Good morning!

Take a look at the play for today here.

So on this jump ball, blue catches the ball, white makes slight contact and blue violates by stepping over the division line. The contact here *caused the violation*. When that happens, the contact is illegal and it is a foul. The foul occurred in blue's front court, so the throw-in spot is the nearest of the 4 designated spot throw-in spots as was done here after I processed it!

The main point of this play isn't that the contact caused the violation, hence a foul, but that we had a pregame conference that got me *focused on the game*. A pregame conference does that if nothing else. We talk about nearly the same things each pregame, in addition to any team tendencies that we are aware of. By having a GOOD pregame conference, I know that I am ready for the game and focused, with a better chance of not getting caught off guard on something, especially right off the tip. MAKE SURE to have a solid pregame conference!

Monday Extra: Same game as above....a captain comes to the captain's meeting with a circular band-aid on her nose. I asked her 'what did you do to your nose?' She says 'well, umm....' And I asked 'there isn't a nose stud under it is there?' to which she replied 'yes'. After a brief one-way discussion, she decided to take it out so she could play. The coach never said a word, he knew. The assistant coach told me that she just got the nose stud a couple days before the game. Not sure WHY she would do that in-season! Remember that jewelry, even covered by a band-aid or tape, is illegal.

Monday Bonus: Deepest condolences, thoughts and prayers to the family and friends of Michael Roebuck, who collapsed and passed away working a JV game Friday night in Westmoreland County.

Have a great game tonight!

Tim