

TUSCULUM

BASKETBALL

2008 SAC CHAMPIONS

In order for our program to win at the highest level we must have the absolute *BEST COACHING STAFF* in the South Atlantic Conference. Please review the following excerpts from Don Meyers coaching academy, notes from other coaching clinics and many great books, along with my own thoughts. How do these ideas, thoughts, and concepts relate to us, how can we improve as a staff, how can you improve as a coach?

If your not working daily to improve yourself as a coach, someone else is passing you by.

“I didn’t even become a good coach until I was 40. I didn’t have the experiences that I needed.”

- Bill Walsh

FOOD for THOUGHT:

- 1) Jerry Krause’s Rules:
 - Find Yourself (this is a lifetime process)
 - Find your unique gift or talent and develop it
 - Give your gift away

The first and best victory is to conquer self. Plato
- 2) Be What You Is Because If You Be What You Ain’t, You Anin’t What You Is! Kids, parents, coaches, administrators (that one is a stretch) can spot a phony or con man a mile away. Know who you are.
- 3) Promise Less and Deliver More.
- 4) Make each Day Your Masterpiece.
 - This was the advice of Coach Wooden’s father, that is all we are assured of having, so lets embrace the precious present.
 - Ground Hog Day: Make everyday a great day!

- 5) **There are Two Kinds of Pain: The pain of discipline or the pain of regret.**
- 6) **Most parents would rather see their child make All-State, rather than see their team win the State Championship.**
- 7) **Coach now the way you want to coach in 10 years. This is how we have approached our camps. “**
“We did it on 4 hours of sleep, hired great staffs, we did it the right way, we wanted the best camp in America. Have a very high expectation level for yourself. Teach attitude everyday!”
- 8) **Jeff Janssen’s Stages of Coaching:**
 - a. **Survival:** **Just trying to hang-on, learn, make it through your formative seasons as a coach.**
 - b. **Striving:** **Trying to win championships, games, respect of peers.**
 - c. **Satisfaction:** **You have success and put it on cruise control, going through the motions. There is no fire in your gut.**
 - d. **Significance:** **You are more than a coach, you impact lives, influence communities, and make worthwhile contributions to the lives of players, coaches, and others in your circle. 80% of us never reach this stage.**
 - e. **Spent:** **There is nothing left in the tank. Coaching/Teaching is no longer of value or importance in your life.**
- 9) **Where are you in the coaching continuum; Passion - Duty - Burden**
Make the Big Time Where You Are
Don’t wait until you get the big time job or pro job to do the very best you can. Make the Big Time where you are today. It is a state of mind. Frosty Westering has authored a great book with this title.
Billy Hahn, said something like this, in the book Men of March:
Rather than always living to get the next job, realize how precious that the job you have really is.
- 10) **Pray for Strength, Guidance, and Forgiveness each Day!**
Strength is of no value without the wisdom to use it properly. We all misuse our strength or power and we need the power of forgiveness when we do so.
- 11) **Build Your Own Army**
Keep a low profile
Build trust and loyalty by the way you treat your players.

Remember you cannot buy trust.

It's like friendship, you must EARN IT by DEMONSTRATION!

Daily acts of kindness and doing the right things are the keys to building a loyal army.

12) You will make enemies much faster than you make friends in coaching, Abe Lemmons.

13) Keep your friends close, and your enemies closer, The Godfather.

14) I never allowed myself, my staff, or our players to get satisfied, John Wooden. There is always something to be done better.

15) Help the Helper.

Encourage the encourager, credit those who sacrifice for the good of the team and the program.

Support our other sports. We can set the example.

16) Read everyday!

Build your life through the books you read and the people you associate with.

A man's reach should exceed his grasp.

Value your listening and reading time at roughly ten times your talking time. This will assure you that you are on a course of continuous learning and self improvement. Gerald McGinnis (Business CEO)

Great books to begin with:

- First Things First, Stephen Covey**
- Make The Big Time Where You Are**
- Failing Forward, John Maxwell**
- Tuesdays with Morrie**
- The Wooden Book with Steve Jamison**
- 21 Indispensable Qualities of a Leader**
- Purpose Driven Life**
- They Call Me Coach, Wooden**
- Men of March**
- Leading by the Heart, Coach K**

17) Watch Tape Everyday.

Watch tape on teaching, coaching, games, our games.

Tape the teams that play the way you want to play. We all need a few "Good Idea" people.

18) What can we do to set ourselves apart from our competition, what do we do that is GREAT. IE: Teach, style of play, relationships, what do we do better than anyone else?

