improved). To us, it is important that our players are recognized by their teammates instead of their coaches, and usually it all works out the same way it would if the coaches chose the recipients. Here are some other awards I have seen given out:

- A) A Dedication Award – My last year as an assistant coach, we had a manager who was with us for four years. She was absolutely amazing. She gave so much to our program (the little things) that I felt she deserved some kind of recognition other than just saying, “Thanks”. We decided to name an award after her (The Diane Riley Dedication Award) that would go to the person who gave so much dedication to the program and made a difference in all of our lives. Each year after, we have given this award out to someone special who fits the requirements. This is the only award that is selected by the head coach or the coaching staff as a whole. We have given it to a retiring coach, a booster club president, and my first year as head coach I gave it to my wife for all of her support.
- B) Purple Heart Award – This was an award for the player that laid his body on the line and sacrificed every day for the good of the team.

### 4. **Establishing A Tradition**

One of the best things we have done to establish a tradition in our program is we let our seniors share reflections with the parents and younger players of what it has meant to be a Flyer for the past four years. Sometimes they are short, sweet, and to the point. Sometimes they are very funny. But many times there can be some tear-jerkers. We always give our seniors the option of speaking, but most understand the tradition we started and are willing to share. Does this add some extra time? You bet it does, but I truly believe that every minute and every word is worth it. Some of my best memories of players come from what they said at the banquet.

### 5. **Recognizing others besides players**

We recognize several individuals at our banquet for their contributions (AD, Principal, Booster Club, etc...), but one group we really recognize our student assistants (managers) for what they gave to us as a coaching staff. As a staff, we all pitch in money and get them gift certificates. It is a simple way for us to thank them for making our job as coaches easier.

### 6. **Memorabilia**

What can you do for seniors, current players, and parents to remember the season? Here is just a quick list of ideas:



- A) A year-end video – I will be the first to admit that this is a time-consuming task, but the end product is something that you will keep forever. I still have mine from my senior year in high school, and I always have requests of our DVD from last year. The great thing is when you have those seasons in the future you want to forget quickly, you can pop this think in and it reminds you of your past accomplishments and can brighten your day.
- B) Year-In-Review Booklet – In this book, you put in newspaper articles, game recaps, pictures, and stats on each player. You can add quotes and I have even seen things added that talk about the upcoming season.
- C) Senior gift – Last year we had a terrific group of seniors and we did something for them that will probably now remain a tradition. We had action shots of each senior and we had them put on a poster. Underneath each player’s name, the coaching staff put together a quote or thought reflecting on the type of player or person he was. These turned out great. Those of you in St. Louis should talk to Randy Kriewall (former Kirkwood coach whose work can be found at [www.kriewallphotography.com](http://www.kriewallphotography.com)). He is the one who put this together for us and he did an amazing job.

As usual, these are just some ideas to get your mind going. I’m sure there are many of you who have great ideas and I would love to hear about them and even share them in future articles.

I wish each of you good luck as you finish up your season and I urge you to have your end-of-year banquet be a true reflection of the memories and accomplishments of this year’s team.

On a separate note, I am issuing a challenge to those of you out there that read this newsletter. As contributors to this newsletter, sometimes we are trying to look for new ideas to share with coaches from around the state. If you have an idea, share it with us. For my next article, I would like to share some “Little Things” that make a big difference in your program. Please if you have something, big or small, please email me ([coachwolfard@sbcglobal.net](mailto:coachwolfard@sbcglobal.net)) to share.



