

TIME OUT



WISCONSIN BASKETBALL
WBCA
COACHES ASSOCIATION

THE OFFICIAL NEWSLETTER OF THE
WISCONSIN BASKETBALL COACHES ASSOCIATION
WISBCA.ORG

November/December 2022

WBCA CORPORATE SPONSORS



Fast Break Notes

From Jerry Petitgoue, Executive Director

- **Yearbook**

Mark Miller's WBBY yearbook is out. For 38 years, this has been the finest publication for high school basketball in the United States. Congratulations, Mark! Coaches can order the yearbook at wbbby.com

- **Membership**

At this time we have about 3,400 members. We have around 200 schools that have not joined. If we could get 100 of those schools to sign up for staff membership, we could hit the 5,000 mark in membership. Go to wisbca.org to sign up.

- **Early Nominations**

Head coaches will be asked to nominate their players for the All-Star games earlier this year as we did last year. In the second week of January 2023, we will be asking head coaches to nominate players. Also remember that you have to be a member to nominate said player.



Fast Break Notes cont.

- **Academic All-State**

The player All-State Banquet will be held on April 2, which will again include the academic all-state winners to be honored at this banquet. Therefore, we will have to have the nomination forms in by the middle of February. Also, remember that you have to be a member to nominate. The event will be held at Glacier Canyon Lodge of the Wilderness Resort in Wisconsin Dells.

- **Fall Clinic**

We had over 700 coaches attend the clinic. The main speaker was Bill Self of Kansas (National Champions) and all the speakers did a great job. The social sponsored by Tri-Cor Insurance and Dr. Dish had over 500 in attendance. A huge "thank you" to co-chairmen, Jon Nedelcoff and Jay Benish, who did a great job!

- **Hall of Fame Banquet**

The event had 629 people in attendance. It was truly a special event. I can't thank my wife, Joan, enough for all the work and hours she put into the banquet to make it perfect.

- **Hall of Fame Selection 2023**

The selection committee for the 2023 Hall of Fame selection will take place in late January. The release of the new inductees will be listed in the middle of February.

- **Executive Board Report**

A copy of the entire Executive Board meeting minutes appears in this newsletter.

- **Mentor Program**

Jake Erbentraut, the WBCA Division 2 Boys Rep has done a tremendous job in organizing this. The particulars can be found on this newsletter.

- **Shot Clock**

The WBCA will be sending out a survey on the shot clock. This survey will go out to four people in each school: the head boys' coach, the head girls' coach, the athletic director, and the superintendent. Here's the tricky part! Each school gets one vote per school. So the above four people have to get on the same page. Let's be honest. The most important vote in any high school is the superintendent. They are responsible for the entire school system. They have to be budget-conscious. So coaches, if you want the shot clock you will have to convince the superintendent and athletic director that this can be done with minimum effort on the budget. Our goal is to get 90% of the schools to respond. If this happens, we have the data to proceed forward with a shot clock or forget it for the immediate future.

- **College Corner**

A new segment of this and future newsletters will be to have an article by a men's or women's college basketball coach. My goal is to have all coaches (grade, high school and college) be an integral part of the WBCA.

- **Good Luck**

I want to wish everyone a very successful 2022-2023 season!



WISCONSIN BASKETBALL WBCA COACHES ASSOCIATION

President's Message from Todd Hansen

We have entered the best season in Wisconsin – Basketball Season! Girls teams are in week three of the season, while the boys are in the second week of game action as conference play starts to heat up across the state. Ultimately, the pinnacle will be for those teams that make it to the Kohl Center in Madison and the Resch Center in Green Bay for the state tournament. Before that, however, let's enjoy four months of the greatest sport we have!

As our seasons have started, this is a reminder to sign up to be a WBCA member if you haven't done so already. This membership helps fuel numerous activities, honors, and conditions the WBCA provides especially in events such as The All-Star Games, All-State & All-Academic Award/Banquet; the State Tournament Hospitality Suites, the Hall of Fame Enshrinement, Conference Championship plaques, Coach of the Year, Years of Services, and as well as many more honors/awards. Renewing your membership, more importantly, allows you, your staff, and especially your players/team to be eligible for all the awards the WBCA provides and promotes.



The WBCA state clinic in October was another huge success with many great speakers, including NCAA Men's Champion Coach Bill Self of Kansas. Special thanks to Jon Nedelcoff and Jay Benish for organizing two great days of speakers.

There are many topics that will be of discussion in the upcoming months including expanding the state tournament to six teams in Division 1, possible new enrollment lines for each division, and the shot clock. We need feedback on those issues from coaches around the state and when surveys are sent out regarding these or other topics, please make sure you vote as the WIAA needs to know where our association stands on these subjects.

