

A basketball is positioned on the left side of the image, resting on a light-colored wooden floor. The basketball is brown with black lines and is slightly out of focus compared to the text on the right. The floor has a dark curved line running across it.

EAGAN **WILDCATS** **BASKETBALL**

2022-2023 Season

HEAD COACHES MEETING

October 3, 2022 @ 8:00pm

Please submit all questions using the chat feature and we will address them at the end of the meeting.

FOLLOW EAGAN HOOPS

Website: www.eaganhoops.org

Social Media for the most up-to-date info:

TWITTER = @EaganHoops

FACEBOOK = Eagan Basketball Association

INSTAGRAM = eaganhoops

Send season photos & trophy awards to socialmedia@eaganhoops.org

A basketball is positioned on the left side of the image, resting on a light-colored wooden basketball court floor. The ball is a standard orange with black lines. The background is dark, making the court floor and the team logo stand out.

EAGAN WILDCATS BASKETBALL

COACHES MEETING AGENDA:

1. Coaching/Being A Wildcat

(Troy Tatting, President)

2. Season Overview

(Troy Tatting, President)

3. Development

(Kevin Josephson, Coach & Player Development Director)

4. Contacts

(Troy Tatting, President)

5. Q&A

A close-up, low-angle shot of a brown leather basketball with black lines, resting on a polished wooden basketball court floor. The lighting is dramatic, with strong highlights and shadows.

EAGAN **WILDCATS** BASKETBALL

Coaching & Being A Wildcat

(Troy Tatting, President)

EBA Mission

E.A.G.A.N.

Be Extraordinary

Mission of Eagan Basketball Association - Traveling

Eagan Basketball Association was created to provide an opportunity for boys and girls in grades K through 8th to play the exciting game of basketball.

Emphasis is placed on fundamentals, player development, sportsmanship and teamwork.

Eagan Traveling Basketball strives to establish **competitive** teams, who are led by **knowledgeable** coaches, with a goal of **developing** the players to be ready to compete at the next highest level.

(1) BE COMPETITIVE; (2) BE KNOWLEDGEABLE; (3) DEVELOP PLAYERS

Coaching Goal: Teach Players & Their Families What it Means to Be An E.A.G.A.N. Wildcat

E.A.G.A.N. = Effort, Attitude, Greatness Achieved Now

*An Eagan Wildcat is known for great **effort** and a positive **attitude** – two of the few things we can control in life. Our mantra is **Greatness Achieved Now!** meaning we are great on and off the court. To be **great**, we must do things that are exceptional and extraordinary. **Greatness** must be **achieved** – it does not happen by accident. When do we achieve it? The answer must be “**now!**” An Eagan Wildcat is always working toward **greatness**. The time to improve is **now**.*

Coaching Goal: **How to Coach Kids & Their Families to Become An E.A.G.A.N. Wildcat**

E.A.G.A.N. = Effort, Attitude, Greatness Achieved Now

- 1. Emphasize & reward hard work at practices, games*
- 2. Provide positive support to players, teammates, referees*
- 3. Build your team and grade level into a community*
- 4. Educate the game, identify strengths and weaknesses*
- 5. Make basketball a passion for kids (end practices with fun)*

Coaching Goal: **BE EXTRAORDINARY**

E.A.G.A.N. = Effort, Attitude, Greatness Achieved Now

- *Almost every team you play against has about the same amount of practices and games.*
- *Challenge yourself and players “what can you do to maximize your time?”*
- *To be EXTRAORDINARY, you must do more than the ordinary – more than simply showing up to games and practices*

Coaching Goal: **BE EXTRAORDINARY**

IMPLEMENTATION:

- *Periodic emails/GroupMe messages about ideas for great “extras” other coaches are doing with their teams*
- *Take advantage of development opportunities (MSB, Reid, Visiting Coaches, HS coach visits, Coaches Corner, clinics, Wildcat Academy (spring), varsity games)*
- *Community service event (Saving My Starving Children, Dakota Woodlands homeless shelter, other volunteer event)*

Coaching Goal: **BE EXTRAORDINARY**

IMPLEMENTATION:

