



DAVIDSON BOYS BASKETBALL

FALL C.A.T.S. CLIPS

Committed

Aggressive

Tough

Selfless



Head
Coach



Cort
Hamilton

COACH'S CORNER-

Developing Toughness

As we enter year two of C.A.T.S. basketball we have been digging deeper into the meaning behind some of our core values. We have been constantly challenging ourselves and each other to keep these four words (Committed, Aggressive, Tough, and Selfless) at the center of everything our program does. We have started to ask the question what do these words look like in action?

In this edition of C.A.T.S. clips I would like to focus on our third core value symbolized by our letter T. and share a few of my own thoughts on toughness. In addition, I will note a few key concepts on toughness as articulated by well known analyst, author, and leader in basketball, Jay Bilas.



One of my favorite quotes, "Mental toughness is to physical as four is to one." (*Bobby Knight*) really puts into perspective just how important mental toughness is not just in basketball, but in life. This off-season we have challenged our players to consistently pursue excellence in all areas of life and start to realize that they are in control of the little things that lead to success. The details such as arriving early to workouts,

cleaning up before you leave so that a place was better than you found it, being accountable for your word and ALWAYS bringing a positive attitude and relentless effort to each situation; have been some of the many points of emphasis since last season. Our goal is to focus on the little things we control that will ultimately make a big difference.



Toughness is something we need to all work on each and every day and each and every play. In the game of basketball and life there is a 100% certainty that we will face adversity and how we respond to that adversity will ultimately determine the height of our accomplishments.



Opportunities to exhibit toughness come at us constantly. Whether it is boxing out, someone on the bench making sure their teammate knows they are guarding a shooter, or studying that extra hour for a test, toughness is often the margin of victory. We purposefully, as a staff



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challenge our young C.A.T.S. players to push themselves out of their comfort zone. We constantly point to the parents that get up early to bring them to morning shooting, or work long hours to ensure a family's security, or the loved one that battles an ongoing illness as examples of what true toughness looks like off of the court. We teach this through an evening workout followed by a 6 a.m. workout. The short turnaround is difficult, but so is the game of basketball. We reinforce this through shooting drills where you can't finish until you make a certain amount. At times it is a struggle but we need to learn to finish a job we start. We celebrate the importance of this skill through varying challenges such as hill workouts, pool work, and cross-fit. They are not basketball specific but challenge our resilience and ability to overcome. We do these things because our program believes ultimately our toughness will ensure our players' success long past their days on the hardwood.



Jay Bilas on Toughness

In a recent article Jay shares, "I watch games...and see player upon player thumping his chest after a routine play, angrily taunting an opponent...getting into a shouting match with an opposing player, or squaring up nose-to-nose as if a fight might ensue. I see players jawing at each other, trying to 'intimidate' other players.

What a waste of time. That is nothing more than fake toughness, and it has no real value." He then goes on to say that "toughness has nothing to do with size, physical strength or

athleticism. Some players may be born tough, but I believe toughness is a skill, and it is a skill that can be developed and improved."

In the article, Jay lists nearly 25 elements of true toughness. I have highlighted eight favorites below:

- 1. Tough players make getting better every day their goal. They meet victory and defeat the same way. They get up the next day and go to work to be better than they were the day before. Tough players hate losing but are not shaken or deterred by a loss. Tough players enjoy winning but are never satisfied. For tough players, a championship or a trophy is not a goal; it is a destination. The goal is to get better every day.*
- 2. Tough players get to their teammates right away. When your teammate lays his body on the line to dive on the floor or take a charge, the tough players get to him first to help him back up.*
- 3. Tough players take responsibility for their teammates. They expect a lot from their teammates, but they also put them first. When the bus leaves at 9AM, tough players not only get themselves there, but they also make sure their teammates are up and get there, too. Tough players take responsibility for others in addition to themselves...they give credit to their teammates before taking it themselves.*
- 4. Tough players take and give criticism the right way. They can take criticism without feeling the need to answer back or give excuses. They are open to getting better and expect to be challenged and hear tough things. Tough players listen and are not afraid to say what other teammates may not want to hear, but need to hear.*
- 5. Tough players show strength in their body language. They project confidence and security with their body language. They do not hang their heads, do not react negatively to a mistake of a teammate, and do not whine and complain to officials. Tough players project strength, and do not cause their teammates to worry about them. Tough players do their jobs, and their body language communicates that to their teammates—and to their opponents.*
- 6. Tough players are alert and active...and they communicate with teammates. Tough players echo commands until everyone is on the same page.*
- 7. Tough players look their coaches and teammates in the eye. Tough players never drop their heads. They always*



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look coaches and teammates in the eye, because if they are talking, it is important to them and to you.

8. Tough players move on to the next play. They don't waste time celebrating a good play or lamenting a bad one.

Jay Bilas ends the article by saying, "Anybody can talk. Not anybody can be tough."