Good luck to everyone this season!! Enjoy this great time of year and make the experience for all the student-athletes a positive one. Thanks again for being leaders in our schools.

If you have any questions or concerns please don't hesitate to contact me at hansent@ksmd.edu

Yours in Hoops, Todd Hansen, Kettle Moraine High School, Head Girls Varsity Basketball Coach

Minutes of the October 2, 2022 WBCA Executive Meeting

The meeting was called to order by Jerry Petitgoue. He introduced the names of new members to the board. They were Kevin Bavery, Madison Rep, Pat Bell, Milwaukee City Rep, and Jeff Boos, who will become co-chairman of the All-State selection committee.

Attendance was taken. Those absent were: Dennis Uppena, John Miron, Mike Flanagan, Sam Mathiason, Dave Royston, Jeff Boos, Tom Andres, Kyle Rechlicz, Terry Erickson, Jay Benish, Matt McGraw, Tom Desotell, Lee Rabas, John Cary, Mike Huser, Kirk Kaul, Jon Nedelcoff, Joe Boucher, Greg Gard, Megan Soderberg, Jade Royston, Pat Bell, and Kevin Bavery.

Tournament Expansion Presentation: Terry Slack and Brad Rohling discussed tournament expansion and division placement. They discussed a handout that gave options for our present plan.

Financial Report. Handouts were given concerning the WBCA financial status, the all-star games, the virtual clinic, the June-Jam, the Jerry Petitgoue Invite, and the Showcase. Reports on each are available upon request.

Membership: Our goal is to reach 5,000 this year. We hope to add more colleges this year at \$300 by giving them lists of all state players. Jerry asked that the division reps check the memberships in their division periodically and contact schools that have not become members.

HOF Banquet Report: Joan reported that there were 629 in attendance at this year's banquet. Several Award winners were in attendance as well as the 30 Hall of Fame Inductees. Next year, we will be changing the banquet to Sunday, September 24th with cocktails at 12:00 noon, dinner at 1:00 p.m., and the program to follow. Hopefully, this will alleviate problems such as high school tournaments, homecoming events, weddings, and older guests who do not wish to drive at night. The All-State/Academic All-State Banquet will be held at the Wilderness next spring on April 2nd. No earlier dates were available. Once again we will honor Mr. Basketball, Ms. Basketball, the Legacy Award winners, and College Players of the Year at this event.

Fall Clinic: This event is planned for October 6th at the JAG. Bill Self will be a headliner with many other great speakers as well as raffles going on and the hospitality event on Thursday evening at Buffalo Phil's.

Corporate Sponsors: Jay Benish and Jon Nedelcoff are on the lookout for new sponsors to contact and are asking the executive board for input. Cliff Thompson is going to contact Culver's.

Website Update: Travis Wilson is working to get updated information to place on the web. If board members have any ideas of things they want to see on the website or changes, please let him know.

Executive Board Recap: Are there any positions on the board that are not needed or changes that should be made? Let Jerry know your thoughts on this if you have any ideas.

New Mentor Program: Jake Erbenraut has agreed to take over Eli Crogan's mentoring program. He presented a handout with the names of contacts for this program. The lady board members thought we should add some females to the list for female coaches to have the opportunity to contact and so Niki Sutter and Lora Staveness agreed to be added to the list of mentors.

President's Report: Todd Hansen, President, introduced Kate Abiad who updated us on the latest issues at hand concerning the coaches' advisory meeting, Rule 60, Officials Protocol, and the Shot Clock. If want further info on this, please contact Kate at the WIAA or Dan Witter, who is a liaison from the WBCA to the WIAA.

WBCA Board Minutes cont.

June-Jam: Plans are being discussed to add the girls to the event and Kate will make the decision as we move forward on this issue.

WBCA Elections: Dennis informed Jerry that everyone who is up for reelection is running unopposed, so, unless we get some late candidates, there will be no new elections at this time.

Legacy Award: Cliff is working closely with his committee for the next choices for this award. If anyone has any concerns or suggestions concerning the award, please let him know.

All-Star Games: Loren stated that the games will take place on June 28th (girls) and the 29th (boys). The committee has already met for next year and is making some minor changes with picture plaques, ticket sales, prize incentives, and the venue where they will be staying. They will be meeting again soon to finalize some of their plans.

Showcase Events: The event this year was very successful. The boys' event was held at the JAG and the girls' at the Champion Center. We will probably go this route again, but everything is still in the planning stages.

