

Schedule 2005-06

NOVEMBER

Nov. 18-19	<i>Metro State Thanksgiving Classic</i>	Denver, CO
Nov. 18	Fri. Metro vs St. Gregory's	AEC W 84-74
Nov. 19	Sat. Metro vs Westmont	AEC W 65-64
Nov. 25-27	<i>Hawaii Hilo Round-Robin Tour.</i>	Hilo, Hawaii
Nov. 25	Fri. vs Holy Family	Hilo, HI L 55-56
Nov. 26	Sat. vs Hawaii Hilo	Hilo, HI L 58-70
Nov. 27	Sun. vs Western New Mexico	Hilo, HI W 67-63

DECEMBER

Dec. 9	Fri. * at Adams St.	Alamosa L 59-67
Dec. 10	Sat. * at Fort Lewis	Durango L 64-67
Dec. 16	Fri. * New Mexico Highlands	AEC W 79-61
Dec. 17	Sat. * CU-Colorado Springs	AEC W 82-50
Dec. 20	Tue. Johnson & Wales	AEC W 106-47
Dec. 29-30	<i>Metro/Mines N. Year's Classic</i>	Denver/Golden
Dec. 29	Thu. Metro vs. North Dakota	AEC W 73-46
Dec. 30	Fri. Metro vs. Univ. of Mary	Golden W 71-55

JANUARY

Jan. 5	Thu. * at CSU Pueblo	Pueblo W 65-54
Jan. 13	Fri. * Mesa State	AEC W 75-60
Jan. 14	Sat. * Western State	AEC W 82-55
Jan. 20	Fri. * Colorado School of Mines	AEC 7:00 PM
Jan. 21	Sat. * Colorado Christian	AEC 7:00 PM
Jan. 24	Tue. * Regis	AEC 7:00 PM
Jan. 27	Fri. * Nebraska-Kearney	AEC 7:00 PM

FEBRUARY

Feb. 2	Thu. * at Fort Hays State	Hays 8:00 PM
Feb. 4	Sat. * at Chadron St.	Chadron 8:00 PM
Feb. 7	Tue. * at Regis	Denver 7:30 PM
Feb. 11	Sat. * at Nebraska-Kearney	Kearney 7:00 PM
Feb. 17	Fri. * Chadron St.	AEC 7:00 PM
Feb. 18	Sat. * Fort Hays State	AEC 7:00 PM
Feb. 24	Fri. * at Colorado Christian	Lakewood 8:00 PM
Feb. 25	Sat. * at Colorado School of Mines	Golden 8:00 PM

MARCH

Mar. 1	Wed. RMAC First Round (Campus Site)	TBA TBA
Mar. 4-5	Sat-Sun RMAC Tourney	C. Springs All Day

* - Rocky Mountain Athletic Conference Games

Bold - Home game

AEC - Auraria Events Center, Home of the Roadrunners

Head Coach:	Mike Dunlap	(303) 556-3309
Assistants:	Brannon Hays	(303) 556-6888
	Brady Bergeson	(303) 556-8140
	Paul Moss	(303) 556-4823
	Dan Snyder	(303) 556-6262

Upcoming Events

Spring Fling Youth Tournaments

Who: Boys & Girls Grades 5-8
When: April 9, April 23
Where: Metro State College

FEATURES:

Three game guarantee, officiating, quality facilities, prizes for the winning teams.

Roadrunner Team Basketball Tournaments

Who: Boys & Girls
When: May 26-28 All Levels
 June 2-4 Varsity
 June 9-11 JV/Soph/Freshman
Where: Metro State College and local high schools

FEATURES:

Five game guarantee, t-shirts given to all participants. coaches gifts, quality facilities, officiating, and excellent competition.

Start Smart Summer Camps

Who: Boys & Girls ages 5-15
When: June 19-23, June 26-30
 July 10-14, July 17-21
Where: T.B.A. (in Denver and surrounding areas)

FEATURES:

T-shirts, free camp basketball, daily prizes, player improvement booklet, evaluations, quality teaching from Metro State players and coaches, skill development, and competition.

