

Schedule 2004-05

NOVEMBER

Nov. 19-20	<i>Metro State Thanksgiving Classic</i>	Denver, CO
Nov. 19	Fri. Metro vs Langston Univ	AEC 63-42 W
Nov. 20	Sat. Metro vs Univ. of Minn. Duluth	AEC 82-70 W
Nov. 26-27	<i>Metro St./ Regis Rocky Mtn. Classic</i>	Denver, CO
Nov. 26	Fri. MSCD vs. CU Colorado Springs	Regis 106-74 W
Nov. 27	Sat. MSCD vs. CSU Monterey Bay	AEC 82-48 W

DECEMBER

Dec. 5	Sun. Johnson & Wales	AEC 89-77 W
Dec. 10	Fri. * Fort Lewis	AEC 82-73 W
Dec. 11	Sat. * Adams State	AEC 102-68 W
Dec. 18	Sat. *at CU-Colorado Springs	Springs 97-62 W
Dec. 20	Mon.* at New Mexico Highlands	Las Vegas 78-60 W
Dec. 29-30	<i>Florida Southern Tourn.</i>	Lakeland, FL
Dec. 29	Wed.Vs Montavello	Lakeland 82-79OT W
Dec. 30	Thurs.at Florida Southern	Lakeland 74-63 W

JANUARY

Jan. 8	Sat. CSU Pueblo	AEC 90-67 W
Jan. 14	Fri *at Western State	Gunnison 92-56 W
Jan. 15	Sat *at Mesa St.	G. Junction 79-68 W
Jan. 21	Fri *at Colorado Christian	Lakewood 85-74 W
Jan. 22	Sat. *at Colorado School of Mines	Golden 71-74 L
Jan. 25	Tues.* at Regis	Denver 77-66 W
Jan. 29	Sat. *at Nebraska-Kearney	Kearney 7:00 PM

FEBRUARY

Feb. 4	Fri. * Chadron	AEC 7:00 PM
Feb. 5	Sat. * Fort Hays State	AEC 7:00 PM
Feb. 8	Tues. * Regis	AEC 7:00 PM
Feb. 11	Fri * Nebraska-Kearney	AEC 7:00 PM
Feb. 17	Thurs.*at Fort Hays State	Hays, KS 7:00 PM
Feb. 19	Sat. *at Chadron	Chadron 8:00 PM
Feb. 25	Fri. * Colorado School of Mines	AEC 7:00 PM
Feb. 26	Sat. * Colorado Christian	AEC 7:00 PM

MARCH

Mar. 2	Wed.RMAC First Round (Campus Site)	TBA	TBA
Mar. 5-6	Sat-Sun RMAC Tourney	CO. Springs	All Day

* - 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
	George White	

Upcoming Events...

"Spring Fling" Basketball Tournament

WHAT: Team Basketball Tournament (Grades 5-8)
WHEN: April 10th, Sunday
TIME: 8am-6:30pm (Tournament Check-in 7-7:45am)
WHERE: Auraria Events Center, Metro State College
COST: \$200 per team
 (\$150 for each additional team from the same school)

FEATURES:

- T-shirts and other great prizes given to winners of each division
- Three game guarantee
- Terrific facility and centrally located in Denver.

Colorado Coaching Academy

When: Sat. & Sun., May 28-29
Where: Auraria Events Center, Metro St. College
Cost: \$200 (\$100 for each additional coach)
Features: New and Improved Academy Notebook, T-shirt, and Coaches Social.

Roadrunner JV and Varsity HS Team Tournaments

When: June 3-5, Fri-Sun for Varsity Tourn.
 June 10-12, Fri.-Sun. for JV Tourn.
Where: Auraria Events Center (Metro State College of Denver) and other local sites
Cost: \$450 (\$50 forfeiture fee included)
Features: Five game guarantee. T-shirts given to all participants. Quality facilities, officiating, and competition.