Gender Equity Committee: There were no new issues to discuss, but Niki Sutter mentioned that there should be some women on the mentoring committee and so she and Lora Staveness agreed to be on the committee and were added by Jake Erbentraut. He will make up a new sheet to include them for the Fall Clinic handout.

HOF Selection: Dan Bureson said that the meeting to pick the 2023 candidates for the HOF induction will be held in January. A decision has not yet been made as to whether it will be a virtual meeting or an in-person one. Packet additions will be sent to the selection committee to preview before the meeting.

Milwaukee Clinic: The clinic will be held on Saturday, October 22nd at 9:00 a.m. at Milwaukee Vincent High School. Cardinal Stitch will provide the demonstrations. Contact Lance Marifke at 414.550.8578 if you have questions.

New Business: There was no new business to discuss at this time.

Next Meeting: Zoom meeting on Sunday, January 29th at 6:00 p.m. (Time is tentative depending on the Packers.)

Motion to adjourn: Motion made by Michelle Peplinski and seconded by Lance Marifke to adjourn the meeting. The motion carried unanimously.

Minutes recorded by: Joan Petitgoue, Executive Secretary (10-2-2022)

Equity Committee

Another hoops season is upon us, we are excited to begin work with our new Equity Committee! Joined by Michelle Peplinski (Altoona) and Lora Staveness (Edgewood), we are seeking feedback and perspective from our membership as this committee evolves. We have already teamed up with the WBCA mentorship program and are working together to expand options for mentors to female coaches. In being transparent, we felt this was important because there are things female coaches navigate differently than male coaches. Along with our Legacy Leadership Award committee, we will be discussing ways to ensure that all areas/schools around our state are represented when student-athletes are nominated for awards. Lastly, there is a strong interest in hosting a Women in Coaching conference for leadership opportunities and/or coaching roundtable discussions during the state tournament weekends. If you have any ideas or feedback, or would like to be a part of these conversations, we would love to hear from you! Thank you for your time, consideration, and all you do for your student-athletes, schools, and communities!

Niki Sutter, Michelle Peplinski, Lora Staveness
nrsutts@gmail.com

2022 Hall of Fame Banquet

The annual Hall of Fame Banquet was held on September 24 at Glacier Canyon Lodge of the Wilderness Resort in Wisconsin Dells. There were 629 in attendance. Thirty high school, college, and assistant coaches along with girl and boy players, referees, and friends of the game were inducted into this year's class of honorees. Coaching awards for total wins, longevity, achievement, state champions, legacy awards, and coaches of the year along with several other special awards were presented. The evening began with cocktails followed by dinner and then the program. Next year's event will take place at the same venue but will be on Sunday, September 24 with noon cocktails and the dinner and program to follow.

Recap of the WBCA Milwaukee Clinic at Vincent High School from Lance Marifke

The event was held on October 22, featuring new Cardinal Stritch Head Coach Krayton Nash and new UW Parkside assistant Gabe Miller. It was headlined by new UW-Milwaukee Head Coach Bart Lundy. It was a great day of basketball for all that attended. Coach Nash gave some great practical practice drills. Coach Miller gave some great defensive ideas and drills. Coach Lundy talked about his vision for Panther basketball and gave a good number of practical everyday practice drills. There was a coaches/official clinic after the presentations for all coaches in attendance. Lunch was also provided by MPS. Thank you to Bobbie Kelsey and Matt Goodwin for their work in hosting the event.

2022 WBCA Fall Clinic/Convention Continues to Grow the Game

The 2022 WBCA Fall Clinic turned out a strong attendance and energy of 'tipping off' the season. The venue of Just A Game Fieldhouse allowed up to 700 attendees, multiple options of speakers presenting, and a high number of vendors to display their product lines. This is a continual engagement, by our state coaches, in their attendance and the importance of creating unity amongst the WBCA. A great two days to connect in all facets of the game.

The stellar group of clinic speakers that presented were as follows; Bill Self (Kansas), Dean Oliver (Wisconsin), Kyle Rechlicz (Milwaukee), Will Ryan (Green Bay), Jen Wellnitz (Green Bay), and Bart Lundy (Milwaukee). The WBCA would also like to thank WBCA Coaches of the Year Lee Rabas (Neenah) and Todd Hansen (Kettle Moraine) for leading the way for the many High School coaches that presented as well. The WBCA is much appreciated to John Tharp (Hillsdale), Jeff Gard (UW-Platteville), and Matt Hockett (UW-Stevens Point). Huge thanks, for coming back, goes out to Steve Klaas, Dick Luther, and Will Rey. It was also an honor to have Travis Diener/Joe Chapman (Marquette Alumni) displaying their continual talents in skill training. THANK YOU Coaches for putting on such a highly productive display of basketball.