Spend 10 minutes per day thinking about our program - Peter Drucker

- 19) **John Wooden was asked; Coach how did you balance your family life with coaching?**
“It was difficult. My priorities in life are Faith, Family, and Friends. Family always came first. I did not go anywhere without my wife. I even took my wife with me when I went scouting. I established my priorities early in life and stuck by them. I still keep a picture of my wife Nell beside my bed each night.”
- 20) **You should study as many coaches as you can, good as well as bad, those you have similar philosophies and those you do not. But remember, you can get all of the good ideas, but you cannot use all of them. *Less is More!***
- 21) **Keep a file on positive and negative letters. The negative letters will help you to become humble, the positive letters will lift your spirits when you are down.**
- 22) **Investigate John Maxwell’s web site: www.maxiumimpact.com. He talks about being a person of influence.**
- 23) **Find avenues to reach our kids. You can make an enormous impression on them. Do not underestimate the value of a coach until one of your own kids play for one.**
- 24) **Have an overriding purpose that is greater than winning or losing. Winning with a bunch of Jackasses is not meaningful. Rent and watch the movie, Championship Season to learn this lesson.**
- 25) **Listen and learn from our players. Del Harris said, “I learned more basketball from watching Larry Bird than all of the clinics that I attended combined.”**
- 26) **Buy the book, Learning the West Point Way by Col. Larry Donnithorne. The book is about learning and practicing leadership. Try Amazon.com.**
- 27) **Rick Pitino says, “Sweat with the players. If the players feel that you are working with them they will work hard for you.”**
We must be willing to lead by example, we must be willing to do the tough or dirty jobs. We must clean the gym and sweep the floor if that is what it takes to get the job done.
- 28) **Coach what you have and accept it. You can’t make a racehorse out of a pig, but you can make a faster pig. If we have pigs, we want them to be very fast pigs!**
- 29) **Why do we coach? You should be coaching for the right reasons. Don’t work the long hours and make the countless sacrifices unless you are working for the right reasons!**

- 30) **There is never a surplus of quality.**
- 31) **Definition of Team Chemistry = Thoroughbreds + Pigs. Remember, the pigs are important too.**
- 32) **Administrators like to have champagne programs, but do it on a beer budget.**
- 33) **Discipline always proceeds morale. If there is no discipline, there will be no morale. Discipline is first with the troops.**
- 34) **Winning is a by-product. Process over product every time.**
We want the type of program that wins even when we lose. We will be a program that is respected for doing things the right way, for always operating with class, that has a higher purpose, that is respected by all. I really appreciated the comment by Steve Hawkinson, WMU Head Coach, regarding our recruitment of Jake Sottos - "They are good people and they are building a great program by doing things the right way." This is respect!
- 35) **Do not worry or be concerned about matters that are outside of your control. But, don't make excuses either. Know if you can make a difference.**
- 36) **In Coach Wooden's words; What are the characteristics of great teams: 1) Great Condition, 2) Fundamentally Sound, 3) Great Team Spirit.**
- 37) **Have a thoughts and notes journal that you keep just for you. This is of paramount importance to Dick Bennett.**
- 38) **Add value to your life and the lives of others you touch and you will be invaluable. John Maxwell**
- 39) **People do not pray for average. Great people do not want to be average, do not want to associate with average ideas, or put out anything average with their name on it.**
Have something you do that is great to get employers, players, coaches interested in you.
- 40) **Learn who you are and what your game is. Rick Majerus**
- 41) **Don't wrestle with a pig because you will both get muddy and the pig will like it!**
- 42) **Get up for each task, each practice, each game!**
Up = A sense of urgency and sense of purpose.
- 43) **Spend informal time with your players. Many times your best teaching, and always your best relationship building opportunities occur at this time. Coaching is relationships, hence the line from Hoosiers, "I love you guys." Watch it again, and again, and again.**
You've got to love your people more than your position. John Maxwell

- 44) **We are responsible for our players as collegiate coaches! We are responsible for them until the day they graduate, and often find ourselves responsible for them long after that.**
- 45) **Use One Minute Assessments. One thing you did well and why, one thing we can do better and how, etc.**
- 46) **TEACH, TEACH, TEACH**
You cannot read if you turn the pages too fast, *do not teach too fast.*
Teach a man to fish and feed him for a life time.
The worst thing that can happen to a program is a coach not teaching, because that leads to a player not learning.
You had better have great practices. Al McGuire
- 47) **Greatest Strength - Greatest Weakness.**
If you only rely on your strength, it will eventually become your weakness. Strive to be a total package coach.
- 48) **To win Championships you must be obsessed about the fundamentals.**
Joe Gibbs
- 49) **It is not what you teach it is what you emphasize. We all teach fundamentals of the lay-up. When a player misses a lay-up and has to do 5 push-ups or makes a lay-up but the ball hits the rim and he does 3 push-ups - THAT IS EMPHASIS.**
- 50) **For every 100 who can handle failure, there is only one who can handle success.**
- 52) **Your character or lack of character will ultimately determine whether or not you are a credible coach. Jeff Janssen**
- 53) **Reputation is what you think you are, character is who you are, especially when no one is watching.**
- 54) **A man without decision of character can never be said to belong to himself...He belongs to whatever can make captive of him. John Foster (Author)**
- 55) **The saddest day of your life will be the day you find that you are no longer productive.**
- 56) **The only thing that can keep us safe is humility.**
- 57) **The future belongs to those who see possibilities before they become obvious.**
- 58) **It's what you learn after you know it all that counts. John Wooden**
- 59) **A successful man is one who can lay a firm foundation with the bricks others have thrown at him. David Brinkley (TV Journalist)**
- 60) **If you chase two rabbits, both will escape.**
- 61) **The first rule of holes: When you're in one, stop digging.**
Molly Ivins (Columnist)

