

DRIBBLE & SHOOT



PA BASKETBALL COACHES ASSOCIATION *Newsletter*



PABCA

Pennsylvania Basketball
Coaches Association

This issue

2017/2018 Fall Coaches Clinic P2

Sweet 16 Party P3

Ron Galbreath in Memorial P4 & P5

NHSBCA

Information & Positions P6 to P11

Active Rolls for High School

PABCA Directors P12 to P14

College Spotlight P16 & P17

Social Media P22

PABCA Member App P23

Check out the links on each page!

Coaches,

As a member of PABCA you can nominate players for our PA All-Star Team, Top 100 Showcases and more. Qualify for camp and clinic liability insurance discounts. Member only access to coaching articles, training videos, drills and plays.

Any coach can become a member of the Pennsylvania Basketball Coaches Association by completing the [member-ship app](#) and mailing form with payment.

Thank you!

PABCA Executive Board

info@pa-bca.org



*Coach John
Calipari*



Part 2

...Managing his players

*Click each picture below
to watch the
2017 Fall Coaches Clinic*



Dori Oldaker



*Coach Andy Toole
Robert Morris
University*

Join PABCA today!



*Coach
Keith Dambrot
Duquesne University*

Pennsylvania Basketball Coaches Association

The Pennsylvania Basketball Coaches Association was established to increase communication and opportunities for the professional development of basketball coaches. Our goal is to maintain the highest possible standards of the basketball coaching profession, and to work together to improve the game of basketball in Pennsylvania.

Our support is focused on all individuals who coach basketball and mentor young men and women as a profession. PABCA members have the opportunity to continually improve their skills and knowledge, engage in healthy dialogue relative to coaching issues, and network with their peers.

As we encourage the pursuit of sportsmanship and character development, our aim is to help the advancement of Pennsylvania basketball while fostering friendship and support among coaches, referees and others who have a vested interest in the game.

We will promote efforts to enhance professional growth, advocate and maintain the highest possible standards and ethics in the coaching field, and provide our members with the latest coaching methods and techniques in reference to teaching basketball.

Join your many coaching friends to become a member of the Pennsylvania Basketball Coaches Association by filling out the membership application at www.PA-BCA.org



PABCA FALL COACHES CLINIC

We had a GREAT Coaches Clinic on September 23rd at Moon High School. We had over 100 coaches in attendance and enjoyed listening to Andy Toole Head Coach of Robert Morris University, Keith Dambrot Head Coach of Duquesne University, Dori Oldaker of Mt Lebanon High School and our Keynote Speaker John Calipari!

We would like to thank Dunkin Donuts for providing breakfast and Chick Fila for lunch. We would also like to thank Moon High School for hosting our clinic.



2018

PABCA FALL COACHES CLINIC

Make your plans now to attend our 2018 Fall Coaches Clinic next September in Philadelphia. Please watch for all of the details

[Become a PABCA Member today!](#)



The Pennsylvania Interscholastic Athletic Association and the Pennsylvania Basketball Coaches Association...Together!

The PIAA has recognized the PABCA and has invited President Glenn Anderson to be a part of the Pennsylvania Basketball Steering Committee and the Pennsylvania Coaches Advisory Committee. Basketball now has a voice at the state level, to get involved. Join the PABCA Today