Thank you need to go to the Clarke University Women's (Courtney Boyd) and Men's (Jim Blaine) Basketball programs, and the Bryant and Stratton Men's (JT Gritzmacher) team. Their physical display of what the coaches presented made a big difference compared to other national clinics. A final thank you also needs to go out to the following: Thom McDonald and his staff at Championship Productions, Dave Fritz and his staff at Tri Core Insurance (the Social); Dave, Kyler, Jade Royston, and their Just A Game Staff (facility). Their efforts genuinely create a special atmosphere throughout the clinic/convention.

Best of luck this season and THANK YOU for growing the game!

Jay Benish Fall Clinic Co-Director
Jon Nedelcoff Fall Clinic Co-Director



Coaches Corner

Attacking a 1-3-1 Zone Defense by Jake Erbentraut

(414) 379-3667

jake.erbentraut@gmail.com

Championship Productions search "Attacking a 1-3-1 Zone Defense" or "Jake Erbentraut"

How this offense evolved

How can a 1-3-1 be effective?

In my research, I found a number of areas that makes a 1-3-1 effective.

1. Right players: Talented athletes that are long, have a good basketball IQ and are mentally tough.
2. Keeps the ball out of the middle of the floor: Most offenses are effective when the ball goes to the middle of the floor, a 1-3-1 can do a good job keeping the ball out of the middle.
3. Reduce player movement: The cutting and screening actions used against man-to-man are ineffective and slow down or even stop players on offense moving as they look to set up in gaps in the zone.
4. Reduce ball movement: 1-3-1 zones take away the direct quick passes and encourage lob passes or slower bounce passes that ultimately lead to turnovers.
5. Zone offenses are secondary offenses: We work on man-to-man more than we do zone offenses.

Benefits of this system

1. Simplicity: Easy to teach, easy to adapt.
2. Average talented teams can compete against superior talented teams.
3. Builds confidence in your teams. When players use these concepts, they believe they can beat the zone and they will see positive results.
4. Attack don't sit back. We want our team to be aggressive and not passive.

Attacking Concepts

1. Transition Attack:
 - a. Beat any zone down the floor.
2. Passing Attack:
 - a. Make 2-3 direct (quick passes).
 - b. Reverse the ball before half court.
 - c. Look for diagonal opposite or skip passes.
 - d. Pass to the corner or baseline then look middle for cutters or to the opposite corner. We call this flooding the baseline.
 - e. Skip to extra pass or one skip deserves another.
3. Dribble Attack:
 - a. Attack the middle but don't marry the defenders.
 - b. Reverse the ball using the dribble (dribble around the top defender) or severing the angle.
 - c. Reverse the ball then attack.
4. Attack the Middle:
 - a. Dribble attack then space or cut to open spots (especially cutters).
 - b. Flash to the middle.
 - c. Pass middle then look low or opposite.

Coaches Corner cont.

5. Screening Attacks:

- a. Screen the top defender using a flat ball screen.
- b. Screen the slides.

i. Screen the opposite low wing.

- ii. Screen the bottom defender.
- iii. Screen the middle defender and flash to the middle.

6. Rebounding Attack:

- a. Flood the opposite side of the shot.
- b. Shoot more from the left side?

7. Attacking Traps:

- a. Ball handler: Get small, sink your hips and get into your pivot.
- b. Fill the 3 spots (sideline, middle, reverse) get the ball out and attack.

8. Alignments:

- a. 2-1-2
- b. 1-4 High
- c. 1-3-1 Match
- d. Overload or X game

9. Sets:

- a. Circle
- b. Elbow
- c. Overload
- d. Broncos

Drills Used to Work on the 1-3-1 Zone Offense

1. Confidence Drill: 2-2 man in the middle; passer is double teamed; offense gets 1 dribble max; any deflection or bad pass = 1 pushup.; if defense can't get a deflection, they owe 5 pushups; go for 20 seconds and switch.

2. VS 1-3-1 Half Court: Start with the 1-3-1 set and the ball starts along the FT line extended. Defenders can add brooms to make it tougher. Go 5 possessions on offense then 5 possessions on defense.

3. VS 1-3-1 out of a FT or Lay In: Both teams start on the other end and either shoot a FT or coach lays the ball in before getting back. The focus is to attack the zone in transition.

4. Shooting Drills: Can shoot for a certain amount of time (3 minutes). 2 teams compete and can compete for the most makes, how many shots in a row or how many swishes within the timing. Potential shooting competitions:

- a. Skip to extra pass.
- b. Go attack middle, skip to extra pass.
- c. Skip to pass inside pass.
- d. Post flash to kick opposite.

