



On Twitter @ohioBKcoaches

# Ohio High School Basketball Coaches Association Newsletter

## UPOCOMING EVENTS

Top 100 Nominations due 2/7

Academic All-Ohio, Top 20, Coaches Scholarships, Scholarship Society, All-Star games 3/1

## REMINDERS FOR COACHES

- A. Showcase Nominations to District Directors by February 7<sup>th</sup>
- B. By March 1<sup>st</sup>:
- ◆ Academic Team Nominations to Adam Hall of Strasburg-Franklin High School at:  
[ahall@buckeyecareercenter.org](mailto:ahall@buckeyecareercenter.org)
  - ◆ Academic All-Ohio Nominations to Adam Hall of Strasburg-Franklin High School at:  
[ahall@buckeyecareercenter.org](mailto:ahall@buckeyecareercenter.org)
  - ◆ Top 20 – 2FG, 3FG, Free Throws – Team and Individual to Art Daniels of Westlake High School at:  
[daniels@wlake.org](mailto:daniels@wlake.org)
  - ◆ Coaches \$1,000 Scholarship Nominations to Scott Bardall of Garaway High School at:  
[sbardall@garaway.org](mailto:sbardall@garaway.org)
  - ◆ Scholarship Society Nominees to Norm Persin of Oak Hill High School at:  
[norman.persin@oakhill.k12.oh.us](mailto:norman.persin@oakhill.k12.oh.us)
  - ◆ Send District All-Star Game Dates to [ohsbca.newsletter@gmail.com](mailto:ohsbca.newsletter@gmail.com)

## HALL OF FAME TICKETS

If interested in attending the 30th Annual OHSBCA Hall of Fame banquet, contact Director Paul Wayne at [wayno14@embarqmail.com](mailto:wayno14@embarqmail.com) or call 419-261-2547. The 2016 HOF Banquet will be held at the Columbus Airport Marriott Hotel on Saturday, April 23, 2016 at 5:30 PM. The 2016 Inductees are Ron Moschella (Boardman/Columbiana), Norm Persin (Chesapeake/Oak Hill), Bob Von Kaenel (Tusky Valley/Dover), and Steve Williman of Liberty Benton).



# PLAYER AND COACHING MILESTONES

## Player Milestones

- Ali Poole became Carrollton High Schools all time leading scorer (1205) in girls basketball on Jan. 13 vs. Salem High School. She currently has 1258 total points and a Kent State signee.
- Senior Ashli O'Neal Wyoming HS Girls basketball scored her 1000 point Jan 23 Vs Mariemont. Ashli accomplished this in less than 3 complete seasons, she did not play her junior year after ACL surgery.
- Cody Cox, a junior guard at Brookville, recently broke the school record for 3-pointers in a game with 8.
- Tia Karras of Miami Valley scored her 1000th career point in a 53-34 win on January 25, 2016.

## Coaching Milestones

- Joe Mackey of Brunswick won his 300th game on January 24th.
- Chip Weiss of Westlake won his 200th game on January 23rd.
- Tom Woodford won his 300th game at Bishop Watterson last season.
- Jason Tinchler of Bellbrook High School won his 200th game on December 30th.
- Randy Duff of Miami Valley recorded won his 200th game in December 2015.
- Mark Alberts, Sr. won his 600th game on January 30th, 2016.

## UPDATE TEAM AND COACHING RECORDS

In order for the OHSBCA to keep our records up to date on players, teams and coaching records, and be consistent with all the other honors that we bestow on players, coaches and teams; we are requiring the following: ALL PLAYERS, COACHES AND TEAM RECORDS MUST BE SUBMITTED TO LARRY WILSON BY JUNE 1<sup>ST</sup> OF EACH YEAR TO BE INCLUDED IN THE HOOLINES ISSUES OF DECEMBER, FEBRUARY, AND MAY. If updated records are submitted after that date, the records will not be updated until the following year. This will also include the OHSBCA Website listing of records.

