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A Season Inside the Old Dominion Monarchs Men's Basketball Team

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Old Dominion University

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A Season Inside the Old Dominion Monarchs

Men's Basketball Team

A Research Paper Presented to
The Faculty of the Department of
Occupational and Technical Studies
Old Dominion University

In Partial Fulfilment of the
Requirements for the Degree
Master of Science in Education

Sean K. Burris
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This research paper was presented by Sean K. Burris under the direction of Dr. John Ritz in OTED 636. It was submitted to the Graduate Program Director as partial fulfilment of the requirements for the Degree of Master of Science in Education.

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Date
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CHAPTER I
INTRODUCTION

It was March 12, 1995, in New York City's Madison Square Garden. Old Dominion University was playing Villanova University in the first round of the National Collegiate Athletic Association's men's basketball tournament, in front of thirty thousand roaring fans. They were just two teams out of sixty-four trying to become the 1995 National Champions. Old Dominion had reached the tournament by winning the Colonial Athletics Associations Conference Tournament two weeks prior to this game. Villanova was a heavy favorite to win the game. After a long hard fought game the two teams were tied and had to finish the game by playing in the five minute overtime period. Both teams knew that the winner would advance and the loser would be sent home. The players played three exhausting overtime periods. When the game finally came to an end, Old Dominion had emerged as the winner by defeating Villanova by three points. The fans at Old Dominion, in Norfolk, Virginia, were ecstatic about the upset victory their team had accomplished, but many did not understand what the team had to go through in order to get to that point. There were many ups and downs that the players and coaches experienced during that season. The player's had started training for their sport at the very beginning of the school year. Old Dominion would eventually lose in the second round of the 1995 NCAA tournament. There are three hundred and six division one college basketball teams, all who dream of being National Champions.

The average fan does not understand what college basketball teams go through in the course of a school year. In order to dream of being champions, there has to be hard work and dedication in the classroom and on the court. The team has several commitments they are required to meet in order to prepare for the season. Once the season begins, the team has to try and
concentrate on playing basketball and maintaining acceptable grades in the classroom. Once the season is over, the team is required to start their off season training to prepare for the upcoming season. Many fans are fascinated with the game of college basketball and would like to have an inside look into what takes place when the locker room doors close.

STATEMENT OF THE PROBLEM

The problem of this study was to examine the Old Dominion University men's basketball team in order to gain an understanding of what a division one basketball team has to go through during a single season.

RESEARCH GOAL

The following goal was established to assist in this study.

1. To give the fans of Old Dominion University the opportunity to have an inside look at what the basketball team does during the course of a season.
   A. To inform the average fan about what the college basketball player has to go through during a school year.
   B. To allow the average fan to have a closer look at what the coaches have to endure during a school year.

BACKGROUND AND SIGNIFICANCE

The opportunity to compete at the division one level of college basketball is the dream that many individuals labor very hard to achieve. Only a small percentage of high school basketball players have the possibility of participating at that level. Those who do not, either go on and play at the division two or three level, or they do not play at all. Many people who follow college basketball are not aware of the obstacles that players face today.

The media and the University places a lot of pressure on the student athletes. The players are expected to produce wins and grades in order for the school to be looked on as being successful. If those who expect the most from
the players and coaches could spend one month with the team, they would not
be so quick to judge them when they are not winning every game. The study
would be significant because it would allow those who do not have the
opportunity to be inside the locker room a chance to really see what takes place.

LIMITATIONS
The limitations of studying the Old Dominion men’s basketball team are as
follows.
1. The time frame of the study is between September 1996 to May 1997.
2. Only the men’s basketball team will be studied.
3. Only the basketball team at Old Dominion University will be studied.

ASSUMPTION
There are many assumptions about the basketball team at Old Dominion.
1. All players are interested in playing to the fullest of their ability.
2. All the coaches are interested in winning the most games possible.
3. The University supports the student athletes in their journey of trying to gain a
college education.
4. All the players on the team can compete at the division one level.
5. All the players are academically eligible to compete at the division level.

PROCEDURES
All the players and coaches from the men’s basketball team at Old
Dominion will be interviewed concerning the basketball season. Each player will
be asked to complete a survey concerning the demands of their schedule. The
researcher will spend the season working with the team in order to get an inside
look at the team. The data will be collected and composed to create a study
that allows one to understand the emotions that the athletes and coaches have
to deal with in the course of a year. Each game will be discussed and analyzed so the reader will be able to see inside the team.

