

# **BC** wheelchair basketball

## **Coach Chronicle**

December 2006

Welcome to the BCWBS Coach Chronicle. You are receiving this publication because you are a valued member of the BC Wheelchair Basketball Society. To submit information to the Coach Chronicle please email [marni@bcwbs.ca](mailto:marni@bcwbs.ca) by the 15<sup>th</sup> of the month.

## **Seasons Greetings!**



### **BCWBS Staff and Board Of Directors wish you a happy Holiday Season!**

The BCWBS AGM was held on November 25<sup>th</sup> and members welcomed back Dean Brokop as President, Aaron Wilson as Treasurer and Sarah Sugiyama as a director at large. When the meeting was adjourned everyone enjoyed some delicious pizza compliments of Panago.

### **2007 BCWBS HIGH PERFORMANCE COACHING CLINIC**

**January 3 – 7, 2007, Douglas College, New Westminster**

BCWBS is pleased to present a High Performance Coaching Clinic with Wheelchair Basketball expert coach Mike Frogley. Coach Frogley will work exclusively with our BC coaches January 3<sup>rd</sup> and 4<sup>th</sup>. The Canada Games Team

BC athletes will arrive on January 5<sup>th</sup> and the clinic coaches will have the opportunity to put what they have learned into action. BC's top provincial and national team athletes will join this elite group of junior athletes over the weekend for a high performance training camp.

This is a great opportunity for coaches to learn from one of the world's leading wheelchair basketball coaches and to coach BC's finest wheelchair basketball athletes. This clinic is free of charge and travel subsidies will be available for out of town coaches. If you are interested in attending please contact Marni Abbott-Peter by December 15<sup>th</sup>.

### **PACIFICSPORT COACHES BREAKFAST**

**Thursday, December 7<sup>th</sup>, Riley Park Community Centre**

John Mills will be speaking at the Riley Park Community Centre on Thursday December 7<sup>th</sup>. The topic of this session will be Sport for Life and the Canadian Sport Policy. This will be a good opportunity to hear from someone with the government that is working directly in sport.

### **MAKING DREAMS POSSIBLE**

General Motors and the Coaching Association of Canada (CAC) are pleased to introduce ***Making Dreams Possible***, a \$1.2 million program which will create a competitive advantage for Canadian athletes by directly supporting coaches at the elite and local club levels. CAC will administer the distribution of coaching grants to high performance coaches and sport clubs in local communities. For more information about Making Dreams Possible, please [click here](#).  
<http://www.coach.ca/makingdreamspossible/club/index.htm>

### **CAC Petro-Canada Sport Leadership Conference Presentations**

Presentations from the conference are now available. Additional presentations will be posted as they become available. Click on this link for details:  
<http://www.coach.ca/sportleadershipsportif/2006/e/presentations/index.htm>

CAC hopes to see you in Halifax for the Petro-Canada Sport Leadership sportif conference, October 12-14, 2007.

### **INFECTIONS AND ANTIBIOTICS IN SPORT**

A unique partnership between the Canadian Committee on Antibiotic Resistance (CCAR) and the Coaching Association of Canada (CAC) highlights the need for greater awareness and education when it comes to dealing with Staph/MRSA skin infections. CAC and CCAR are launching a national campaign to educate coaches, parents, and athletes. Tactics include promotional literature such as fact sheets and posters, plus professional development modules for coaches through CAC's website. "Coaches and parents play an important role in the health and safety of our athletes. By being aware of the risks and by following some simple preventative measures, they could be saving an athlete from serious illness," said CAC's chair Jean-Marie De Koninck. "We are very pleased

to be working with CCAR on this campaign and are optimistic that together we will make a difference in the lives of athletes.” “Skin infections that begin through simple scrapes and cuts but develop into the more serious Staphylococcus aureus ('Staph') infection are becoming more prevalent in sport settings,” said De Koninck. “Our partnership with CCAR reflects our great concern that athletes are not recognizing the symptoms of Community-Associated MRSA/Staph infections and are not getting the proper treatment quickly. More importantly, we need to ensure athletes, parents and coaches are aware of preventative steps to avoid contracting the infection in the first place.”

By educating coaches, parents, and athletes, CAC and CCAR are hopeful that the recent increase of infections among athletes can be stemmed. “There are ways to prevent and control the spread of CA-MRSA/Staph,” stated Nora Boyd, chair of the CCAR-CAC Working Group and Infection Control Specialist with Bluewater Health in Ontario. “Washing your hands often with soap and water or using an alcohol-based hand rub (minimum 60%) correctly; never sharing personal items such as soap, towels, creams and razors; and cleaning and disinfecting athletic equipment such as mats, pads and helmets, are some of the most effective ways to avoid infection.” Boyd also notes that covering all open sores with a bandage and reporting suspicious lesions to a doctor can help control the spread of infection. For more information, please visit [www.coach.ca](http://www.coach.ca) or [www.ccar-ccra.org](http://www.ccar-ccra.org).

## Tip Of The Month

### **Competitors win championships!**

Real competitors are those players that come to play every time they step on the court. They are a team's hardest workers constantly, improving. They are not the type that scream at their teammates or officials or kick trash cans after the game. They are the type that are determined and just plain enjoy playing. Competitors are those players that players love to play with not against, spectators love to watch, and coaches love to coach.

### **Real competitors are hard to find.**

Legendary Coach, John Wooden, once said that “If you have one competitor on your squad you will be successful. If you have two you will be competing for the conference title and with three a national title.” He had no idea what four or five competitors on a single team would be like since he had never witness it.

### **Real competitors view adversity as a challenge not as a detriment.**

In trying situations, they compete and work hard to overcome it rather than get frustrated or angry. Michael Jordan is a classic example of a real competitor. He competed every night despite the fact that he was facing the opponent's best defenders, double teams and even triple teams. Despite constantly being held and grabbed, pushed and shoved, he rarely ever complained to the officials or lost control of his actions. Instead he accepted the challenge and was more

motivated to succeed. When Michael Jordan stepped on the court he was bound and determined to be successful no matter what the opponents threw at him.

**Real competitors make their teammates better.**

They are not successful at the expense of their teammates. They do not gripe or complain about the teammates' lack of skills and abilities. But, are helpful not only in improving their teammates skills but more importantly their confidence. Did you know while playing for the Chicago Bulls, in order to make his teammates better, Michael Jordan scrimmaged with the second string during practices?

**Competitors are “Erasers.”**

After bad calls or turnovers, rather than griping or complaining, they hustle back on defense to make a defense stop. They are fully aware of the fact that the only turnovers that hurt a team are the ones upon which the opponent score. If/when the opponent does not score after a turnover then, no matter how bad, that turnover is erased!

**Competitors don't have to look at the score board to know the score.**

Winning is certainly important, but how it is achieved is more important. To them the most satisfaction and pleasure comes in playing the game, not with the final game score. They know that when they are passing, shooting, rebounding and playing solid defense well, the scoreboard will take care of itself. They play every play in a game as if it was the last play of the game. After the game, regardless of the score, they are satisfied because they gave it their best effort.

**How do you identify competitors?**

A simple test for competitiveness is to place a player with the worst players and have them play against the best players. In this situation, do they except the challenge and give it their best in rallying their lesser skilled teammates into competing against the stronger team or do they complain, sulk and give a less than best effort because they are over matched and not playing with the stronger group?

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