

The Coaching Culture

Podcast Notes



Episode 204 Three Special Experiences You Can Create for Parents & Players | Guests Darren Douglas, Al Baker, & Tim Trendel

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Guests:

1. **Darren Douglas**, Head Boys Basketball Coach, Grovetown High School, GA, [@CoachDougHoops](#)
2. **Al Baker**, Head Boys Basketball Coach, Woodstock High School, IL, [@Coach Al Baker](#)
3. **Tim Trendel**, Head Boys Basketball Coach, Marist High School, IL, [@TTrendel](#)

Highlights

- How to Create Opportunities for Parents to Experience the Team Culture.
- How to be More Transparent with Parents.
- How to Create a Family Type Atmosphere.
- How to Bring People Together to Connect on a Human Level and Not Just on the Athletic Sport Level.

Parents Experience Night

1. It's an opportunity for parents to come together to get to know each other a little bit, to have some fun with the players in the context of the culture to lay the foundation to build some connections.
2. It's an opportunity for parents to transform themselves from just observers to feeling part of the team.
3. If parents feel part of the culture, maybe they will be more inclined to be solution oriented and to help in building a great experience for kids than if they weren't.

Darren Douglas

Goal: Change the dynamic between the parent and coach relationship.

How did he lay the foundation for his culture?

1. Parent meeting – have parents write on a note card three things that they liked and didn't like from the year before about the program.



2. Parent practice led by the players.
3. Tradition of a weekly team dinner after practice where parents come together and get with the players to create a family type atmosphere.
4. Open practices to create a family-oriented environment.
5. Provide players with opportunities to lead.
6. Players provide school tours to incoming players during school's open house.
7. Hosting an event at the beginning of the season to build connections with parents.

Al Baker

Goal: Create a positive foundation with every kid and every parent for when is time to have those hard conversations about playing time, etc. Investment of time and energy early in the season is going to pay off down the line.

Parent Experience Night (2-hour event) - Best time to do it is at the beginning of the season. After finalizing the rosters and before the first game of the season.

1. No concerns about playing time and the player's role in the team.
2. Build positive and good will at the beginning of the season.

Format

1. First 45 minute everyone goes to the library.
 - a. Mix everyone – seating at a table different from their kid and with a mix of Freshmen, JV, and Varsity players.
 - b. Team Building Component (Three rounds of games. Prizes for the winning team(s)).
 - i. How well do you know your coaches? Each table comes up with the answers
 - ii. Nailed it or Blew it. A basketball situation is described and as a table, they need to decide if the referee nailed it or blew it.
 - iii. Answer questions about the history of the program.
 - iv. In between card game - Depending on the card that you draw, you have to do something (i.e., selfie with the person next to you and post it to social media.)
2. Second 45 minutes - GYM Component: each team (Fr, JV, V) picks their favorite drill. Kids lead the drill.
3. Last 30 minutes: coaches, parents and player have a meal together.



Tim Trendel

Goals:

1. Promote player's vulnerability.
2. Help mom and son reconnect.
3. Create great experiences outside of the court.

Valentine's Banquet - Boys' basketball players honor their mothers in front of the entire team on Valentine's Day.

1. Players get dressed up for a nice meal with their moms at a nice restaurant.
2. After the meal, each player gets up and read a poem that they wrote to their mom.

Takeaways

1. *Engage parents as people and focus on creating a really special experience for them.*
2. *Find a way to create an experience that brings people together to connect on a human level and not just on an athletic sport level.*

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**BLUE STREAK BASKETBALL
#NoBadDays
Parent Experience Night**

PARENT QUESTION #1

What do you want your experience as a sports parent to be like this season?

PARENT QUESTION #2

What can YOU do to help facilitate a positive experience for your player this season?

PARENT QUESTION #3

What can YOUR PLAYER'S COACH(ES) do to help facilitate a positive experience for your player?

PLAYER QUESTION #1

What do you want your experience as a Blue Streak basketball player to be like this season?

PLAYER QUESTION #2

What can your PARENTS do to help facilitate a positive experience for you this season?

PLAYER QUESTION #3

What can your COACH(ES) do to help facilitate a positive experience for you this season?



BLUE STREAK BASKETBALL
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Parent Experience Night

How well do you know your coaches?

TEAM NAME:

Each of the following statements is true about ONE of our Blue Streak boys basketball coaches. Write BAKER, CULLUM, JUSTICE or SMITH in each of the corresponding blanks.

1. I sang in a barbershop quartet at Disney World. _____
2. I was at U.S. Cellular Field for Mark Buehrle's perfect game in 2009. _____
3. I was a theater minor in college. _____
4. I was once bitten by a chipmunk. _____
5. I was once publicly mocked by Ozzie Guillen. _____
6. I once stood in line next to Kenny Chesney at a Subway in Nashville, TN. _____
7. I can say the ABC's backward just as fast as a normal person can say them forward. _____
8. I was a professional mascot _____
9. I was a top intern at a Fortune 500 company. _____
10. I received the Lucy Smith Morris Shakespeare Prize the year I graduated from college. _____



BLUE STREAK BASKETBALL

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Parent Experience Night

Blue Streak Basketball History

TEAM NAME:

Match the names in the bank below to the corresponding descriptions.