DEFINITION OF TERMS

The following terms are used in this study and are described as the following.

1. NCAA - National Collegiate Athletic Association
2. CAA - Colonial Athletic Association
3. Final Four - The final four teams left in the NCAA tournament
4. Tarheels - The mascot name for the University of North Carolina
5. Blue Devils - The mascot of Duke University
6. Wildcats - The mascot for the University of Kentucky

OVERVIEW OF CHAPTER ONE

This chapter looked at the need to study a division one basketball team. By looking at the team from an inside point of view, it provides the reader an opportunity to experience the emotions that are accompanied with competing at the collegiate level of basketball. The chapter established research goals, identified the background and significance of the study, noted the limitations and assumptions and defined the procedures to be used.

In the following chapters, the literature related to the study will be reviewed. The methods and procedures used for the study will be explained and then the findings will be presented along with conclusions concerning this study.
There are three hundred and six division one basketball teams in the NCAA. There have been many studies done concerning a team's season in which they had won the National Championship or had an outstanding season. Chapter II of this study dealt with the Review of Literature of three different basketball programs that had extraordinary seasons. This chapter examined the journey that each team had to take in order to accomplish their goals. The following basketball teams were researched:

1. University of North Carolina
2. Duke University
3. Kentucky University

Each university men's basketball program was studied in order to understand how each team reached success.

UNIVERSITY OF NORTH CAROLINA

The University of North Carolina has had one of the most successful basketball programs in the nation for the past 32 years. Dean Smith has been the head coach at UNC for the last 28 seasons. During his tenure the Tarheels have enjoyed eighteen Atlantic Coast Conference Championships and two National Championships. The men's basketball team has been in the NCAA tournament for the last 27 years. Coach Smith is thought of by many as college basketball's greatest coach ever. His teams have won more games than any other over the past twenty years. UNC won its last National Championship in 1993 (Jacobs, p. 275). During the 1993 season the University of North Carolina finished with 34 wins and only 4 losses. The season started on October fifteenth with a very hard four hour practice. The players and the coaches knew they
must work extremely hard if they wanted to be National Champions. The Tarheels had committed themselves to winning the ACC Championship and then moving on to win the NCAA Championship. The players had been working hard since they arrived on campus in August. Many had been preparing for this season since last March.

The season began with the Tarheels recording their first victory of the season over Old Dominion University, in Norfolk, Virginia, by the score of 109 to 82. From that point on, the University of North Carolina would face many difficult opponents. The 1993 season would prove to be a remembered season. UNC would only lose to Michigan by one point, Wake Forest by 26 points, Duke by 14 points, and Georgia Tech by 2 points. On February 28, 1993, the Tarheels defeated Florida State and was voted by the Associated Press as the number one team in the country. However, UNC's point guard Derrick Phelps was fouled on a lay-up and hurt his right forearm and elbow. The trainers feared that it could have been broken. After X-rays, they determined it was a severely bruised elbow. Phelps would be out of the lineup for at least three weeks. However, he would return and play in the next game with his right arm taped. The team was very upset over the possible loss of their point guard. The confidence level of the team seemed to drop due to Phelps' injury. He showed tremendous courage however by playing in the next game hurt, in order to help his team. This was just an example of how things happen during a season that could affect a team's chances of winning. Phelps was a key player for the Tarheels and if he had not played, they may not have been able to win. During the semi-final game of the ACC Tournament, Phelps would again be fouled hard from behind. This time he landed on his back. He would be taken off the floor on a stretcher. The Tarheels were very upset over the injury to their point guard. They would go on to win the game against Virginia. However, the next day during the championship
game against Georgia Tech, UNC would not be so lucky. They lost to Georgia Tech by two points. After the game, senior player George Lynch said, "Let's see, we lost by two points without Derrick. We would have won the game, no problem, if he played" (Jacobs, p. 318). The Tarheels were very disappointed due to the loss. Many players were crying in the locker room after the game. Coach Smith came in and addressed his team after the loss by saying just a few words. He said, "Men, I know this hurts, but we have a chance to put this behind us. We know we will be moving on to play in the NCAA Tournament. Lets remember this game only to learn from it, not to be defeated by it." (Jacobs, p. 320).