PABCA Sweet 16 Party



211 North Shore
Drive, Pittsburgh,
PA, 15212
Next to PNC Park

Saturday, March 24th 6pm to 12pm

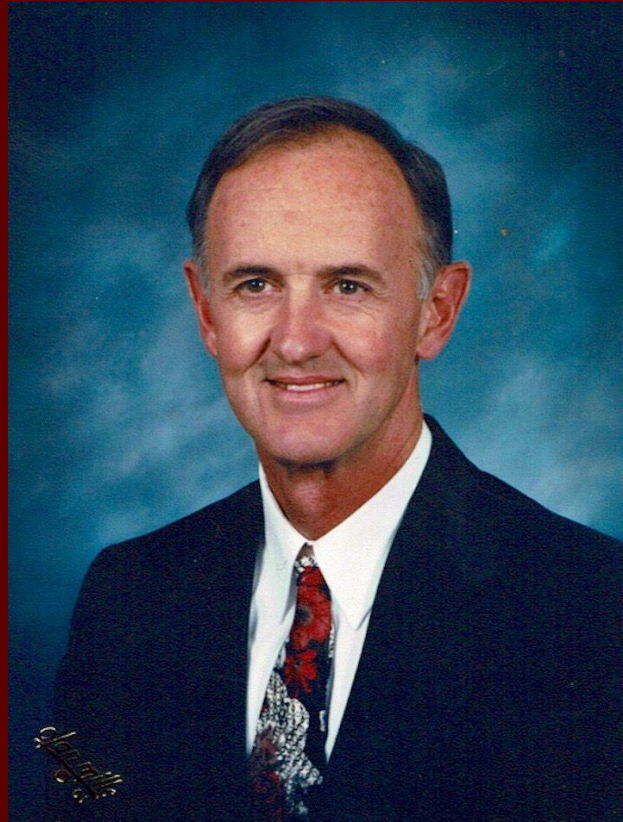
FREE Drinks and Food
for PABCA Members

Non Member Coaches \$10.00



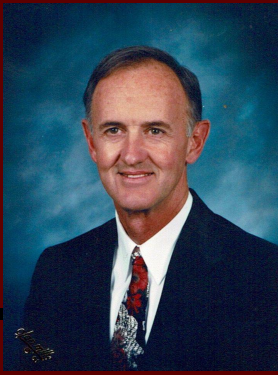
Become a PABCA Member today!

In Memorial



Legendary
Westminster College and Geneva
College Basketball Coach
Ron Galbreath

Born Aug. 12, 1940, in Wampum, the son of the late Charles T. and Helen M. Newbold Galbreath passed peacefully to his eternal reward Saturday, Dec. 9, 2017



Ron Galbreath



As a player for the Titans, Galbreath, a 1962 Westminster graduate, was a two-time All-American under legendary Westminster basketball coach **C.G. "Buzz" Riddl**. He later went on to become the head coach of the Titans for 25 seasons, retiring as the school's all-time winningest men's basketball coach in 1997.

During his playing days at Westminster, Galbreath earned All-America honors in 1961 and 1962. He is one of 15 All-Americans and one of five multiple All-Americans in Westminster history. His 1,586 career points at Westminster rank fourth all-time. Galbreath averaged 21.7 points per game in 1961 and scored 607 points that season. He helped Westminster beat the likes of the University of Pittsburgh and Duquesne University to make it to the National Association of Intercollegiate Athletics (NAIA) National Tournament in all four of his seasons.

Galbreath compiled a 448-206 (.686) record as the head coach of Westminster's men's program. Eighteen of Galbreath's 25 Westminster teams qualified for postseason play, with 11 reaching either the NAIA or conference finals. His teams won six NAIA district titles and reached the NAIA tournament three times: 1982, 1994, and 1996. At the time of Westminster's move from the NAIA to the National Collegiate Athletic Association (NCAA) in 1998, Westminster was the all-time winningest men's basketball program in NAIA history.

Galbreath coached the Geneva women's team for six seasons. He stepped down for a medical leave of absence after suffering a stroke in March 2008. At Geneva, Galbreath recorded a 111-48 record and led the team to its only NAIA tournament appearance in 2006-07.

In total, Galbreath compiled a career record of 634-192 (.768) as the head men's coach at Westminster and Clarion University and head women's coach at Geneva. He totaled 14 20-win seasons and his teams finished .500 or better 32 times. Galbreath coached five All-Americans, including four at Westminster, and 21 1,000-point scorers.