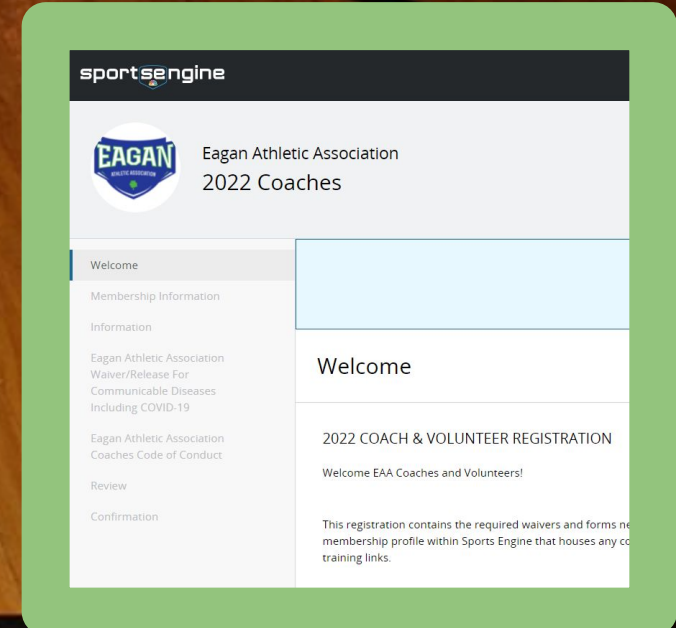
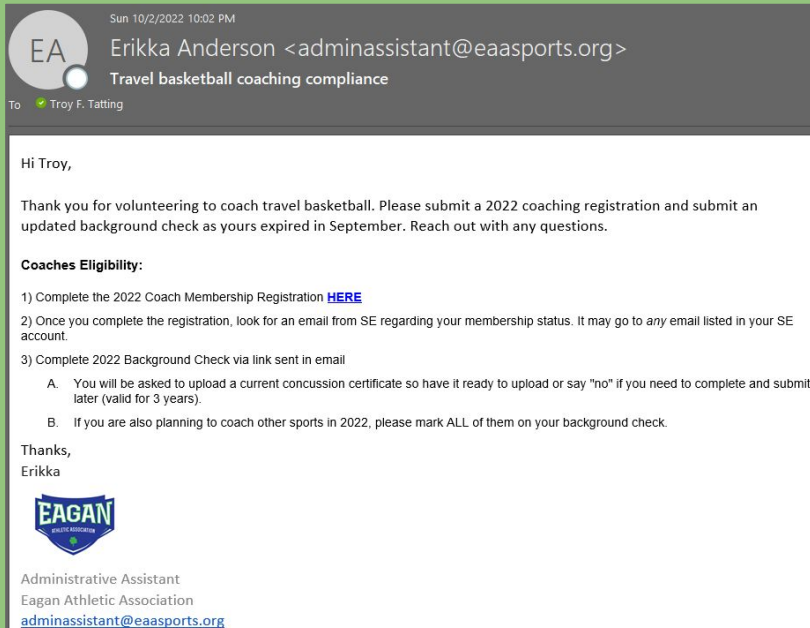
- IDEAL: 2-3 Assistants per Team
 - Increases education, community
 - Maximizes reps (e.g. stations)
- SET ROLES/EXPECTATIONS, for ex.:
 - Bench Coach - *coaches up bench kids during games, keeps bench active*
 - Stats Coach/Parent
 - Time Keeper Coach - *tracks subs, helps with playing time rules*
 - Defensive Coordinator
- Find a Team Manager
 - Add as a “non-player” manager in TeamSnap
 - Loads games/tournaments into TeamSnap
 - Collects slush fund \$\$\$ for extra tournaments, team events
 - Helps communicate with parents
- Regular Parent Communications
- Mid-Season Player Evals

Coaching Goal: BE EXTRAORDINARY

IMPLEMENTATION:

- FINISH YOUR COACH REGISTRATION FROM EAA BEFORE COACHING adminassistant@easports.org

- *Background check*
- *Code of Conduct*
- *Concussion Cert*
- *Abuse Prevention Cert*



Coaching Goal: **BE EXTRAORDINARY**



IMPLEMENTATION:

Throughout the season, we will share creative ways to motivate with our coaches.

Examples:

- (1) Rotate 2 players each game as Co-Captains to run your warm up drills;*
- (2) Mid-season one-on-one evaluations with players and/or parents during a practice;*
- (3) Season long contests / Mid & End of season awards*
- (4) Pre-game challenges for each player*
- (5) End of season banquet, highlight video*

A close-up, low-angle shot of a brown leather basketball with black lines, resting on a light-colored wooden basketball court floor. The ball is positioned on the left side of the frame, casting a soft shadow to its right. The floor has a visible wood grain and a black boundary line runs across it.

EAGAN WILDCATS BASKETBALL

Season Overview

(Troy Tatting, President)