## Q&A With the Difference-Makers

### Kevin Garner-MSHSAA



*Kevin Garner is in his third year as Assistant Executive Director for the MSHSAA. He is in charge of the sports of Basketball, Soccer, Tennis, and assists in the Cross Country and Football Championships. He also handles all Waiver Transfers as well as general eligibility questions. Kevin is beginning his 20<sup>th</sup> year in education. Before joining the MSHSAA staff he served 7 years as Activities Director for Rolla Junior and Senior High Schools and prior to serving as an Activities Director he spent 10 year teaching Physical Education, Health, and Physical Science at Richland, Clark County, and Sullivan High Schools. In addition to teaching he has coached a number of sports at various levels. He served as a head coach in Varsity boys basketball for 10 years, Varsity Boys Track for 6 years, Varsity Baseball for 2 years, and coached at the JH level in the sports of softball and basketball for 4 years. Kevin earned his Bachelor of Science degree in Physical Education and Health from Evangel University, obtained a Masters Degree in Athletic Administration from the United States Sports Academy and a Specialist Degree in Superintendency from Southwest Baptist University.*

**HARD COURT HERALD:** As a former coach and administrator at the school level, what have you taken from those experiences to help you be a problem-solver at the state-wide level?

**KEVIN GARNER:** In my current role it is important that I look at each and every problem from the big picture perspective not just from one particular angle or view point. Many times a solution to an apparent problem when looked at from an individual perspective can appear to have a very easy solution. But when that same problem is looked at from a global perspective the final decision may be totally opposite of what the decision would have been had it been approached from a single perspective. So I try to look at every situation from the perspective that a coach, administrator, a small school, big school, rural school, metropolitan school, and as a state administrator in making my recommendations or decisions.

**HCH:** The public-private debate has been a hot-topic issue. MSHSAA appears to be taking steps to stay ahead of the fray and make the relationship between the two groups more cooperative. Can you give specific examples of what steps the association has taken and maybe some plans for the future to keep things running more smoothly than maybe they have in the past?

**KG:** Public vs. private has long been an issue for the association. You are correct in your assessment that the association is trying to taking a proactive approach to ease the tensions that this issue creates. The first step in resolving this conflict is communication. I think great strides are being made to improve communication between private and public schools. The

implementing of the public private advisory committee has started the open lines of communications. Although the committee has been in place in previous years it was not a standing committee and served more as a reactive committee rather than a proactive committee. By making it a standing committee it has created an avenue for constant dialogue between both parties and brings about a forum to discuss issues that arise between private and public schools and ultimately bring about solutions to the issues problems.

HCH: Many coaches get frustrated at some of the "points of emphasis" that come down from the National Federation of High Schools. Things such as "control of rough play", "uniform guidelines" and spots to be taken at the free throw lane are items that seem to be, respectively, redundant each year with little change, nit-picking or ignored at the behest of wishes from coaches on a wide-spread basis. Knowing that MSHSAA is obligated to follow the national association's agenda, what are some things that coaches can do at the grass-roots level to make change or be heard at the nation-wide basis?

KG: As a member of the National Federation of High Schools MSHSAA has an obligation to follow the rules set forth by the National Governing body. By doing so we are able to vote on rule changes and have representation on the rules making body which we currently have in Coach Stephanie Phillips. Coaches can submit rule change suggestions to MSHSAA where we can submit them to the NFHS for consideration. So for coaches who have rule suggestions, they should submit their proposal along with the rationale behind their proposed changes to the MSHSAA office where we will forward them on to the NFHS.

The uniform issue to which you referred was not a rule change but rather an emphasis to make sure that schools and their coaches were being diligent in the way in which they order their uniforms. I was amazed at the 125 plus uniforms that I have looked at over the past couple of months on how obviously non compliant they were to the uniform rules. For instance, I could not distinguish whether some of the uniforms I reviewed were home or away. Trivial as some rules may seem there is some validity to why they are in place.

HCH: Can you give some insight on how district tournament fields are selected? Geography is a constant, but yet each two-year cycle it seems as if some districts stay the same cycle after cycle but others are in constant flux despite the fact that the schools are still where they stood two years prior (noting obviously that some schools change classes or new ones are built these situations still happen in areas where neither of these instances occur).