Wilmot



Set up players in the gaps of the zone.



If the ball goes to a wing, the ball side high post cuts to the block. The opposite high post can back cut, flash middle or pop high.



If the ball goes to the high post, the ball side wing should cut to the corner, the opposite high post to dive to the rim and opposite wing should find an open window.



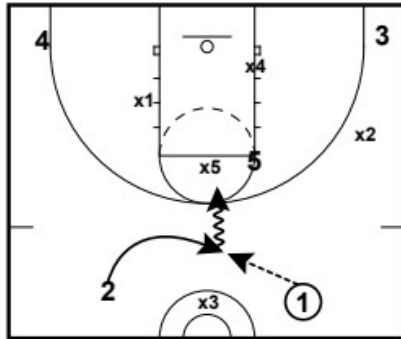
When the ball goes to one side, the opposite post will flash to the ball side elbow. 2 is a shooter in the corner.



When the ball is reversed, the post players will use an X action to occupy the ball side elbow and block. 2 will cut to the ball side corner.

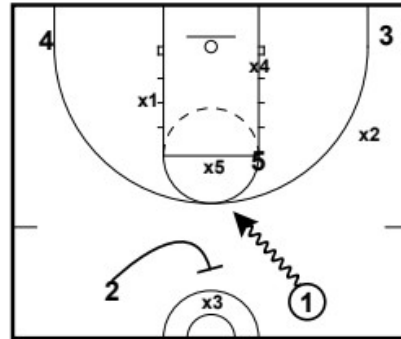
Wilmot

Circle (Option A)
Sets vs Zone



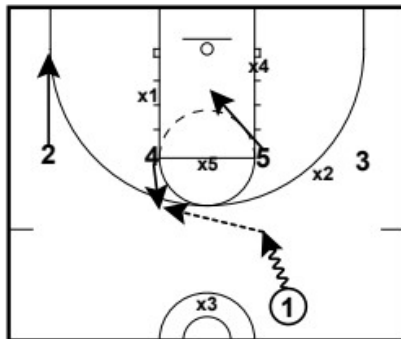
2 circles to the middle below the top defender. 1 passes to them then 2 attacks the middle.

Circle (Option B)
Sets vs Zone



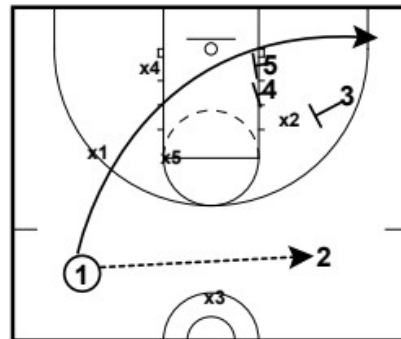
2 will, instead, set a flat ball screen on the top defender and 1 will attack the middle.

Elbow
Sets vs Zone



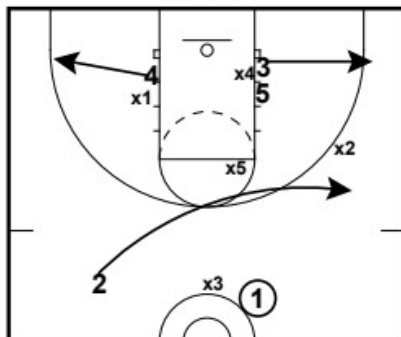
1 will attack middle while 4 flashes high. On the pass from 1 to 4, 5 will dive and 2 will cut to the corner.

Overload
Sets vs Zone



1 passes to 2 then cuts to the opposite corner. 3, 4 and 5 will screen for 1 in the corner.

Broncos A
Sets vs Zone



2 cuts to the ball side wing, 3 and 4 cut to the corners.

Broncos B
Sets vs Zone



1 passes to 2, 2 passes to 3. 5 sets a UCLA screen for 1 who cuts to the rim.

The Mental Preparation of a Basketball Official

By Terry Erickson

WBCA Executive Board

Assignor Basketball Officials Viterbo University

Assignor Basketball Officials Emmaus Bible College

Assignor Basketball Officials Western Technical College

November 2022

In the August WBCA Newsletter, I challenged officials to begin to prepare for the season by reviewing the playing rules, floor coverage, mechanics, points of emphasis, and basic strategy of the game. In this Newsletter, the message goes in a different direction.

An equally important preparation component to basketball officiating is missing for a growing number of officials. That component is the Mental Preparation for the season.