Practices







Games/Tournaments

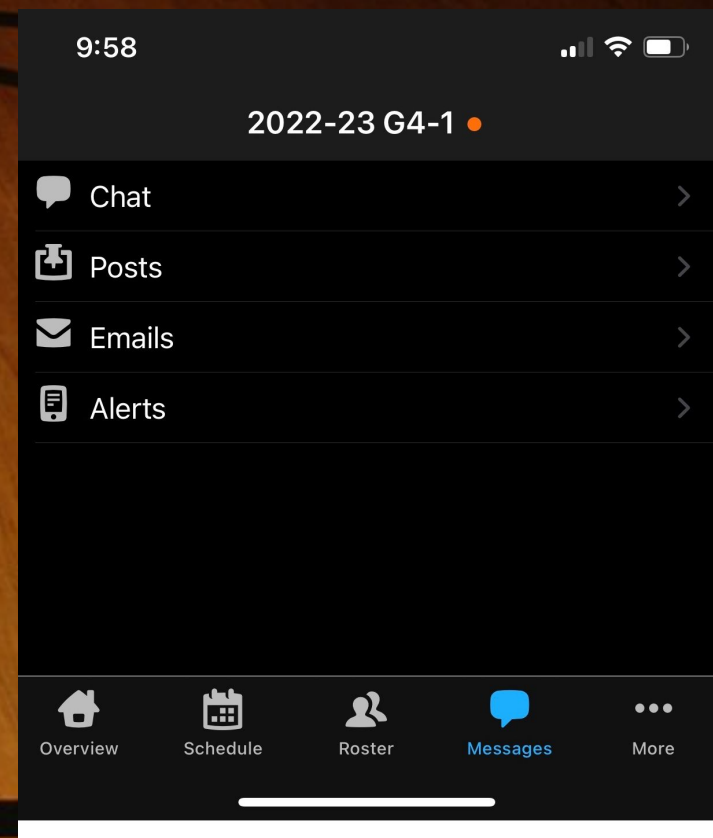
SEASON OVERVIEW: What to Expect

TeamSnap



1. Download the TeamSnap App
2. Check to make sure all your players/parents have joined
3. Add Assistant Coaches and Team Managers
4. Subscribe to the calendar in TeamSnap (to get all events instantly added to you calendar)
5. Parents can add grandparents, other family to each kid, update/change their own contact info
6. Chat with team through TeamSnap
7. Facilities Director loads practices into TeamSnap
8. Give your Team Manager admin access to load games and other events

Name	Contact Info
 Abby Martin	Liam Martin dcmartin23@hotmail.com
 Ally Jones	Ryan Jones jonesryan@hotmail.com - Dad 6512085560 - Dad Mychelle Jones mychellejones39@gmail.com - Mom 6122028686 - Mom
 Amerie Zewers	Koryn Zewers koryn.zewers@gmail.com - Mom 6122370954 - Mom
 Gracyn Peterson	Ryan Peterson ryan.ms6@gmail.com Emily Peterson emily_peterson@msn.com
 Isla Loewblosser	Victoria Loewblosser v.loewblosser@gmail.com
 Lauren Friede Resend Invitation	alfriede@gmail.com



SEASON OVERVIEW: What to Expect

Practices: Overview

- Start the second week of October 10
- Usually 2-3 per week
- 75-90 minute practices per week
- 3rd Grade: 1-2 practices per week for 60-75 min
- Practice times between 5-9:30pm
- Locations = EHS elementaries, middle schools, ECC, Silver Bell Learning Center, MSB (3-5 gr), Kennedy, Olson Middle School
- Try to get as early as we can but gym space is limited.
- Some practices might be shared with another team.
- Saturday practice between 8am-4pm (scheduled when no tournament games that weekend)
- Time, day, and location vary throughout the season.
- Schedules loaded in TeamSnap App

SEASON OVERVIEW: What to Expect

Practices: Logistics



- **Facilities Director - Becky Carruthers** (facilities@eaganhoops.org)

- Becky schedules practices
- Give her your preferences (if any)
 - She will do her best to honor but may not be able to always do so
- Becky sends Google spreadsheet of assigned practice times for all teams and any open extra times (first come, first served)
- Becky waits a few days for any changes then loads practice times and locations into TeamSnap

- **QUESTIONS/COMMENTS:**

- Email vs. GroupMe?
- Sunday practices (noon to 5pm)?
- Saturday practices – please make sure you use them or give them away
- Cancellations - please notify other coaches to claim
- Arrive 10 minutes prior to practice, may need to sweep floors or adjust hoop heights, no dribbling in halls, keep facilities clean

SEASON OVERVIEW: What to Expect

Practices: Logistics

- Players are expected to be at all practices.
 - Exceptions: conflicts with school, family, church, and illness.
- Missing practice for other reasons →
 - Coaches can deviate from playing time rules and deduct playing time.
- Practice is where players and team will improve the most.
- Have parents notify coaches ASAP if player will miss practice (use the TeamSnap app).

