

# DRIBBLE & SHOOT



PA BASKETBALL COACHES ASSOCIATION *Newsletter*



**PABCA**

Pennsylvania Basketball  
Coaches Association



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## Who We Are

<https://www.nhsbca.org/about-us>

The National High School Basketball Coaches Association is an organization that unites high school basketball coaches. It is an alliance among State Basketball Coaches Associations that represents over 75,000 coaches nationwide.

If you are a member of your State Basketball Coaches Association, then you are already a member! If your state does not have a Basketball Coaches Association, visit us at

<https://www.nhsbca.org/> and join or get information on how to start one!

## Now Is The Time!

**"PABCA Membership is  
for you and your players"**

**Nominate Your players for  
"PABCA Fall Showcase"**

**Nominate Fellow Member  
coaches for "Ron Galbreath  
Coach of The Year Award"**

**...AND MUCH MORE!**



**Join PABCA Today!**

*Check out the links on each page!*



## Boys ~ 2019

6A Kennedy Catholic - Rick Mancino

5A Moon HS - Adam Kaufman

4A Imhotep Charter - Andre Noble

3A Lincoln Park - Mike Bariski

2A MCS - Lonnie Diggs

1A Sankofa Freedom Academy - Isaiah Thomas



## Girls ~ 2019

6A Peters Township - Bert Kendall

5A Chartiers Valley - Tim McConnell

4A Bethlehem Catholic - Jose Medina

3A Delone Catholic - Gerry Eckenrode

2A Bellwood Antis - Jim Swaney

1A Berlin - Rachel Prosser



## History of Coaches vs. Cancer

Coaches vs. Cancer is a nationwide collaboration between the American Cancer Society and the National Association of Basketball Coaches. The initiative leverages the personal experiences, community leadership, and professional excellence of basketball coaches nationwide to increase cancer awareness and promote healthy living through year-round awareness efforts, fundraising activities, and advocacy programs. Coaches vs. Cancer provides critical mission outreach, while raising funds in support of the Society's lifesaving cancer research, education, advocacy, and community service efforts.

## Let's Partner With Coaches vs. Cancer



**SAVE THE DATE**  
**TUESDAY, SEPTEMBER 10TH**

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*12th Annual*  
**COACHES VS CANCER**  
**TIP-OFF MADNESS**  
*Heinz Field, UPMC Club*

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**SPECIAL GUESTS**  
*Len Komoroski, CEO of Cleveland Cavaliers*  
*Merril Hoge, Cancer Survivor, Former NFL Player*

**COACHES VS CANCER**  
 NABC American Cancer Society

*12th Annual*  
**COACHES VS. CANCER**  
 American Cancer Society



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Tuesday, September 10, 2019

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VIP: 6:00 pm

General Admission: 6:00 pm

Hosted by: Pittsburgh's NCAA Division I basketball coaches

Location: Heinz Field, UPMC Club

100 Art Rooney Avenue Pittsburgh, PA 15212

For more information, please contact  
 Jennie Colbert at  
[jennie@valiant3communications.com](mailto:jennie@valiant3communications.com) or  
 (814) 460-9182

Visit: <https://www.cvcpittsburgh.org>





American  
Cancer  
Society®

*12th Annual*

# COACHES VS. CANCER

TUESDAY, SEPTEMBER 10, 2019

HEINZ FIELD

## EVENT DETAILS

Join us on Tuesday, September 10th, 2019 from 6:00 pm - 10:00 pm for Coaches vs. Cancer Tip-Off Madness at Heinz Field. Hosted by Pittsburgh's NCAA Division I basketball coaches, we are excited to raise funds to support the American Cancer Society's lifesaving mission. Everything we do is in thanks to the generosity of our sponsors and patrons.

We look forward to an exciting night with our guest speaker, **Len Komoroski**, CEO of the Cleveland Cavaliers and mission speaker, **Merril Hoge**, Cancer Survivor and Former NFL Player. The evening will also include a VIP reception, chance to mingle with our guest speakers and coaches, hors d'oeuvres, cocktails, silent and live auctions, games.