Galbreath was inducted into numerous Hall of Fames, including the Pittsburgh Basketball Club Hall of Fame, the Western Pennsylvania Sports Hall of Fame, the Lawrence County Historical Society Sports Hall of Fame, and the Titan Sports Hall of Fame. He was also named the Western Pennsylvania Sportsperson of the Year in 2016.



As a member of the Pennsylvania Basketball Coaches Association you are automatically a member of NHSBCA! Please take a minute and review the four topics discussed at the National Convention this summer in Indianapolis.

***As a PABCA member you can share your input.
Join PABCA Today!***

NHSBCA

The National Voice of Action for High School Basketball Coaches

The National High School Basketball Coaches Association (NHSBCA) is an alliance among the leaders of State Basketball Coaches Associations, linking their respective Associations in an effort to provide a national voice for high school basketball coaches.

Vision Statement:

The NHSBCA will be a major voice and influence in the game of scholastic basketball in the nation.

Mission Statement:

Our educational mission is to help mentor and assist coaches and players in learning and teaching the game.

Become a PABCA Member today in time for our 1st event!

A. Title/Topic: Use of a Shot Clock in scholastic games

B. Suggested Stance/Position for NHSBCA

It is the opinion of the National High School Basketball Coaches Association that the use of the shot clock should be an option available to every state for adoption.

C. Brief Background (facts, etc.)

As of the end of the 2016-17 academic year, there are eight states (Massachusetts, Maryland, Rhode Island, Washington, New York, California, North Dakota and South Dakota) that allow use of the shot clock at some level in at least 1 gender in their state. There are a number of other states that have also expressed an interest in at least looking into use of the shot clock. However, the purchase of the equipment necessary to implement the use of the shot clock is a significant expense. Many state leaders are hesitant to mandate that expense upon every school in their state without more information.

D. Rationale, other information

The NHSBCA suggests that the National Federation make the use of the shot clock a state adoption measure for at least 5 years. The NFHS could make use of the shot clock optional, with language similar to what it used this year in enlarging the coaching box "*The coaching box now shall be bounded by a line drawn 28 feet from the end line toward the division line. A line drawn from the sideline toward the team bench becomes the end of the coaching box toward the end line. State associations may alter the length and placement of the 28-foot coaching box*". States could choose to use the shot clock at some level in some form within its state in order to gather data and information to make an informed decision about whether they feel it should be implemented completely. Currently coaches, officials and state leaders have only information they are given from those eight states that are using the shot clock.

A. Title/Topic: The Use of Recruiting Service Ranking of players prior to entrance into high school***B. Suggested Stance/Position for NHSBCA******C. Brief Background***

For many years high school players have been ranked by national recruiting services based on their projections of success and ability at the collegiate level. Over the past several years these rankings have included national rankings of players as young as the third grade, perhaps even younger.

D. Rationale, other information

The National High School Basketball Coaches Association is against the national ranking of youth basketball players prior to players entering high school. The reasoning for this position is based upon multiple factors. First, the ranking of players at younger ages is very difficult and a very inexact science. It is very difficult predicting future success for younger players based on the natural maturation of a player, attitudes, dedication, character of the player as well as many other factors. Secondly, there is not a governing body that oversees the ranking of youth players. Anyone may create a website with little to no qualifications and begin ranking players. There is no organization to oversee the people in charge of the rankings, to consider the source of the rankings, and/or to determine how those creating the rankings may benefit personally by ranking certain players over others, as well as any money rankers may receive for their list of ranked players. With no oversight organization the validity of the ranking of young players (before high school especially) is in jeopardy. With the validity in jeopardy why rank players? Finally, the ranking of youth players puts unneeded pressure on those players who are ranked and also on those players who feel they are good enough to be ranked, but aren't ranked. At younger ages this is not a healthy situation. Often players ranked highly at younger ages attracted the attention of people looking to profit off of the young players abilities or to simply be close to this player. This is a potentially dangerous situation that should be avoided at all costs if possible, especially before entering high school. For players not ranked, they may question if the hard work they are putting in is really worth it. The rankings may also lead players who are both ranked and unranked (especially those below high school age) to become more selfish players, simply because of a ranking. Unranked players wanting to become ranked and ranked players may feel pressure to promote their own game to maintain or improve their ranking. This selfishness only hurts our game and the development of the players unnecessarily at underdeveloped ages. It puts unneeded and often unwanted pressure on young people who aren't developed fully mentally.