ML: District assignments are based on geographic location and numeric balance. Conference affiliation, state and or national rankings have no implication on a schools placement into a district. For example, if there are 96 schools in a class with 16 districts, then we try and make sure that every district has 6 teams assigned to it. Changes to a class that occur on one side of the state can effect the district alignment on the other side of the state. It's a domino affect which may cause one or two schools to be pulled out of or away from a previous district area. Schools that are geographically in the middle of a grouping are less likely to be affected by this ripple affect than are schools that are on the fringe of a grouping. As stated earlier, the by-laws state that district assignments are to be assigned based on geographic location, hence there may be little or no affect on the schools that are located in the central portion of a metro area or district grouping. It goes back to my statement earlier that it's the big picture that you have to look at, not just your small geographic area when you look at district assignments. Our office really does use maps with pins indicating every school for each class. We then start grouping them together starting at one corner of the state until the whole state for that class is grouped together. So depending on which corner of the state you start at you may get different groupings. With that said

schools that are located in the central portion of a metropolitan area are less likely to see much of a change.

HCH: Finally, after sitting through meetings not only at the advisory committee level but also with the MBCA board, it seems to this writer that MSHSAA is in full-"willing to listen and change" mode under our Executive Director Dr. Kerwin Urhahn. Can you give some examples of this that directly affect the basketball portion of MSHSAA? These can be things that have already happened, things that are going to happen or items under consideration.

ML: Dr. Urhahn and our entire staff are always looking for new ideas of ways that we can improve the association and our state tournament series. Not all ideas have solutions that fit the needs of everyone in the state, so not all ideas are able to be implemented. But sharing and listening to those ideas create discussion and allow us to have a fresh look at how things are being done. The new website has created a restructuring of how the association corresponds with the member schools and the way in which business is being conducted. Although changes in basketball have not been as drastic up to this point, healthy discussions have taken place regarding the state tournament series. Dr. Urhahn, the Board of Directors, and I are willing to look at different ideas for the state tournament. There all kinds of scenarios that have been discussed from eliminating the third place game, to bringing in 8 teams, to playing all classes on the same weekend. These are all novel ideas that have not yet provided solutions that meet all of the needs of the association as a whole. One proposal that is being looked at currently is to add one day to the tournament which would shorten the length of the days of the tournament to eliminate teams from having to play at 9:00 AM in the morning and playing at 10:30 or 11:00 at night.

We are also actively looking for bigger and better venues to host our Quarterfinal and Sectional games. Changes can only occur if coaches actively participate in the process. Present ideas with solutions to your basketball advisory representative. Provide them as much information as you can as soon as you can so they have an opportunity to understand your request as well as have the ability to discuss it with other coaches in your area. Not every proposal is put into action, but it provides those representatives an opportunity to talk and discuss the issues that face our sport at the state level, which is a healthy exercise.



## A View From the Sticks

By Matt Pearl

Hard Court Herald Small Schools Correspondent

Head Boys Basketball Coach-King City High School

I always had a hope that the tale told in the movie *Hoosiers*, based upon a real-life event in the state of Indiana, would materialize for one of Missouri's minimal-enrollment districts. It probably has, on one level or another.

Amazingly enough, such a dream is one held by most of the little guys, from what I can tell. I myself am a graduate of Union Star R-II High School, one of the smallest districts in the state.

Looking back, we knew what we were. We understood that 'Star' was a tiny spot on the landscape of northwest Missouri, an entire area decorated with one-horse towns and small schools fighting to maintain their individualities, identities, and traditions. We have long fought consolidation and other such merging acts — only now have the tiny schools begun to adopt cooperative pairings of sports teams. It has been easy for those of us in Missouri who have their roots in rural soil to identify with the young men of Hickory, the individuals characterized in *Hoosiers*.