Marty Dello	Dan Hill	Cole Johansen	Maury Leitzke	Nick Kubiak
Darren Spear	Gordie Tebo	Mason Sutter	Jordan Turner	Ben Wetherbee

1. _____ This 1964 WHS graduate and 2019 Hall of Fame inductee scored 1,145 points during his Blue Streak basketball career.
2. _____ This former Blue Streak MVP is the WHS career rebounding leader. (His brother Mike holds the single season rebounding record.)
3. _____ The only player in WHS history to score more than 700 points in a single season, *and he did it twice*.
4. _____ This 2008 co-MVP from the land down under was only allowed to play half the season due to IHSA rules, but he was still able to knock down 63 3-point field goals, the 7th-highest single season total in school history at the time.
5. _____ This 1991 WHS graduate was voted MVP as a junior and a senior. He is now the head men's basketball coach of the Eastern Arizona College Gila Monsters.
6. _____ This 2013 *Northwest Herald* Boys Basketball Player of the Year scored 1,447 points during his Blue Streak career, the 2nd-highest total in school history.
7. _____ In 1990, this District 200 teacher was the Most Improved Player on the WHS boys basketball team.
8. _____ The longest-tenured boys basketball coach in WHS history, he coached over 500 games for the Blue Streaks from 1982 to 2001.
9. _____ WHS won 63 games during this 2016 graduate's 4 years on the varsity team. No player in school history has been a part of more Blue Streak wins.
10. _____ This 1987 graduate is still in the top 5 in school history in career Assists, Steals, and Free Throw %.



BLUE STREAK BASKETBALL
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Parent Experience Night

You make the call!

*You are the official! Your calls for each of the following situations are in **BOLD**. For each call, circle **NAILED IT** if you got it right or **BLEW IT** if you got it wrong.*

1. Javier Garay deflects a pass from a Marengo player and Zach Adams dives on the floor for the ball. He secures the ball at the beginning of his dive, then slides another 8 feet before coming to a stop. From a stationary position on his stomach, Zach passes the ball ahead to Nick Weber for a two-handed slam. **Traveling violation on Zach. No basket; Marengo ball.**

NAILED IT

BLEW IT

2. Mateo Alcazar drives to the basket for a lay-up. A help defender from Johnsburg steps into his path and jumps straight up into the air with his hands extended above his head. Mateo collides with him and both players fall to the ground. **Offensive foul on Mateo. Johnsburg ball.**

NAILED IT

BLEW IT

3. With the 3rd quarter coming to a close, Kaden Perkins drives to the basket and misses a lay-up. With 4 seconds left on the clock, Brady Heeren, standing in the middle of the lane, attempts to tip it in but misses 3 consecutive attempts before finally making his 4th as time expires. **No basket. 3-second violation on Brady.**

NAILED IT

BLEW IT

4. Jackson Lyons pulls up to shoot from the volleyball line, and Jack Little executes a perfect box out on the 6'6 center from Richmond-Burton. As Jack jumps straight into the air to grab the rebound, the RB player reaches over him and, without making contact with Jack, secures the rebound before Jack can get to it. **Over the back on the RB player. Woodstock ball.**

NAILED IT

BLEW IT

5. Gaven Conatser steals the ball from a North Boone player and dribbles ahead for an uncontested shot. Jeremiah Betts-Moses is waiting at the basket and lifts Gaven into the air *Dirty Dancing*-style for a slam dunk. **No basket. Technical foul on Jeremiah.**

NAILED IT

BLEW IT



6. _____ After gaining possession of the ball on a traveling violation by Harvard, Coach Justice chooses Evan Neuhart to inbound the ball against the Hornets' press. Evan, realizing that he can't pass it around the 6'10 defender in front of him, takes 3 steps straight backward and launches the ball over the defender's head to Jack Novelle, who drives to the rim for an uncontested lay-up.
No basket. Traveling violation on Evan.

NAILED IT BLEW IT

7. _____ Ethan Patterson drives to the basket for a lay-up. While the ball is on its way up, an Antioch player legitimately attempts to block the shot but ends up slapping the backboard instead. With the backboard still vibrating from the contact, Ethan's shot rattles out for a miss.
Basket is good. Basket interference on the Antioch player.