# COACHES VS. CANCER

PRESENTED BY **UPMC** | **HILLMAN  
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### TICKETS

- ☐ VIP \$300
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- ☐ Huddle (10 tickets) \$1,250

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☐ Payment enclosed ☐ Invoice me

☐ Charge the following credit card:

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Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

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Return payment and reservation form to:

American Cancer Society | 320 Bilmar Drive | Pittsburgh, PA 15205

For questions please contact:

Jennie Colbert | 814.460.9182 | jennie@valiant3communications.com



# *Germantown Academy's*

## **Sherri Retif Reaches 700 Career Wins**



Normally, when the first-place team in a basketball league defeats the last-place squad, there's not a lot of excitement surrounding the contest.

Germantown Academy's 70-26 win over host Agnes Irwin last Tuesday was an exception, because it was the 700th career victory for Patriots head coach Sherri Retif. The victory also allowed GA to clinch at least a tie for the 2019 Inter-Ac League championship. Although she routinely seeks out strong opponents from outside the league, her winning percentage is just under 80 percent for her career.

With 19 league titles, Retif has won more Inter-Ac championships than any other girls' or boys' basketball coach in league history. Since arriving at GA in the 1999-99 academic year, she has turned out a long line of distinguished players who went on to NCAA Division I competition.

Beginning her coaching career at Ursuline Academy in her native New Orleans and at Sun Valley High School in Aston, Pa.

"I've seen women's basketball raise its level overall," she remarked. "There's a lot more parity, and a lot of very good players at a lot of different schools. In the past, we'd see some of our best competition against teams from outside the state, but nowadays there's a lot more talent in-state and a lot of talented players just in the Inter-Ac."

There's plenty of basketball ability represented on the Patriots' own 2018-19 roster, although two current NCAA Division I players graduated from GA last spring.

"I'm grateful that the administration gave me the opportunity to be here and share my passion with these kids," she said. "I think Germantown Academy, as an institution, attracts highly-motivated kids, and the faculty prepares them to go on to the colleges and the careers of their dreams. I just get to complement that when a student wants to play basketball."

With two more victories in the three days following Retif's 700th on Tuesday, the Patriots ended the week with a season record of 26-1.

To read the entire article [CLICK HERE...](#)



## ***. Andrew Kettle District 2 Boys***



Andrew Kettel started his coaching career in 1998 as a volunteer assistant coach for the Scranton Prep Cavaliers freshman team, moving up to the junior varsity and varsity level in 2000. In 2002, Coach Kettel was hired as the head JV coach and guided the Cavaliers for the next four seasons accumulating over 60 wins. He also served as Athletic Director at St. Paul's School.

In July 2007, Coach Kettel was appointed the head boys' basketball coach at Lackawanna Trail High School, where he led the Lions to an overall record of 77-70, guiding them to two Lackawanna League Championship games, winning the trophy in 2010-11 season. That same year, the Trail boys' basketball team was selected as the recipient of the Scranton Chapter of PIAA Basketball Officials' Donald L. Klee Sportsmanship Award.

Between regular seasons, Coach Kettel has successfully coached a variety of age groups in the AAU regional programs at Hoop City & Backcourt Hoops, as well as participating with his teams in numerous summer basketball camps at Villanova University, Saint Joseph's University, The University of Notre Dame and Michigan State University.

*((continued on page 6))*



# ***PABCA DIRECTORS***



## ***. Andrew Kettle District 2 Boys***



Since taking over at Scranton Prep, Coach Kettel has led the Cavaliers to 114 wins and 20 losses, 5 Lynett Tournament Championships ('13, '14, '15, '16), 3 Lackawanna League Championships ('15, '16, '17) 4 District II Championships ('15, '16, '17, '18). Kettel has an overall record of 191 wins and 90 losses.

Coach Kettel was selected as one of 50 Positive Coaching Alliance's 2017 Double Goal Coach National Winners presented by TeamSnap. Coach Kettel was also presented with the Walter Venesky Award by the Bochicchio Sports Initiative. NPF Sports named Kettel the 2017 District 2 Big School Coach of the year.

Coach Kettel has served as the chairman of Coaches vs. Cancer of NEPA since 2008. In that short time, his efforts have helped to raise over 1.6 million dollars. In April, Kettel was the first high school coach in the country to receive the Champion Award presented by the American Cancer Society.

# ***PABCA DIRECTORS***

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## ***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)

# PABCA DIRECTORS

## . 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.



# PABCA DIRECTORS



## ***. Dennis Cscesnits District 11 Boys***



**Allentown Central Catholic High School,**  
Allentown, PA

*Athletic Director/ Director of Advancement (2014 - present)*

Manages all facets of Interscholastic Athletic Program offering 22 sports.