Start Smart Youth Summer Camps

Dates:
 June 20-24 Week #1- Three Locations*
 June 27- July 1 Week #2- Three Locations*
 July 11-15 Week #3- Two Locations*
 July 18-22 Week #4- Two Locations*

* Locations to be posted on our website at <http://startsmartbasketball.com> when they become available.

Cost: \$140 (Additional Siblings \$90)
Ages: 5 to 15 years old for boys and girls
Features: 3 hour sessions; Each camper receives a T-Shirt, camp basketball, and basketball notebook.



METROPOLITAN STATE
 COLLEGE OF DENVER
 Men's Basketball
 Campus Box 9
 P.O. Box 173362
 Denver, CO 80217-3362



REVIEW

National



Champions in 2000 & 2002

February 2005

Men's Basketball

Coaches Corner

Notes From Conversations with Coach Pete Newell and His Son, Pete Jr.

10 Quick Points:

1. Part to whole teaching is so important.
2. Four steps to build a team:
 - a) Conditioning
 - b) Organization > utilization of players and staff
 - c) Refinement
 - d) Intensity
3. Your team must control the tempo with defense and offense.
4. Creativity very absent in our game.
5. Center position is the most important in the game.
6. Basketball is a game of counters.
7. Get good shots and more of them than your opponent.
 - a) **FEET** dictate quality of shot.
8. I do not like to see slippage from day to day.
9. Always keep an open mind.
10. Teachers must explain the "why".

When you win or lose the answer will be the quality of your fundamentals and how you execute them under pressure. Moreover, you must have a system of measurements while your team is under pressure so that you can accurately evaluate your success or failure at that particular act. For example, every four possessions we give our guys their turnovers and field goal percentage.

A definite philosophy is synonymous with good coaching; clearly defined to oneself and in line with one's philosophy of life, government and education. A coach should **never compromise** his/her philosophy, and you will be tested each day-stay strong.

Basketball is a game of habits. When pressure comes, these habits will come under fire.

The question is can you keep doing them when failure comes your way or will you give in. It is not a question of being flexible, rather you will find that the habits were not practiced and executed properly before the pressure came.

The importance of tempo must be learned by each team. This usually means bringing a fast breaking team to heel. Choking off the outlet by pressuring the rebounder. Conversely, daring a slow down team to push the tempo by using a press. Each team is like a man who takes a certain amount of time to shave in a certain way. When you impact either factor (time/ style) he usually **cuts** himself.

Enjoy the rest of your season!!

Mike Dunlap

Products

* **Video: "Defensive Transition"**
Price: \$40.00 (Newest Video!)

Coach Dunlap's newest coaching video breaks down defensive transition into seven key areas. This video contains practice and game footage which help to illustrate the points that are being made. This video runs approximately 50 minutes and includes a one page hand-out. It is available on DVD or VHS.

* **Video: "Building Your Practice Plan"**
Price: \$40.00

This coaching video takes an in-depth look at 10 different areas to consider when organizing a practice. Included throughout the video is practice footage from the past two seasons which illustrate the points that Coach Dunlap discusses. This is a great video for coaches of all levels.

* **Video: "Walking Through the Foot"**
Price: \$30.00 (Updated video)

An extensive guide into being efficient with basketball-specific movements. This video works on improving players' quickness, footspeed, body-balance, and overall athleticism. The video runs approx. 40 minutes and continues all new footage with narration by Coach Dunlap.

* **Video: "The 1-1-3 Man/ Zone Defense"**
Price: \$50.00

This video on our harrasing and highly effective 1-1-3 Man/Zone defense examines a defensive philosophy that focuses on disrupting opponent's offensive patterns and habits. 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 and includes a 19 page handout.

* **Notebook: "TheBlueprint"**
Price: \$30.00 (Recently Updated)

To purchase any of our products, go to our website at <http://startsmartbasketball.com> print out a flyer, and send in your payment with the flyer. For more information or questions on our products, e-mail Ryan Irmer at irmer@mscd.edu