

Coaching Women's Basketball (CWB) Online Vol. 15 Issue 15  
February 5, 2003

Dear WBCA Member,

What an exciting time it is for the Women's Basketball Coaches Association (WBCA). It is only the middle of the basketball season and we still have much to celebrate. This past month presented many new milestones in the sport of women's basketball at the administrative, collegiate and high school levels. These milestones have certainly increased the jubilation around the WBCA, with the national media and the entire world of athletics. As we move toward the end of the season, let's maintain this momentum to further promote our sport.

As I mentioned, we truly have much to celebrate. In this month's edition of Coaching Women's Basketball Online, we will celebrate great accomplishments of many of our friends and colleagues. Please join me in saluting the following individuals: Joe Ciampi, Auburn University (500); Jody Conradt, University of Texas (800); Elaine Elliott, University of Utah (400); Theresa Greutz, University of Illinois (700); Rick Insel, Shelbyville High School (700), and Pat Summit, University of Tennessee (800). On behalf of our entire membership, thank you for your contributions to the game.

Speaking of great milestones, how about the University of Connecticut Huskies and the Blue Devils of Duke University! Both teams are having an incredible season. On February 1, 2003, we witnessed these two teams go head-to-head for the number one spot in the country. The game was full of excitement and intensity, but there could only be one winner. The Huskies regained the number one ranking and extended their winning streak to 59. However, we tip our hats off to the Blue Devils, having held the number one spot in the country for 10 weeks. Congratulations to both teams on a great season! Get an inside look at each program in this month's featured articles highlighting both teams.

It's awesome to witness the wonderful things taking place on the court. However, there is also some buzz occurring off the court. Last month I had the opportunity to attend the NCAA National Convention in Anaheim, California. Held annually, the NCAA convention gives those who work in the collegiate athletic industry, an opportunity to discuss, debate and celebrate the many challenges and achievements related to college athletics. I invite you to visit the legislative section of our website for an updated listing of legislative rules changes in all divisions. I am also pleased to share with you my recent experience with the newly formed Women's Basketball Issues Committee. This group was established through the NCAA to focus on the "Bid Picture" issues that surround collegiate women's basketball, and I am honored to have been invited to attend their recent meeting in Indianapolis. This is an extremely committed and passionate committee that will be seeking input from our Division I membership over the next couple of months. Serving with this group will allow me to use another communication channel to endorse and keep our members informed.

This month's issue is filled with a plethora of highlights and features guaranteed to keep your interest. We will continue our series with Utah State and the Women's Basketball Committee installment. Also featured in this issue is an outstanding editorial on the fate of the WNBA and the sudden emergence of new arenas at Division I schools.

Well, we hope you enjoy this issue and will see you next month to tip-off March Madness!

Beth Bass  
WBCA CEO

Coaching Women's Basketball (CWB) Online Vol. 15 Issue 15  
February 5, 2003

February Member Alerts:

**2003 WBCA National Convention and the Women's Final Four** – The deadline for purchasing Women's Final Four tickets and for pre-registering for the national convention is February 22<sup>nd</sup>!

**High School, AAU & Recreational League Coaches! – What are you doing for spring break?**

Join us on April 7<sup>th</sup> for a coaches extravaganza that includes X's & O's, demonstrations by one of the top trainers in the nation and the Russell Athletic/WBCA Coach of the Year Luncheon!

**Have you reserved your tickets to the "Doubleheader of Champions"?**

The WBCA High School All-America Game presented by Nike will be the first game of a doubleheader that will be played on Friday, April 4th at Georgia Tech. This game will be followed by the popular WBCA All-Star Challenge.

**Betty F. Jaynes (BFJ) Internship Program** – Thanks to Linda Gregg, Director of CHF, Inc., who joins many other contributors who make this program a success.

**The Dawning of a New Dynasty**  
**By: Tilea Coleman**

Three consecutive ACC Championships, two NCAA Final Four appearances, three ACC Regular Season titles; three of the best players in the nation; the top-rated recruiting class, and one of the elite coaches in the country - the only thing missing from women's basketball top ranked Duke Blue Devils is a National Championship. Could this be the makings of a new dynasty in Division I women's basketball? "We are very excited about this season," said Gail Goestenkers, Head Coach. "We want to build on the success of last year. Getting to the Women's Final Four last year serves a great motivator for us to continue to grow, improve and get back to the Final Four for the chance to win the National Championship."

Despite the loss of sophomore sensation Monique Currie on November 5 to a torn ligament in her left knee, the 2002-2003 Blue Devils are playing just as fierce and competitive. "People were doubting us," said Alana Beard. "We hated to lose Monique. We bonded pretty quickly. We've moved on." On the verge of improving on last year's statistics, the Blue Devils began the feat by opening the season ranked number one. "It is an honor to our program," said Coach Goestenkers.

Thus far the Blue Devils have proven worthy of that honor, with wins over longtime powerhouse Tennessee and conference rivals, North Carolina. Led by All-American Alana Beard, Duke downed No. 4 Tennessee 76-55 in the Women's Jimmy V Classic on November 24. "They're big-time playmakers at both ends of the floor," Tennessee coach Pat Summitt said. Although the Volunteers put up a good contest against the Blue Devils, it was the Tar Heels that took them the distance. In a conference showdown on January 20<sup>th</sup> Duke's talent was tested against a hungry Carolina squad in overtime. However, the dynamic combination of Beard and junior forward, Iciss Tillis was too much for the Tar Heels, as they guided the Blue Devils to a 78-67-overtime victory. "They're a great team," said North Carolina Coach Sylvia Hatchell.

The Blue Devils were put to the ultimate test on February 1, when they played women's basketball powerhouse, Connecticut Huskies. Their meeting was the 36th all-time match-up of No. 1 vs. No. 2 in women's hoops. Unfortunately the Huskies handed Duke their first loss of the season with a 77-65 win. Commenting on the loss, "We don't have time to really be deflated," Goestenkers said. While the Blue Devils are one down, they definitely are not out, with two of the nations top women's basketball players on their roster.

Coaching Women's Basketball (CWB) Online Vol. 15 Issue 15  
February 5, 2003

As a whole the Duke Blue Devils have been almost unstoppable this season due to great coaching and tremendous chemistry. But in the nucleolus of that chemistry consists a mixture of two of the finest Division I women's basketball players in the country: Iciss Tillis and Alana Beard. Both players are candidates for The State Farm Wade Trophy. "They're a great combination of great talent and great work ethic," remarks Coach Goestenkers. Within the Atlantic Coast Conference (ACC), both players are among the top five in scoring, rebounds, and steals.

Duke junior guard Alana Beard now owns all ACC records for the Player of the Week awards. On January 13, the Shreveport, Louisiana native was selected ACC Player of the Week for the sixth time of the season and 12th of her career. The sixth selection is an ACC single season record, while her 12 overall selections is a record by five over Andrea Stinson (NCSU) and Nikki Teasley (UNC) who were each selected seven times. To add to her outstanding season, the 5-11 Beard put up 41 points in a 60-59 win over Virginia to tie her for 11th best single game scoring mark in ACC history and is also the most points scored in the conference since 1998. Alana is everything everybody says she is," Virginia coach Debbie Ryan said. "She's in a league by herself in comparisons with players across the country. She's the type of player that wins games for you." Prior to this season, Beard has been selected *Associated Press* first team All-America, USBWA All-America, Kodak/WBCA All-America; *ESPN The Magazine* Shooting Guard of the Year, ACC Player of the Year and Played on the 2000 USA Women's Junior World Championship Team. "I am honored...God has really blessed me with these talents," said Beard.

