



## Coach Chronicle January/February 2008

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



### **BCWBS Annual Awards Nominations**

This is just a reminder that the deadline for submitting nominations to the BCWBS office for the BCWBS annual awards is coming up January 31<sup>st</sup>, 2008. Nominations should be focused on achievements for the year 2007.

When nominating an individual/group please consider the following:

1. The nominee must be a member in good standing with BCWBS (community support award not included).
2. A brief summary of the nominee's achievements in the year for which they are nominated must be submitted to BCWBS.

#### **Athlete of the Year (male and female)**

**Criteria** - Any wheelchair basketball athlete 19 years of age or over in the province of BC. Nominees in this category should have demonstrated outstanding performance athletically during the year.

#### **Junior Athlete of the Year**

**Criteria** - Any wheelchair basketball athlete under 19 years of age in the province of BC. Nominees in this category do not have to demonstrate outstanding performance but rather should display commitment and enthusiasm in their sport.

#### **Coach of the Year**

**Criteria** - Any coach who has resided in BC for the past year and has been responsible for coaching wheelchair basketball at any level of competition. Nominees in this category should demonstrate commitment and dedication as a coach throughout the year(s).

**Volunteer of the Year**

**Criteria** - Any British Columbian who has volunteered his/her time in support of the development of wheelchair basketball in BC.

**Official of the Year**

**Criteria** - Any official who has resided in BC for the past year and officiated wheelchair basketball at any level of competition. Nominees in this category should demonstrate commitment and dedication as an official throughout the year.

**Outstanding Community Support Award**

**Criteria** - Any individual, organization or business that has made a significant impact in the development of wheelchair basketball in BC, financially or otherwise.



**Nominations Open for 2007 CABC Coach of the Year Awards**

The purpose of the Coach of the Year Awards is to recognize a history and dedication to coaching in British Columbia. Each recipient will be selected for their outstanding achievement in the category in which they have been nominated, and for their unique contribution to the advancement and well-being of athletes and their sport. Coaches are recognized in four categories: Recreational/Grassroots, Regional/Provincial Development, Secondary School, International. Deadline for nominations: February 15, 2008 – check out the CABC website at [www.coaches.bc.ca](http://www.coaches.bc.ca) for nomination information.



**PacificSport Vancouver-Sea to Sky Presents: DartFish: Level 1**

The Introduction to Video Analysis and DartFish seminar last fall provided coaches with a foundation in biomechanics, video analysis and DartFish and served as a pre-requisite for future DartFish seminars. DartFish Level 1 will provide coaches with a practical and hands-on approach to the basic functions of DartFish. The following topics will be covered specifically:

- DartFish Application
- In The Action
- Simulcam
- Stimulation

Depending on the number of team coaches present and interest in Team Tagging, a brief introduction may be possible, with a more intensive seminar to follow in the spring. This seminar is available to those who have completed the Introduction to Video Analysis and DartFish and/or who have completed a DartFish certification course. This is also an excellent refresher for those who attended the Own the Podium training session last fall and/or who have previous experience using DartFish.

**Date:** February 8th, 2008 Time: 9:00am – 4:30pm (Lunch will be provided)

**Location:** Telus Centre for Sport, 500-1333 West Broadway

**Materials:** You will need a laptop, video camera, firewire cable, and DartFish software. If you do not currently have the DartFish software program, there will be copies of DartFish available exclusively for this seminar. You may also download the basic version as a trial download for 30 days at [www.dartfish.com](http://www.dartfish.com). Space is limited to 12 spots and registrations will be on a first-come, first-served basis. Please RSVP to Andrée-Anne LeRoy ([aleroy@pacificsport.com](mailto:aleroy@pacificsport.com)) by Monday Feb 4<sup>th</sup>.



### **Canadian Sport Centre Coach Assessment Surveys**

How are you coaching? Coaches are always monitoring and assessing athlete performance. What about the assessment of your coaching performance? The Canadian Sport Centre Pacific has developed two surveys to provide coaches with feedback on how they support athletes in training and competition environments. Surveys can be completed by athletes, mentors, peers, parents and other stakeholders that observe your coaching. To find the surveys check out the Canadian Sport Centre Pacific website.



### **CWBA – Hires New Staff**

The Canadian Wheelchair Basketball Association (CWBA) is pleased to announce that Catherine Ireland has joined the CWBA as Program Coordinator. Catherine holds a Master of Arts Degree in Liberal Studies and has a Bachelor of Arts in Business Administration. Catherine comes from a hockey background, and most recently was the Sport Development Coordinator at Water Ski and Wakeboard Canada. As Program Coordinator, Catherine will be responsible for coordinating and administering all activities related to the domestic programs of the CWBA. This includes working closely with clubs and communities coordinating domestic championships and special projects.



### **YWCA Career Zone – Pass Along to Your Athletes**

Looking for new full or part-time job in the New Year? PacificSport Vancouver has a partnership with the YWCA Career Zone where you can meet with an employment counselor to learn how you to revamp your resume, improve your interview skills, and learn about new and exciting careers. The YWCA Career Centre offers free access to computers and the Internet, up to 20 photocopies per day, up to 3 faxes per day, a library which includes books and directories on job search, career planning and employer information, and 4 different job boards that are updated on a daily basis. If you are interested in meeting with an employment counselor, please contact Mélanie Choinière to set-up an appointment. Melanie has experience working with high performance athletes and is very keen on helping PacificSport athletes find employment in the Greater Vancouver Region. [mchoiniere@ywcavan.org](mailto:mchoiniere@ywcavan.org) or 604-605-4666



## Tip of the Month: What To Do If You Have Little Practice Time

By Sidney Goldstein

1. Regardless of your coaching level, if you teach basketball, you will be short on time.
2. Physical ability improves play, so get players in shape. Run players for at least 40 continuous minutes per practice. Also use continuous motion drills where players practice basic skills while running/wheeling.
3. Spend most of your time on individual skills, where second for second you get the most improvement.
4. Squeeze in team skills before scrimmages and games.
5. Give homework. Do drills and exercises in practice that players can repeat at home. Don't do drills that they can't repeat.
6. Get a basketball for each player.
7. Don't talk your players to death. Get them going and doing.
8. Plan practice and then time each drill with a stopwatch.
9. Get assistants, adults or other children, to help out.
10. Use the time before a game or scrimmage to actually practice. Use half time as well.
11. You don't always need a gym, a court, or basket to practice. (VideoDVD 4 gives 40 ways to get more out of practice and each player.

### Counterproductive Beliefs

1. Being concerned with the opponent will help us defeat them. No. It's not the other team's abilities that beat you, it is your player's lack of ability. It only takes 5 minutes to figure out and adjust to another team if players have skills from which to draw.
2. To win games I've got to spend a lot of time on offensive plays. This is the opposite of what you must do!! Running plays without offensive skills is worthless, even detrimental. Offensive skills include timing, looking, communication, passing, cutting, catching, and faking. Executing each one of these skills makes for an effective offense.

3. Playing games and scrimmages in practice is the best way to spend my time, because players will learn everything they need for a real game. No, players will make the same mistakes in practice games as they will make in real games. Without individual skills, players can not be effective team players.

Sidney Goldstein, is the author of The Basketball Coach's Bible and The Basketball Player's Bible, he has successfully coached both men's and women's teams over a period of 15 years.



**BCWBS Coach Chronicle Archives are available on the BCWBS website at  
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