

Ram Hoops Coaches Corner

Rockford Basketball Newsletter

Volume 1, Issue 3: November 2016



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Growth Mindset vs. Fixed...

This week marked the beginning of our TPW (Tough Players Win) conditioning period. The MHSAA allows us to participate in non-sport specific conditioning over the next two weeks leading up to our season, but mandates no basketball activities (downtime). Six years ago, my staff and I came up with a competitive conditioning period to enhance motivation and focus while working to get into shape. This has been a staple of our programs since, and it was exciting to get it going here in Rockford. In addition to the physical conditioning, we spend 30 minutes each day on mental training. My former assistant (now head coach), Brent Jameson is the brain child behind most of the topics we use for this period. Brent has been a head coach in the making for years, but now is seeing the fruits of his labor as he begins with his own program in Indiana. He deserves much credit for helping make this pre-season program what it is today.

This morning, we asked our players to learn the difference between a fixed mindset and a growth mindset. If you are not familiar with this concept, it essentially examines our ability to grow and learn versus being stuck in our ways. The purpose of this lesson is to teach our players how to fine-tune the internal monologue that scores every aspect of our lives, from leadership to love. A person with a fixed mindset often says things like, "I'm either good or I'm not," "When I'm frustrated, I give up," "I don't like to be challenged." On the contrary, a person with a growth mindset says, "I can learn anything I want to," "When I'm frustrated, I persevere," or "I want to challenge myself." These are just a few of the examples we examined today.

I gave them an example of me personally having a fixed mindset that I am sure my wife would agree with. When we moved into our house, we obviously had a lot of decorating to do. My wife expected (rightfully so) me to do a lot of this "decorating." The problem is, I know and understand tools about as much as I know Latin. This isn't something I am particularly proud of, but reality. At first, I got frustrated and called it quits...I couldn't find a stud, kept pounding the nails in the wrong spots, and realized getting something to be level AND centered was about as hard as winning a regional championship. Nonetheless, I reminded myself of the growth mindset, and proved that I could learn how to successfully get stuff up on the walls the way she wanted. Hopefully she doesn't look behind the pictures to see the 3-4 extra holes from my initial attempts. :)

The point here is that we can all GROW...and it is important to have that mindset. Too often, our society refuses to be coached, criticized or critiqued. All of these are important. All of them are necessities to becoming successful in areas we currently have little to no experience. Drive yourself this week to have a GROWTH mindset instead of a FIXED. Rephrase your statements and see how you feel...our guys did a great job today on day 1!

12 days until the first practice!

Happy Swishes—Coach Clough

NOVEMBER TIPS

WHAT C.A.N.I.

DO TO IMPROVE?

Do these things TOO MUCH....and a coach will never take you out of a game!

- 1) Rebound!
- 2) Hustle!
- 3) Pass efficiently!
- 4) Screen!
- 5) Cut hard!
- 6) Defend with energy!

C.A.N.I.
Constant and Never Ending Improvement

WHAT: Season Tip Off Event
WHERE: North Rockford Middle School
COST: \$5.00
WHY: To Kickoff the 2016-17 Boys Basketball Season

1st Annual Hardwood Hysteria

Saturday, November 19th @ 6:00 PM

Tickets on sale @ Ram Shack 11/14-



COACH CLOUGH SHOW WITH MICHIGAN SPORTS RADIO

Dates: 12/14, 1/4, 1/16, 2/1, 2/13 & 3/1

Location: Corner Bar, Rockford
Join Coach Clough and Brock Konkle for a live look in at Ram B-ball!

Schedule of Events

6:00 Doors Open (9th grade open practice)
6:20 Opening Remarks from Coach Clough
6:30 Alumni Scrimmage
7:15 2016-17 Rockford Basketball Team Introductions
7:30 JV/Varsity Scrimmage

Miscellaneous Items

- ⇒ Full Concession Stand
- ⇒ Live Silent Auction
- ⇒ 50/50 Raffle
- ⇒ 2016-17 Rockford Basketball Apparel on Sale
- ⇒ Recognition of Middle School Teams
- ⇒ Recognition of 2016-17 Lady Rams Basketball Team
- ⇒ Half Time and Pre Game Contests for Fans
- ⇒ Player Autographs and Pictures Before Scrimmage
- ⇒ Coach Clough "mic'ed up"

Alumni Game Information:

Who: Any former player who finished varsity career in good standing
When: Saturday, November 19th (part of 1st annual "Hardwood Hysteria")
Cost: \$20—includes team shirt and food for participants
 Contact Coach Clough (kclough@rockfordschools.org) or Coach Ouellette (TOuellette@rockfordschools.org) to sign up. Deadline to register is Monday, November 14th. First 24 players signed up are in!

