



Michigan Mystics

Girls' Basketball Program

"How You Do Anything Is How You Do Everything."

CONTENTS

- I. **OVERVIEW**
 - a. Introduction
 - b. Mission
 - c. Goals
- II. **VISION** – “How You Do Anything Is How You Do Everything”
- III. **THE PROGRAM – BEHIND THE SCENES**
 - PART ONE**
 - a. Recruiting
 - b. Scheduling
 - c. Athlete Development
 - PART TWO**
 - d. Player Relations
 - e. Parent Relations
 - f. Camps/Clinics
- IV. **DEVELOPING CHAMPIONS**
 - a. Mentality
 - b. Leadership Development
 - c. Family Atmosphere
- V. **ON THE COURT**
 - a. Style of play
 - b. Offense
 - c. Defense
 - d. Set Plays / ATOs / BLOBs / SLOBs
- VI. **POLICIES AND PROCEDURES**
- VII. **PROGRAM DIRECTORY**
 - a. Directors
 - b. Coaches
 - c. Schedule

CLUB OVERVIEW

The Michigan Mystics are a club organization that supports young enthusiasts in the sport of basketball. The club is situated in Clio, MI at the MAAC Sports and Fitness Center and in Mt. Pleasant, MI at Morey Courts. The club organization has its own facilities and training center for the young athletes that can play and enjoy the game of basketball. The Mystics has been supported by several companies, colleges and coaches around the country who help our players enjoy a positive experience.

The Michigan Mystics were founded in 1994 and has around 200 players and 24 teams that are USA Basketball and NCAA registered and approved. The Mystics has given various opportunities to young ladies to be involved in sports and provided multiple collegiate opportunities. Our club also has been affiliated to different leagues such as Blue Star National League and tournaments which the Mystics players will have large opportunities for their future. The benefits are not just exposure to the club organization but to the wider basketball community in the country. The founders, officials, committees, members, parents, supporters and enthusiasts of the program are a dedicated group of individuals who have the best interest of the club and its members in mind.



MISSION

The Michigan Mystics aim to serve the greater basketball community of Flint, MI, while extending its resources and availability to those around the state of Michigan and beyond. We want to install a higher sense of purpose, respect and discipline in our athletes while maintaining a positive authentic approach to serving others. This is ultimately a game that we play and it will remain such through our proactive methodology and progressive curriculum; as we will develop, enhance and sustain a high-level brand of basketball.

GOALS

The goals of the Michigan Mystics are as follows:

- Develop, enhance and sustain a high-level athlete that is capable of competing on a national level.
- Support our current and former players during their successes and struggles while with and away from the club.
- Serve our community and local teams as a resource for basketball and fitness for our youth.
- Maintain a price structure that allows our club to be affordable, valuable and feasible



VISION

“How You Do Anything Is How You Do Everything”



The Michigan Mystics have always had a profound impact on student athletes in multiple ways and we aim to do the same for our current student-athletes. As one of the top programs in the State of Michigan and around the Midwest, we believe that we can also build an elite girls' basketball program to similar prominence on a national level.

Our vision for the program is simple: **We will change the world through positive actions and attitudes by super-modeling, as being a Michigan Mystic Player represents all the following virtues: Dedication, Integrity, Respect and Hard Work.**

It is the perfect time to continue to build upon the recent successes the program has had in recent years and raise the Michigan Mystics to one of the top basketball programs in the country.

In short, our vision is to build the Michigan Mystics into one of the premier basketball programs in the country and create a legacy of the program around the country!

THE PROGRAM – BEHIND THE SCENES

PART ONE

There are a lot of operations and procedures that take place behind the scenes before the team ever takes the court. There are many pieces to the puzzle that is youth basketball, but these are key elements that are vital to our success. Using a well thought out plan and detailed approach will be major features in paying dividends to our success both short and long-term.

Rosters: We want to be able to provide each roster with a competitive balance of talent, character and chemistry. Each team is expected and trained to compete and win their division and brackets.