In the King City R-I School District, where I now serve as a teacher and a coach, my father was a student and basketball player in the middle and late 1960s. As a senior, his basketball coach was a young alumnus from Texas Western University in El Paso named Jerry Armstrong. Armstrong's stint in King City — I should say his *first* stint; he would return in the late 1980s and take a Wild-Kat team to a State Tournament appearance — reminds me of the *Hoosier*-esque situation where a major figure in a sport takes a humble step back to small-town roots.

Armstrong's journey began in Eagleville, Missouri, and continued for years in King City, then Richmond, Missouri, then back at King City. There was a time — perhaps a time now past — that a small school could attract those of proven greatness.

There was an amazing span of years when major athletes and men and women of renown seemed to spring from small towns. Not the 'small towns' they speak about in movies — 20,000 people and two McDonald's restaurants. I mean the *real* small towns.

I mean communities with populations in the hundreds, hardly large enough to support the schools that beat at their centers like aging hearts. I'm talking about towns where Main Street is as quiet as the rest of the countryside. Sometimes, I daresay it's even difficult to tell the difference between the two. Yet legends used to walk that very street.

Everybody's grandpa was a great shooting guard. Everyone's uncle played with someone who should have gone all the way to the pros.

Some would contend we village folk have been reduced to dreamers — believers in fantastic notions that will unlikely come to fruition anytime soon.

I prefer to think of small-town basketball lovers like myself as being *faithful*, not *delusional*. There's always a chance at that State Title, right?

The challenge for us comes when we must defend our baseless optimism to non-believers, the pessimistic partakers in full-time negativity. Can a *Hoosiers*-type story happen? Every small school coach wants to believe so, and it's the perennial hope we sell to the players on our rural rosters.

We're officially in mid-season now, and teams have already developed the identities that will likely define them into the postseason. When March rolls around, we'll see where all the chaos lands; the small school weekend at the MSHSAA Show-Me Showdown features the very best of Missouri's rural teams every season. I look forward to seeing players perform at their very best, and I always love to watch teams made up of small towners and farms kids get their acts together for an appearance on the largest basketball stage most of them will ever experience.

I'm reminded of a final *Hoosiers* moment, one in which the team of wide-eyed young hoopsters becomes aware that, even in the large arena that would be the venue for its State Championship contest, certain truths remained solidly fixed. No matter where you play, the rims are ten feet above the floor. No matter what size of team you play, only five on each team take the floor. No matter what size the school, the best team will be the one who can play the best offense and defense for 32 minutes.

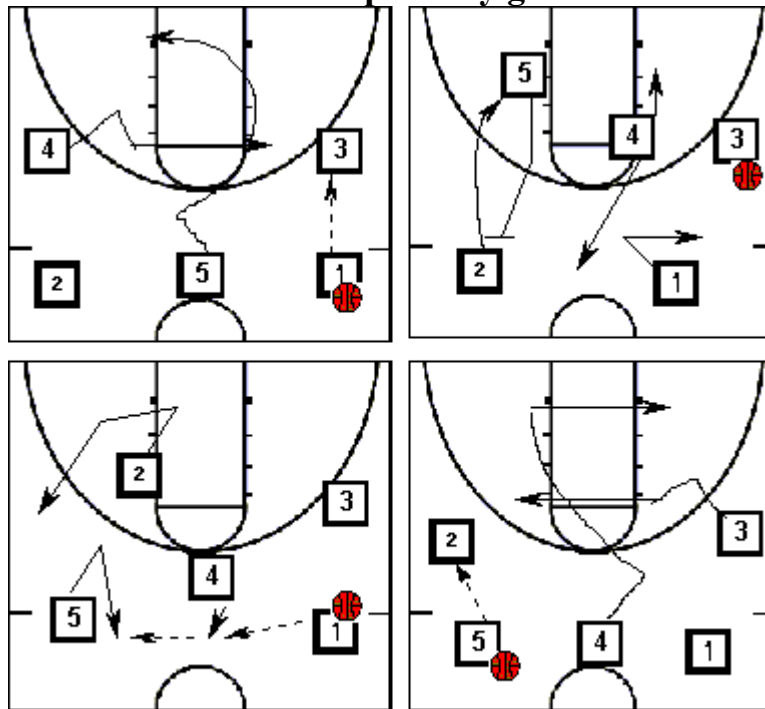
To everyone who took the gravel road to basketball practice this season, I offer you a word of encouragement: Basketball does not depend upon the size of the gym, the price of the shoe, the number of people in the crowd, or even the flavor of *Gatorade*. It relies on the quality of the five who take the floor as a family of athletes – individual in talents but united in purpose.