A. Title/Topic: Ending Summer Recruiting**B. Suggested Stance/Position for NHSBCA:**

The NHSBCA is against summer recruiting and would like to see it shift more towards the regular high school basketball season

C. Brief Background

Over the years, the summer recruiting period has seen a significant increase in the amount of non-scholastic teams that play during the off-season with the goal of getting their athletes to be seen as much as possible during the summer recruiting period. The NHSBCA would like to see this lessened or even stopped.

D. Rationale, other information

The NHSBCA would like to see the recruiting of high school basketball players be more emphasized during the regular high school season than the summer (July). As current and retired high school coaches comprise the NHSBCA membership, we would like to see the NCAA lessen the amount of open recruiting periods during the spring and summer and have the full open period during the high school season. The rationale behind this stance is based off a multitude of factors. College coaches when communicating with high school coaches are regularly going to be in touch with reputable coaches who have gone through background checks and professional development while also being held accountable by administrators and athletic directors that they are expected to be forthright and honest with student-athletes and their families. Non-scholastic coaches are not always held to these standards. Additionally, families are charged extraordinary amounts of money for participation on these elite teams, and people of questionable character are making money off families for false promises during the recruiting period in order to get the almighty dollar. If the main recruiting window is during the high school season college coaches can have the opportunity to evaluate these recruitable athletes in their basketball programs system. During this time there is greater emphasis on teamwork and accountability for their actions and behaviors. Further, even if the overall talent during high school games is not that of upper level AAU games, the fact that planning, scouting and strategizing is emphasized, while the stakes are higher in pressure situations, college coaches would get to see how these athletes respond in these pressure situations similar to what they will face in college. If summer recruiting is ended then young people will also benefit by spending less time on the road being shuttled from city to city and gym to gym to be "viewed" and more time at home with their families and friends and experience a much more normal and appropriate upbringing. College football has already scaled back their recruiting windows and since the NCAA has had open conversations about this why have they not done this for basketball also? Ending the summer recruiting period would also allow college coaches to stay more on their home college campus and work with their current athletes in addition to being home more in the spring and summer with their families.

A. Title/Topic: Specialization of high school student-athletes in one sport**B. Suggested Stance/Position for the NHSBCA**

It is the opinion of the National High School Basketball Coaches Association (NHSBCA) that the “specialization” trend in America (focusing development in one sport and eliminating participation in all other sports during a student-athlete’s high school years) is detrimental to the total growth of young people and opens up the potential for higher injury rates and stunted development.

C. Brief Background:

Currently in our country there is a movement on encouraging young student-athletes to focus on playing and nurturing development in one sport only and to eliminate participating in all others at their schools. The University of Wisconsin School of Medicine and Public Health (with additional funding from the National Federation of State High School Associations Foundation) recently completed a study revealing that high school athletes who specialize in a single sport sustain lower-extremity injuries at significantly higher rates than athletes who do not specialize in one sport. This study was conducted throughout the 2015-16 school year at 29 high schools in Wisconsin, and involved more than 1,500 student-athletes. The study also showed that specialized athletes were twice as likely to sustain a gradual onset/repetitive-use injury as athletes who did not specialize, and those who specialized were more likely to sustain an injury even when controlling gender, grade, previous injury status and sport. This University of Wisconsin study focused specifically on physical affects specialization causes. The NHSBCA feels that there is also a possibility of some psychological, emotional, and social developmental damage done to young people risking burn-out, alienation from peers, and a misconception surrounding their own personal importance in the school environment.