C.A.T.S. Commit

2016 Maxwell Huber recently verbally committed to NAIA Indiana Tech located in Ft. Wayne, Indiana. Max took several visits this fall programs and committed to [Indiana Tech](#) and their coaching staff, after a Coach Vic's weekly showcase event a few Sundays ago. Max shared with our staff, "I felt like the school had a strong combination of things I was looking for and really liked the staff and team as well as the feel of campus." He will be joining fellow OCC rival Jason Boateng of Dublin Coffman as incoming freshmen next year at IT. Our program looks forward to continuing to see Max work to reach his potential this season and beyond. Congratulations to Max and the Huber family on this opportunity.



Max Huber with Indiana Tech Coaches

C.A.T.S. Youth (Fall Skills)

Once again the turnout for our youth skills session exceeded expectations. The passion for basketball in our Davidson community is an exciting trend. Our youth program directors Coach Ted Paris, and Coach Jared Emery along with various members of our staff helped direct six sessions this fall focusing on skill instruction and competitive opportunities. Our Davidson youth travel program will include seven teams this year competing in grades 3-6, in addition we will have many other young C.A.T.S. players participating in Optimist and Upward. In the past year we have been extremely pleased with the commitment of our players and parents and look forward to a tremendous youth winter season followed again by our spring skills series and summer camp program.



(Fall Youth Skills Series)

Important Fall Dates on the Horizon

October 26th Middle School Tryouts

October 30th High school Tryouts

November 7th Varsity Blue vs White Intra squad 10:00-11:30 a.m. (*Pancake Breakfast after at Wildcat Adventures)

November 24th Midnight Madness 10:30 p.m.-12:00 a.m.

December 1st High School and Middle School Teams Opening Games

December 4th first Home Opener



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C.A.T.S. in the Community

Several of our current players, along with an alum, and a few of our coaches once again were honored to be invited to support the cause of the Little Hercules Foundation. This is the second year our program has participated in the 5k event at Highbanks Metro Park and it was once again a wonderful event. Thanks to the Maynard family for involving us with this foundation and we look forward to running again next year. For more information please visit their web page:

<http://littleherculesfoundation.org/>



the expertise, passion, and loyalty that these individuals bring to our program. Coach Congrove will stay in his same role from last season. At the high school level, Coach Ernst (Davidson Alum, pictured below) has transitioned from being the head 8th grade coach to the Varsity assistant position this offseason and has done a tremendous job challenging our players on a daily basis to improve all aspects of our program. Coach Cullom is a Greenfield Mclain graduate, and also played college basketball at Capital. He is a wonderful resource for our young men, specifically our guards. Coach Johnson (pictured below) has moved from middle school to the head 9th grade coach after a year with our program. A recent Capital alum and Middletown native, Chad is in his first year as an elementary teacher at Norwich elementary. Coach Bigler (Davidson Alum, pictured #3) has accepted a job promotion which has forced him to change his role in the program; he will now help at with our player development and freshman team.

Wildcat Staff 7-12

The 2015-2016 Coaches are listed below:

Weaver:

Ted Paris (8th)

Travis Welch (7th)

Nick Vandyne (Flex)

Assistants: Daric Keys, Pat Puhl

Davidson:

Cort Hamilton (V)

Tim Congrove (JV)

Chad Johnson (9th)

Assistants: Mo Ernst, Bill Cullom, Kyle Bigler

The 2015-2016 Davidson and Weaver staff has been set and we could not be more excited for



Coach Johnson



Coach Ernst

At the middle school level we are excited to add a few new faces to our program. Davidson Alum Coach Welch (pictured #22) as well as Wake Forest Alum Coach Keys are both entering their first year as coaches in the program. New to our program, but certainly not strangers to basketball or coaching, we are thrilled to have them working with our young players and sharing their knowledge of the game. Coach Paris and Coach Puhl, who have been very involved in the past years with our youth and middle school programs will continue to work tirelessly to help lead in the



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development of our middle school players. Coach VanDyne (Davidson Alum), who also coaches football and baseball, was an assistant for the 9th grade team will continue his positive impact on our young people as the middle school flex coach.



#22 Coach Welch and #3 from their playing days

The varying backgrounds and areas of expertise provide an ideal pool of resources for our young players to develop both on and off the court. This staff has done a tremendous job of getting involved with our program this summer and fall and we are looking forward to taking on the challenges that the season brings as a unit.

Senior Spotlight Matt Kinnaird



Senior Forward Matt Kinnaird has emerged as a quite leader this off season. Matt has earned the respect of his teammates and coaches with his blue collar approach to the daily tasks at hand. Matt is an exemplary student athlete for our

program and excels off the court in the classroom as well as the community. Matt shared that his goal for this season is, “to continue to be an effective leader for the program on and off the court.” He plans to study engineering in college and is currently visiting schools. When asked what he would recommend for young players in the program as they continue on their journey he stated, “work hard, build your body, and soak up as much information about basketball and life as possible.”

