

SUMMER



NEWSLETTER

Coach,

Another year is in the books and many of us have already begun the next phase of our hoops journey, *SUMMER BALL*. I hope this message finds you well and getting ready for that journey! It is our desire that the newsletter will help stimulate your thinking and help your teams on and off the court. Be sure to also check out our website to see information that is pertinent and related to what we do.

As you spend time in the gym with your teams and programs, providing the positive experiences for your student-athletes that only high school athletics offer. Keep in mind it is your chance to enhance the lives of student-athletes through the game of basketball. On and off the court, we foster and develop lifelong values that enable players to become better people and pillars of their community. All the while teaching them about how to deal with adversity, to appreciate the accomplishment of others, hard work, sacrifice, and devotion to a worthy cause. Enjoy the upcoming summer months!

Joe Harris
President, WIBCA

MARK YOUR CALENDARS FOR OUR UPCOMING WIBCA EVENTS:

- ❖ **July 18th 42nd Hall of Fame Banquet @ Tacoma Elks** banquet begins with a social hour at 5pm followed by buffet dinner and induction ceremony at 6pm. RSVP Dave Dickson at david.dickson@bellingshamschools.org. The celebration will be will fete **Pat Mullen** (Emerald Ridge, Bethel), **Mel Ninnis** (Clover Park), and **Eric Swanson** (Toutle Lake). **Dennis Gowan**, longtime head and assistant coach in Eastern Washington, will be inducted as an assistant coach. The Ed Pepple Service Award will be given to **Glenn Johnson** and **Kevin McKay** for their leadership in surveying the state superintendents on the state basketball tournament.
- ❖ **October 13th-15th- Fall Clinic in Yakima, WIBCA & Fall Membership Meeting October 14th, 12:00 pm - 2:00 pm Yakima**

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FOUR PRINCIPLES FOR OFFSEASON BASKETBALL TRAINING Another season is in the books, and by now you've had time to audit your program, your work and your players. The offseason is where programs create separation between themselves and their rivals. Long before teams cut down the nets next year or players showcase their improvements, the bulk of the work has been done. To me, there is no separation between preparing your body and mind from a performance standpoint or preparing your body and mind from a skill development standpoint; these go hand-in-hand. There are many players who never reach their potential as basketball players because their skill set fails to improve. On the flip side, there are players who have developed their skills but don't have the strength, power or capacity to express those in competition. These steps will help teams improve their overall athletic performance. ([CLICK HERE TO READ ON](#))

About WIBCA- Founded in 1974, WIBCA is the association of high school boys' basketball coaches from the state of Washington. www.wibca.com **Facebook-** [Washington Interscholastic Basketball Coaches Association](#) **Twitter-** [@WIBCA](#)

NHSBCA-National High School Basketball Coaches Association <http://www.nhsbca.org/>