# The Coach's Clipboard



## Featured Play "Double-Up" delay game



"UP" (vs pressure defense or to take advantage of our cutting &/or dribbling advantages)

### Suggested Reading:

## Talent is Never Enough by John Maxwell

### From Publishers Weekly...

Talent is "often overrated and frequently misunderstood," observes leadership expert Maxwell (*The 360 Degree Leader*), who advises readers on building their strengths to become a "Talent-plus person." In the first chapter, he examines how "belief lifts your talent," whether it's belief in your potential, yourself and your mission that empowers and encourages you. He then introduces a dozen other factors that can be combined with talent to achieve your goals: passion, initiative, focus, preparation, practice, perseverance, courage, teachability, character, relationships, responsibility and teamwork. Synthesizing the work of business gurus like Marcus Buckingham and Peter Drucker with inspiring anecdotes from the lives of famous athletes and coaches, Christian leaders, writers and artists, Maxwell engages the reader with his enthusiasm for his subject matter and clear insights. Well organized and focused, the book conveys how talent can be enhanced through historical and contemporary examples of "Talent-Plus" people in action—from Charles Dickens to Vince Lombardi and Tom Hanks.



Featured Web-Site:

[www.shot-doctor.com](http://www.shot-doctor.com)

In the summer of 2008 you could be holding a nationally recognized, proven and profitable Shooting Instructional Camp in your own gym without fretting over finding qualified instructors, printing brochures and T-shirts or preparing instructional formats or materials.

The camp welcomes players from ages 8-18 showing up everyday for 1, 2, 3 or 4 days of expert instruction on shooting and other skill techniques that you can follow up with later as they grow through your system.

The campers also stress leadership and team play skills that will assist them in becoming successful on the court and off as attitude and team awareness improve.

You could earn up to \$500, \$1000 or more for you or your program just for hosting a camp that costs as little as \$85 per camper.

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](mailto:hardcourtherald@hotmail.com).





## **From the Other End of the Court-“Finding the ME in Team”**

By Annette Lowrey

Hard Court Herald Girls Basketball Correspondent

Head Girls Coach-North Daviess High School

No matter how cohesive you think your team has become, there will be a time when the dreaded “egomaniac” will show its ugly head. Surprisingly to many of you, girl basketball players can have very large egos.

Scientifically and psychologically speaking, the ego, according to Freud, is the self, which allows the controlled Id (basic needs and drives) to function within the boundaries of the superego (the conscience). Basketballically speaking (if athleticism is a word, so is this), a player sees herself in light of her drive to play basketball, and in light of what she believes are her limitations that she can live with, and as she sees them.

Through the course of practices and games, each player will assume a role on the team, or have one assigned to them by the coach or players. Naturally, a coach will have at least one player, who is naturally talented, has ball sense, and can make the big plays and score. To maintain team cohesion, we as coaches work to maintain the balance between the players and demonstrate their worth and contributions. Next up is “The game.” You know...the game where this one exceptional player has an overwhelming desire to do everything herself. This player becomes highly critical of her teammates, and is vocal about what she is not getting from her teammates. “Give me the ball!” “Why can’t you see that I’m open?” “I’m doing all the work!”