Team Shop (Spiritwear and shoes)

Interested in basketball spiritwear? See the team shop info below to order your WILDCATS Basketball gear. The spirit wear shop will be open from October 21st until November 1st.

HILLARD DAVIDSON BASKETBALL SPIRITWEAR 2015

ORDER BY NOVEMBER 1

<p>NIKE Nike T-shirt \$24.00 Available in 1 other color</p>	<p>NIKE Nike T-shirt \$24.00 Available in 1 other color</p>	<p>NIKE Nike T-shirt \$24.00 Available in 1 other color</p>	<p>NIKE Nike T-shirt \$24.00 Available in 1 other color</p>	<p>NIKE Nike T-shirt \$24.00 Available in 1 other color</p>
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BSN SPORTS
Contact: Jared Korman: jkorman@bsnsports.com
Team Coordinator: Curt Hamilton: curl_hamilton@bsoe.org

ORDER ONLINE
www.bsnsports.com/bsn
Acorns Code: wildca8GU
Order 10/21 to 10/31
No orders will be accepted after the deadline.

The team shoe on-line store will be open from October 21st until October 26th for players wishing to buy shoes through our team provider. A separate team shoe store will be opened for our Middle School players as an option after tryouts staff.

HILLARD DAVIDSON BASKETBALL SHOES 2015

ORDER BY OCTOBER 26

<p>NIKE Nike Hyperdunk Low \$75.00 \$100.00</p>	<p>NIKE Nike Hyperdunk 2015 \$75.00 \$100.00</p>	<p>NIKE Nike Zoom Hyperdunk \$75.00 \$100.00</p>	<p>NIKE Nike Elite Basketball Crew Socks \$15.00 \$20.00 Available in 1 other color</p>
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Contact: Jared Korman: jkorman@bsnsports.com
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ORDER ONLINE
www.bsnsports.com/bsn
Acorns Code: wildca4HD
Order 10/21 to 10/26
No orders will be accepted after the deadline.



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For either of the on-line store options simply go to <http://www.bsnsports.com/my-team-shop> and use the access code provided. The code for the spirit wear is wildca8gu and for the shoes is wildca4HD.

Looking Back

On October 16th our staff hosted our 1st “CATS Hoops Tailgate.” Our 80+ attendees enjoyed food, fall weather and fraternization before helping cheer on our football team to an impressive home victory over Olentangy Liberty. The evening was enjoyable for all current players, families, and alumni that attended and we look forward to making this an annual event.



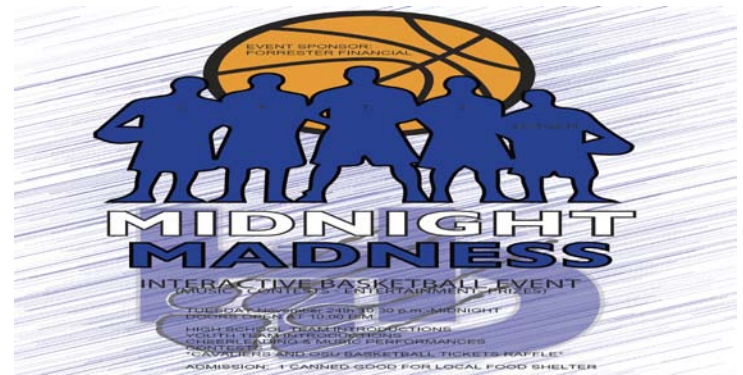
Looking Forward

We will once again be having our MIDNIGHT MADNESS season kickoff event. This interactive meet the WILDCATS evening is a great way to get the hardwood season underway. The event will again feature a chance to win Cleveland Cavaliers tickets. This year, in addition we will have a separate raffle for a pair of Ohio State Basketball Tickets. Tickets for both raffles are 5\$ and can be purchased from any of our boys basketball players. (more details to come on seats)



We will be drawing a ticket at the event for each of the set of game tickets. The drawing winner must then make a free throw to solidify the tickets. You can designate a shooter in the event you will not be able to attend or do not trust your skill abilities! We will continue to draw until the tickets have been won.

Midnight Madness will feature this year’s boys and girls Varsity teams. Davidson youth travel teams, middle school teams, and all levels of our high school program will be announced as well as our 2015-2016 cheerleading squads. Our cheer team plan to perform a routine and we are solidifying other details for this event!



Stay Connected

Our program is working at all levels to reach our goals. We genuinely appreciate all of your support.

Please stay connected with our program by following us on Twitter @HDCatsHoops and also on the web at hdcatshoops.weebly.com

In addition, if you are a member of the high school team or would like notices please sign up for the appropriate remind 101 group listed on our web page. Any urgent messages or changes in the high school schedule will be communicated through the use of this tool.