To update any record, please submit updates on School Letterhead to:

Larry Wilson  
Public Relations Director  
1920 West Steinbeck Drive  
Anthem, Arizona 85085-1832

DEADLINE FOR UPDATES: JUNE 1<sup>ST</sup>

If you have questions in regards to records, please contact Larry Wilson at 623-374-7577 or email at [wilson120@cox.net](mailto:wilson120@cox.net)

PLEASE HELP US MAINTAIN ACCURATE RECORDS



# Thoughts for February

Tom Heil, Head Men's Basketball Coach at Baldwin Wallace, shares some thoughts as the regular season winds down and post season play is upon us. Below is a list of what he likes to do to prevent burnout and but yet still have great practices.

I have told our players I believe there are four keys to playing well in February:

1. **Hungry-** Most teams have players who are hungry to compete in November and December but are players still hungry to compete at the end of the season after the ups and downs that accompany a 22 or 25 game regular season.
2. **Together-** If you want to play well at the end of the year you better have a group of players that are a family. Tight knit groups overachieve at the end of the season. Teams with players that do not like each other will not fight as hard when tournament time comes around.
3. **Confident-** Teams that win at the end of the regular season and tournament are still confident in themselves, their teammates, and their coaches despite what their record is
4. **Fresh-** Maybe the most important of all. Teams that play well in February are still mentally and physically fresh.

With these things in mind our practices start to change as the year begins to wind down in the following ways:

1. **Practice time-** We slowly try and dwindle our practice time down to 90 min in January and closer 60-75 min in Feb.
  - a. We will cut back on a lot of break down drills on both sides of the ball. We still will do some defensive fundamentals like closeouts and shell but we will not do these drills long and will do them more to ensure that certain things like closeouts, jumping to the ball, being in stance, and talking continue to be muscle memory.
  - b. We shoot A LOT in practice. Probably more than most teams shoot but in February we even cut back on this. We still do at least two longer shooting drills a day but the work has already been done. We shoot a lot of 3's and shoot over 40% as a team from the three point line. In February, I would rather our guys stay fresh than get extra shooting in since they have put the work in since the end of last season. They are ready to make shots and making shots in February is about still having the legs and confidence to make them in my opinion.
  - c. We still play. Even in February we will get up and down and let our guys play. We play on Wednesdays and Saturdays in our league. Thursdays in Feb we are usually not on the floor other than maybe shooting. Sundays we are off and Mondays, Tuesdays, and Fridays will play up and down 5 on 5 in some fashion. Our guys love to play and letting them get up and down without stopping it every possession helps keep our players fresh and enjoying the game.
2. **Scouting Report/Film**
  - a. I love film. I love scouting. Sometimes I want to do more than is good for our players as far as scouting. We have an intelligent group but also a very young team with many of our major roles being freshmen and sophomores. We try and really simplify the scout and limit the amount of time we spend in the film room. If we spend an hour in the film room and 90 minutes on the court that is definitely not keeping them fresh because efficiency is key. This is what I do for a living and I can watch film all day. 18-22 year olds do not want to watch 45 minutes of film before practice. When we were players we didn't either. Don't forget what it was like to wear the jersey.
3. **Weight room**
  - a. We work really hard in the weight room. It is a big part of our culture and I believe the weight room builds some toughness that is necessary to perform well in college basketball. We lift at least two times a week as a team through December. Once January comes around they begin to lift on their own two times a week when they have an opening in their class schedule during the day. In February whether they lift or not and how often is totally up to them. We have some players who continue to lift 3-4 times a week all through February. I was one of these guys because lifting made me feel better and gave me confidence. We have other guys that do not lift at all at the end of the year. Everyone is different, so as a result lifting will help keep some players fresh and not lifting will help keep other players fresh.
4. **Meetings/Talks**
  - a. Whether it is pre or post game, pre or post practice, one on one, or a small group meeting with your captains keep it short and to the point. And at the end of the year keep it positive. I am hard on our players and I am demanding as well, but none of us wanted to get beat down at the end of the year. Put a positive spin on any communication about performing better. Players that are excited to compete in February make coaches look good in the tourney.