SEASON OVERVIEW: What to Expect

Practices: Tips

1. Start: Fast-paced drill designed to tire out the kids

- Sets the tone for the rest of practice (3on2, 2on1)
- Gets rid of squirrely after-school energy
- Gets them tired so they are ready to listen to you

2. Next: Talk to your players

- Set goals/expectations for practice, motivate
- What they did well last practice/games, what they need to improve
- What is the focal point/theme for this practice (e.g. boxing out every shot, talking on offense, cheering on teammates, diving on the floor)

3. Next: Your Practice Plan

- Drills (dribbling, finishing, shooting, rebounding, defensive)
 - *Turn drills into competitions*
 - *Minimize standing in lines*
 - *Maximize reps (split into groups, stations)*
 - *Add to drills as season progresses*
- Plays/Offensive sets; Defensive sets/shell; Press/pressbreaker
- Scrimmaging & 5v5 competitions

4. End: Quick Talk, then Fun

- Did team meet its goals, achieve its theme?
- End on a high note; foster love for the game
- Games/Competitions (lightning, 1-2-3-4-5 drill, shooting competitions)

SEASON OVERVIEW: What to Expect

Games/Tournaments: Overview

- Played in weekend tournaments (no league games)
- EBA playing time rules: 50-50 for 3rd-6th and 60-40 for 7th-8th
- Deviations from playing time for absences, lack of sportsmanship

Good sportsmanship is our #1 priority –

(toward refs, coaches, teammates, other teams, and parents)

BE A ROLE MODEL - REPRESENT EAGAN WELL

SEASON OVERVIEW: What to Expect

Games/Tournaments: Overview

- 1-2 tournaments/month, 9 total tourneys, 3+ games/tournament (except 3rd grade has 7 tournaments)
- Teams often collect \$\$\$ for slush fund and add tournaments at their own expense (visit MYAS' basketball website to find tournaments)
- Tournaments in the metro area + 1 away tournament (4-8 gr)
- State tournament location is undetermined until pools are made
- Tournaments are fundraisers for their programs. Most have switched to a no gate fee model. **Coaches normally get in free.**

SEASON OVERVIEW: What to Expect

Games/Tournaments: Logistics

1. Arrive typically 30-60 mins before tip-off
 - *Meet to discuss game plan*
 - *Practice showing plays/sets on whiteboard*
 - *Sometimes games start early*
 - *Double check your grade rules for each particular tournament*
2. Load Tournaments into TeamSnap
 - *Team Manager should put in placeholders in TeamSnap for tournament weekends*
 - *Schedules often released late due to last minute changes – sometimes within the week before the tournament*
 - *Schedules normally posted on websites or in Tourney Machine App*

SEASON OVERVIEW: What to Expect

Games/Tournaments: Boys Schedule

November:

- 4-5: Eagan (all teams)
- 12: Maple Grove (B5-1, B6-1, B7-1)
- 19-20: Rochester (B4-1, B4-2)
Tartan (B5-2, B5-3, B6-3, B7-3, B7-4,
B8-1, B8-2, B8-3)
STA (B5-4, B6-2, B7-2)

December:

- 3-4: Farmington (all but B5-4, B8-3)
- 10-11: Mahtomedi (B5-4, B8-3)
- 17-18: Chanhassen (all but B3-1, B3-2, B7-4)
Rosemount (B3-1, B3-2, B5-4, B7-4)

January:

- 7-8: IGH (B3-2)
Hastings (B3-1, B4-1, B4-2, B5-1, B5-2,
B5-4, B6-1, B8-3)

January (continued):

- 14-15: Blaine (B3-1, B5-3, B6-2, B6-3, B7-1,
B7-3, B7-4, B8-1)
Shakopee (B7-2, B8-2)
- 21-22: Lakeville N. (B4-1, B4-2, B5-1, B5-2,
B5-3, B6-1, B6-2, B6-3, B7-1, B7-2,
B7-3, B8-1, B8-2, B8-3)
Owatonna (B3-2)
- 28-29: Woodbury (B5-4, B7-4)

February:

- 11-12: Brainerd (all but B3-1, B3-2)
- 18-19: Lakeville S. (all but B5-4, B7-4)
Delano (B5-4, B7-4)

March:

- STATE (FIRST OR SECOND WEEKEND)

SEASON OVERVIEW: What to Expect

Games/Tournaments: Girls Schedule

November:

- 4-5: Eagan
- 19-20: Centennial or Hastings (no 3rd grade)

December:

- 3-4: Minnetonka
- 10-11: Shakopee (3rd grade) or Stillwater

January:

- 14-15: Lakeville South
- 21-22: Rosemount (3rd grade)
- 28-29: Eden Prairie (no 3rd grade)

February:

- 4-5: Waconia (no 3rd grade)
- 11-12: Farmington (3rd grade)
- 18-19: Brainerd (no 3rd grade)

STATE (END OF FEBRUARY)