D. Rationale and other thoughts:

It is the opinion of the NHSBCA that the specialization of high school age student-athletes, based on a multitude of data and research, raises the potential for physical injury in these young people, as well as impeding their psychological, emotional, and social growth during their early years of scholastic competition, and should be strenuously discouraged whenever appropriate. We recommend that school districts create and disperse information on this subject, and make it mandatory for all students entering high school (along with their parents) to read and internalize this data before making well-informed decisions. This can be accomplished in orientation sessions prior to beginning high school. In addition, because most of this is brought on by the desire to receive athletic scholarships after high school, discussions and information sessions should be conducted (during these same events) regarding the opportunity for potential financial aid upon entering college. Naturally, every school will handle these procedures differently, but it should be imperative families confirm they’ve been made aware of this information and understand that there is a great amount of information on this “specialization” subject available to them. We further recommend visiting youthguidelines.com / a resource covering “healthy guidelines” for young people.

Introduction:

The position of the NHSBCA is that the high school **varsity** basketball coach is the central leader **in their** basketball community which means they are responsible to work with **and** engage all basketball parties **in** their community.

Head Varsity high school basketball coaches throughout the nation are most likely **the** most formally educated/trained and best positioned to take/play a lead role in youth/amateur basketball in the United States.

Varsity High School Basketball Coaches should be a leader, connector and communicator in regard to the world **of** basketball **in** a community.

Suggested Actions for Varsity HS basketball coaches:

Connect and communicate with parents, players, and other people interested in basketball in a community to educate all about the amateur basketball landscape.

- 1) Provide information in a variety of formats.
- 2) Organize, facilitate and lead meetings and workshops
- 3) Serve as a resource of information, processes and connections.

Connect and communicate with non-scholastic basketball coaches, skill trainers and other parties **to** work collaboratively for **the** good of the **players** and the sport.

- 1) Orchestrate and facilitate meetings for scholastic and non-scholastic coaches and trainers.
- 2) Seek clarity and understanding of goals and positions of organizations and individuals, hopefully leading to collaborative actions.
- 3) Regularly communicate **with** non-scholastic coaches and skill **trainers**.

Connect and communicate to work collaboratively with College basketball coaches in the **recruiting** process along with prospective student-athletes and their parents/guardians.

- 1) Be a major point of contact for college coaches **and** potential recruits and their parent/guardians.
- 2) Serve as resource of information and decision making processes.
- 3) Aid with making sure that all **proper** recruiting guidelines and expectations are followed.

PABCA DIRECTORS



. Kathy Healey District 2 Girls

. Andrew Kettle District 2 Boys

***. Tanner
Prosser***

District 5 Boys



Played at Brentwood High School, graduated 1999, 2 year captain

Played at Grove City College, 3 year captain, 6th on Grove City's all-time scoring list

Starting my fourteenth year as Head Varsity Basketball Coach at Berlin-Brothersvally High School

Also, currently 5th Grade Teacher, Athletic Director, and Head Varsity Baseball Coach

Married (Rachel) with 3 children (Pace, Coral, Bryn)

. Audrey Hall District 6 Girls

Dori Oldaker District 7 High School Girls



Named as head coach of the 2016 USA Basketball Women's U17 World Championship Team on March 3, 2016, Oldaker previously helped lead the USA to a bronze medal as the USA head coach at the 2015 FIBA Americas U16 Championship in Puebla, Mexico; a gold medal and a 13-0 record as head coach of the 2014 U.S. Youth Olympic Games Women's 3x3 Basketball Team; and four times she has served as a USA Basketball court coach, including the 2014 USA U17 World Championship Team Trials, the 2012 USA U17 and U18 National Team Trials and the 2011 USA U16 National Team Trials.

Rick Bell District 7 High School Boys

Head Basketball Coach at Canon McMillan High School. Has worked many camps in the Pittsburgh Area and has taken two basketball programs to great success in Peters Township School District and now Canon McMillan High School. He is The Players Edge Summer Camp Director and is coveted as one of the premier summer camp directors in the Pittsburgh Area. Other coaches included are Jennifer Hansberry, Justin Police, Leah Killeen and many more coaches and former players.