The other half of this duo, Iciss Tillis was named ACC Player of the Week two consecutive times. The Tulsa Oklahoma native has also recorded numerous double-double performances, making her one of the premier power forward in Division I hoops. Considered the most versatile player to ever wear a Duke uniform, Tillis has received honorable mention *Associated Press* All-America, Kodak/WBCA Region II All-America, first team All-ACC, All ACC Defensive Team and ACC All-Tournament second team. "I think Iciss grew up in the Oklahoma game last year," said Goestenkers. "She made a commitment, decided she was going to play her game and she was going to everything she could to help us win."

At the helm of this emerging dynasty is Gail Goestenkers. In her 10<sup>th</sup> season as head coach, Gail Goestenkers has resurrected the women's basketball program from anonymity to NCAA National Championship prospect. "Over the last 5-6 years, Coach G has built a program that has gained regional and national attention," said Duke University athletic director, Joe Allewa. "She is a terrific recruiter; great motivator, and a great teacher."

Upon arriving at Duke, Goestenkers has earned many accolades; something her predecessors never accomplished. She has won more winning seasons than any coach in school history. Goestenkers is the 1996, '98, '99 and 2002 ACC Coach of the Year. She is also to be credited for leading the Blue Devils to their first appearances in the Sweet Sixteen, Elite Eight; Women's Final Four and National Championship game. Not only has she established a great relationship with her players on the court, but off the court as well. "We have fun on and off the court," said Beard. "We have a great relationship. She is a great person."

In addition to the great leadership of the team, is an outstanding supporting cast. Senior forward Michele Matyasovsky and guard Sheana Mosch supply extra leadership to the team. Point guard Vicki Krapohl has done a stellar job at moving the ball down court. Wynter Whitley of Atlanta, Georgia has also made a strong impact at the forward position. Last, but certainly not the least, is the top-rated freshman class in the nation, Mistie Bass, Jessica Foley, Linday Harding, Catlin Howe and Brooke Smith.

Is it safe to call this team a dynasty? One would imagine so. Should integrity or the numbers of national championships won determine a dynasty? For the Blue Devils integrity is not the issue, but as for the championship victory, that is still to be determined. Stay tune for the 2003 NCAA Women's Final Four...

**New Arenas Flying High In 2002-2003 Hoops Season  
By Sean Reardon**

What is the deal with so many new arenas emerging out this college basketball season? You turn on the tube, open your eyes, and there are two teams playing on a court you've never seen before. Nine Division I teams have entered into new arenas this season, the most since 1982, where 14 arenas were established that year. These new facilities are creating a lot of hype and making people excited about the future of college basketball.

A university that couldn't be more thrilled over their new arena is Old Dominion. The Ted Constant Convocation Hall is now the new home for ODU, replacing the 32 year-old Fieldhouse. No more bleacher seats for Old Dominion basketball fans. The Ted Constant Convocation Hall consists of 8,600 seats and 16 suites. "There is not a bad seat in the place, and the noise is very evident when things are getting exciting," said Dr. James Jarrett, Athletic Director for Old Dominion. "What basketball player wouldn't want to play in an arena like the one built here."

The suites at ODU are sold out for the next three years. The arena also has six full-service concession areas and 48 permanent points of sale. It is part of the \$260 million dollar project called the University Village, which has many shopping centers, apartments, shops and cafes.

ODU had its first annual *Buddy Walk* in celebration of the new arena. The *Buddy Walk* is a 1-mile walk from the Old Dominion University Fieldhouse to the new Ted Constant Convocation Center. It is an organization that is dedicated to insure all opportunities are available for people with Down Syndrome.

The Maryland Terrapins are now playing in the \$123.5 million Comcast Center. The days of playing in the 47-year old Cole Fieldhouse are all over. However, there are still many memories that will be cherished by college basketball fans, which include the many great games, great players and great coaches in Cole Fieldhouse that will be remembered forever.

In honor of the Comcast Center, Maryland had a ribbon cutting ceremony and reception where many university representatives spoke, including the athletic director, the school president, the governor, and the men's and women's basketball coaches. The Comcast Center has a seating capacity of 17,950 people, and it has 20 suites ranging from \$85,000 to \$95,000 per year.

There has been a lot of excitement in College Park over the Comcast Center. "We get nothing but rave reviews," says Joe Hull, Senior Associate Athletic Director of Maryland. "It seems to be excellent. Our fans are still learning how to react to a new building. So far it has been great, and its only going to get better."

One of the great things about going to a game at Maryland is walking into the lobby and catching a glimpse of the Terrapin Walk of Fame and History. At the Terrapin Walk of Fame and History, you can learn about the inductees, the All-Americans, and great moments that have occurred over the years for Maryland athletics.

The new Carolina Center at the University of South Carolina started off on a good note. Over 17,000 fans came to the first game at the new arena between South Carolina and Clemson women's basketball teams. The \$70 million basketball arena has 18,000 seats, up from 12,401, and 42 suites. It also doesn't have a bad seat in the place. "I think it's the perfect size," says Kerry Tharp, Sports Information Director of South Carolina. It's right at 18,000 with excellent sight lines. Our fans don't think they are in Columbia because we've never had anything like this before." The Carolina Center is a multi-purpose arena, where numerous non-basketball events such as concerts, wrestling, and ice skating have been booked for certain dates.

Coaching Women's Basketball (CWB) Online Vol. 15 Issue 15  
February 5, 2003

A unique arena built at the University of Rhode Island is the Ryan Center. The \$54 million dollar venue gives suite holders the opportunity to watch basketball games from one side of the box and football games through the other side. The facility holds 7,700 seats along with eight suites. No seat is further than 74 feet from the action, which allows everyone to be an essential part of the game.

The Petersen Events Center is an entertaining facility with many things to do in it. Along with the private basketball complex for the University of Pittsburgh basketball teams, the Petersen Events Center also has a student recreation center, a student athlete center, and the McCarl Hall of Fame, which showcases Pittsburgh's past and present athletic achievements.

University of Miami (Fla.) just began playing in the Convocation Center in January. The new arena seats 7,000 and has 26 suites. If the city approves, the facility could be expanded to 10,000 seats.

Other schools with new arenas are Northern Illinois, Wisconsin-Green Bay, and Bucknell University. Northern Illinois' Convocation Center was paid entirely by the school's student body. The \$36 million dollar facility has 10,000 seats and five suites. Wisconsin-Green Bay's basketball teams play in the Resch Center, which will also be the home to the United States Hockey League's Green Bay Gamblers and the new expansion Arena Football 2 team. After playing in the Davis Gym for 64 years, Bucknell University's new home is Sojka Pavilion. Davis Gym was the 11<sup>th</sup> oldest college basketball venue in the country.

With nine new arenas being built this year, are we going to see a lot more college basketball facilities being built in the future? "The 1990's brought a significant amount of large market arena construction," says John Ficks, Director of Marketing for Robbins Sports Surfaces, which is involved with the flooring for high school, college, and NBA teams. "We see that trend slowing down. The strength in the future will come from mid and small market arenas as well as university multi-purpose arena construction."

Multi-purpose arenas have been getting very popular for colleges and universities. "A trend in campus construction is for larger multi-activity arenas that may incorporate classrooms, meeting space and other facilities not found in older, more traditional arenas solely dedicated to sports," says Ficks. With these types of facilities, there are opportunities to host activities and generate more revenue.

