



## Coach Chronicle September 2007

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 by the 15<sup>th</sup> of the month.



### **CABC presents British Columbia Coaches Week - September 22 to 29, 2007**

The focus of BC Coaches Week is to recruit, develop and celebrate BC's coaches of all levels, in all sports, province wide. During this Coaches week PacificSport, BC Wheelchair Sports and BC Wheelchair Basketball will be hosting a **Wheelchair Sports Summit**, see below for a [draft agenda](#) of the summit. Please contact Marni Abbott-Peter or Gail Hamamoto at BCWSA if you are interested in attending.

#### Wednesday September 26<sup>th</sup>

6pm -9pm – Social & Dinner

- Keynote: CPC Representative - Beijing or Bust!

#### Thursday September 27<sup>th</sup>

9 am Welcome & Opening Remarks

9.15 am – 12.30 *'Performance Enhancers in Wheelchair Sport'*

Performance Enhancement Presentations/Discussions (20 minutes each)

- o Physiology
- o Sport Psychology
- o Strength Conditioning
- o Nutrition
- o Technology

12.30 pm -1.30 pm Lunch: Speaker – TBA

1.30pm-2.45 pm Plenary: Facilitated Roundtable Discussion – *'Opportunities for Optimal Wheelchair Sport Performance Enhancement & Development'*

3pm – 4.30pm Beijing 2008 Plans – Sport Presentations (20 minutes)

4.30 – 5pm Panel Question / Roundtable Discussion  
Doping in WC Sports- This roundtable discussion will focus on the increasing number of doping 'adverse findings' in wheelchair sports

6pm Dinner/Social

Friday September 28<sup>th</sup> (tentative & optional to attendees)

9am – 12pm Dartfish Training



### **Basketball BC: Athletic Performance and Player Development Clinic**

Here is a unique opportunity to learn from the absolute best! Los Angeles Lakers Athletic Performance Coordinator Alex McKechnie is bringing to BC the Laker Shooting Coach Craig Hodges and Chip Schaefer, the Laker Athletic Performance and Player Development Coach, as well as himself to St. Thomas More Collegiate in Burnaby. This dynamic trio has 14 NBA championship rings between them. Topics will include Dynamic Warm-up for Basketball Players, Principles of Movement focusing on balance, strength and conditioning, and movement efficiency, A Coaches Checklist for Movement and a 1:45 min Shooting Clinic with Craig Hodges.

Saturday, September 15, 2007

St. Thomas More Collegiate, Burnaby

9:00am–12:00pm - 1:15pm–3:00pm

Cost: \$85 - for online registration go to [www.basketball.bc.ca](http://www.basketball.bc.ca)

*Chip Schaefer - Los Angeles Lakers Director of Athletic Performance and Player Development:* Schaefer is entering his ninth year with the Lakers. Along with the Head Trainer and the Strength and Conditioning Coach he is responsible for helping ensure the players are in peak condition throughout the season. Prior to time with the Lakers Schaefer served from 1990-1998 as the Head Trainer with the Chicago Bulls. Schaefer has worked with several of the all-time greatest players: Michael Jordan, Scottie Pippen, Shaquille O'Neal, and Kobe Bryant.

*Craig Hodges - Los Angeles Lakers Shooting Coach:* Hodges was a 2-time NBA Champion with the Chicago Bulls, during his ten year NBA career. Craig is entering his 3rd season serving as the shooting coach with the Lakers. He is a 3-time winner of the NBA 3 Point Shooting Contest, joining Larry Bird as the only player to ever win the contest more than twice. Hodges is considered one of the greatest 3-point shooters in NBA history.

*Alex McKechnie - Los Angeles Lakers Athletic Performance Coordinator:* One of the foremost authorities in the on core training and movement integration, Alex is entering his fifth year with the Lakers. After emigrating from Scotland, Alex began his North American career as the head physiotherapist for the Simon Fraser University Athletic Department and was at SFU for four years. He then began a private practice in Burnaby and began consulting with the Canucks and 86er's. This began a 27-year stint as a consultant with a variety of professional

and international teams and organizations including the Canadian Olympic Soccer and World Cup teams, Vancouver Canucks (1980-2000), NHL Player's Association, and West Ham United. During this period he also began consulting with a number of NBA trainers to assist in the treatment of individual players. His NBA clients have included Grant Hill, Baron Davis, Luke Ridenour, Luke Jackson, Dwight Howard, and most notably, Shaquille O'Neal. His work with O'Neal led to the Lakers hiring Alex first as a consultant and then to his full-time position. In 2002 he was issued a patent on a training and rehab devise which became known as the Reebok Core Board.



### **Community Coaching Grant – CAC**

GM, in partnership with the Coaching Association of Canada, made dreams possible for 55 community clubs through their Making Dreams Possible program, an initiative that enhances the experience of our youngest Canadian athletes by providing funding for coach training and development. One hundred grants per year of \$2,000 each will be awarded to support community sport organizations. The application deadline for the next wave of grants is September 21, 2007. Apply now and make your own dream possible – visit [www.thedriveison.ca](http://www.thedriveison.ca) or [www.coach.ca/makingdreamspossible](http://www.coach.ca/makingdreamspossible) for more information and application forms.