This same scenario also may play itself out during a practice. The egomaniac considers it a personal insult that her teammates are not performing or practicing at the same pace or intensity. To the egomaniac, this lack of drive by the others will hurt her career, and her chance to receive post season awards and honors. The ego forgets its conscience that limits its actions, and the player believes the team cannot function without her. Here is where the female player differs from the male counterpart; the sniping and catty comments between teammates all which eventually lead to tears and cohesion once again. Guys are more overt, throwing balls, undercutting on defense, and purposely giving poor passes to the egomaniac. Men may exchange words, but by the end of the game or practice, it is over.

Female egomaniacs always have a snappy comeback. One year, Fred was accused, by a teammate, of being a selfish player, always wanting, or hogging the ball. Her reply was “At least I know what to do with it!” Unfortunately, if she is the only talented player on the team, she is right. As her coach, redirect her perceptions. She needs the team. Have a one-on-one talk with the ego player and point out each of her teammates’ good qualities, and how her positive instruction or guidance might be helpful if delivered in a more encouraging manner. This ego-driven player can help elevate the playing level of her teammates by acknowledging their good plays, good passes, good screens, etc.

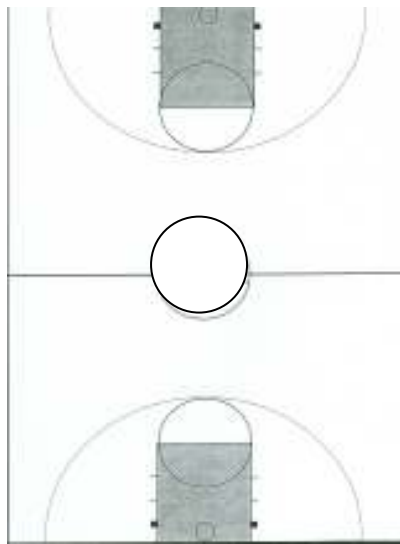
Coaches love to see a player that can perform consistently well each game. In fact, the more of these players you have, usually, the better the end results to a game. But when a team has one or more players who let their ego get the better of them, the coach must temper the ego and their actual ability, with the reality and overall benefits of team play.

## Practice Drill of the Month "Perfection"

From John Calipari, University of Memphis

This is a great fast paced drill that gets a lot of shots up while also covering many aspects of the fast break. The goal of the drill is to complete all of the required drills in five minutes. If a player or group misses a layup, they do have to go again. The team can't move on to the next drill until all shots have been made in the previous one. Here is the run-down:

1. **Full Court Right Handed Layups** – The team uses 3 balls. Each player must make a right handed layup on both ends. You encourage the players to get down the floor in as few of dribbles as possible and to not slow down when they get to the rim. If a player misses a layup, he must start over at half court of the direction that he was going. You may not move on to the next drill until all layups have been made.
2. **Full Court Left Handed Layups** – Same as above
3. **2 v 0** – Memphis calls this "Box-Box" where the two players run down the court on the free throw lane extended. The players pass the ball back and forth yelling "Box-Box" as they make the pass. The players must communicate who will shoot the layup. If a group misses a layup, they will have to go again at the end.
4. **3 Man Break** – If a group misses a layup, they must go again



- a. Ball starts in middle
- b. Pass to right side
- c. Pass back to middle
- d. Pass to right side
- e. Pass back to middle
- f. Dribble to FT line and make bounce pass to left side for layup
- g. Middle man gets rebound & outlets to the man who shot the layup (he circles underneath) while the man on the right side goes under and around to the other sideline.
- h. Outlet passes back to the middle man who will take

one dribble, jump stop, and throw a pitch over pass for a layup on the other end.

5. **3 Man Weave for Layup** – players must count the number of passes out loud as they go down (3-4 is usually what is expected). On the way back, once a pass is made in the front court, the player comes to a controlled jump stop to make a pass. If a layup is missed, the group of three must go again.
6. **3 Man Weave for Jumpshot** – this is the only drill where the jumpshot does not have to be made, but each group must get through.