Monthly Sponsor Shoutout



Each month we will recognize one of our many AWESOME sponsors. We feel very fortunate to have such great support from our wonderful com-



Fox Buick GMC in Comstock Park, MI is your GMC and Buick dealer providing top vehicles to the Greater Grand Rapids area. Fox Buick GMC takes care of you like family, offering the best selection of new and used Buick cars and GMC trucks, SUVs. Their friendly, professional staff is ready to answer any questions you may have, and the service is impeccable. General Manager John Phillips is also a fixture in the Rockford sports community.

Rockford Boys Basketball is proud to have Fox Buick GMC as our presenting sponsor.

Be sure to register at the Hardwood Hysteria event on November 19 for your chance to win one of two shots at a two-year lease on a vehicle from Fox! Two people will have :24 to make a layup, free throw, three pointer and half court shot. Our participants will walk away winners in some way, car or not, so be sure to attend the event and sign-up!

2016-17 Schedule

11/19 Hardwood Hysteria (NRMS)	6pm
11/26 Scrimmage vs. GRCC (H)	4pm
12/2 Five Team Scrimmage (H)	6pm
12/6 Grand Rapids Christian (A)	6pm
12/9 Muskegon (H)	7:30pm
12/13 Spring Lake (H)	7:30pm
12/17 Williamston (A Ottawa Hills)	7:30pm
12/28 Wayland (A Cornerstone U)	6pm
12/30 TBD (A Cornerstone U)	TBD
1/6 Hudsonville (A)	7:30 pm
1/13 West Ottawa (H)	7:30 pm
1/17 Grandville (H)	7:30pm
1/20 Caledonia (A)	6pm
1/24 Grand Haven (A)	6pm
1/27 East Kentwood (A)	6pm
2/3 Hudsonville (H)	6pm
2/7 Traverse City Central (H)	6pm
2/10 West Ottawa (A)	6pm
2/14 Grandville (A)	7pm
2/17 Caledonia (H)	6pm
2/21 Grand Haven (H)	7:30pm
2/24 East Kentwood (H)	7:30pm
2/28 East Grand Rapids (H)	7:30pm
3/6 District Qtrs (H)	TBD
3/8 District Semis (H)	TBD
3/10 District Finals (H)	TBD
3/13 Regional Semis (TBD)	TBD
3/15 Regional Finals (TBD)	TBD
3/24 State Semi Finals (Breslin Center)	TBD
3/25 State Finals (Breslin Center)	TBD



SENIOR SPOTLIGHTS



MAJERLE COMMITS TO ALMA COLLEGE!

We are excited to announce that senior point guard, Jason Majerle has committed to play basketball at Alma College next year.

Congrats Jason. All of your work is paying off!

Recently we sat down with senior Teague Farley to get some quality question and answer time....here is what TF had to say!

1. Who is your favorite teacher and why?

-My favorite teacher is Mr. Kleefisch (pre-calc) because we always play games he kept the class fun with great energy all the time.

2. What is your favorite food?

-My favorite food is cheesy potatoes....YUMMMM!

3. If you could be a celebrity, who would it be and why?

-I would be Will Smith because he lives a sweet life and is in the best movies.

4. Who has been the greatest basketball influence in your life?

-My dad has been my greatest influence, because he always pushes me to my limits and has had my back at all times.

5. What does being a senior in the Rockford basketball program mean to you?

-It means a lot to me. All of the hard work and dedication that we have put in over the years will hopefully finally pay off. The atmosphere on the floor is awesome in a Rockford jersey.

6. When fans come to watch this team, what can they expect?

-A team that puts more time and works harder than anyone else. We will give maximum effort no matter the situation, and we will



"Fun with Farley"



"BURN THE BOATS"



Ram Shooting Club DEADLINE

Remember, Logs must be turned into coach Clough BY FRIDAY in

**2016
TRYOUTS**

Tryouts begin November 14th at 6:00 AM. Players will participate in "two-a-day" practices for the first seven days. Additional information and full season calendar can be found at www.rockfordbasketball.com

Alumni Game Quickly Approaching

Are you a former Ram hooper? Know someone who is? We are looking for alumni to participate in our alumni game to kick off Hardwood Hysteria on November, 19th. Players will have a GREAT crowd to play in front of as we expect max capacity of 900 people!!! Contact Coach Ouellette (touellette@rockfordschools.org)



**Know someone who wants to receive our monthly newsletter? Have them e-mail Coach Clough to subscribe. If you would like to be removed from our mailing list, please email "remove" to Coach Clough. Go Rams!*

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Rockford Basketball

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