Scott Creighton *District 9 High School Boys*

Scott Creighton has over 25 years of coaching experience with both genders (elementary through NCAA Division I). He is currently the Head Boys Basketball coach at DuBois Area HS.

After spending 10 years at the collegiate level, one year as the top assistant at Oregon State and 9 years at Clarion University, Scott returned to his roots in Western PA high school basketball in 2008-2009. Scott has taken on the task of rebuilding a DuBois Area boys program and in 2011-2012 season led the Beavers to the D9 League and PIAA District IX AAAA Championship.

During his time at Oregon State and Clarion, Creighton mentored the team's post players who earned two All-American honors and eleven all-conference awards. He has served as the recruiting coordinator, managed the team's offense, assisted in practice development and organization, was responsible for coordinating scouting of opponents as well as preseason and post-season player development. He conducted strength and conditioning workouts, scheduled games, supervised the team's managers and student coaches, co-directed Clarion's highly successful summer camps and assisted in virtually all other facets of the women's basketball program. In addition to helping conduct Clarion's Basketball Camps, Creighton has also served as a camp staff member at Duke, Illinois and the National Point Guard College.

Creighton spent seven seasons at Cranberry High School in Seneca, Pa. In 1994 and 1995, after five seasons as an assistant, he served as the girls' head basketball coach, guiding the team to a 61-2 overall record. In 1994, He earned PIAA "Coach of the Year" honors after leading Cranberry to a 31-1 overall record, winning their third consecutive District 10 and PIAA state title ('92, '93, '94). In 1995, Creighton's team finished 30-1, with the only loss coming in the PIAA state semi-final game.



. Mike Colleta District 10 Boys



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College Spotlight



Andy Toole, has been the Head Basketball Coach at Robert Morris University since May 11, 2010 and is currently the 6th youngest head coach in Division I basketball. Toole had served as an assistant coach at Lafayette College and Robert Morris prior to accepting his first head coaching position. As a player, Toole played at Elon University before transferring to the University of Pennsylvania.

"The Andy Toole Show," which spotlights the RMU skipper assessing his club's performance with Chris Shovlin, the voice of the Colonials, can be heard live every Monday night at 7 p.m. on ESPN radio 970.

Each program will be broadcast from various Buffalo Wild Wings locations throughout the area and will feature special appearances by RMU players and assistant coaches.

Fans that come out to support the team will have an opportunity to win door prizes, including apparel and ticket promotions. Be sure to listen every week for the latest information surrounding the Colonials.

College Spotlight

17

University of Duquesne Head Coach Keith Dambrot



Coach Keith Dambrot brings a 413-209 overall record in 19 seasons as a head coach to the Bluff. In his 13 seasons at Akron, Dambrot's Zips finished no worse than third 12 times in regular season play. His teams averaged 23.5 wins in annually contending for the MAC title. The Akron native took over at his alma mater prior to the 2004-05 season and immediately put his stamp on the program by leading the Zips to a 19-10 record. The 19 wins were the program's most since 1989. In year two, UA posted 23 wins and in 2006-07 Dambrot began a stretch of seven-straight MAC Tournament championship game appearances. In 2015-16, Akron set the MAC record for the longest streak of consecutive semifinal appearances in MAC Tournament history at 11. The Zips made it 12 in a row in 2016-17, on the way to a program-best 27 wins (27-9). Dambrot, who was named MAC Coach of the Year in 2013, 2016 and 2017, coached a total of 18 Akron players who earned first, second or third team All-MAC honors.

Nationally, Dambrot brought attention to the Akron program with a Division I-best 19-game winning streak in 2012-13. The Zips earned the No. 24 ranking in the Feb. 25 USA Today Coaches Poll that season, marking the first national ranking in program history. Dambrot led Akron to its first-ever victories over schools from the Atlantic Coast Conference (at Florida State in the 2008 NIT) and Southeastern Conference (vs. Mississippi State in 2005-06).