Just like athletes who master the mental skills and discipline necessary to achieve a high degree of success, officials also need to focus on the mental aspect of the game. Let's explore:

- **A Sound mind in a Healthy Body.** The length of the season can be a physical and mental drain. As you wear down physically, your mental state also suffers. In order to sustain a high degree of proficiency, thereby consistently bringing your A game to each contest throughout the season, you will require proper nutrition, adequate rest, an in-season conditioning program, appropriate stretching, as well as limiting alcohol consumption. All this will keep your body and mind consistently prepared for peak performance for each game.
- **Mastering the Art of Concentration.** This is fundamental to making proper decisions in a fast-moving game. Focusing on relevant cues during the game and anticipating future plays is highly important. Reacting to crowd noise, and listening to angry coaches and/or players can jeopardize your concentration. In addition, boredom from a lop-sided game can be a possible detriment to concentration. Equally challenging is the fear of making a mistake and ruining a game, or moving forward after a difficult or controversial call. Mental discipline and concentration will assist you in rising above these situations.
- **The Mental Pre-game.** This is an important part of your pre-game conference with your crew. The ability to eliminate unhealthy pre-conceived feelings about players or coaches that can impair or bias your judgment needs to be addressed. And, distractions from all external issues such as family, job, weather, or travel need to be left outside the gymnasium door. A good pre-game will stimulate your mental level of activation to a heightened level with the goal of focusing on the task to be accomplished.

Mental preparation will take you to a controlled state of mind which can assist you in making the best possible decisions. When practiced and mastered, you will officiate with a renewed sense of self-confidence leading to a "season of significance."

WBCA Mentorship Manual

Thank you for participating in the WBCA Mentorship Program!

INTRODUCTION

The Wisconsin Basketball Coaches Association (WBCA) would like to provide this mentoring Manual to assist your basketball coaching career. Mentors will be available in various parts of the state. All mentors will have experience and a willingness to contribute to coaching success. You may contact the Mentoring Director or WBCA Board Members for more information. The WBCA has a goal of helping ALL coaches to be winners on the court and off the court.

The Wisconsin Basketball Coaches Association (WBCA) is excited that you are considering the teaching and coaching profession. Our purpose is to help you enter the vocation efficiently by knowing as much as possible before you begin. What follows are the positives and negatives plus any bumps in the road that may come along the way. Coaching can be rewarding, stable and financially sufficient to meet your needs and the needs of your family. Like anything else, if done incorrectly or for the wrong reasons, it can be frustrating for yourself, your family and those with whom you work.

Use this manual how you see fit. This following is merely to get both the mentor and mentee an avenue to which to discuss various topics related to coaching. We encourage you to make the mentorship as personable as you can, catering dialogue between each other to the wants and needs of both.

LOGISTICS

The Mentorship Director will be in contact with both the mentor and mentee once an agreement to work with one another has occurred. Next, the mentor and mentee will agree to be in contact to start the process.

Have an agreement on the following:

- How you'll work together during the formal relationship.
- Where and how often you'll meet.
- Any confidentiality and/or concerns.

Discussion recommendations would include:

1. Getting to know one another, should include familiarizing each other's background.
2. Find out what is going well and what is not. Mentor may give advice on any of the subjects listed in the manual.
3. Discuss some, if not all, of the topics in the manual.

DISCUSSION TOPICS

The following is a list of topics and questions to discuss.

1. Why did you get into coaching?
 - a. What are some advantages and disadvantages you see in coaching?
 - b. What is your plan for coaching? Are you planning on staying where you are at or are you considering moving elsewhere?
 - c. Considerations: Teaching positions and certifications you have, school location, your role within the program, best athletes, facilities, budget, community support, salary.
 - d. Are you willing to move? What does your family feel about moving?

Mentorship Manual cont.