- Define and place kids that “FIT” our program values
- Commitment and talent will be emphasized over potential
- Proactively recruit local and regional talent

Scheduling: A key element in building a successful program, it is important to use local and regional scheduling to help the program be successful for national campaigns.

- Create a balanced schedule with quality opponents (leagues, tournaments, scrimmages)
- Tactically set games that benefit the program (travel costs, recruiting, etc.)
- Set trips to create a positive student athlete experience

Athletic Development: A huge part of establishing and sustaining success is having players colleges want to recruit, however the ability to develop that talent once in the program will ultimately pay the biggest dividends with on the court results.

- Establish a curriculum and methodology to enhance current level of skill and expedite growth
- Person > Player; development of the person is crucial to the positive experience
- Plan accordingly for the development in individual, group and team settings

THE PROGRAM – BEHIND THE SCENES

PART TWO

The following elements continue to be aspects of the program that are a bit behind the scenes but make a huge difference in the success of a quality program. Staying connected to all these program pieces is vital to sustainable success.

Player Relations: A positive experience will encourage our players to stay connected. We will plan team building exercises when possible to make sure players are connected to the rest of the program not just their teams.

- Build relationships by showing support for other teams on their benches and at games
- Team dinners and activities to be planned by parents and coaches to enhance experience
- Staying in the same hotel when possible to create a positive family environment

Parent Relations: Parents are the driving force both financially and time for this club so we want to be clear and transparent with all communication

- Collaborating on development of student-athlete and placement
- Open lines of communication through email and messaging systems
- Staying up to date with schedule changes and roster placements

Camps/Clinics: Having the ability to provide resources such as camps or clinics for athletes that WANT to be the best and accomplish their goals

- Create opportunities to train within the club and outside the club
- Individual Athlete Development plans will help drive what is necessary for growth
- Team concepts are used for creation of opportunity, training sessions are used to create execution of those opportunities towards our goals both offensively and defensively

DEVELOPING CHAMPIONS

Cultivating a championship mentality is a priority in the pursuit of helping our athletes reach their true potential as people and players.

Mentality: “How You Do Anything, Is How You Do Everything” this is our mentality that you continue to work, prepare and execute the game plan even when the odds are stacked against you.

- Every player must have this champion mindset on-court
- Raise the bar and set the standard higher each day, challenge the players to finish
- The championship mentality must be cultivated consistently each day

Leadership Development: A program without leaders is like a boat without an oar. We must have locker room support and the strength of that locker room will be in our leaders. Leadership is a skill set that must be developed and implemented often. The level of leadership often represents the level of success within the organization.

- Define and focus on certain leadership qualities in each player
- Work with individuals (set-goals, challenge, coach leadership)
- Leadership group – Junior Leaders and Senior Leaders

Family Atmosphere: Talent is nothing without a GREAT team culture. We believe strongly that the connection with players and building a team bond is necessary for true success at the highest level and it must be harvested and cultivated.

- Plan activities and events to build trust between players and coaches
- Use activities for various reasons (i.e. teach communication, have fun, etc.)
- Think outside the box, break comfort barrier, grow as individuals/group

ON THE COURT

How a team trains and practices daily will translate to how a team plays on the court. How you prepare and what you instill in your players can also translate to life after basketball and that is why we believe in playing a positive proactive style.

Style of Play: We believe in a high tempo game with multiple possessions. With the depth that we will create in our bench it will allow us to play at a speed that is difficult to match and hard to prepare for. It not only creates a positive advantage, but it will also inspire players and attract future Mystic players.

- Be the protagonist and control the game through rebounding and turnovers
- Use deliberate coaching methodology to build this style
- Systematic across the board with all coach's bought in with this style

Offense: We want an open style of play, utilizing sets in mismatch situations or after time outs. By utilizing our strength of shooting the ball and spacing we can stretch the defense, and this will mitigate opponents' athletic advantages.