NAILED IT BLEW IT

8. _____ Max Barnett catches a skip pass on the wing and begins his shooting motion. Matt Keyzer, recognizing that his teammate is about to shoot, pivots to box out the Sycamore player nearest to him. The official feels that Matt "displaces" the other player and whistles an offensive foul on Matt a split second before Max releases his shot, which he banks in. It is Woodstock's 7th foul of the half. **No basket. Sycamore ball.**

NAILED IT BLEW IT

9. _____ Hayden Haak passes the ball to Aidan Sivore at halfcourt. With one foot planted in the frontcourt and the other foot planted in the backcourt, Aidan catches the ball and takes one dribble on the frontcourt side of the midline before picking the ball up and passing it back to Hayden in the backcourt. **Backcourt violation. Belvidere ball.**

NAILED IT BLEW IT

10. _____ After battling with a Genoa-Kingston player for a rebound under the Cogs' basket, Ryan Steponaitis comes up with the ball but mistakenly puts it back up in an attempt to score at the wrong basket. The G-K player, equally confused, attempts to block Ryan's shot and is whistled for a foul as Ryan's shot goes through the net. It is G-K's 3rd foul of the half. **Basket is good for Genoa-Kingston. Woodstock ball.**

NAILED IT BLEW IT

BLUE STREAK BASKETBALL
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TRIVIA TEAMS

1. Javier Garay-Vasquez, Sam Vidales, Madelyn Price, Gina Adams, Chris Steponaitis, Kieta Wheeler
2. Liam Spear, Nate Archambeau, Katie Steponaitis, Pam Zielinski, Roger Vidales, Jeff Ellegood
3. Gaven Conatser, Nick Weber, Celia Vasquez, Mike Adams, Alissia Thompson, Mike Patterson
4. Zach Adams, Jeremiah Betts-Moses, Jenn Spear, Scott Zielinski, Dave Weber, Julia Patterson
5. Ethan Zielinski, Ethan Patterson, Darren Spear, Alisa Ellegood, Kristi Steponaitis, John Conatser
- 6 (5). Riley Ellegood, Ryan Steponaitis, Michelle Limberg, Becky Vidales, Lisa Weber
7. Kaeden Bogott, Nick Wirth, Matt Keyzer, Alcazar Parent, Agata Shulfer, Don Novelle
8. Mateo Alcazar, Evan Neuhart, Jake Murray, Linda Ogle, Chris Shulfer, Robin Novelle
9. Hamzah Subhani, Kaden Hunter, Jack Novelle, Chris Neuhart, Debi Keyzer, Stephanie Berry
- 10 (5). Max Barnett, Sam Berry, Matthew Chonos, Ken Hunter, Mike Keyzer
- 11 (5). Caden Ogle, Clark Shulfer, Kurt Bogott, Scot Berry, Mandy Chonos
12. Jack Little, Aidan Greenlee, Jakob Remot, Kim Sivore, Carrie Stone, Matt Sieck
13. Aidan Sivore, Dylan Stone, Thomas Sieck, Mary Perkins, Steve Kniola, Gretchen Heeren
- 14 (5). Hayden Haak, Dylan Sadler, Brady Heeren, Sean Sivore, Jenn Barrette
15. Kaden Perkins, Jared Kniola, Chris Sostre, Kevin Lyons, Claudia Christensen, Heath Barrette
- 16 (5). Dillin Alimovski, Braden Barrette, Tim Little, Maria Lyons, Nick Christensen
- 17 (5). Jackson Lyons, Ricky Murillo, Colleen Little, Scott Greenlee, Kathy Sieck

BLUE STREAK BASKETBALL
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ICE BREAKER INSTRUCTIONS

The team member whose birthday comes next goes first. Draw a playing card and read the corresponding question/challenge below. Play moves clockwise. Have fun.

If you draw a 2...

Tell the group the farthest place you've ever been from Woodstock, IL.

If you draw a 3...

Challenge person to your right to a best-of-3 Rock Paper Scissors contest. The loser must turn his or her chair away from the rest of the table in shame for the next card.

If you draw a 4...

Ask the person to your left what his or her favorite article of clothing is.

If you draw a 5...

Your obituary is the last text message you sent. Read it to the table like so: "Here lies [your name]. _____."

If you draw a 6...

Tell the group what your walk-up song would be if you were a Major League baseball player.

If you draw a 7...

Ask the person to your right who they would want to be their first guest if they were chosen to host a late-night talk show.

If you draw an 8...

The person to your left must take a selfie of the two of you and post it to social media.

If you draw a 9...

Begin singing the song of your choice. Give the first person at your table to shout out the name a high 5.

If you draw a 10...

Tell your team members one thing that you are confident you're better than all of them at.

If you draw a J...

Ask the person to your right whether he or she would rather have an extremely sensitive sense of smell or an extremely sensitive sense of hearing.

If you draw a Q...

Give the person to your left 3 chances to guess your middle name. If they get it right, stand up and shout "[Person's name] IS A GENIUS!"

If you draw a K...

Pick a celebrity and tell your team to use their phones to find his or her birthday. Give the first person to find it a fist bump.

If you draw an A...

Choose any person at your table and ask them to share their greatest athletic accomplishment.