SEASON OVERVIEW: What to Expect

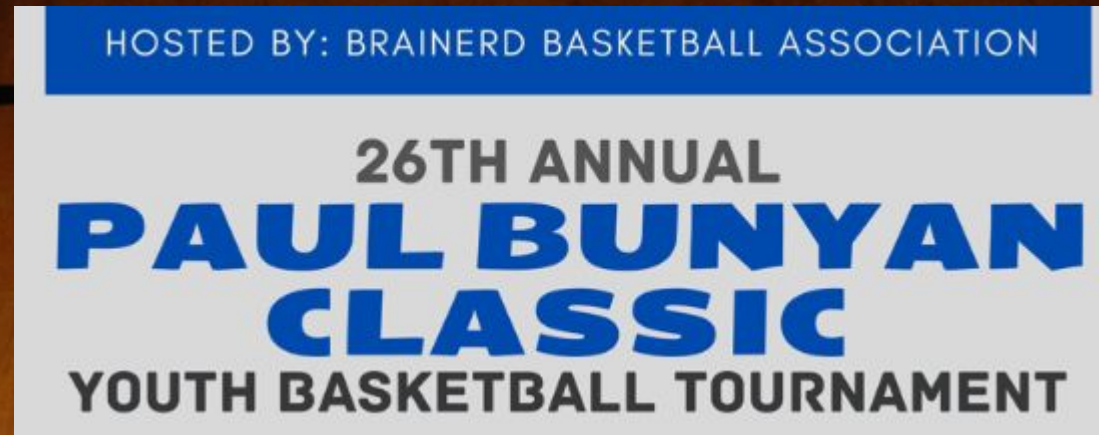
Send Award Pics to Jeff Sprick,
socialmedia@eaganhoops.org



SEASON OVERVIEW: What to Expect

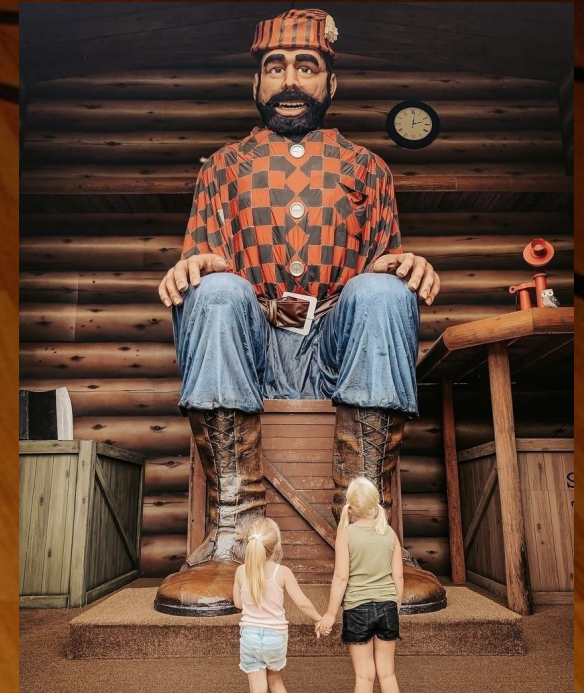


Out-of-Town Tournament



Brainerd Minnesota

- Boys grades 4-8: February 11-12, 2023
- Girls grades 4-8: February 18-19, 2023



SEASON OVERVIEW: What to Expect

Out-of-Town Tournament



Make Brainerd an event

Build your team/community

*Ice fishing, snowmobiling, ice skating,
hoops/tennis center, swimming, ping pong,
social rooms, dinner event, smores party*

SEASON OVERVIEW: What to Expect

Other Events During the Season/Off-Season

1. Team VIP Nights at Varsity Games
2. Team Photos before Varsity Game
3. Mid-Season Parent Survey
4. Scrimmages with other Eagan Teams, Other Associations
 - *Set up on your own*
 - *Email if you need help finding a non-Eagan team to scrimmage*
5. End of Season Evals (2) and Parent Survey
6. Winter Break Event?
 - *One day double elim 3 on 3 tournament?*
 - *Other association event?*
7. Wildcat Academy (April)
8. 10,000 Shot Club (Summer)
9. Open Gyms? (Summer)
10. FunFest Parade (July)
11. 5K Fundraiser (August)

A close-up, low-angle shot of a brown leather basketball with black lines, resting on a light-colored wooden basketball court floor. The lighting is dramatic, coming from the side, casting a soft shadow and highlighting the texture of the ball and the grain of the wood.

EAGAN WILDCATS BASKETBALL

Development

(Kevin Josephson, Player & Coach Development Director)

MSB / Reid Ouse

Visiting Coaches at Practices

Coaches Corner

Offseason Development

Development

- Minnesota School of Basketball - Grades 3-5:
 - MSB has paid instructors, works with players on technical aspects, shooting
 - At least 1 team coach should participate, helping the MSB instructor who runs practice
 - Provides us extra time in the gym; a great place to sign up for private lessons
- Reid Ouse - Grades 6-8:
 - Professional instructor of college and NBA stars
 - Meets with teams multiple times each season
 - At least 1 team coach should participate, helping Reid as he runs practice