Dambrot got his start in coaching at Akron, where he spent two years as a graduate assistant and one season as a full-time assistant before taking the head coaching job at Tiffin. In his second season (1985-86), he led the Dragons to the most single-season wins in school history (24). In 1991, he returned to the MAC and took on his first Division I head coaching role at Central Michigan where he spent two seasons. In his 19 years as a head coach, Dambrot has seen a number of his former assistants enjoy success at the Division I level, including Wisconsin associate head coach Lamont Paris and Stony Brook head coach Jeff Boals.

Prior to beginning his assistant coaching tenure at Akron in 2001, Dambrot compiled a 69-10 record in three seasons as head coach at Akron St. Vincent-St. Mary High School. In his final two seasons, the Irish - led by freshman then sophomore LeBron James - were state champions and earned national rankings from USA Today. Dambrot played a role in the development of James who, at the age of 13, participated in \$1 clinics Dambrot conducted at the local Jewish Community Center.

In 2010, Dambrot was inducted into the Summit County Sports Hall of Fame for his contributions at Akron St. Vincent-St. Mary High School, and at the University of Akron as both a student-athlete and head coach.

A native of Akron, Dambrot graduated from UA with a degree in management in 1982, and added a master's in business administration from his alma mater in 1984.

Professionally, Dambrot is a member of the NCAA Men's Basketball Rules Committee and was named the committee chairman in August 2015.



Sponsor



"FedEx is pleased to support the Pennsylvania Basketball Coaches Association and we congratulate its participating coaches on their work to mentor young athletes," said Patrick Fitzgerald, Senior Vice President, Integrated Marketing and Communications, FedEx.



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"UPMC Sports Medicine is proud to support the PABCA. This organization is a great resource to grow basketball in our region and across the state. We'd like to encourage basketball coaches of all levels to attend."

David G. Tumbas Manager, Business Development
Athletic Trainer



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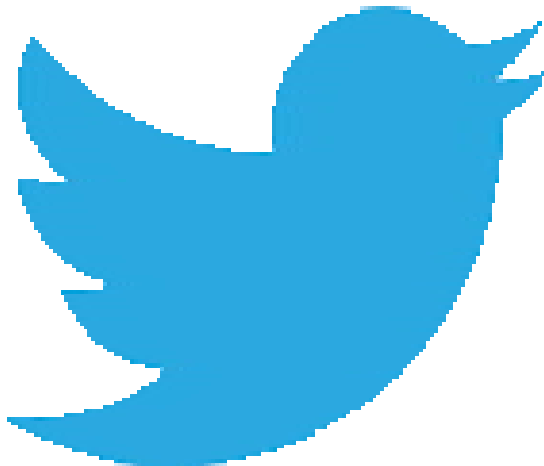


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Social Media



PENNSYLVANIA BASKETBALL COACHES ASSOCIATION

Membership Application

Dues: \$30.00 for Each Coach

Dues: \$150.00 for Head Coach and Staff (10 max)



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Please complete form below:

PROGRAM: _____ BOYS PROGRAM _____ GIRLS PROGRAM

Position: _____ Varsity _____ Junior Varsity _____ Other: _____

Coach's Name _____

Staff Members' Name: _____

(Limit 10) _____

Coach's Email Address: _____

School Name: _____

Daytime Telephone Number: _____

Cell Phone Number: _____

Send Check Payable to PABCA:

Mail to: PABCA 10675 Perry Highway, #62 Wexford, PA 15090

- ☐ If school membership please include list with coaches names & email address.
- ☐ **ALL MEMBERS MUST BE APPROVED BY PABCA EXECUTIVE BOARD**

DRIBBLE & SHOOT



PA BASKETBALL COACHES ASSOCIATION *Newsletter*



Be A Part Of The
ACTION!



PABCA

Pennsylvania Basketball
Coaches Association