Implemented Coaches leadership and professional development program.

Leadership role in campaign that provided funding for \$2.2 million in facility renovations.

*Head Coach – Boys Basketball (2012-Present)*

Led the program to three District XI Championships–(12-13, 13-14, 17-18) with an overall record of 140-47.

Led Team to Lehigh Valley Conference Championship 2013-14.

Named Allentown Morning Call – Team of the Year 2013 and 2014. LVBR Coach of Year 2014.

*Assistant Coach – Boys Basketball (2010 - 2012)*

Instrumental in leading the program to back-to-back district 11-3A championships.

**DeSales University, Center Valley, PA.**

*Major Gift Officer / Director of Athletic Advancement (2009 - 2014)*

Served an integral part in completing a \$30 million campaign to support a business and healthcare facility.

Planning and implementation of athletic facilities campaign.

Responsible for cultivation, solicitation and stewardship of 150+ major gift portfolios.

(Continued on next page)



## **. Dennis Cscesnits District 11 Boys**



**Dickinson College**, Carlisle, PA

*Head Coach – Men's Basketball/ PE Instructor (2002 – February 2009)*

Responsibilities included the management and development of all phases of a college basketball program that positioned to compete on a national level in Division-III basketball. Recruited and developed six All-Centennial Conference players. Earned an at-large bid to the ECAC post-season tournament (first post-season tournament since 1997). Served on the NCAA Division-III Selection Committee (2005 – 2008).

**Colgate University**, Hamilton, NY

*Assistant Coach – Men's Basketball (1998 - 2002)*

Served an additional role as the recruiting coordinator.

**The Citadel**, Charleston, SC

*Assistant Coach – Men's Basketball (1996 - 1998)*

**United States Naval Academy**, Annapolis, MD

*Assistant Coach – Men's Basketball (1995 - 1996)*

Instrumental in leading the program to the 1996 Patriot League regular season championship.

**Randolph-Macon College**, Ashland, VA

*Assistant Coach-Men's Basketball (1993 - 1996)*

**~Gettysburg College**, Gettysburg, PA

*Graduate Assistant Basketball Coach*



# College Spotlight

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**Joe  
Lombardi**



## Coach Of The Year

IUP head coach Joe

Lombardi has been named the 2019 National Association of Basketball Coaches' Division II (NABC) All-Atlantic District Co-Coach of the Year, as announced Monday morning.

Lombardi shares the honor with head coach Lonnie Blow Jr. of Virginia State.

Lombardi led the Crimson Hawks to a one of the best season's in IUP Men's Basketball program history with an overall record of 30-3, their 10th Pennsylvania State Athletic Conference (PSAC) tournament championship, and the PSAC Western Division regular season championship. The PSAC championship marked the fourth under Lombardi (2010, 2011, 2013, 2019).

Their record marked just the third 30-win season in program history, all in the last 10 seasons under Lombardi. It's the sixth 30-win campaign in PSAC history, with East Stroudsburg (2013-14), Gannon (2008-09) and Cal U (1991-92) picking up the other three.

The highly successful coach also recorded his 300th win the PSAC West title game at Edinboro, February 28. He is the 10th coach in PSAC history to win 300 games, 399 games in 13 seasons, the league's fastest coach to reach the milestone.



**2019**

## **PABCA FALL COACHES CLINIC**

*Make your plans now to attend our 2019 Fall Coaches Clinic. Site TBA and check website for additional clinic information. [www.pa-bca.org](http://www.pa-bca.org)*



**NHSBCA Convention July 9 - 12; Seattle, Washington**



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HOOPS**

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# Basketball Coaching: 4 words every athlete needs to hear

by [Doug Campbell](#) on May 5, 2015 3:53:48 PM



Coaching basketball is a difficult job. It can be stressful and demanding. Few know the number of hours a basketball coach invests trying to get to a conference championship, a section title, or God willing, a state/

national title!