- 62) **Courage is rightly esteemed the first of human qualities...because it is the quality which guarantees all others. Winston Churchill**
- 63) **Commitment can be displayed in a full range of matters to include the work hours you choose to maintain, how you work to improve your abilities, or what you do for your fellow workers at personal sacrifice. Stephen Gregg (Business CEO)**
- 64) **Excerpt from John Maxwell book, 21 Indispensable Qualities of a Leader Regarding Servanthood:
Where is your heart when it comes to serving others? Do you desire to become a leader for the perks and benefits? Or are you motivated by a desire to help others?
If you really want to become the kind of leader that people want to follow, you will have to settle the issue of servanthood. If your attitude is to be served rather than to serve, you may be headed for trouble. If this is an issue in your life, then heed this advice:
Stop lording over people, and start listening to them.
Stop role playing for advancement, and start risking for others' benefit.
Stop seeking your own way, and start serving others.
It is true that those who would be great must be like the least and the servant of all.**
- 65) **The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor. Vince Lombardi**
- 66) **Winning is not a sometime thing; it's an all the time thing. You don't win once in a while; you don't do the right thing once in awhile; you do them right all the time. Winning is a habit. Unfortunately, so is losing. Vince Lombardi**
- 67) **John Wooden on losing: Long before any championships were won at UCLA, I came to understand that 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 it.**
- 68) **John Wooden on winning: I've also learned that winning games, titles, and championships isn't all it's cracked-up to be, and that getting there, the journey, is a lot more than it's cracked-up to be.**
- 69) **John Wooden on the process: Please understand that I wanted to win every single game I ever played or coached. Absolutely. I wanted to win. But, I understood that ultimately the winning or losing may not be under my control. What was under my control was how I prepared myself and our team. I judged my success, my "winning" on that, It just made more sense.**

- 70) John Wooden's Nine Promises That Can Bring Happiness:**
- 1. Promise yourself that you will talk health, happiness, and prosperity as often as possible.**
 - 2. Promise yourself to make all your friends know there is something in them that is special and that you value.**
 - 3. Promise to think only of the best, to work only for the best, and to expect only the best in yourself and others.**
 - 4. Promise to be just as enthusiastic about the success of others as you are about your own.**
 - 5. Promise yourself to be strong so that nothing can disturb your peace of mind.**
 - 6. Promise to forget the mistakes of the past and press on to greater achievements in the future.**
 - 7. Promise to wear a cheerful appearance at all times and give every person you meet a smile.**
 - 8. Promise to give so much time to improving yourself that you have no time to criticize others.**
 - 9. Promise to be too large for worry, too noble for anger, too strong for fear, and too happy to permit trouble to press on you.**
- 71) A few Wooden Maxims:**
- Happiness begins where selfishness ends.**
- Discipline yourself and others won't have to.**
- Ability may get you to the top, but it takes character to keep you there.**
- If I am through learning, I am through.**
- The man who is afraid to risk failure seldom has to face success.**
- Don't let yesterday take up too much of today.**
- Goals achieved with little effort are seldom worthwhile or lasting.**
- Do not permit what you cannot do to interfere with what you can do.**
- Being average means you are as close to the bottom as you are to the top.**
- Do not mistake activity for achievement.**
- Acquire peace of mind by making the effort to become the best of which you are capable.**
- 72) You can have anything you want, you just can't have everything you want.**
- 73) Wars may be fought with weapons but they are won with men. It is the spirit of the men who follow and the man who leads that gains the victory. General George S. Patton**
- 74) Two Things we Control: Attitude & Effort**