2. Philosophy:
 - a. What is your coaching style?
 - b. Do you have a philosophy, and do you have it written down?
 - c. What is your mission?
 - d. What is your vision?
 - e. What are the most important concepts to you?
 - f. What style of play do you prefer? (Up tempo or controlled, press or half-court defense, zone or man-to-man, many plays or a few executed better, many shots or only the best shots).
 - g. How do you work on those in practice and how do you emphasize them?
 - h. What are some absolutes and non-negotiables you have?
 - i. What are your objectives in practice? In games?
3. Keeping your job:
 - a. Do you show up to work on time? Do you leave early or stay late?
 - b. How organized are you with equipment, grading, your classroom?
 - c. Do you look sharply dressed?
 - d. Do you volunteer or do any extra duties?
 - e. Are you in regular contact with your AD? How do you communicate with them? What are their expectations?
 - f. Do you involve administrators in the program?
 - g. Do you know the secretaries, custodial staff and cafeteria workers? Do they respect you?
 - h. Do you use profanity?
 - i. Do you use physical contact with the players?
 - j. Do you support other sports or activities at your school?
4. Communication:
 - a. How do you or what is the expectation for communicating with players?
 - b. How do you or what is the expectation for communicating with parents?
 - c. How do you or what is the expectation for communicating with staff?
 - d. What mode of communication will you use to communicate with your players? Text, Remind, Email, etc.?
 - e. If you are in a potentially combustible meeting with a player, do you involve anyone else like a fellow coach, adult, or administrator?
5. Networking:
 - a. Have you networked with other high school coaches?
 - b. Have you networked with any college coaches?
 - c. Have you worked any camps?
 - d. Have you watched any practices at colleges and universities?
6. Practice Planning:
 - a. Do you have a plan, and do you have it written down?
 - b. What are your teaching points and how many aspects of the game are you planning on teaching in practice?
 - c. What do you want to place the most emphasis on (offense or defense, individual fundamentals, conditioning)?
 - d. How long do you want to practice?
 - e. Are you adding a new team concept? (This will require extra time for teaching).
 - f. When is your next game?
 - g. How did yesterday's practice go?
 - h. Do you have available managers? How will you utilize them at practice?

Mentorship Manual cont.

7. Continuing Education:
 - a. Do you study other teams, either in high school, college, or the NBA?
 - b. Do you listen to podcasts?
 - c. Do you watch coaching instructional videos?
 - d. Do you read, are you taking continuing education courses or are you working on an advanced degree?
 - e. Do you write or journal?
8. Personal Disciplines:
 - a. If you are spiritual, are you attending worship service regularly?
 - b. Are you eating properly?
 - c. Are you getting enough sleep?
 - d. Are you staying physically active?
 - e. Are you finding the right work-life balance?
 - f. When do you set aside time with your family and friends?
 - g. Do you have hobbies? Are you finding time to do them?
9. Academics:
 - a. Do your players know it is a priority you have for their education? How do they know that?
 - b. How can you monitor their grades?
 - c. What is the school policy on academics? How have you communicated that to the players?
 - d. What happens if a player becomes ineligible. How long can they not play?
10. Rules and Expectations:
 - a. What sort of rules and/or expectations will you have for your players?
 - b. Will you have the rules/expectations written out?
 - c. How will you communicate the rules/expectations to your players?
 - d. Will you communicate your rules/expectations to the parents? When will you do that?
11. Youth Program:
 - a. What is the expectation for you running the youth program?
 - b. What ideas do you have for running the youth program?
 - c. Who can help you?
 - d. How many feeder schools are there and how can you communicate with them regarding camp information?
 - e. When and how should you run a camp?
 - f. When and how should you run your travel teams?
 - g. What leagues are available for your travel teams in your area?
 - h. What tournaments are available for your travel teams in your area?
 - i. How do you find out about leagues and tournaments in your area?
 - j. What facilities are available to run your youth program?
 - k. What mode(s) of communication will you use to get youth program information to the parents?
 - l. How much money can you and/or your staff earn running camps and clinics?
12. Fundraising:
 - a. What is the expectation for you to fundraise?
 - b. What assets are available in your area to fundraise?
 - c. How much money do you need to fundraise in order to sustain your program?
 - d. What policies are in place pertaining to how you can raise money?
13. Promotions:
 - a. How are you promoting your program?
 - b. What media outlets are available to you?
 - c. What people within your school that can help promote your school besides you?

Mentorship Manual cont.