### **Coach Mentorship Program**

ProMOTION Plus, the Coaches Association of BC and the BC Games Society have joined forces to develop the Coach Mentor/Apprentice Program, which pairs up experienced (female or male) coaches with women who are interested in pursuing a career in coaching or in developing their training to a higher level. The program will pair 10 mentors with 10 female apprentices across the province, selected from sports competing at the BC Summer Games in Kelowna in 2008. For more information or an application form, please check out the CABC website [www.coaches.bc.ca](http://www.coaches.bc.ca). The deadline for applications is midnight on Saturday, September 15th.



### **2007 SPIN Summit - September 24-26, 2007**

The SPort INnovation (SPIN) Summit is a sport technology and sport performance conference featuring presentations by renowned international experts, poster presentations, presented papers, exhibits, and special guest presentations by high performance athletes and coaches.



### **2007 Coaching Association of Canada Sport Leadership Conference**

The Coaching Association of Canada is pleased to be hosting the Petro-Canada Sport Leadership sportif 2007 in Halifax, Nova Scotia, October 12-14. This year's

conference program features 24 workshop sessions from which to choose, and a complete conference schedule can be found at <http://www.coach.ca/sportleadershipsportif/2007/e/index.htm> along with registration information.



## **Tip of the Month:**

### **ATHLETE TRUST – featuring Jay Triano**

CAC hopes that by generating discussion of ethical issues in coaching, Canada's coaches will be able to seek their own solutions, based on the shared experiences of leading coaches and athletes, to ethical dilemmas.

*“Coaching at its core is an exercise in trust. Athletes depend on coaches for knowledge, guidance, inspiration, and motivation. They rely on coaches to set the parameters by which athletes can strive for their best without risking injury or harm. And they count on coaches to learn what is right: both the right way to perform technically and the right way to navigate through the ethical quandaries from the overriding pressure to win.” — John Dalla Costa*

CAC asked several of Canada's leading coaches and athletes to share their experiences in building trusting relationships. Initiating the dialogue is basketball coach Jay Triano.

Now in his fourth season as a member of the coaching staff of the Toronto Raptors, Jay Triano was the first Canadian-born and Canadian-trained coach in the NBA. He was the head coach of the Canadian men's national team from 1998 to 2004, posting a 52-42 (.553) record.

An 11-year member of the national team, Triano was team captain from 1981-88. He represented Canada as a player on Olympic teams in 1980, 1984, and 1988.

Triano began his coaching career in 1985 as an assistant at his alma mater, Simon Fraser University. He was head coach from 1988 to 1995. In 1992-93, he worked as an assistant coach on the men's national team and in 1993-94 he was the head coach of the men's junior national team.

In April 2005, Triano was honoured by the Raptors with the Coach Mac Award, given annually to a member of the Canadian basketball community who, through exemplary character and effort, “has made a major contribution to the sport while upholding the principles of honesty, integrity, competitiveness and love of the game.”

He is a member of the Canadian Basketball, Canadian Olympic, Basketball British Columbia, Basketball Ontario, Simon Fraser Athletic, and Niagara Falls Halls of Fame.

### **TRIANO ON TRUST:**

As you reflect on Jay's comments, consider the complexity of the trust relationship and reflect on the dynamics of his situation as well as situations you

may have encountered or that you will encounter. Often, decisions made in challenging circumstances are sounder when you have prepared and established your coaching philosophy.

Trust between a coach and his or her player's is a two-way street.

How is trust like that built?

"I think it's being honest with people from the beginning, communicating to them where they stand and what is expected of them as a member of the team, what the roles and responsibilities are of being on the team, how they are going to be able to contribute when they get their chance of play, having everything upfront. It has to do with the coach's own values and building respect between player and coach.

One example. We were going through game preparation at the 2000 Olympic Games and I was talking about how we were going to guard certain plays. At the end of the practice, (NBA MVP) Steve Nash came up to me and said, "Instead of going under that screen, I would really prefer to go over top of it." I respected the fact that, number one, he gave me his opinion quietly, and number two, he didn't embarrass me in front of the rest of the team by questioning my judgement or second-guessing me.

Instead, Steve treated me with respect and I appreciated that. I saw that he had a better way of doing it so we ended up making a change at one of the first time-outs. I could have been a hard-nosed guy, but I knew that he was the one who has to go out and do it and if he feels better doing it that way, he takes ownership.

Trust is not one-sided. Building trust happens over time, not overnight. Being trustworthy is something that is inherent in a person's personality. It's what you are as a person and if you don't have it, it's tough to all of a sudden become someone who has it. If there's a lack of trust between coach and player, perhaps there's an assistant coach he can relate to. That's why there are assistant coaches and other people involved with the team. Sometimes a bond can be built through other ways and it doesn't always have to be with the head coach. But if there is a lack of trust between a player and his team-mates and the coaches, you have to recognize that it doesn't fit, doesn't help team unity, and a change should be made.

It's hard to plan how to be a trusting, or trustworthy, person. You have to have heart and you have to have an understanding of people. At the same time, trust can be built over time and over the course of a relationship, but really it starts with the first interaction you have. Keep in mind that the athletes are judging you just like you're judging them, and you have to trust your instinct.

*This article was written by Sheila Robertson for a new feature on the CAC website exploring ethics discussions with Canada's top coaches and athletes. Check out this link for further comments on this dialogue and future topics:*

<http://www.coach.ca/eng/ethics/index.cfm>



**BCWBS Coach Chronicle Archives are available on the BCWBS website at  
[www.bcwbs.ca](http://www.bcwbs.ca)**

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