**Utah State Returns! Go Aggies!**  
**Part 4 of 12**

Practice is where teams are developed, habits are created, players progress, and a team mentality is formed. Dean Smith said in "A Coach's Life," "If practice was the foundation of our program, recruiting was the floor."

I quickly realized I didn't have a floor to stand on when I was hired at Utah State; I had to build it with 10-15 signees within the next year.

So, what type of student-athletes we were building our floor with? As we all know, the answer to this question can be bottomless. For the sake of my staff's sanity, I had to provide a concise answer. Utah State women's basketball needs student-athletes who are great players and are able to contribute to our intense pressure defense, and our up-tempo offensive system.

Utah State women's basketball program also needs student-athletes who have an impressive academic record so they will be able to meet NCAA academic standards, be admitted to USU, earn their degree in a timely fashion and be academically low-maintenance for our coaching staff. Moreover, Utah State women's basketball needs student-athletes who are goal-oriented and

Coaching Women's Basketball (CWB) Online Vol. 15 Issue 15  
February 5, 2003

have a strong desire to put forth the effort and make the sacrifices required to achieve the team's goals as well as their own.

With a blueprint in place, it was time to start hammering away at that floor. There were some hurdles to overcome in signing 10-15 players in less than a year, including the NCAA's rule of no more than 12 official visits from Aug. 1 to July 31. As a new program, the NCAA determined we did not have a head coaching change, which meant no waiving the limit on visits. We had to find a way to field a team within the 12-visit rule.

I was hired in early May, and if I could sign four to six players in two months, the 12-visit-rule pressure would be partially alleviated. These players would have to use the next academic year as a red-shirt year.

We found our salvation in the Division I transfer and junior college ranks. A freshman, two sophomores and three juniors made up the first six USU women's basketball players in more than 15 years.

It was important to me that all of these kids came from winning programs. Winning programs teach kids how to hate losing and make them resilient and disciplined. These qualities are vital in the building of a Division I team.

Although I knew that Utah State had a lot to offer prospective student-athletes, it was far easier to sell the program and the school than I ever thought. It was probably a combination of the type of prospects we selected, the tactics we used, the school itself, and just luck. We researched Utah State thoroughly and found out absolutely everything the school had to offer each individual prospect.

Athletically, we pushed the opportunity for each prospect to put her thumbprint on the program. By the time she graduated, she would know that she had everything to do with the success of the team. There would be no question that our success was due to our players or the tradition that preceded them.

The year of preparation we were given was also a great opportunity for transfers who had to sit out a year. They would not spend the year being isolated from teammates who were in-season. They would experience the same things the rest of their teammates were going through. Great camaraderie is found in experiences.

Our six student-athletes proved to be blessings. Not only great players with amazing work ethics, they were also incredible recruiters. They acted as hosts for the 2003 prospects on official visits in the fall. If I hadn't had them, I would have had to use volleyball, soccer, softball or gymnastics student-athletes to host. It would be hard for any prospect to choose a school not knowing who her teammates would be. Because of these incredible recruiters, we signed four of our six prospects who took official visits in the fall.

All our signees are from winning programs, and bring our numbers up to 10. With 10 team members everyone is at least promised a sub in our first year of play! We still hope to sign two more players by the late signing period, but feel confident and excited about what we have.

I now have a floor to stand on and the foundation of our program can be laid.

Utah State reinstated women's basketball on March 5, 2002, and will begin play in 2003-04. Raegan Scott-Pebley was named head women's basketball coach at Utah State on May 1, 2002.

**WNBA Is Looking Bright For The Future**  
**By Sean Reardon**

The 2003 WNBA season is right around the corner, and again, the excitement is building for another fantastic year. With many rivalries, new teams, and a ton of talent on the court, the championship is up for grabs.

It has been a big off-season for the WNBA. Miami, Portland, and Orlando have folded, and Utah has relocated to San Antonio. Also, the league changed its business model in October, which ended central ownership of teams and cut ties that bound teams to NBA franchises.

Fans in Texas will have a lot to look forward when the San Antonio Silver Stars start up their first season this year. "San Antonio is an excellent part of the country where basketball has a great following," says Val Ackerman, WNBA president. "The organization also has done everything right in setting a foundation. We are very excited about having a team in that area."

Connecticut was also awarded a team. The team will be owned by the Mohegan Tribe, and they will play at the Mohegan Sun Arena in Montville this summer.

The WNBA is also looking at other cities for teams in the future. Nashville (Tenn.), Pittsburgh, St. Louis, and Oakland (Calif.) are being considered by the WNBA.

Before the season can begin, the league must reach a new collective bargaining agreement. Players want to discuss a pension plan, looser restrictions on endorsement deals, and about free agency and higher salaries. Sure, these issues that have arisen cause a concern for the WNBA, but in the long run, it will hopefully make the league a stronger one.

There is a lot of enthusiasm for May to come around for the WNBA season. "The competition is better than ever," says Ackerman. "The players who come in this league from women's college basketball are more athletic and skilled with each year passing, and they have enhanced the league a great deal. Also, the international representation within the league has been strong and will continue. With the blend of talented veteran players and newcomers, this will be the best year so far." The many great rivalries, such as Los Angeles-Houston and New York-Washington will continue this year. With new teams and new stars, there is anticipation of more great matchups.

There are many teams to watch out for this season. Seattle has two of the best players in the league with Sue Bird and Lauren Jackson. The duo combined for over 31 points last season for the Storm. The San Antonio Stars are made up of three WNBA All Stars- Adrienne Goodson, Marie Ferdinand and Natalie Williams. Chamique Holdsclaw of the Washington Mystics led the league in scoring last year with an average of 19.9 points per game. In Los Angeles, Lisa Leslie is the leader for the Sparks, helping them to the 2003 WNBA Title. Leslie led the Sparks last year with 16.9 points and 10.4 rebounds per game last year. Houston has some great players in Sheryl Swoopes and Tina Thompson. The Comets are always a team to watch out for in the WNBA. They are filled with history, winning the first four WNBA Championships. Tamika Whitmore and Tari Phillips will try and lead the New York Liberty to a promising season. The Liberty will try and have the success they had last year and make it to the WNBA Finals again.

Some teams are heading to the season with reasonably new coaches and owners. Bill Laimbeer is the new head coach for the Detroit Shock. Laimbeer, the former Detroit Pistons center, was hired last year by the Shock after the team started 0-10. Seattle hired Anne Donovan this year to run their club. Donovan guided the Charlotte Sting to the playoffs the last two years, including the WNBA Finals in 2001. Also, John Shumate will take over for the Phoenix Mercury, and Suzie McConnell Serio is the new head coach for the Minnesota Lynx.

Coaching Women's Basketball (CWB) Online Vol. 15 Issue 15  
February 5, 2003

The Charlotte Sting have a new owner with Robert Johnson, who is the founder of Black Entertainment Television. This is a big off-season for the Sting considering that they need to hire a new coach, and because they are the only basketball team in Charlotte. With the new NBA team starting in Charlotte next year, this year is a chance for the Sting to shine in the spotlight. There is a lot of enthusiasm for the upcoming season in the WNBA. Many stars, new faces, and exciting teams will be battling it out on the court.

These players that are successful on the court are also very generous people off the court. Many of the people with the WNBA are involved in many different programs. "We have always made community service a priority," says Ackerman. "It is important for the league to further social causes to its fans, and we expect the focus in community service to continue."

