

Schedule 2003-04

NOVEMBER

11/21-22	Metro St. Thanksgiving Tourn	Regis U	Denver, CO
Fri	Metro vs. Augustana	"	4:00pm
Sat	Metro vs. CSU San Bernardino	"	7:00pm
11/28-29	Minnesota Duluth Tourn		Duluth, MN
Fri 11/28	Winona State	Duluth, MN	2:00pm
Sat 11/29	Univ. of Minnesota, Duluth	Duluth, MN	7:00pm

DECEMBER

Thurs 12/4	@ CU- Colorado Springs	Col. Springs, CO	8:00pm
Sat 12/6	Evergreen St.	AEC	7:00pm
Fri 12/12	at Adams St.	Alamosa, CO	8:00pm
Sat 12/13	at Fort Lewis	Durango, CO	8:00pm
12/19-20	Metro State Christmas Classic	AEC	Denver, CO
Fri 12/19	Bethany (KS)	AEC	7:00pm
Sat 12/20	Cal Baptist	Regis Univ.	5:00pm

JANUARY

Fri 1/1	* CU-Colorado Springs	AEC	3:00pm
Sun 1/3	* Western State	AEC	7:00pm
Sat 1/10	* at Mesa State	Grand Junction, CO	8:00pm
Thu 1/15	* New Mexico Highlands	AEC	7:00pm
Sat 1/17	* CSU- Pueblo	AEC	7:00pm
Wed 1/21	*at Nebraska-Kearney	Kearney, NE	7:00pm
Thu 1/22	*at Fort Hays State	Hays, KS	7:00pm
Tue 1/27	* Chadron State	AEC	7:00pm
Thu 1/29	* Regis	AEC	7:00pm

FEBRUARY

Thu 2/5	* Colorado Christian	Lakewood, CO	7:00pm
Sat 2/7	* Colorado Mines	Golden, CO	7:00pm
Tue 2/10	* at Chadron State	AEC	7:00pm
Sat 2/14	* at Regis	AEC	3:00pm
Fri 2/20	* at Colorado Christian	AEC	8:00pm
Sat 2/21	* at Colorado Mines	AEC	8:00pm
Thu 2/26	* Fort Hays St.	Hays, KS	7:00pm
Sat 2/28	* Nebraska-Kearney	Kearney, NE	7:00pm

* - Rocky Mountain Athletic Conference Games

Bold - denotes home games

AEC - Denotes Auraria Events Center, Home of the Roadrunners

- All times listed as Mountain Standard Time

Head Coach: Mike Dunlap (303) 556-3309
Assistants: Derrick Clark (303) 556-6888
 Brady Bergeson (303) 556-8140
 Ryan Irmer (303) 556-6262

Visit our Website at: <http://www.mscd.edu/~runners/basketball/basketballhome.htm>

PRODUCT INFORMATION

Notebook: "The Blueprint"

Price: \$30.00

Details: The Blueprint, a collection of notes and materials that provide the foundation of our program, are a vital introduction to the world of organization, attention to detail, and meticulous planning. The Blueprint shows coaches how to organize your staff, monitor grade progress, utilize a strength and conditioning program, and plan your practices among its ten chapters. If you are looking to add winning ideas to your program, look no further than The Blueprint.

Video: "Walking Through the Foot"

Price: \$30.00

Details: This recently updated video, *Walking Through the Foot*, showcases the warm up and conditioning drills that Metro State has utilized in making their teams one of the highest scoring and most energized teams in the nation. *Walking Through the Foot* utilizes a "movement response system" which is designed to improve athleticism in season and is comprised of well over a dozen drills to achieve this goal. The tape is approximately 40 minutes, contains all new footage, and is narrated by Coach Mike Dunlap.

Video: "The 1-1-3 Man/ Zone Defense"

Price: \$50.00

Details: This new video on their harrasing and highly effective 1-1-3 Man/Zone defense teaches concepts like the importance of disrupting opponent's ball movement, defensive spacing, rotation, trapping, and rebounding. Here is an in depth look at a defense that is flexible while based on key "man to man" fundamental concepts. Important drills, game footage, and diagrams that aid in the understanding and teaching of this highly successful defense are covered throughout. The video is one hour and twenty three minutes long. Included is a 19 page hand-out explaining in detail each aspect of the 1-1-3 Man/ Zone defense with diagrams.

*For information on any products,
call Ryan Irmer 303 556-6262*

or visit our new website at:

<http://startsmartbasketball.com>



METROPOLITAN STATE COLLEGE OF DENVER
 Intercollegiate Athletics
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 Denver, CO 80217-3362



REVIEW



*National
 Champions
 in 2000 & 2002*

December 2003

Men's Basketball



Coaches Corner

Should you want to be an outstanding coach there is only one way: Drink from the cup of the best teachers. This means that you will travel a long, hard, dusty road. We must read, venture to the feet of those exceptional instructors, ask thoughtful questions, write everything down, use the trial and error method, and persist with our adventure even when we get discouraged.

