

# Schedule 2003-04

## NOVEMBER

|           |                              |            |            |
|-----------|------------------------------|------------|------------|
| 11/21-22  | Metro St. Thanksgiving Tourn | AEC        | Denver, CO |
| Fri       | Metro vs. Augustana          | "          | 7:00pm     |
| 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     |
| 12/21-22   | Metro State Christmas Classic | AEC              | Denver, CO |
| Fri 12/21  | Bethany (KS)                  | AEC              | 7:00pm     |
| Sat 12/22  | Cal Baptist                   | Regis Univ.      | 5:00pm     |

## JANUARY

|          |                        |                    |        |
|----------|------------------------|--------------------|--------|
| Fri 1/2  | * CU-Colorado Springs  | AEC                | 7:00pm |
| Sun 1/4  | * 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

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

Visit our Website at: <http://www.mscedu/~runners/basketball/basketballhome.html>  
and [startsmartbasketball.com](http://startsmartbasketball.com)



# Upcoming Events

## COLORADO COACHING ACADEMY

|                 |               |                                 |
|-----------------|---------------|---------------------------------|
| <b>Date #1:</b> | <b>WHEN:</b>  | Saturday, October 12th          |
|                 | <b>WHERE:</b> | Ohlone College in Fremont, CA   |
|                 | <b>COST:</b>  | \$100                           |
| <b>Date #2:</b> | <b>WHEN:</b>  | Sat. & Sun., Oct. 25th and 26th |
|                 | <b>WHERE:</b> | Metro State, Denver, CO         |
|                 | <b>COST:</b>  | \$200                           |
| <b>Date #3:</b> | <b>WHEN:</b>  | Saturday, November 1st          |
|                 | <b>WHERE:</b> | Moorpark J.C., Moorpark, CA     |
|                 | <b>COST:</b>  | \$100                           |

**FEATURES:** Coaching Academy Notebook  
"The Blueprint", T-shirt, and Coaches Social.

Coach Dunlap, the winningest head coach in Metro State history, leads this all day coaching clinic. The emphasis will be on building a championship caliber team. The clinics will focus on creating a philosophy, program organization, how to teach effectively, player development, offense and defense. The 1-1-3 "Man/ Zone" will also be taught in detail.

## START SMART BASKETBALL HALLOWEEN 3 ON 3 TOURNAMENT

|                  |   |
|------------------|---|
| <b>WHEN:</b>     | Sunday, October 19th                    |
| <b>WHERE:</b>    | AEC at Metro St., Denver, CO            |
| <b>COST:</b>     | \$80 per team (4 players max. per team) |
| <b>FEATURES:</b> | All games will be officiated.           |

Every winner in each division will receive our official 3 on 3 Tournament T-Shirt. Each team is guaranteed 3 games. Prizes will be awarded in all divisions.

## "MIDDLE SCHOOL MADNESS" BASKETBALL TOURNAMENT

|               |  |
|---------------|--|
| <b>WHAT:</b>  | Team Basketball Tournament   |
| <b>WHEN:</b>  | Sunday, October 5th  |
| <b>TIME:</b>  | 8am-6:30pm<br>(Tournament Check-in 7-7:45am)                               |
| <b>WHERE:</b> | Auraria Events Center, Metro State<br>College of Denver                    |
| <b>COST:</b>  | \$200 per team<br>(\$150 for each additional team from<br>the same school) |

**FEATURES:**

- T-shirts given to winners of each division
- Each Team is guaranteed at least three games
- All games will be officiated
- Fun environment and excellent Competition.