One of the great programs that the WNBA reaches out to is the Read to Achieve program. WNBA teams get involved by promoting the value of reading and on-line literacy, and they encourage families and adults to read regularly with young children. The Read to Achieve Program is the most extensive educational outreach initiative in the history of professional sports. The program includes the annual donation of more than 200,000 books through a variety of reading events and book fairs, as well as the development of essay contests and on-line programs and the creation of Reading and Learning centers throughout North America.

Many members of the Sacramento Monarchs were part of serving Thanksgiving dinners to people who are in need in Sacramento. For the ninth year in a row, Maloof Sports & Entertainment teamed up with TLC Soup Kitchen to host Thanksgiving dinner and serve more than 1,500 meals at the Robertson Community Center in the Del Paso Heights. The Indiana Fever threw a party in honor of the season ticket holders who cheered them on last year. Also, the Minnesota Lynx are part of the Great Basketball Dribble in support of Breast Health Awareness. In the past three years, the Great Basketball Dribble has raised over \$400,000 for breast cancer research in the state of Minnesota.

The WNBA has so many members that are role models to people out there. The players generate so much excitement with their basketball talent and class to the fans around them.

Many of the fans have been such a part of the WNBA for a long time, and they hope for a great future. "We are confident as ever with the future of women's basketball," says Ackerman. "We have a great sport and an exciting game. We think the future is bright, and we'll moving full steam ahead to the 2003 season."

It has already been tough for many of the teams that have folded and relocated. For example, when the Utah Starzz announced their move to San Antonio, they held a goodbye party for their fans and signed autographs. Jennifer Azzi said she became misty-eyed when she saw an 83-year-old season-ticket holder at the farewell celebration.

As you can see, the fans and the players are very close to each other in the WNBA. The league has been a great success all-around. With the season a couple of months away, fans can't wait to hear "We Got Next" from WNBA players.

**NCAA Division I Women's Basketball Committee Corner**  
**February 2003**

Welcome to the NCAA Division I Women's Basketball Committee Corner. Again, I am Cheryl Marra, senior associate director of athletics at the University of Wisconsin, Madison, and chair of the Division I Women's Basketball Committee.

Coaching Women's Basketball (CWB) Online Vol. 15 Issue 15  
February 5, 2003

I know that each of you is going into the "stretch run" of your season with your respective conference races shaping up. The women's basketball committee is also in the heart of its work, evaluating teams and watching games, preparing for the team selection and seeding process for the 2003 NCAA Division I Women's Basketball Championship.

I have been providing some insight into the committee's vision, planning and future outlook for the Division I Women's Basketball Championship as a way to further communicate between our committee and the Division I women's basketball coaches. This informational piece has appeared in WBCA printed and online publications the past two months in a question-and-answer format to provide key points and address some of the questions we have received regarding particular topics.

This month is the third part of the series and will focus on the ways in which the committee members prepare for the championship.

**How does the committee prepare for selections?**

The committee uses several different tools to prepare for the selection process. Prior to the start of the season, the committee conducts a mock-bracketing exercise at its fall meeting in late October to educate the new members on the process and allow the returning members to refresh themselves on the process. This session is a great opportunity for them to gain an understanding of what will be expected of them.

During the season, the committee members evaluate teams by various sources: 1) watch televised games either live or on tape; 2) attend games in person; 3) track scores and information on a daily basis from various media Web sites; and 4) review information sent directly to members from institutions and/or conferences offices.

In addition, the committee conducts monthly teleconferences to review administrative details surrounding the championship. Beginning with the January call, the committee reviews and discusses the regional advisory committee rankings compiled from coaches who vote on the top 20 teams in their respective regions. These rankings serve as an aid to the committee as it is narrowing down the field of teams that should be under consideration.

**How are the regional advisory committees appointed?**

Each conference office is contacted and asked to provide a representative to serve on the committee for its respective region. Each member serves a three-year term.

**On average how many games do committee members watch?**

Using information compiled over the past couple of years, committee members are watching on average 100 games per season, which correlates to approximately 125-150 teams watched by each member. A majority are televised games, but member often obtain tapes from their coaches to watch non-televised games.

**Do committee members travel to games?**

Yes. Committee members take opportunities available in the schedule of their jobs to attend games in person. In addition to attending the home games of their respective institutions or institutions in their conference, some committee members travel to selected road games with their women's basketball teams. Also, members try to catch games in their local area or even try to coordinate seeing a game, often at their own expense, while on a personal or professional trip. Committee members' expenses to travel to games are not borne by the NCAA and are sometimes paid by their institutions or conference offices.

**Do committee members concentrate on basketball just during basketball season?**

Not at all. Being a member of the committee is a year-around appointment. Committee members are constantly evaluating all aspects of the championship throughout the year. This may include

Coaching Women's Basketball (CWB) Online Vol. 15 Issue 15  
February 5, 2003

anything from accompanying NCAA staff on site visits in the spring and summer during the bidding process to meeting with various individuals from entities that play vital roles in the success of the tournament (ESPN, CBS/Host Communications, NCAA Corporate Champions/Partners, etc.).

I hope that this information has provided insight into this topic. In the last installment of the series for March, I will review the criteria the committee follows in the selection and seeding process to determine the 64-team bracket.

Best of luck to you and your team in the final weeks of the regular season.

**Bass Fishing:  
This month: Theresa Grentz, Head Coach, University of Illinois;  
WBCA Past President**

Entering her 28th year as a head coach, Theresa Grentz has made her mark nationally in women's basketball. Whether it's coaching the United States Olympic team or winning the national championship, when there's a job to be done, the Grentz name has been synonymous with success.

Vowing to "unite women's basketball into one voice" Theresa Grentz accepted her nomination as the president of the Women's Basketball Coaches Association (WBCA). Grentz presided over the largest convention in the organization's history and appointed coaches from every conference of every division to make sure every college coach in America was a member of the organization.

Theresa's presence as the WBCA president was immediately noticed by her willingness to conduct business on the behalf of the WBCA and making her presence known. She has traveled, participated in clinics, written articles and represents the WBCA and women's basketball as a spokesperson for the profession of coaching women's basketball. Theresa strongly believes that the future of the WBCA and women's basketball as a sport, lies in the laps of the younger coaches who are getting involved.

1. When did you know you wanted to be a coach?

I never wanted to be a coach. And, even now, days after we lose, I am definitely looking for another job. Something I can go in at 9 and leave at 5. I had no plans to become a coach, none.

2. What was your first coaching job? Level? Position? ? Salary?

My first coaching job was Our Lady of Fatima 7th-8th grade CYO while a sophomore in college. The first game was against Holy Spirit and we lost 50-0. The second game we played was against St. Andrew's and the score was 52-2; we lost. Then I realized that if you are going to be successful at coaching, you better have some very good players so I went down to the 6th grade and found two players, Karen Ward and Kathleen McManus. They were two feisty sixth graders who played the next three years and in their third year they won the Philadelphia CYO Championship. The moral of the story is--if you are going to stay in the business, have players! Salary? Nothing.

3. How and when did you become involved in the WBCA?

I became involved with the WBCA when it was born in a conference room in Syracuse, NY. I was one of the people in attendance at that meeting. Jill Hutchison was presiding. She and I and the others attending became the Board of Directors. So I have been there since the beginning.

4. What is your recollection of the first time we met?

Beth Bass was a Converse Shoe representative when I met her. Hawking shoes and always smiling and asking, "Who loves you?" I don't remember the year or place.