14. Gear, Equipment and Finances:
 - a. What budget do you have through the school?
 - b. What gear would you like to purchase for the team, the program and/or players? Examples include warmups, T-shirts, practice gear, travel gear, water bottles.
 - c. Where are you allowed to store the equipment?
 - d. What equipment would you like to purchase?
15. Parents/Players:
 - a. Have you had any positive experiences dealing with a parent or player? What made it positive?
 - b. Have you had any negative experiences dealing with a parent or player? How did you handle the situation?
 - c. Have you ever had a negative player, in terms of attitude? How did you handle the situation?
 - d. What are you doing to try to create a more positive environment or culture in the program?
 - e. How can you utilize parents or have them help out within the program?
16. Game Management:
 - a. How do you handle pre-game activities?
 - b. When would you want your players arriving to the game?
 - c. Do you expect the varsity players to sit somewhere prior to the game?
 - d. Do you have a scouting report? Will you break down film and/or have a scouting report? Who is responsible for those items? Can an assistant coach help you?
 - e. Do you have a speech prior to the game?
 - f. What do you expect your team to do in order to prepare for the game?
 - g. What is the school's expectation for transportation to and from the game? Bus or do players get there on their own?
 - h. What is your expectation as to how players will conduct themselves on the bus?
 - i. How do you handle timeouts?
 - j. How do you want the team to stand for the national anthem?
 - k. What are your expectations of players sitting on the bench?
 - l. What are your expectations of the assistant coaches during the game?
 - m. What is your philosophy in dealing with refs?
 - n. Will you watch film after the game and watch film with the team the next day?
17. Captains:
 - a. Do you pick captains or assign them?
 - b. What are your expectations of your captain(s) and how will you communicate that to them?
 - c. How will you communicate with them throughout the season?
 - d. What duties/roles would you want your captain(s) to do?
18. Assistant Coaches:
 - a. What would you like lower-level coaches to run on offense? Defense? Do you want them to run the same as the varsity?
 - b. What roles do you want your assistant(s) to do for you in the season? During the off-season?
 - c. Will lower-level coaches sit the bench during varsity games?
 - d. How will your lower-level coaches monitor their player's grades?
 - e. How will your assistants hand out, keep track of, and maintain equipment?
 - f. Will you have a dress code for your assistants?
 - g. Will you have a policy as to how assistants deal with the media? Players? Community? What will happen if they break a rule?
19. Making Cuts:
 - a. Does your school have a cut or no-cut policy?
 - b. If you do make cuts, how will you evaluate the players to make an informed decision?
 - c. How will you communicate to the players who will be cut?
 - d. Will you cut a player by themselves or with other adults in attendance? If so, what adults would you include?
 - e. Where will you communicate the players who will be cut?

IDEAS OF WHAT TO DO WITH YOUR MENTEES

- Offer to tell your career story in some detail. How did you start your career? What changes did you make along the way? Include high and low points and how these learning experiences helped you.
- Help your mentees clarify their personal visions—what they would like to be/do/own/influence/be with/be remembered for in the next one to five years.
- Ask them to describe the tentative goals that could be part of their visions. Maintain a neutral (or positive) tone and body language. Ask, “If you had x, what would that bring you?” Help them take some steps down their dream paths and come to their own conclusions.
- Be a “shadow consultant” on what they’re doing. As you discuss their steps, decisions, strategies, and feelings, you’ll have live data on their knowledge, abilities, and attitudes.
- Write at least one encouraging note or e-mail to each mentee during your mentorship. Include at least three well-thought-out sentences.
- Teach your mentees, step-by-step, a process (e.g., getting a group’s buy-in on an idea) that you know very well.
- Have your mentee teach you something.
- Ask your mentee to give you specific feedback—positive and corrective—on something you wrote or on an action you took.
- Read a book or article they recommend and offer to compare your reactions with theirs.
- Occasionally call unexpectedly, just to check in.
- Have your mentees shadow or observe you as you work. Make it impactful through “structured shadowing.” Prepare them beforehand, do the activity, and debrief afterward.
- Prepare in advance for D-Day (Departure Day). As it nears, ask, “What do we still need to accomplish before we end our formal partnership?” “How do we want our relationship to be (extended formal, informal, friendship, other) after our official close?”

From *75 THINGS TO DO WITH YOUR MENTEES: Practical and Effective Development Ideas You Can Try* by Linda Phillips-Jones Ph.D.

WBCA Mentorship Program
Mentor:
Mentee:
Date:
Update on their lives, coaching projects and/or issues that have come up:
Discussion Topic:

WBCA Mentorship Program
Mentor:
Mentee:
Date:
Update on their lives, coaching projects and/or issues that have come up:
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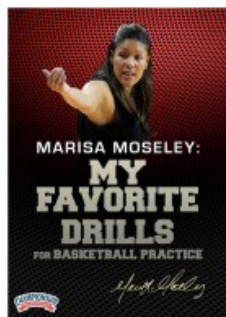
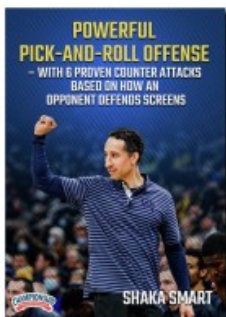
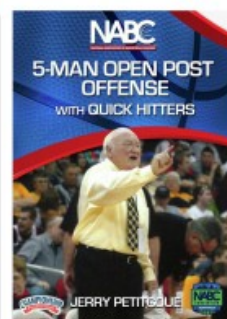
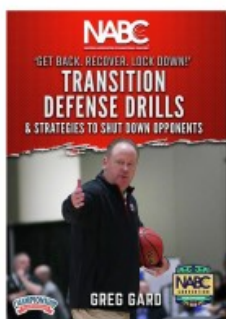
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