

COUGAR HOOPS



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UNDERSTANDING THE PROCESS

FINDING HOPE IN OTHERS

It is already January and the conference season is almost halfway over and it seems like we just started practice last week. The cougars have had some tough opponents these past few weeks as we have not received the reward for our efforts thus far, but our players continue to get up off the canvas.

As the head coach it is always a challenge to find ways to motivate and encourage those around you when the 'result' weighs as heavy as it does in athletics. We often preach about the journey but in reality the destination is always rewarding when you reap the efforts you have put in.

I am encouraged though with the resiliency of a number of our players in their attempt to 'finish the race well.' I believe confidence plays such a major role in success and we are five or six possessions away from being in the middle of the pack in conference play. I feel once we are able to put together the complete game, both defensively and offensively, we will spark an emotion that often gets lost in the passing of days and defeats. Basketball is a fun game and it deserves to be played with a child-like enthusiasm that we all once knew.

I often search for inspiration through avenues and stumbled across a gentleman named Kevin Eastman. He was an assistant coach for the Boston Celtics in 2008 when they won their world championship and also a head coach at the collegiate level for a number of years at UNC Wilmington and Washington State.

Coach Eastman has a great understanding of the game and does an amazing job of expressing aspects of the game. Here is a November blog post:

UNDERSTANDING THE PROCESS

As college basketball gets into full swing, one truth exists for all teams; no team will stay the same as the year goes on.

That means some will get better and some won't. Whether a team improves will depend how players approach the "process." Improvement is a process; success is a process, becoming the best is a process.

The outcome is based on the mindset the players have as they approach the process. Some will give in to fatigue and boredom through the course of a long season. Others will believe in the power of the process and almost have a team mantra that they will "never get bored with the process." These are the teams that will put themselves in a position to be successful.

Three things about success: (1) it doesn't exist in a vacuum...championship teams believe in teamwork (2) it takes time and (3) it's hard!

Play "as" a team and "through" the team. Be mentally prepared to grind your success out. Get past hard.

Let the process begin!

We will continue to work through the process and it's exciting to know that each day brings us closer to what it is we all pursue....success in knowing we did our best at becoming the best we are capable of becoming.

"The words 'long term' are actually great terms to strive for in most all things in your life: long term success, relationships, etc."

~Coach Kevin Eastman

NEW BASKETBALL ARENA—SET TO OPEN NOVEMBER 2013



entrance perspective



arena perspective from west entrance



atrium perspective