Coaching Women's Basketball (CWB) Online Vol. 15 Issue 15  
February 5, 2003

5. In one sentence, what is your coaching philosophy?

Treat people the way you would want to be treated and score more points than the other team.

6. Was your 1982 AIAW National Title game the most exciting game you ever coached?

That championship game is one that I will remember for a long, long time not because we won, but because of the people who played—June Olkowski, Patty Coyle, Mary Coyle Klinger, just to name a few of the great women on that team.

7. Who are some of the best coaches you've coached against?

I have coached against them all—won some, lost some.

8. What type of player fits the mold of your program or philosophy?

She has to be a decent human being, loyal, have integrity, and have a strong work ethic; players who are spoiled and lack these characteristics usually don't stick around with me too long. They can't meet the standards that the players before them have set.

9. During your presidency at WBCA, you presented the President Award to Cathy Rush. Would you consider her your strongest coaching influence or mentor?

I would consider Cathy Rush someone who had a strong impact on my philosophy as a coach. Cathy was intelligent, organized, and very straight-forward in her approach to being successful. She possessed all the qualities I consider admirable.

10. Down 2 with the ball, 12 seconds, Women's Final Four. What play do you run?

Oh, hell, Beth, if I'm in this situation, I give the ball to my best player and tell her to put the ball in the basket. I might say, "Here are a couple things that might help get the job done but just get the job done."

11. What was the craziest thing you did as a kid?

Beth, how the hell do I know? I can't remember back that far.

12. Do you have any pets? What kind? What are their names?

Yes, I have the most gorgeous, wonderful golden retriever named Buddy. He is a two-time loser that we rescued from the Humane Society and he is absolutely spoiled rotten and we truly love him. He goes everywhere with me--practice, the mall, the golf course. We ride around together in my Avalanche truck. Wouldn't my friends from my past love to see me now.

13. What is your favorite restaurant/bar/other hot spot in the city where you coach?

Beth, I live in Champaign, IL. Get a grip. The only place you will find me is either at the golf course or church.

14. I know you are passionate about golf. Where did you play your best round of golf?

The best round I ever shot was 1 over par at Rutgers Golf Course. I hadn't played for two weeks because I had given it up over a bad case of the shanks. I went out and played with a golf pro that had a bad back, a field hockey coach who had never played a full 18 holes, and my sister-in-law who was pregnant. It was a wild time—I shot the lights out. It was a great time.

15. How did you and your husband, Karl meet?

The lucky son of a gun grew up in the same neighborhood as me and was our paperboy. We had one date in the eighth grade and the rest is history.

16. Do either of your sons have any plans to pursue a career in athletics, specifically women's basketball?

We'll have to wait and see.

**INSELL REACHES MILESTONE WITH 700TH WIN**  
**By Sean Reardon**

When asked about trying to win 700 games, Rick Insell, coach of Shelbyville Central (TN) responded by saying, "I don't think anyone thinks they are going to win 700 games when they begin to coach." Well guess what coach, you have conquered and surpassed the feat of 700 wins and congratulations!

Coach Insell collected his 700th win with a 72-39 victory over Columbia on January 9th. The team was led by Alex Fuller, who finished the game with 23 points.

"I was excited to win 700 for my family, community, and school," says Insell. "When you have been coaching for 25 years and have had great players, you can be put in position to win a lot of games."

Insell, who has a feel for winning, will be vying for his 9th State Championship. He is confident his team can win it all. "We got a good basketball team that has as good of a shot to win it all than anybody," says Insell. "As I've said all along, you've got to stay healthy, and you've got to have luck."

Insell has been a part of 13 State Championship appearances. Four of his eight State Titles came from 1989-1992. He has also been involved in four USA Today National Title games, where he won two of them.

The coach is enjoying his life, and he doesn't plan on changing it in the future. "I see myself staying in coaching for 12-15 years," says Insell. "I love what I do, and I enjoy going to practice as much as the games."

Currently, Insell's team is ranked 11th in the USA Today Super Top 25 girls basketball rankings.

Insell, along with many other great high school coaches, is a member of the 2003 WBCA High School All-American Committee. Coach Insell served six years as chair and now serves in the capacity of past chair.

This installment is the second of our four-part series of the 2003 WBCA High School All-American Committee. Along with Rick, we would also like to introduce Gary Glasscock and Anne Long.

**RICK INSELL, PAST CHAIR**

Coach Insell has been the head coach of Shelbyville since 1977.

*Achievements*

Won his 700th victory on January 9, 2003

Two-time WBCA High School Coach of the Year (1990, 1992)

Holds Tennessee State Records for consecutive wins with 110, consecutive State Titles with four (1989-1992), and most State Championships for a coach with eight (1986, 1989, 1990, 1991, 1992, 1995, 2000, 2001)

Two-time USA TODAY National High School Coach of the Year (1989, 1991)

21 District Championships, 14 Regional Championships, Five Tennessee AAA State Runner-Up, Eight Tennessee AAA State Championships, Two USA TODAY National Runner-up, Two USA TODAY National Championships.

**GARY GLASSCOCK, DISTRICT 5 (IA, KS, MO, ND, NE, OK, SD)**

Gary Glasscock is currently the Physical Education Instructor at Gateway Elementary School. He is the new coach at Metro Classical in St. Louis. This is his 15th year in coaching basketball. He coached there for two years before becoming the new coach at Cor Jes Academy.

*Achievements*

Won nine District titles  
Eight Elite 8 appearances,  
Two Final Four appearances  
State Championship in 1995.

**ANNE LONG, DISTRICT 3 (DC, MD, NC, SC, VA)**

A graduate of Winthrop College and the Citadel, Anne Long has 28 years of coaching experience.

*Achievements*

**Wilson High School:**

Coach Long won four Region Championships and was a State Runner-up  
Boiling Springs High School  
One Region Championship

**Union High School**

Six Region Championships, four State Championships  
In her last four seasons at Union High School, her teams lost a total of only four games  
Two teams were ranked in the Top 10 by USA Today

**Lower Richland High School**

Two Region Titles

**Dutch Fork High School**

Three Region Titles, one State Runner – Up  
The 2001-02 Dutch Fork team was ranked in the Top 50 Nationally.  
Long has been selected Region Coach of the Year 13 times and State Coach of the Year five times. She was also chosen as the 2002 AAAA Coach of the Year by the S.C. Sports Report.

**Reminiscence of a Player: Anne Donovan  
By Dr. Rose Battaglia**

On Tuesday, November 23, 2002 The YMCA of greater Bergen County (NJ) held the 37<sup>th</sup> Annual Sports Awards Banquet where Anne Donovan was selected as Person of The Year. Dr. Rose Battaglia, Anne Donovan's high school coach and winner of the Jostens-Berenson Service Award in 1998, had the privilege of introducing Anne and shared some of her memories of Anne Donovan.

A native of Ridgewood, New Jersey, Anne Donovan was one of the most highly recruited high school players in the nation while attending Paramus Catholic High School, the 6-8 center earned Parade Player-of-the-Year honors in 1979 and led Paramus Catholic to two straight undefeated seasons and two straight Group III state championships (1978, 1979).

The governing body in 1979 was The Association of Intercollegiate Athletics for Women (AIAW), which meant that the colleges and universities were not divided into divisions as they are today. There were no recruiting periods, dead periods, or early signing days so as a result Anne received letters and phone calls through out her junior and senior years. One day a National TV station actually stayed with Anne for a typical day as a high school student, but Anne Donovan was anything but typical.