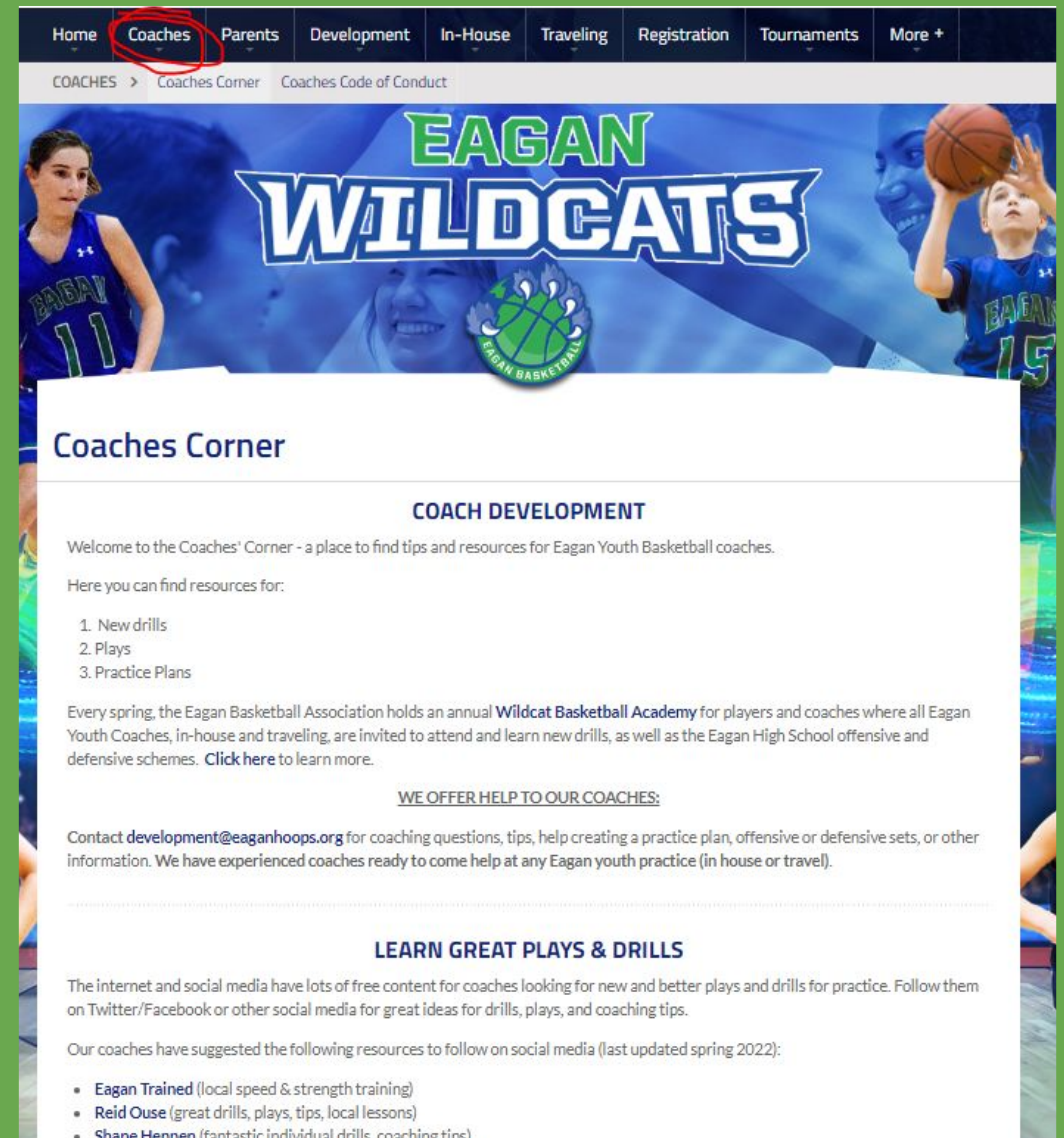
Development

- NEW: VISITING EXPERT COACHES
 - Coaching our coaches
 - ~10 of our most highly rated and experienced coaches, paid and volunteer
 - Assigned to visit and run practices, share ideas for success and past experiences
 - New drills and shared ideas for continued development
 - Fresh instruction for players (it's a long season)!
 - Email development@eaganhoops.org to request an experienced coach visit!

Development

Resources for Coaches/Players:

- COAHES CORNER
 - Coach development webpage
 - Plays, drills, offensive/defensive sets
 - Coaching links to follow
 - Sample practice plan
 - Updated regularly
 - <https://www.eaganshoops.org/coachescorner>



Eagan High School Head Coaches

Jesse Madsen- Girls Head Coach

jesse.madsen@district196.org

Kevin McKenzie - Boys Head Coach

kmac1524@hotmail.com

Coach Madsen & McKenzie invite our EBA coaches to email them, invite them to run a practice or set up a time for your team to watch a varsity practice

Development

Offseason Resources:

- Wildcat Basketball Academy
 - 3-4 Sunday Nights in April/May
 - Drills, Speakers, Parent Assembly
 - T-Shirt, Contests, Awards, Honor Roll
 - ALL COACHES INVITED
 - 2022 stats: 154 players, 26 coaches, 474 individual contests, 96 awards
 - \$12k+ raised for EBA
 - www.eaganshoops.org/page/show/7010840-wildcat-basketball-academy