- 75) After winning Wisconsin and West Virginia, one would think Kennedy had earned a long rest. But, in his words, "In politics it is the losers who rest."
- 77) Everybody wants to go to Heaven, but nobody wants to die.
- 78) "When a difficult task comes your way, accept the challenge joyfully. Once it is finished, plead for more. Every sacrifice you make builds character. People with average skills often obtain greatness because they are willing to pay a price for it. You might not be able to out think, out market, or out spend your competition, but you can out work them." Lou Holtz
- 79) That's the attitude you must adopt every day of your working life. Poor, hungry, and driven. That's the message you have to be sending out to both your employer and your co-workers, this sense that nothing is going to get in the way of your success. Rick Pitino
- 80) The most important discovery of my century is that you can change a man's life if you change his mental attitude. William James (Author)
- 81) Norman Vincent Peale wrote a book entitled, "Enthusiasm Makes The Difference." In it, he detailed a formula that may help you put every day in a positive, uplifting prospective.
1. Think a Good Day: If you have a positive image of the day before it unfolds, it will help get you going in the right direction.
 2. Thank a Good Day: Give thanks for a good day in advance and that positive imagery helps make it so.
 3. Plan a Good Day: Put some positive things into your day to help get it on track and keep it there.
 4. Put Good into the Day: Put good thoughts, good attitudes and good actions into a day and they will make the day good.
 5. Fill the Day with Enthusiasm: Give the day all you've got and it will give it right back to you. Enthusiasm can make a difference in a day, a job, a life.
- 82) One will not find the true fiber of a man in times of prosperity or success, but only in his resiliency and attitude through times of failure and adversity.
- 83) This is the law of compensation: Every negative has a positive. We cannot have the bad without the good. With every loss comes a gain. And with every difficulty, there's an opportunity. Seeing success where others see only failure may be the one thing that pushes us on to victory.
- 84) In a competitive environment, to remain the same is to regress!
Bill Parcells

- 85) **Failure Quotient:**
You cannot have success without failures. HG Hasler
Prosperity is not without many fears and distastes; and adversity is not without comforts and hopes. Francis Bacon
Every failure brings with it the seed of an equivalent success. Robert Collier
All my successes have been built on my failures. Benjamin Disraeli
- 86) **You can buy people's hands, but you can't buy their hearts. Their hearts are where their enthusiasm, their loyalty is. You can buy their backs, but you can't buy their brains. That's where their creativity is, their ingenuity, their resourcefulness. Steven Covey**
- 87) **I love to win. Love it. Football is just too hard and too tough if you're not successful. This isn't recreation, and the sport isn't for everybody. I just don't want to expend all this time and effort and come up short. Bo Schembechler**
- 88) **Life is not worth living if you are not passionate, excited, and committed about something. Don Meyer**
- 89) **There are two conflicting mentalities in any organization: *to have* and *to be*.**
People with *to have* mentality are obsessed with what they can get out of their jobs: a bigger salary, and all that it can buy; promotions and status; recognition and fame.
People with a *to be* mentality concentrate on what they can give to the organization: their best efforts to help the team to succeed.
The *to have* mentality is a dead end. It can never be a sufficient motivator at the highest level. Bill Parcells
- 90) **Only the man who knows what it is like to be defeated can reach down to the bottom of his soul and come up with the extra ounce of power it takes to win when the match is even. Muhammed Ali**
- 91) **The word proactive means more than merely taking initiative. It means that as human beings, we are responsible for our own lives. Our behavior is a function of our decisions, not our conditions. We can subordinate feelings to values. We have the initiative and the responsibility to make things happen. Steven Covey**
- 92) **Don't pray when it rains, if you don't pray when the sun shines. Leroy (Satchell) Paige**
- 93) **I don't know the key to success, but the key to failure is trying to please everybody. Bill Cosby**
- 94) **There is in this world no such force as the force of a man determined to rise. The human soul cannot be permanently chained. W. Edward DuBois**

- 95) Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude. Thomas Jefferson
- 96) You've got to believe deep inside yourself that you're destined to do great things. Joe Paterno
- 97) Those that work the hardest surrender last.
- 98) I can honestly say, from the bottom of my heart, I have never had a crisis in my life or a setback that's not made me stronger, and it's turned out to be a positive thing in my life - if I reacted positively to it. And many times I feel that the adversity and the setbacks that you experience are preparing you for something bigger and better, so when you get in that situation, or even a tougher one in the future, you'll be able to handle it. Lou Holtz
- 99) When you want something you have never had, you have to do something you have never done!
- 100) Never let the sun go down without resolving all bad situations: Say what needs to be said now, and then get on with your life. Don't let pride hold you back, say you're sorry. Live today with the assumption that it will be your last.

2008 Champions

HARD WORK:

When will we know how much work is required?
When we win the SAC, that will be enough. Until
we win it, it's not enough.

BIGGER - FASTER - STRONGER:

We will be the best conditioned, the most physical,
the toughest team in the SAC. This takes a very, very
special young man, this is coaching and recruiting.

COMMITMENT to TEAM & INDIVIDUAL DEFENSE:

Defense wins Championships.
Again, this is coaching and recruiting.
It is a mindset, it is who we are!