Finally during her senior year she held a press conference to announce that she would be attending Old Dominion University and there were 25 TV and newspaper reporters in attendance. Throughout Donovan's four-year college playing career, Old Dominion compiled a 116-20 record (.853), and she was named the Naismith and Champion Player of the Year in 1983 as well as an All-American in 1981, 1982 and 1983. Donovan finished her playing career at Old Dominion as the Lady Monarchs' all time leading scorer (2,719), rebounder (1,976) and shot blocker (801), and still owns no less than 25 ODU records.

Coaching Women's Basketball (CWB) Online Vol. 15 Issue 15  
February 5, 2003

In 1983, Dr. Battaglia attended the first NCAA Women's Final Four in Norfolk, Virginia, which was Anne Donovan's senior year. Regardless of the many changes that have taken place in the last 20 years --one aspect will never change according to Dr. Battaglia—the games! They were as fantastic then as they are today. Old Dominion made it to the Final Four but lost to Louisiana Tech in the semi-final match-up although Anne Donovan made the 1983 All-Tournament Team.

Cheryl Miller earned most outstanding player honors as she sank eight of 13 field goal attempts, 11 of 14 free throw tries and led her team in rebounds with nine. The Lady Techsters, vying for their second straight title, led at halftime, 37-26. With 7:10 remaining, Southern California finally caught Louisiana Tech, and Miller gave the Women of Troy the lead for good on a 15-foot jump shot to give USC and Head Coach Linda Sharp their first of back-to-back NCAA Championships.

We are confident we will see as much excitement in the 2003 Final Four and we hope to see you in Atlanta!!

**800 VICTORIES, OH MY!**  
**By Sean Reardon**

Who said winning 800 games is a hard accomplishment, especially after two of the finest coaches in basketball earned the feat in the same month! Lets just say there are only a few coaches that have had the success like Tennessee's Pat Summitt and Texas' Jody Conradt. Both of them reached the milestone of 800 wins in January, the first two coaches in women's college basketball to reach this achievement.

Summitt, in her 29th year of coaching, got her 800th victory on January 14 when Tennessee defeated DePaul 76-57 in front of 12,791 at Thompson-Boling Arena in Knoxville, TN.

"I thought our basketball team took the floor and played one of their better defensive halves of basketball this season," says Summitt. "It was important to extend our pressure and guard the three-point shot, and we had a lot of success in doing so."

She is very pleased with her team and coaching staff over the years. "You're only going to win if you recruit the caliber of athletes every year to help you win," says Summitt. "You win in life with people and you win in basketball with players."

Texas defeated Texas Tech 69-58 on January 22nd, helping Conradt reach the milestone of 800 victories. The Longhorns were led by Stacy Stephens and Heather Schreiber, who combined for 35 points and 23 rebounds in front of the 7,848 fans at the Frank Erwin Center.

"I'm really proud of our effort tonight, and we showed that we have the potential to play with anyone in the country right now," said Conradt. "I cannot remember a lot of my wins, but I'll certainly remember No. 800." Conradt is in her 34th year overall as a collegiate coach and her 27th at Texas.

Summitt and Conradt join North Carolina's Dean Smith, Kentucky's Adolph Rupp, and Jim Phelan at Mount Saint Mary's in the 800 victory club of Division I men's or women's basketball.

**UCONN MAKES HISTORY WITH 55<sup>TH</sup> WIN**  
**By Sean Reardon**

The University of Connecticut women's basketball team entered record books on January 18, with a 72-49 win over the Georgetown Hoyas. The top-seeded Huskies got 22 points from All-American junior Diana Taurasi that led them to their 55<sup>th</sup> straight win; surpassing the mark of 54 wins set by Louisiana Tech from 1980-82.

As the final minutes ticked off the clock, the crowd of 16,294 fans at the Hartford Civic Center came to their feet once the buzzer sounded. The celebratory team assembled at center-court and received T-shirts and caps signifying the milestone victory. Both Taurasi and teammate Jessica Moore showed their appreciation to the crowd by tossing their gifts into the stands. "Winning 55 in a row, that's pretty special in any sport," Taurasi said. "It ranks up there. A little bit behind the national championship, but it's up there."

However, this milestone does not come as a shock to a program that has dominated the sport over the last decade. The Huskies went 39-0 and won its third national title in seven years last season. UConn's last defeat was on March 30, 2001 during the NCAA semifinals with a 90-75 loss to Notre Dame, who eventually earned the NCAA Championship crown.

UCLA holds the Division I men's record with an 88-game winning streak from 1971-74.

Over a three-year span, the Huskies have a 123-4 record under Geno Auriemma, now in his 18<sup>th</sup> season as head coach. "To be honest with you I don't do well with numbers," said Auriemma. "I know we have won X amount of Big East Championships. I couldn't tell you how many if it's nine or ten and I know how many Final Four appearances we have had and I know how many National Championships we have. Other numbers I don't know, because I am not a numbers guy. I am more of an idea/concept kind of guy."

Assistant coach Jamelle Elliot, a member of UConn's 55-0 national championship team in 1995, said the pressure to keep winning is much greater now. "People always admire a winner and they despise a winner," concluded Auriemma. "America is a funny country, they admire winners, they admire dynasties, but they can't wait to tear them down"

The Huskies milestone is indeed a great achievement, however they still have their eyes set on a more appetizing prize; the national title. Georgetown coach Pat Knapp said the streak was a testament to UConn's consistency but irrelevant to what Auriemma is striving for this year.

"We're the first team ever to do it," Taurasi testified. "I think it feels great and now we can put it behind us. I think we set a new standard of play."

The Huskies continued their streak to 59 with a February 1 win over No. 1 Duke 77-65. The game marked the 36th all-time match-up of No. 1 vs. No. 2 in women's hoops.

**BEING THE BEST YOU CAN BE**  
**By: John Devine, Owner Coach4Kids**

Few among us are using the same tools we relied on 20, 10 or even 5 years ago. Entire industries were created to meet the demands of a changing society, particularly in the mass communication field. While business, government and education led the way in an insatiable thirst for innovation, each individual who wanted to improve their interpersonal relationships participated in the process.

In our personal/professional lives:

Palm Pilots..., e-mail..., digital cameras..., on line purchasing of everything from books to team travel to vacations ....., downloading new plays and new concepts. Who doesn't use some of these in their pursuit of being the best they can be?

In the classroom

The number of changes in the past few years is beyond calculation and still the surface has hardly been scratched. Have you ever noticed the number of suppliers of educational books,

Coaching Women's Basketball (CWB) Online Vol. 15 Issue 15  
February 5, 2003

teaching aides, and methodology texts? It's well within reason to expect this trend to continue. It takes a fluid system to accommodate a forward looking educator.

In our Coaching

Our chosen profession has undergone sweeping changes particularly as it relates to evaluating and generating data. Laptops that are powered to give more instant information than most of us can possibly digest have become a necessity for most college coaches and a rapidly growing number of youth and High School coaches.

A coach's desire for more and more instant feedback evaluating their own statistics or breaking down an opponents' has created a demand for products that meet their needs. Why? Because coaches are convinced all this data will give them an edge.

How many of us spend as much time evaluating HOW to coach as we do on WHAT to coach? Where do you stand?

Do you too often rely on "gut instinct" or memories of the way you were coached?

Do you actively seek out tools to improve your skills as a communicator?

Do you dedicate blocks of time each week to have formal team meetings with your players about how to communicate on and off the court?

Do you have a support group whose sole purpose is to help you grow as a person?