Pete Newell is one of the best teachers in the history of the game. There is absolutely no argument here. The record speaks for itself. Should you want the factual information to this point then grab Bruce Jenkin's book, A Good Man. I am not here to convince you. Rather it is more important that you grasp his spirit. Can you think of another coach/teacher who is in his late eighties still teaching in a gym? The Pete Newell Big Man Camp continues to thrive because of Coach Newell. The two boil down points for me are:

- 1) Coach Newell's ability to teach the "**Why**".
- 2) To insist on no **slippage** in the teaching and playing.

We are so fortunate to have Coach Newell. We all need to think about what we are giving back to the game. We have a shining example here folks.

Newell's Rules

1. Get better shots than your opponent and get more of those better shots.
2. Look to run every possession
3. Handle the ball with sureness.
4. Be hard to guard. Help each other get open.
5. Get fouled. Make more than your opponent attempts.
6. Offensive board coverage.
7. Transition and talk; defensive fast break.
8. Know who you are guarding, his number, & his game.
9. Ball Pressure; early help and quick recovery. Ubiquitous.
10. Shut down a scorer in the post; "**No Threes to a Three**".
11. Shot pressure; change or alter.
12. Smart fouls only.
13. B.O.P.C.R.O.- Block out, Pursue, Chin, Rebound, Outlet.

*** Bonus Observations ***

* Don't buy into the 3 point shot... It has taken many a coach, program, and player down the wrong road... Balance your view here folks... We **like** to play against Three Point Organizations who take **bad** shots.

* The measurement of a program that teaches defense will be how they hold their stance: It says everything about the discipline of a team.

* Everett Dean's Book on Progressive Basketball is a good one- read it. (i.e. Alonzo Stagg... A coach should concern himself with the fundamentals and team morale).

Letter to Supporters of Roadrunner Athletics

Recently our Board of Trustees decided to evaluate the possibility of eliminating the entire Metro State athletic program. Your support of our men's basketball team and athletic department is needed now more than ever.

We would appreciate it greatly if you would write an e-mail or letter conveying your support of our program. Hopefully, your view of our athletic program and what it means to Metro State and our community will impact the Board's decision regarding athletics.

Thank you for your support of Metro State Athletics and our basketball program. With your help we will continue to build on a tradition of excellence for years to come.

Sincerely,

Mike Dunlap

Please send e-mails or letters expressing your support for Metro State Athletics to the following people:

Governor

Bill Owens

governorowens@state.co.us

President of MSCD

Dr. Ray Kieft

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Board of Trustees for MSCD

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Board of Trustees, C/O Teri Bokn

Exec. Asst. to the President

P.O. Box 173362, CBI

Denver, CO 80217

Letters to the Editor at *The Denver Post*

openforum@denverpost.com

Letters to the Editor at *Rocky Mountain News*

mailto:letters@rockymountainnews.com

(Letters to the editor - to be considered, letters must include full name, home town and daytime phone number)

*PLEASE CC ALL E-MAILS TO THE FOLLOWING ADDRESS:
irmer@mscd.edu*

On a Lighter Note...

These are excerpts taken from the magazine "Scholastic Coach and Athletic Director", September 2003

Vince Lombardi: "I was the greatest thing that ever happened to the Green Bay Packers. The players hated me so much it unified the team."

Phil Fulmer on the low point of his career: "On the first day of practice, my three quarterbacks showed up in the library."

Graig Nettles, former slick third baseman, making an airline trip with the New York Yankees: "We got a problem. Luis Tiant wants to use the bathroom and it says no foreign objects allowed in the toilet."

Pat Riley: "I've never believed that stuff about it being better to be lucky than good. The truth is that the harder you work, the luckier you get."

Bill Walsh, to his quarterbacks: "Always understand that humility is just one play away."

Arnie Palmer, on heaven to a golfer: "When you're playing so good that the hole is always getting in the way of the ball."

Jack Kemp, former pro QB and member of the U.S. House of Representatives, on why pro football gave him the perspective for politics: "I'd already been booed, cheered, sold, bloodied, and hung in effigy. What else was left?"

Barclay Tagg, trainer of Funny Cide, after the horse finished third in its bid for the 2003 Triple Crown: "I don't know what happened and he still won't tell me."

Larry Bowa, the Philadelphia Phillies' volatile manager: "the Phillies fans are the greatest. Hundreds of them send me birthday cards every year, wishing it's my last."

"Too Tall" Jones, former Dallas Cowboys' defensive lineman, on why he refused to play offense in football: "When you're great on defense, you stay on the field for three plays. If you do your job on offense, you could stay out there forever."