Managing the team, the parents and the Athletic Director can create an environment full of frustration or even anger. Along the way, it's easy to forget about the needs of the athlete. These 4 simple words can do wonders for your athletes and your program:

## **"I believe in you"**

These words can take many forms including simple body language, such as a quick nod, knuckles, not turning your back, a smile etc. Every athlete needs to feel you have his back even when mistakes are made. It's a simple yet powerful edge great high school coaches know and possess. The great teams respect their coach and would run through walls for them. This comes not from X's and O's, but from respect and confidence instilled by the coach and the belief that the coach cares beyond the sport. Don't confuse this with not yelling; for many great coaches, yelling is part of their DNA and an important part of motivating the players and the team. Constructive yelling can motivate, hold attention and show passion.

Not every athlete is going to be a superstar or even get playing time, but every athlete deserves to feel like they're worthy and that they contributed to the team. The reward for the basketball coach is greater than winning games, it's the knowledge that they are helping to build strong, confident, secure men and women who will contribute to society in a positive way. People who will pass along those values to their spouses, their children, their co-workers and maybe even to their team in the future.

The team at [Dr. Dish Basketball](#) strive to hold these values true as well and hope that we have a positive impact on the lives of basketball coaches and athletes across the globe.



## 10 Basketball Quotes After A Tough Loss

by [Nick Bartlett](#) on Dec 17, 2015 1:03:19 PM

In a big game against your biggest rival, your basketball team played like champions – and came up empty with a tough loss. As their fans scream with joy you and your staff escort your kids with their head's down to the locker room.

Your job is to make sure this loss doesn't crush their spirits. Of course, you'll use your own words, but don't neglect the wisdom of accomplished sports figures who have also lost heartbreakers. There are thousands of them. After all, 50 percent of sports is about losing.

It is your job to be prepared to share the words and actions that will help your team recover quickly from what they see as a tragedy. You will demonstrate to your players how to accept the loss. Arguably, it's a coach's most important job.

According to sports psychologist Dr. Chris Stankovich, the first thing to do is emphasize the team's effort. Praise them – honestly – for what they did well. Then, he suggests you re-frame the experience; point out areas the team can improve on in the future; develop a short memory for losing and, finally, ask for input from your players.

The 10 quotes listed below take these suggestions into account and help you with the hardest part of your job:

1. ***"Losing is part of the game. If you never lose, you are never truly tested, and never forced to grow." - David Sirlin***
2. ***"Failure does not come from losing, but from not trying." - Larry Brown***
3. ***"Success is never final. Failure is never fatal. It's courage that counts." - John Wooden***

## 10 Basketball Quotes After A Tough Loss (continued)

4. *"You have no choices about how you lose, but you do have a choice about how you come back and prepare to win again."* - Pat Riley
5. *"Bad things do happen; how you respond to them defines your character and the quality of your life. You can choose to sit in perpetual sadness, immobilized by the gravity of your loss or you can choose to rise from the pain..."* - Walter Anderson
6. *"The hardest skill to acquire in this sport is the one where you compete all out, give it all you have, and you are still getting beat no matter what you do. When you have the killer instinct to fight through that, it is very special."* – Eddie Reese
7. *"It's not whether you get knocked down; it's whether you get back up."* - Vince Lombardi
8. *"Never give up, never give in, and when the upper hand is ours, may we have the ability to handle the win with the dignity with which we absorbed this loss."* - Doug Williams
9. *"Do you know what my favorite part of the game is? The opportunity to play."* Mike Singletary
10. *"Losing is only temporary and not all encompassing. You must simply study it, learn from it, and try hard not to lose the same way again. Then you must have the self-control to forget about it."* - John Wooden

Use these 10 quotes when your team's spirit is on the brink and remember, you are in good company. Name any of the greatest basketball coaches of all time - Wooden, Smith, Summitt, Auerbach, Auriemma, Riley, Jackson - and each of them has faced the same kind of sorrow in front of you. Their teams rebounded back from defeats to do amazing things. Your team can, too.







# *Social Media*



## PENNSYLVANIA BASKETBALL COACHES ASSOCIATION

### Membership Application

Dues: \$40.00 for Each Coach

Dues: \$160.00 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: \_\_\_\_\_

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Send Check Payable to PABCA:

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



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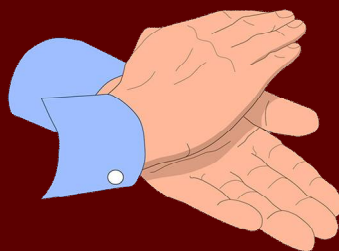


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- *Players eligible for PABCA Scholarships*
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*"Thanks for being a member!"*



*Do it for your Players!*



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