- Players make decisions based on offensive concepts and reactions not patterns
- Promote creative play and confident play by focusing on players strengths
- Winning your one on one matchup is crucial to the success of the offense

Defense: A team united is more powerful than any one hero. Championship teams are built on the defensive end of the floor. They don't allow multiple scoring opportunities and they limit the offense to their secondary scoring options. We will be committed to pressuring the ball, covering gaps and balancing the weak side of the floor.

- Constant communication is required and will be developed
- Protecting the paint and limiting the offense to one side of the floor
- Individual accountability will be a staple in our training

SETS/ATOs/BLOBs/SLOBs: It is often the team that can execute their set plays will ultimately have the higher percentage of winning. These are opportunities to take advantage of mismatches or defensive breakdowns by manipulating their schemes or philosophies. We will excel in these areas.

- Train daily on executing our set plays and quick hitters
- Develop the cognitive reasoning for each set or quick hitter
- Consistently practice each piece in a game-like situation prior to competition

POLICIES AND PROCEDURES

The Michigan Mystics as a whole try to ensure consistency in policies and procedures for the club so we will address every situation with as much attention and care as possible. These are some of the major issues that we find are needed to be discussed ahead of time.

- We want a FAMILY environment so we expect and encourage players to join other Mystic benches to cheer on other Mystic Teams! This is the heart of our program!
- Playing time is not discussed with parents and coaches. Players should be encouraged to speak to coach if playing time is not satisfactory. Personnel conversations should be directed to the Club Director.
- Schedule changes will be communicated through the club messaging system as well as through team Group Me accounts. Group Me accounts are meant for the collaboration of team functions, not for personal side conversations.
- Any issues with accounts or updates to your account need to be communicated with Deputy Director. Examples: Invoices, balances, jersey sizes, contact info change, general club inquiries.
- **DO NOT** pay for recruiting services
- Club Director will handle all recruitment and mediate communication between college coaches and players until legal by NCAA rules.
- Parents are expected to provide assistance with book, clock and film for each game played. Schedules will be created by coaches to fill these roles.
- At times with the geographic location of the club and its practices; weather does become an issue. We will do what we can to ensure ultimate safety of our players and athletes and that will be taken into consideration prior to any cancellations of practices or contests. All cancellations will come directly from the Club Director and will be communicated through appropriate channels.
- Players are not to travel with or stay with coaches; this is not a situation we support or will negotiate on.
- Arrive 20-Minutes before each scheduled contest or practice.
- If you are unable to attend a practice please notify coach 24-hours in advance. If you can not attend a contest please notify 72-hours in advance.
- Any disciplinary actions for conduct detrimental to the club will be discussed with Club Director, Deputy Director, Team Coach, Parent and Player. Violation of club standards and values will be subject to Disciplinary Action and or Removal from the program.
- Parent behavior is expected to be encouraging, supportive and empowering. We are here to play a GAME not to be a critic. Allow the coaches to coach, players to play and the refs to referee.

ENJOY THE RIDE IT WILL BE OVER WITH TOO SOON!

PROGRAM DIRECTORY

Our staff is comprised of experience, dedication and passion. We believe we provide one of the highest skilled and intelligent staff available at this level. The hierarchy is designed to streamline communication, efficient development and effective growth.

DIRECTORS: These people are the individuals running the club organization for basketball. These are the main officers that will conduct meetings for discussion for the club organization and its schedules and trainings. They negotiate and conduct meetings for events and leagues that are hosted and involve the Michigan Mystics.

- **Rob Ruhstorfer** – Director (810.265.3164 / michmystics@yahoo.com)
- **Ryan Trevithick** – Deputy Director (810.955.1862 / mystics.ryan@gmail.com)

COACHES: The front line of communication and leaders of our athletes in games and in practices. The expectation is that coaches are seen and presence is felt. Constant improvement for the players

SOCIAL MEDIA: Please follow us on our platforms. Each team can and will create their own social media account to post results and information. Preferred platform is Twitter

Twitter – @Mimystics **Facebook** – www.facebook.com/mimystics **Instagram:** Michmystics

NCAA CERTIFICATION:

https://ncaaorg.s3.amazonaws.com/enforcement/ecag/ECAG_AthleteRegistration.pdf