Development

Offseason Resources:

- 10,000 Shot Club:
 - Record shots during summer
 - Prize at Varsity game for 10k shots
 - <https://www.eaganhoops.org/10kshots>



The screenshot shows the Eagan Wildcats website. The navigation bar includes links for Home, Coaches, Parents, Development, In-House, Traveling, Registration, Tournaments, and More +. Below the navigation bar, there is a breadcrumb trail: DEVELOPMENT > Wildcat Basketball Acad > 10K Shot Club Challenge > AAU > Training Videos. The main header features the Eagan Wildcats logo, which includes the word "EAGAN" in green and "WILDCATS" in white with a blue outline. Below the header, the page title "10K Shot Club Challenge" is displayed. The main content area is titled "2022 10,000 SHOT CLUB CHALLENGE" and contains the following text:

The EBA 10,000 Shot Club Challenge is a chance for you to improve your shooting skills over the summer with a goal you can achieve! Those who get to 10,000 shots over the course of the summer will receive a T-shirt and will be announced at halftime of a Varsity basketball game next season. Here's how it works:

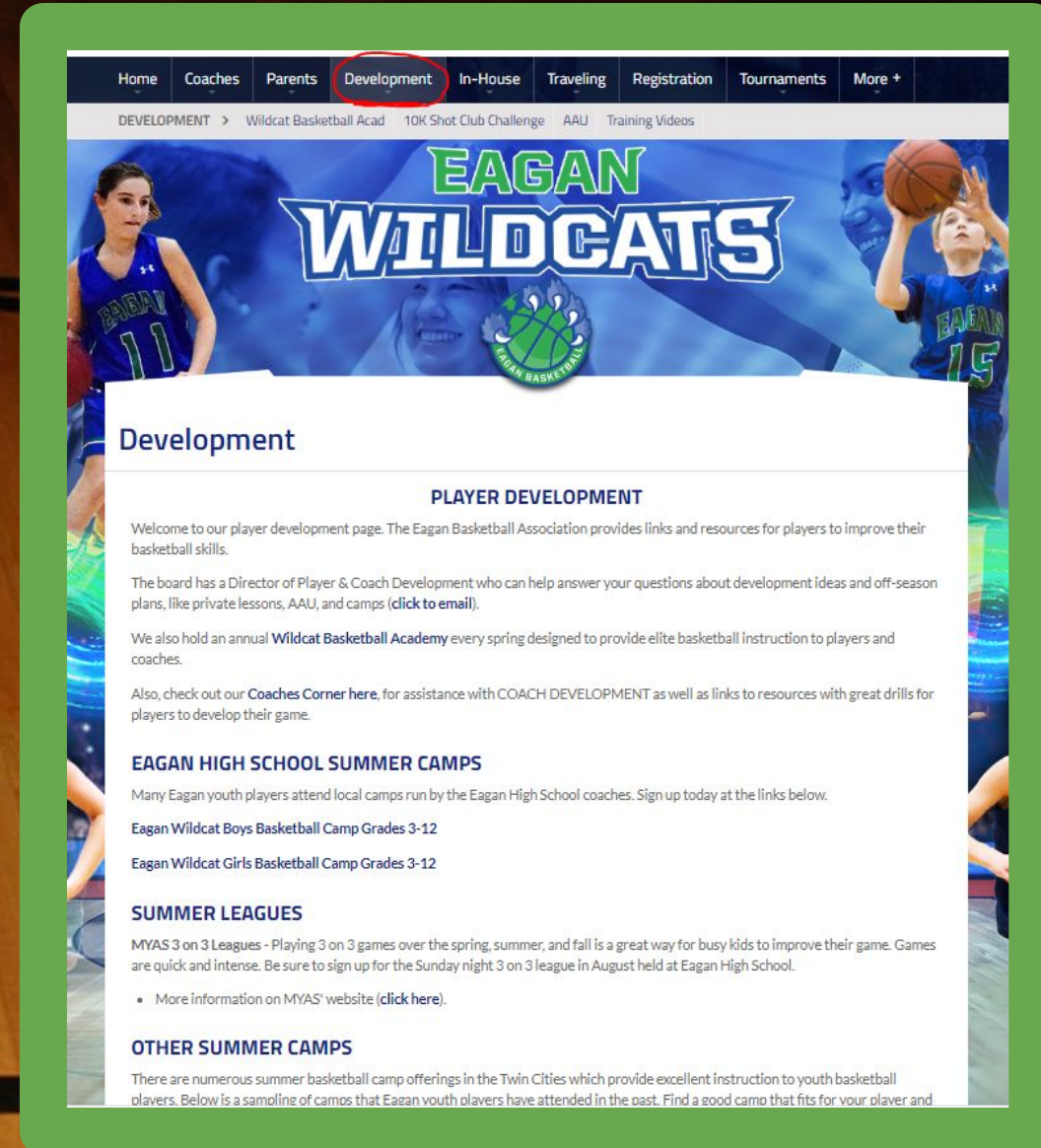
- Tracking your shots is based on the honor system. Please estimate the number of shots as accurately as possible. For reference, if a player shoots 10 shots per minute, that is about 200 shots per 20 minutes or 600 shots per hour. That would be if the player is constantly shooting continuously, which is difficult to keep up for long periods. A good guess is about 200 shots in 30 minutes, or about 400 shots in an hour. Players can certainly do more or less than that depending on the workout.
- To get the most benefit, players should shoot a variety of shots. Layups, form shooting, free throws, three pointers, baseline jumpers, elbow jumpers, etc.