# Zac Jackson Gives Ideas on Building a Social Media Policy

Today, social media -- Facebook, Twitter, Snapchat -- is more accessible than ever before. Right from their phones, people young and old are putting their faces and words out to a larger audience than ever before and aren't always aware how fast news can travel, or that they're making news. Often, it's the kind of news coaches/bosses/administrators would rather not be making.

The first step of managing the social media boom was and continues to be education. In terms of high school sports and high school athletes, that means making sure players understand the reach of social media and the responsibility they have not to embarrass themselves, their teammates or their schools with inappropriate posts. By now, social media is so popular and widespread that policies for using it and policing it have become a must. Big corporations now have social media policies. Small companies now have social media policies. College and pro teams have social media policies. So, your teams/programs should have them, too.

Whatever code of conduct or agreement to team rules should include a social media policy, and in a way that policy should mirror the conduct code. The most common social media offenses committed by young athletes include inappropriate language, personal attacks and hints to ob-scene/sexual/private events.

At Ohio State, Urban Meyer's Twitter rule is no team business goes on social media. USC's policy says nothing "demeaning, threatening, derogatory or unsportsmanlike." Some coaches insist their players submit all their accounts/usernames to be followed and must follow back. Some coaches have a window of time before and after games blocking social media use. Whatever you do, stress authenticity and accountability.

Some ideas and principles for your policy are below.

## **FOR COACHES**

After an NFL or NBA game, the locker room is closed to reporters for a set amount of time after the game for a cooling off period. High school games are emotional, too, so you may consider instituting a social media cooling off period. You'll probably see fewer emotional responses to game results after two (or even) 12 hours than you will on a bus ride home.

You can't stop parents from sending tweets or posting Facebook messages about their child's playing time or your coaching. You can share with the parents that you'd rather not read messages about their child's playing time or your coaching.

Reinforce that writing/posting from someone else's account, pretending to be someone else or making inflammatory/inappropriate statements is no different than forging a signature or signing your name to someone else's paper. Kids get caught in the moment being angry or trying to be funny and don't realize the reach something on social media can have.

## **FOR ATHLETES**

Choose your words wisely. If you wouldn't say it to your coach, your principal, your mother or the local newspaper reporter, don't put it on social media. Because if you do, those are the four people you're going to answer to.

Nothing is truly private. Ever. If you type those words or snap that photo, there's no telling where it may go.

Talented athletes have lost scholarships, average athletes have been suspended from big games and student section members have lost their privileges to go to games over posting inappropriate material, making personal attacks or generally getting caught in the moment and not realizing what they thought was a private message or a personal conversation could easily be taken and shared with a much bigger audience.

Say thank you. Support others. Be consistent and positive.

A lot of people write "retweets are not endorsements" on their Twitter profiles. That's a pretty weak defense. Sharing someone else's inflammatory statement, hurtful accusation or obscene word/song lyric has caused problems for teams/athletes in the past.

You're representing your teammates, your coaches, your school and your family at all times.

## **FOR ALL INVOLVED**

Think before you post. Taking team/school/player issues online generally isn't going to make them better.

Nothing threatening, racial, sexual or discriminatory should ever make it to social media. If it does, nothing spreads faster.

Use social media as a chance to reinforce messages and positives, not magnify problems and issues. Your team motto/slogan/catch phrase is a great place to start and probably looks better on an athlete's profile than "first-team all-conference" or any other individual accomplishment/statement.

Know your position, your platform and some simple math:

*Win a game and 100 people might read about it.*

*Win a district title and 1,000 people might read about it.*

*Do/say something really dumb on social media and 1,000,000 people might read about it.*