Do you challenge yourself to personal growth with the same creativity as you do in figuring out how to squeeze more out of your Athletic budget?

Often at Conventions I observe long lines of coaches eager to attend workshops on how to run triangle offenses, match up zones, etc and much smaller lines waiting to get into those focusing on how to improve attitudes, teach lifetime values and other related issues. Is it because most believe they have enough information, or maybe because they don't think it's important or because the X's and O's alone will get the job done? The answer is probably a combination of all these factors.

Over the years I've observed a reluctance of coaches to ask for help regarding personnel issues, even with their closest friends or peers. They will confide that they feel all their issues are "unique" (which most are not!) and also because it seems like a sign of weakness. After all, if they are the Head Coach shouldn't they be able to do all things? Actually, they can't!

At the very least coaches should:

Establish a relationship with those who are expert in interpersonal communications. These people don't need to know a basketball from a bee hive.

Ask their peers for advice

Share their experiences with their staff.

Attend workshops.

Surrounding yourself with knowledgeable assistants

Make time for yourself

#### HELPING OTHERS TO BE THEIR BEST

College coaches are held to a different standard by High School and Traveling team coaches. They are assumed to be experts on every aspect of the game, including personal interaction. This position of authority allows College coaches a unique opportunity to make a difference in the lives of those who teach younger kids.

Most coaches run Summer Camps and attract large number of local players and their families. What a wonderful opportunity to also teach skills which specifically deal with intangible lifelong values... not only skills that improve their game! The Coaches who teach the teachers are well on the road to becoming the best they can be.

**POWER UP WITH PROTEIN**  
Contribution by: Pacific Health Labs

Protein plays three critical roles for basketball players. First, it is the main structural component of muscles. Second, the enzymes responsible for producing the energy necessary to power muscles are proteins. And third, protein can supply up to 15 percent of the energy used during long practices and hard games.

Some basketball players get too little protein, while others overdo it. This is because basketball players tend not to monitor their protein intake as they do their carbohydrate and fat intake. Also, few players recognize and take full advantage of the performance-boosting benefits of consuming protein both during and after workouts.

**Monday through Sunday**

A sedentary person or light exerciser requires about 1 gram of protein for every 3 pounds of bodyweight on a daily basis. For example, a sedentary person weighing 180 pounds needs about 60 grams of carbohydrate daily. A player maintaining a moderate training load requires about 1 gram of carbohydrate for every 2 pound of bodyweight. The hardest-training players need as much as 1 gram per pound of bodyweight. For athletes of all levels, protein should account for approximately 15 percent of calories consumed, whereas carbohydrate should account for 60 percent and fat the other 25. Protein and carbohydrate yield four calories per gram, while fat yields nine.

The body cannot utilize more than about 1.9 grams of ingested protein per kilogram of bodyweight daily. Any excess protein will be quickly converted to fat and stored. Eating too much protein also causes dehydration and loss of bone calcium.

**Improving Performance**

The role of protein in improving exercise performance is becoming increasingly recognized. For the previous two decades, sports nutrition research focused on the benefits of carbohydrate and fluid supplementation during exercise. Fluid and carbohydrate replenishment can improve temperature regulation, reduce cardiovascular stress, delay the onset of fatigue and improve endurance performance. This research established the scientific underpinnings for the ideal composition of a sports drink, which includes sodium, potassium and 6-8% carbohydrate.

Taking in carbohydrate during exercise delays fatigue by increasing the amount of energy that is supplied by blood glucose and thereby slowing the rate of muscle glycogen depletion. The hormone insulin is responsible for delivering carbohydrate to the muscle cell. Insulin is released by the pancreas automatically in response to increasing glucose levels in the blood.

Protein also stimulates insulin release. When a small amount of protein is consumed with carbohydrate (4 grams of carbohydrate to 1 gram of protein), there is a stronger insulin response and glucose is delivered to the working muscles more quickly. The result is greater glycogen conservation and an increase in endurance. In a study conducted at the University of Texas, a sports drink containing carbohydrate and protein increased endurance by 24 percent as compared to a conventional, carbohydrate-only sports drink and by 57 percent as compared to water.

In extended workouts and races (more than 90 minutes), protein consumption can delay fatigue still further by serving as a direct energy source. After 90 minutes of fairly high-intensity exercise, protein contributes as much as 15 percent of the muscles' energy supply. In the absence of additional protein consumption, this energy comes from the breakdown or "cannibalization" of muscle proteins. The increased breakdown of muscle protein during exercise causes muscle damage and soreness and slows recovery. Consuming protein in a sports drink during exercise reduces the breakdown of muscle protein.

### **Protein and Muscle Recovery**

Following exercise, protein plays a powerful role in rebuilding and replenishing muscle cells, especially when combined with carbohydrate. As a general rule, within the first hour after a workout, try to consume between 30 and 60 grams of protein. The lesser amount will suffice after a lighter workout, whereas you'll need the greater amount after a hard or long workout. (Also, larger players need more than smaller ones.) In addition, consume about 1 gram of protein for every 4 grams of carbohydrate.

Research has shown that consuming carbohydrate and protein together within an hour of completing exercise results in faster muscle glycogen resynthesis *and* faster muscle protein rebuilding than when carbohydrate is taken alone, or when both are taken more than an hour after exercise. In one study, a carbohydrate-protein recovery drink decreased post-exercise muscle damage, increased post-exercise muscle glycogen synthesis, and extended next-workout endurance significantly more than a sports drink containing carbohydrate and no protein.

### **Summary**

In order to maximize the health and performance benefits of protein, including stronger muscles, better endurance, and faster recovery, follow these simple protein consumption guidelines.

#### ***PROTEIN POWER***

<b>When</b>	<b>How Much Protein</b>
Every Day	1 g for every 1 to 3 lbs. of bodyweight
During Exercise	10 – 20 g per hour in combination with 40-80 grams of carbohydrate
After exercise (within one hour)	25 to 50 g (depending on weight and workout duration) in combination with 100 to 200 g of carbohydrate



PERFORMANCE TRAINING, INC.

### **Investigating the Anterior Cruciate Ligament (ACL) and Designing a Prevention Programs**

Anterior Cruciate Ligament (ACL) injury has become devastatingly common, especially in female athletes. NCAA statistics estimate that the likelihood of a female sustaining an ACL injury is two to eight times greater than males. Research has shown that one of 10 college female athletes and one out of 100 high school female athletes experience an ACL injury. These numbers are staggering and have caused great concern among coaches and sports administrators. This concern has sparked investigation into the possible causes of ACL injury and the development of prevention programs.

Training programs designed to specifically address the risk factors associated with ACL injury have been successfully implemented across the country. The programs are a combination of common exercises with modifications in technique and instruction and novel exercise designed specifically for this purpose. Coaches at all levels can assist in the prevention of ACL injuries by including components of these programs into their team workouts. This article is part of a two-part series that will discuss the evidence for the design of prevention programs and the theory for the

techniques used. The second part will provide sample exercises that can be included in any basketball workout.

There are two types of ACL injuries, those that occur as a result of direct contact with another player or object, and those that have no associated contact. These injuries are referred to as non-contact and include situations like landing from a jump, cutting and stopping. It has been estimated that 70% of ACL injuries do not involve contact. While the exact mechanism for them is not known, several potential risk factors for non-contact injury have been identified: environmental (e.g., equipment, shoe-surface interactions), anatomic (e.g., knee angle, laxity, notch size), hormonal, and biomechanical (e.g., muscular strength, body movement, skill level, neuromuscular control). Of the identified factors, only the biomechanical risks can be affected by training.

