

Schedule 2004-05

NOVEMBER

Nov. 19-20	<i>Metro State Thanksgiving Classic</i>	Denver, CO
Nov. 19	Fri. CO. Chr. vs U. of Minn. Duluth	AEC 5:00 PM
Nov. 19	Fri. Metro vs Langston Univ	AEC 7:00 PM
Nov. 20	Sat. CO. Christian vs Langston Univ.	AEC 5:00 PM
Nov. 20	Sat. Metro vs Univ. of Minn. Duluth	AEC 7:00 PM
Nov. 26-27	<i>Metro St./ Regis Rocky Mtn. Classic</i>	Denver, CO
Nov. 26	Fri. MSCD vs. CU Colorado Springs	Regis 5:30pm
Nov. 26	Fri. Regis vs. CSU Monterey Bay	Regis 7:30pm
Nov. 27	Sat Regis vs. CU Colorado Springs	AEC 6:30 PM
Nov. 27	Sat. MSCD vs. CSU Monterey Bay	AEC 4:00 PM

DECEMBER

Dec. 5	Sun. Johnson & Wales	AEC 7:00 PM
Dec. 10	Fri. * Fort Lewis	AEC 7:00 PM
Dec. 11	Sat. * Adams State	AEC 7:00 PM
Dec. 18	Sat. *at CU-Colorado Springs	C. Springs 3:00PM
Dec. 20	Mon. * at New Mexico Highlands	Las Vegas 8:00PM
Dec. 29-30	<i>Florida Southern Tourn.</i>	Lakeland, FL
Dec. 29	Wed. Vs Montavello	Lakeland, FL 3:30PM
Dec. 30	Thurs.at Florida Southern	Lakeland, FL 5:30PM

JANUARY

Jan. 8	Sat. CSU Pueblo	AEC 7:00 PM
Jan. 14	Fri *at Western State	Gunnison 8:00 PM
Jan. 15	Sat *at Mesa St.	G. Junction 8:00PM
Jan. 21	Fri *at Colorado Christian	Lakewood 8:00 PM
Jan. 22	Sat. *at Colorado School of Mines	Golden 8:00 PM
Jan. 25	Tues. * at Regis	Denver 5:30 PM
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

On the Lighter Side...

Excerpts taken from "They Said It" in the Sports Illustrated 50th Anniversary Issue on Sept. 27, 2004

CALDWELL JONES, 1987

Portland Trail Blazers center, when asked to name his favorite food:
"Saltwater taffy."

ELDON CAMPBELL, 1991

Los Angeles Lakers forward, on if he had earned his degree from Clemson:
"No, but they gave me one anyway."

BROTHER RAY PAGE, 1994

Teacher at St. Anthony High School in Jersey City, N.J., on alumnus and Sacramento King guard Bobby Hurley:
"He once asked me if Beirut was named after that famous baseball player who hit home runs."

PETE CARRIL, 1995

Princeton coach, on why he wouldn't move Steve Goodrich from center to forward:
"He has the shooting range. What he doesn't have is the making range."

STEVE FRANCIS, 2002

Houston Rockets point guard, on his similarities to teammate Yao Ming:
"He's just like me- except he's 7'6" and Chinese."

JEROME JAMES, 2003

Seattle SuperSonic's center, on coach Nate McMillan's charge that he was selfish:
"I don't have the first clue who he is talking about, because all I worry about is Jerome."

JOHN AMAECHI, 2003

Houston Rockets backup center; on not having played a single minute all season:
"That's part of the challenge of being a professional athlete."



THE METROPOLITAN STATE
COLLEGE OF DENVER
Men's Basketball
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ROADRUNNER

REVIEW

National



Champions in 2000 & 2002

November 2004

Men's Basketball

Coaches Corner

The Worst Things We Do as Teachers

1) **Take time to explain** what we want from our players. We must strive for clarity first.

2) **Demonstration** after we tell our players what we want; there must be a demonstration each time. We need to give our players a picture demonstration before we get into repetition.

3) **Building blocks** are the only way to develop a player. For example, if we do not address a player's feet and be specific about how we want him to pivot then it will cost us down the road. Do not rush your teaching. We should do one thing at a time.

4) **Teaching your team to be physical** takes technique, sequential instruction, and patience. It is easy to call a player a "nutless wonder" without considering that most players have never been taught the finer points of hand to hand combat. If we would spend a little more time with football coaches we would figure out how to teach our team to be physical.

5) **Be objective about an all out effort.** We demand that a player go at 100% effort. What is 100% effort and has there ever been a player who knew what that meant. Probably not? For instance, put a heart monitor on a player and measure their heart rate. The instructor can be

more objective about individual effort this way. Yet, we talk and sometimes yell at our players about going "all out" all the time. What a stupid statement when you really think about it. How can a player read and think? For example, a good offensive player must learn how to change speeds with cutting and ballhandling. This requires that the offensive player control his body and NOT play at 100%. Too many times we buy into the myth of the 100% effort and forget about going after a player's intellect before asking for a quality effort.

6) **Demanding perfection.** What a bunch of crap! The more a person chases perfection the less they can enjoy each act. How can a perfectionist be happy with anything? The least enjoyable person to be around is the perfectionist; I find a lazy dog to be just as unpleasant. Demand that people do the right thing, yet do not fall into the trap that nothing is ever good enough. If you are always chasing perfection then how can you teach a player to enjoy a job well done. As Coach Wooden stated, "A man must find balance, be it emotional, physical, spiritual, or intellectual.". Why is it that certain coaches will say that they were devastated by the loss at the end of a 33-1 season? If you believe in your preparation and teaching process then how can any loss devastate you? In other words, losing is part of sports; you learn from it and move on.

A disciplined mind comes in many different forms and being mentally tough also requires that you must accept the brutal reality that no one is perfect and a quality effort is a joy in and of itself regardless of outcome.

7) **Follow through.** If you want discipline in your organization then follow through with consequences for actions. Our discipline breaks down when we do not quickly punish the transgression. How come so many coaches fall prey to this area? Because it could hurt the outcome of your season if you lose a certain player. My experience tells me just the opposite. For example, George Gwoldecky, head hockey coach at Denver University, benched his best player for the national championship game. Coach Gwoldecky made a statement for all time- period.

8) **Take care of ourselves first.** Whether it is our mental and physical health (i.e eating, exercise, prayer, reading, etc) daily schedule, finances, family, and other personal matters, we need to address those things first. Why? Because if you are not in order how can you fully give to your team, staff, and school? You cannot.

9) **Apologize.** We demand so much from others and we want them to see their mistakes and fix them. In short, we set ourselves above our own vulnerabilities; we should openly admit our errors. Once you have done this in front of your team it will be much easier for them to acknowledge their mistakes. This is an imperative act by the head coach if you want quality communication.

10) **Allow for failure.** Part of learning is the margin of failure and sometimes you just have to let the players fall flat on their rumps. This is difficult but necessary.

**WE WISH YOU THE BEST WITH THE
COMING SEASON!!**

Products

*** Video: "Building Your Practice Plan"**
Price: \$40.00 (Newest Video!)

Coach Dunlap's newest 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 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. Examine 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 long. Included is a 19 page handout explaining in detail each aspect of the 1-1-3 Man/Zone defense with diagrams.

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

****Coming Soon our newest video
on Defensive Transition.**

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