Please visit

www.startsmartbasketball.com

for details on all of the above events



REVIEW

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

National



Champions 2000 & 2002

January 2006

Men's Basketball

Epictetus

Epictetus was a philosopher who was born a slave about 55 A.D. and ultimately taught in Rome.

In brief, I have put together some notes for you from his teachings - enjoy!

Main Ideas from Epictetus

1. Perspective

- a) Control is inward and noncontrol is outward.
- b) No one can do you harm unless you allow them; you must control your reaction to verbal attacks, for example.
- c) See things as they are, not as you want them to be.

2. Prescription for a good life

- a) Master your desires.
- b) Perform your duties.
- c) Learn to think clearly about yourself and how you fit into the larger community of humanity.

3. Understanding

- a) When something happens to you, either accept it or resent it. The difference will be your attitude, view, and plan of action; you are what you think you are.

4. Functional Behavior

- a) For practical reasons, you must go after one thing and shun another.

5. Nature

- a) Getting in line with nature should be your utmost goal. Why? It will calm your soul and allow you to understand how tiny we are; a drink of perspective.

6. Admiration from others

- a) Do not depend on it as it is external, unpredictable, and will intoxicate your vision.

7. Spiritual Development

- a) This should be a goal. Faith is like exercise: you need faith in good and bad times.

8. Sacred Ground

- a) Everyone has free will. The power within to choose how you will think and act is yours; no one else can control that.

9. Adversity

- a) A welcome state. Why? Presents us with an opportunity to introduce one to his strengths.
- b) Serenity through trouble comes a little at a time. For instance, when your player throws a bad pass, cope with it by showing him how to do it better.

10. Decision Making

- a) There is a price to be paid.
 - 1) What preparation is needed?
 - 2) How much time will it take?
 - 3) What is the brutal reality of the situation?
 - 4) Is this my calling?
 - 5) What are my limitations?

- 6) What will happen if I fail/succeed?

- 7) Where will this take me, both mentally and physically?

- 8) After going through all of this am I prepared to fail?

11. Commitment

- a) A half hearted spirit has no power.
- b) One must clearly evaluate his strengths/weaknesses.
- c) Different people are made for different things.

12. Putting principles into practice

- a) We should not lie.
- b) Explain WHY as this explains the principle. For example, "you lied and this hurts you and others."
- c) Demonstrate through your actions, not words. A point in case, "you said you would be on time and you were."

Ultimately, Epictetus addressed emotional control. With control, comes freedom and even mindedness. The goal is inner peace. The price may be loss of job, status, or money. You must decide!

Good luck during the rest of your season!

Mike Dunlap

Products

Our 3 most popular products:

Colorado Coaching Academy

By Mike Dunlap

This video is from the May 2005 Colorado Coaching Academy and is a compilation of concepts, teachings, and philosophies of Coach Mike Dunlap. Topics include Full Court Pressing, Guard and Post Development, Offensive and Defensive Transition, Half Court Offense, and Teaching Methodologies. This video would be very beneficial to coaches of all levels. Available only on DVD and run time is approximately 2 1/2 hours. Price: \$50 per copy.

Defensive Transition

By Mike Dunlap

Coach Dunlap breaks down defensive transition into seven key areas. Included are three primary drills that Metro State uses when working on defensive transition. This is an excellent video that would be an asset to men's and women's coaches of all levels. This video runs approximately 50 minutes and is available on DVD or VHS. Price: \$40 per copy.

The 1-1-3 Man/Zone Defense

By Mike Dunlap

This video explains in great detail the defense which has led Metro State men's basketball teams to two national championships in the past six years. Included are important drills, game footage, and diagrams that aid in the understanding and teaching of this highly successful defense. This video runs approximately 1 hour and 20 minutes and is available on DVD or VHS. Price: \$50 per copy.

For more information on all products, please visit www.startsmartbasketball.com