2-man and 3-man drills – Let's say you have 15 players. For the two man drill, there are a total of 8 groups that have to make a layup on both ends. One person will have to go twice. In the 3-man drills, there would be 5 total groups that would have to complete the drill.

## 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 Hard Court 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. Also, just after this page is a letter from our newly-named "MBCA All-State Committee" which has put out specific guidelines for the process to go through to nominate and select our MBCA All-State Team. In this process, we will also be naming All-District teams. 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 1<sup>st</sup>. 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 & All-District*  
*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**  
**(current school year SENIORS only)**

**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, 2008. YOU MUST BE A MEMBER TO SUBMIT A NOMINATION.

### **Past Mr. Show-Me Basketball Winners**

2007 Connor Teahan-Rockhurst  
2006-Ben Hansbrough-Poplar Bluff  
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**

2007-Shakara Jones-Howell Central  
2006-Mackenzie Stirmlinger-St. Joseph's  
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

TO: Missouri State High School Basketball Coaches  
FR: MBCA Academic/District/All-State Committee  
RE: All-District/All-State Selection Process

As another exciting season of hoops prepares to get underway, the MBCA Board would like to remind you to do your part in the All-State Selection process. In an effort to get more coaches involved in the Missouri Basketball Coaches Association and to do a better job of promoting our student-athletes, the MBCA revamped the All-State Selection process for the 2007 MBCA All-State Teams. Looking ahead to the 2008 MBCA All-State Selections, we feel that the changes implemented in 2007 were beneficial to the process and each year we will look for ways to improve the All-State Selection Process.

You will find in this edition of *The Hardcourt Herald*, the updated selection process. Please note that at the MBCA Board Meeting we revised the selection process for the Richard Fairchild State Coach of the Year Award.

Also we would like to remind all coaches that forms are also available to nominate players for MBCA Academic All-State. The requirements for MBCA Academic All-State are posted on the MBCA website: <http://www.mobca.org>. You can also receive these forms via e-mail: [mzca.allstate@yahoo.com](mailto:mzca.allstate@yahoo.com).

Please feel free to contact either of us with suggestions that we may further improve the MBCA All-State Selection Process. Good luck the rest of the season.

Sincerely

Shawn Erickson	Jim Vaughan
Head Boy's Basketball Coach	Head Boy's Basketball Coach
Festus High School	Kennett High School

MBCA All-State/Academic All-State Co-Chairman

# **MBCA ALL-DISTRICT AND ALL-STATE SELECTION PROCESS**

## **SELECTION PROCESS AT THE DISTRICT LEVEL**

- The goal of the All-State Selection Committee Co-Chairman is to use the MBCA Coaches Clinic in October to identify a site coordinator for every district in the state. The site coordinator's job would be to coordinate the start of the All-State Selection Process at the district level.
- The site director will start the process when he/she receives the MBCA All-District/All-State Packet, two weeks prior to the district seed meeting. The site director will be responsible for bringing this information to the district seed meeting.
- At the district seed meeting, the coaches in the district will nominate players for the MBCA All-District Team and make nominations for MBCA District Coach of the Year. These players should be considered worthy for MBCA All-State consideration. **THIS IS NOT AN ALL-TOURNAMENT TEAM.** The site coordinator will make a list of all players who will be considered for the All-District Team. Also at the district seed meeting, the coaches should decide how they want to conduct the vote for the All-District Team. The three choices would be to have a meeting after the district tournament, vote via e-mail or vote via fax. Our suggestion would be to conduct the vote via e-mail.
- After the district tournament, the site coordinator will be responsible for coordinating the voting process. The site coordinator will tabulate votes for the All-District Team and for District Coach of the Year. There are to be **ONLY** five members on the All-District Team and only **ONE** District Coach of the Year. The coach does not have to be a member of MBCA to have a player on the All-District Team. The coach has to be a member of MBCA to be the District Coach of the Year. The votes should be tabulated in ranking order (1-2-3-4-5) with 1 being the best player in the district. The five players with the least points will make the All-District Team
- Once the votes have been tabulated and the All-District Team and District Coach of the Year have been selected. The site coordinator needs to have the District Coach of the Year complete the Richard Fairchild State Coach of the Year nomination form. Also the coaches with players on the All-District Team need to complete the MBCA All-State nomination form and return it to the site coordinator.
- Finally, when all the forms have been completed, the site coordinator needs to mail all information to Shawn Erickson, MBCA All-State Committee Co-Chairman so that he can coordinate all the information tabulated for the All-State Selection Meetings in Columbia.