On the right side of the page, there is a logo for the "10,000 SHOT CLUB" featuring a basketball and the text "10,000 SHOT CLUB".

Development

Offseason Resources:

- Check out the “DEVELOPMENT” tab on www.eaganhoops.org:
 - EHS summer camps
 - AAU, MYAS 3x3 leagues
 - Other summer camps
 - Links to videos
- **LET US KNOW ABOUT ANY GREAT CLINICS FOR COACHES**
 - MYAS, PCG, NIKE, Others



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EAGAN WILDCATS BASKETBALL

Contacts

(Troy Tatting, EBA President)

Other Coaches

Boys/Girls Traveling Directors

Development Director

Facilities Director

Social Media Director

EBA TEAMS & HEAD COACHES

Girls

Team, Coach, Players

G3-1, Koryn Zewers (10)
G4-1, Molly Thorson (8)
G4-2, Jared Thorsness (8)
G5-1, Jeff Sprick (10)
G5-2, Andrew Bosl (10)
G6-1, Ben Birk (8)
G6-2, Dan Johnson (8)
G6-3, Mike Forshee (8)
G7-1, Selina Mello (10)
G7-2, Leon Thompson (pd) (10)
G8-1, Sarah Gill (10)

Boys

Team, Coach, Players

B3-1, Jenny Yehlen (9)
B3-2, Paul Richardson (9)
B4-1, Tim Klaus (8)
B4-2, William Steele(10)
B5-1, John Simonsen (9)
B5-2, Eric Nelson (8)
B5-3, John Berge (9)
B5-4, Drewshawn Dickens (pd) (9)

Boys

Team, Coach, Players

B6-1, Andy Meschke (9)
B6-2, Matt Whebbe (9)
B6-3, Christian Trygstad (10)
B7-1, Lionel Silas (pd) (10)
B7-2, Brian Gray (9)
B7-3, John Renneke (9)
B7-4, Jason Kelecic (9)
B8-1, Tre Jackson (pd) (10)
B8-2, Archie Wilson (pd) (10)
B8-3, Greg Heilman (10)

An EBA Director will send out an email or GroupMe to all traveling coaches in the near future (both head & assistant coaches)

Contacts



- Development Director Kevin Josephson: development@eagahoops.org
 - *Help at practices, development & drill ideas*
- Girls Traveling Director Craig Olson: girlsprogramdirector@eagahoops.org
 - *Girls coaches should run any player, parent, or other issues you cannot handle by Craig first, then escalate to EBA executive directors*
- Boys Traveling Director Andy Meschke: boysprogramdirector@eagahoops.org
 - *Boys coaches should run any player, parent, or other issues you cannot handle by Andy first, then escalate to EBA executive directors*
- Facilities Director Becky Carruthers: facilities@eagahoops.org
 - *Scheduling of practices and practice cancellations*
- Social Media Director Jeff Sprick: socialmedia@eagahoops.org
 - *Follow EBA on social media and email team award pics, volunteer event pics*
- Equipment Director Josh Redetzke: equipment@eagahoops.org
- President Troy Tatting: president@eagahoops.org
- Boys Varsity Coach Kevin McKenzie: kmac1524@hotmail.com
- Girls Varsity Coach Jesse Madsen: jesse.madsen@district196.org



Coach Action Items:

1. **Build Leadership:** Send your team name (ex. B4-1), names of Assistants and Team Manager to secretary@eaganhoops.org and girlsprogramdirector@eaganhoops.org (girls) or boysprogramdirector@eaganhoops.org (boys).
2. **Organize:** Give your Team Manager admin access in TeamSnap so s/he can add placeholders for upcoming tournaments, games, and other team events.
3. **Orient:** Send out a welcome email/message to your families (can be done via TeamSnap).
4. **Familiarize:** Hold a Parent Meeting 10 minutes before one of your first practices to introduce yourself and your plans for the season.
5. **Be Extraordinary:** Plan fun ideas for the season; plan a volunteer event.

Q & A

Please submit questions in text chat.