One of the biomechanical factors is a muscle strength imbalance between the hamstrings and the quadriceps muscles of the thigh. When the quadriceps contracts, it pulls the lower leg forward, putting stress on the ACL. The stress increases as the knee becomes more extended thereby increasing the risk of injury. Hamstring contraction counteracts the force of the quadriceps on the ACL by pulling the lower leg rearward, protecting the ACL from stress. Female athletes tend to have imbalances between the strength of the quadriceps and hamstrings- with the quadriceps dominating in strength. Hence, when the quadriceps contracts forcefully, as during a sudden stop or cut, the hamstring is unable to counter the force to protect the ligament. Additionally, females demonstrate less gluteal activation when cutting, which can result in decreased hip control and improper knee position during movement. Designing a strength-training program that emphasizes the hamstrings to balance out the knee stabilizer strength is believed to be an essential component to preventing ACL injury.

Another factor is the technique used when landing, planting and cutting. Females tend to perform these activities in a more upright position resulting in greater hip and knee extension. When the knee is more extended, the ACL is under increased tension making it more susceptible to injury during forceful quadriceps contractions. In addition, analysis of video has shown that females tend to perform planting, cutting and landing movements by turning the knees inward. This position can exaggerate anatomical risk factors such as Q angle stress (the angle formed where the femur meets the tibia). Increased Q angles can lead to more rotational forces on the ACL when the knee rotates during movement and a greater chance for injury. Jump training (e.g., plyometrics), with an emphasis on technique, can provide a skill development opportunity so that female athletes can learn to land, plant and cut with a lower center of gravity and more hip and knee flexion. In addition, the inward turn of the knee can be eliminated to reduce the exaggeration of the Q angle and associated increased risk of injury.

In addition to the inward turn of the knees, video was used to examine foot position at ground contact. Ground contact in the "flat foot" position was noted in the majority of the athletes who sustained an ACL injury. An explanation for this could be that this foot position may place the athlete's center of gravity behind the knee. When the center of gravity is behind the knee, the quadriceps may be used to aid the hip flexors in bringing the trunk forward. This can lead to an increase in the intensity of the quadriceps contraction and ACL stress. Landing on the toes makes it difficult to have the center of gravity behind the knee and thereby reduces the need for large quadriceps forces to be generated to assist with trunk position.

Training players to make movements on the balls of their feet instead of using a flat foot position is essential to reduce the risk associated with improper foot contact. Landing, jumping and cutting motions should all be performed from the balls of the foot with the center of gravity over the knee and not behind it. Successful maintenance of this position throughout a game or practice may require additional training of the strength and endurance for the abdominal, hip flexor and calf muscles.

Coaching Women's Basketball (CWB) Online Vol. 15 Issue 15  
February 5, 2003

A final factor that should be trained in a prevention program is proprioception. Proprioception is an unconscious sense of body movement that is used by the nervous system to make very rapid adjustments to position in order to maintain stability and prevent injury. Proprioception can be used both before and during a movement to fine tune position and muscle action. These minor adjustments may help to reduce the risk of ACL injury by improving knee position and adjusting contractions according to the knee position. Exercises that challenge balance help to train proprioception and have been shown to reduce the incidence of ACL injury. Progressively increasing the difficulty of the exercises challenges the proprioceptive system in order to train it to become sensitive to the necessary joint changes and the nervous system learns how to make the necessary adjustments.

A comprehensive training program for the prevention of ACL injury should include the following components:

- 1) Strength training with an emphasis on the hamstrings in order to balance the quadriceps/hamstring strength ratio.
- 2) Muscular strength and endurance training of the gluteals for hip and trunk control.
- 3) Muscular strength and endurance training of the abdominal, hip flexor and calf muscles to promote proper foot contact and to reduce the fatigue of this position during participation.
- 4) Technique training for landing, planting and cutting. Emphasize knee and hip flexion during movement and reduction of the inward turn of the knees.
- 5) Technique training for foot contact so that players learn to land and move off the balls of their feet instead of a flat foot.
- 6) Balance training to improve proprioception.

The next installment will include specific exercises to address each of the six components above. Specific instructions for the development of proper technique will be given to assist coaches in the implementation of an ACL prevention program.

**CoachesOnTheMove.Com**  
**By Burt and Maxine Golden**

Safe Transport Of Household Items Provided At Reasonable Cost To Coaches And Athletic Directors.

Dear Burt:

My wife and I are going to relocate this year for the fifth time in six years. We have experienced both good and horrible moving and storage services. Recently, my wife and I purchased expensive furniture. As you can imagine, we want to keep those goods in one piece. Frankly, I am tired of rolling the dice every time I call a moving and storage company. Can Coaches Relocation Services guarantee the safe transport of our items at reasonable cost?

Signed,  
Five in Six

Dear Five in Six:

Please understand that while we are not in the moving and storage business, we do have special agreements with excellent moving and storage companies, Wheaton and Mayflower, to provide the best 'Executive' moving and storage services. 'Executive' moving service is commonly received by key Fortune 500 employees when they relocate ... an uncommon experience for coaches and athletic administrators. Our agreement with Wheaton and Mayflower states that they will provide the best drivers, and packers, as well as priority 'Executive' service for coaches and administrators any time of the year.

Because of the high service ratings received by these companies in 'Executive' services, our built-in agreements for quality and priority, and the fact that we monitor client service, you have

Coaching Women's Basketball (CWB) Online Vol. 15 Issue 15  
February 5, 2003

the best chance of accomplishing your moving objective.

While Wheaton and Mayflower are responsible for service contracts and guarantees, we know what you are going to get, since it is in our written agreements with them.

#### LOWER PRICES AND BETTER SERVICE

As far as price is concerned, we also agreed to exchange our compensation for the lowest executive moving rates and extra-special services. Indirectly, the coach's cost is from \$500 to \$1000 lower for interstate 'Executive' moves because of our arrangement. It is my understanding that you might find lower quoted rates from firms who advertise in the yellow pages, but the odds are you will not get the same service.

We spent a year researching the moving and storage industry before we came to agreement with those companies. Because the coaching associations we work with, the WBCA, NABC and NSCAA, have a collective membership of 30,000, there wasn't a company or moving broker that didn't want more business. We chose Wheaton and Mayflower because we determined that no other companies had a better record of service, honesty and fair dealing in 'Executive' services, and because we had more controls over each service.

I hope you can appreciate that we are very conservative when it comes to referrals. We prefer to make all of our shots and leave the turn-around, fallback, 25 footers to someone else.

We look forward to facilitating the same quality of service this year as we did last year.

#### MOVING AND STORAGE PREREQUISITES

Please read the following rules for moving and storage service:

To receive this service you must be working with selected Coaches Relocation Services selling or buyers agent(s). (Please read our column regarding selection of agents for an understanding of our standard).

If you are selling your home you are eligible to participate in the program as long as you have not yet signed a listing agreement and there are no previous agreements in place. If you are buying a home, the program is available if an agent has not yet shown you the property you intend to buy, or you have not yet signed a buyer-agent agreement.

Please remember that your CRS counselor must contact your local real estate agent to arrange the initial meeting.

Burt and Maxine Golden own Coaches Relocation Services, a subsidiary of RE/MAX RES Executive Relocation. They can be reached at (877) 999-9888. Their web site address, is [CoachesOnTheMove.com](http://CoachesOnTheMove.com).