## **SELECTION PROCESS AT THE STATE LEVEL**

- Along with identifying site coordinators for each district in the state, the MBCA All-State Committee along with the MBCA Regional Representatives want to identify the members of the All-State Selection Committee at the MBCA Coaches Clinic.
- During the season, the All-State Selection Committee members need to keep in contact with coaches in their region, identifying top players. This will help the members in being informed about players who will possibly be considered for All-State Consideration.
- The members of the All-State Committee will meet the Saturday of their respective class' Final 4 Weekend.
- During this meeting the committee will select a 15 member All-State Team.
- The MBCA Board of Directors will select the Richard Fairchild Coach of the Year.

## **WHAT WE NEED FROM YOU THE COACHES?**

- Volunteers to be site coordinators
- Volunteers to serve on the All-State Selection Committee

## **HOW DO I VOLUNTEER?**

- Contact Shawn Erickson via e-mail at :  
[mbca.allstate@yahoo.com](mailto:mbca.allstate@yahoo.com)





**MBCA ALL-STATE NOMINATION FORM**

(please print clearly)

Player Name: \_\_\_\_\_ circle one: Male Female

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

Nominating Head Coach: \_\_\_\_\_

-----  
Key Statistics

Points/Game: \_\_\_\_\_ Rebounds/Game: \_\_\_\_\_ Assists/Game: \_\_\_\_\_

Free Throw%: \_\_\_\_\_ Field Goal %: \_\_\_\_\_ Three-Point%: \_\_\_\_\_

Three-Pointers Made: \_\_\_\_\_ Steals/Game: \_\_\_\_\_ Blocks/Game: \_\_\_\_\_

Coach's  
Comments: \_\_\_\_\_

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**Give this form to your site coordinator before the district tournament. This will serve as the nomination form for the All-District Team. Once your team has completed its season, revise this form to include final season stats and give to the site coordinator if your player is voted onto the All-District Team.**

**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, 2008:

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 scholarships to be awarded to the top players 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

**(circle one):**                      **boys**                      **girls**

**Nominating Coach's Name:** \_\_\_\_\_

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

**Nominating Coach's School:** \_\_\_\_\_

**Reason for  
Nomination:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Mail all nominations by March 10, 2008 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:**

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**Nominated Coach's**

**Phone:** \_\_\_\_\_  
                                **School**                                **home**                                **cell**

**Nominating Coach's Name:** \_\_\_\_\_

**Nominating Coach's Phone:** \_\_\_\_\_  
                                **School**                                **home**                                **cell**

**Career Honors**

**Received:** \_\_\_\_\_

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**Nominating Coach's**

**comments:** \_\_\_\_\_

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**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 10, 2008. 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, 2008 to:**

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

**You do not have be an MBCA member to nominate.**

# 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

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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



## 2007-2008 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\_\_  
    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:

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, 2008, 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. Contact the following persons if you wish to be involved with their designated MBCA activity:

Nominating: dhunt@spsmail.org

Legislative: blossom.jay@mail.webster.k12.mo.us

Hall of Fame Games: sphillips325@spsmail.org

Academic All-State: show4games@aol.com

Newsletter: hardcourtherald@hotmail.com

Suggestions for the MBCA Board to consider:

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