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



## REVIEW



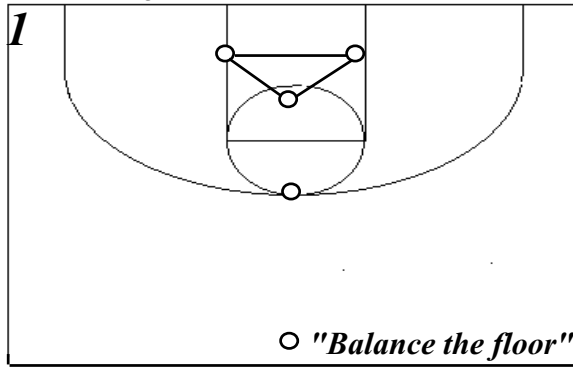
# National Champions 2000 & 2002

# September 2003

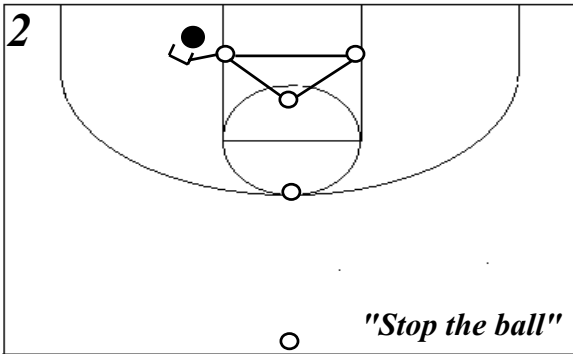
## Men's Basketball

# Lets Talk Hoops

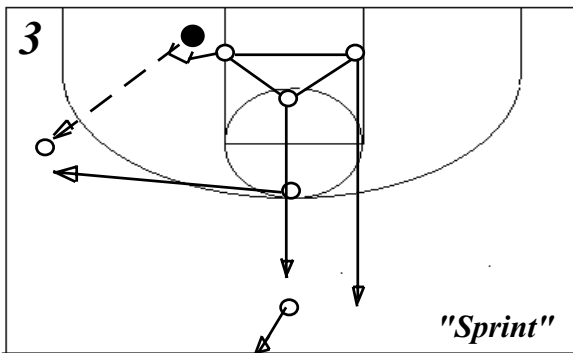
## Some Thoughts About Defensive Transition



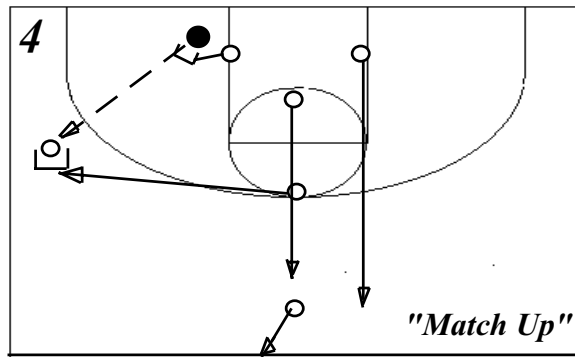
- 1) **Balance** the floor on all shots
- 2) Get a triangle on the board, one man at the free-throw line, and a man at half-court on the shot.



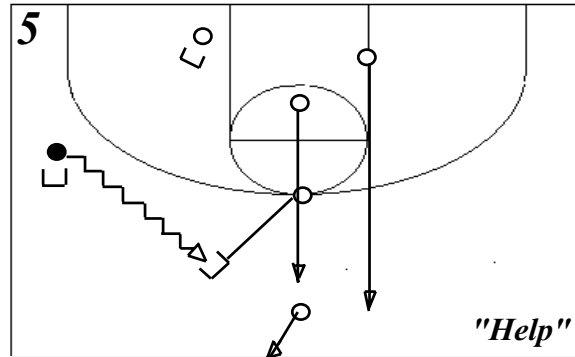
- 1) Our **pick up point** is immediate. We attack the rebounder to slow the break down (made or missed).
- 2) You can adjust this to your system.



- 1) Your players must get their asses back on a dead sprint. This takes 3 seconds.



- 1) We **sprint** lanes. Normally the "1" gets first outlet pass, while the 2/3 cover wing lanes, and the 4/5 cover the basket and trail spots.



- 1) Any dribble penetration which beats the first defender is a help situation.
- 2) **Rotate** with the closest man to ball. We **DO NOT HELP AND RECOVER!!**

## 6. **CONTEST ALL SHOTS**

- 1) Even if you are late, get a **hand in the shot**. Yes, leave the ground but get into the shot pocket.

## 7. **REBOUND**

- 1) We must gang tackle the missed shot.
- 2) How? Cap the rim, get to spots on the shot, and block off the shooter.

**Look for Coach Dunlap's new  
video on defensive transition  
coming out this fall!**

# 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: "The 1-1-3 Man/Zone Defense"**

Price: \$50.00

**Details:** This new video on our 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 handout 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.

Also visit our new website at:  
**startsmartbasketball.com**

# Coaches Corner

## An Open Letter To Kobe

Dear Kobe,

Why? Why? Why? Why did you spend four million dollars on a ring? How expensive is guilt? Why did you pass up college? Why do I think of John Chaney and you at the same time? Do you really know the difference between process and results? Why did you stiff Karl Malone in the All Star Game? Why is Karl Malone defending you now? Why isn't Shaq defending you? Why did you attack Shaq about his weight in the media? Why is the media attacking you now? Do you understand time can be your friend or enemy? Who are your friends now? Why do you refer to yourself in the third person? What quality person does that? Who is your role model? Can you articulate the difference between unique and special? Why am I so dissappointed? What price do you place on your last name? What do you stand for? Are you sitting? Do you know that delay of gratificaton doesn't necessarily mean gratification denied? What does the word "innocent" mean to you? Do you know anything about David Robinston, John Stockton, Jackie Robinston, Hank Aaron, or Nelson Mandela? How are you feeling today? What is your definition of a man, husband, and father? Why can't I get you out of my mind? Why do I wish you the best from this day forward? Why do I think of Marvin Gaye's line, "... there are too many of you dying?" Why? Why? Why?...