The team had to put the defeat behind them, because they would now have to play in the NCAA Tournament. If you lose in this tournament, your season is over. The Tarheels were the top seed in the East Region of the Tournament. The University of North Carolina would have to win their next six games in order to claim the National Championship. They had won the first four easily by defeating good teams. The team seemed to be relaxed and ready to play in the final four. During the semi-final game, the University of North Carolina would face the University of Kansas. The head coach of Kansas, Roy Williams, was once an assistant coach for Dean Smith at UNC. The two had been really close friends. Coach Smith had helped coach Williams get the job at Kansas. Before the game the two men met at center court and exchanged a handshake and a hug. The victory would belong to the teacher as North Carolina advanced to the championship game. Dean Smith said later that was the toughest game he had coached because of the emotions he was feeling for Roy Williams. On April 5th, the Tarheels played the University of Michigan. The Wolverines had defeated the Tarheels earlier in the season. Both teams knew it would be a tough game. With thirty-seven seconds left, North Carolina was
ahead by one point. Pat Sullivan, a junior guard for the Tarheels, was fouled and made one of two foul shots. Michigan had time to tie the game or go ahead by one point on a three point shot. However Chris Webber, Michigan's star player, called a time out when the team did not have any left. This resulted in a technical foul. North Carolina would go on to win the game seventy-seven to seventy-one. The players could not express how they felt in words after the game. Many were weeping while others were jumping and dancing. Senior captain George Lynch said, "I can't believe this. After feeling the pain of losing the ACC Championship, I just can't express how exciting and fulfilling this is". Coach Smith commented after the game by saying, "We may not be the best team, but we're the NCAA Champions" (Jacobs, p. 377). Before the University of North Carolina won the Championship in 1993, Duke University won it in 1991 and 1992.

DUKE UNIVERSITY

Duke University has become a team that is regularly in the final four. Since 1988 Duke has been in the final four five times. The team has had great players and a great coaching staff. Head coach Mike Krzyzewski was hired in 1983. During his time as head coach, the Blue Devils have enjoyed a lot of success. They have won five ACC Championships and two National Championships. During the 1991 and 1992 championship seasons, Duke was lead by Christian Laettner and Grant Hill. Laettner was a fiery competitor who wanted to win, no matter what. His leadership guided the team through the season as one of the top teams in the country. During the 1991 NCAA Tournament, Duke defeated the University of Nevada at Las Vegas for the NCAA Championship. The following year Duke University would make a run at the title once more. Duke was rated as the number one team in the country at
the beginning of the season. The players had committed themselves to winning the title again. Each player had stood in front of the team and made a public pledge to give their all in order to help the team win the title. The season would prove to be a challenging year for the Blue Devils. They had played well all season and seemed to be on their way to winning the ACC title. However, in the ACC Championship game, the Blue Devils were humiliated by their long time rival, the University of North Carolina by 22 points. After the game the players were expecting to be yelled at by their very vocal coach. However, all he said was, "We are going to win the National Championship!" (Brill, p.15). The players were surprised and confused by their coach's comment. Duke would receive the second seed in the Mid West Region of the Tournament. Coach Krzyzewski knew that he had to be upbeat about his team. Going into the NCAA Tournament, he knew that his team needed to forget about the loss to UNC and regain their confidence in themselves. Therefore, he did not berate his players as he usually would do after such a loss. Duke was matched up with the University of Kentucky in the Regional Final game. Each team knew that the winner would move on to the Final Four. Duke won the game that night over Kentucky University 103 to 101, in what is called the greatest game ever. The game was in overtime when Sean Pelphrey, of Kentucky, hit a jump shot with 2.1 seconds left in the game. Duke called a time out and set up the last play of the game. Coach Krzyzewski decided to throw the ball the full length of the court to Laettner who was at the top of the free throw line. He faked right dribbled left and shot the ball with a defender in his face. The 20,000 fans in the arena were on their feet as the ball floated towards the rim. The shot went in at the buzzer. Kentucky was in shock (Weiss, p. 286). Both coaches knew they had been a part of history. Coach Krzyzewski said after the game, "No one lost tonight, both teams won, we just had one more point on the scoreboard." (Brill, p. 239). The
players were physically and emotionally drained after the victory. Brian Hill, the
player that threw the ball in to Laettner, fell on his knees and began weeping.
He displayed his excitement differently than most of the others. However, his
team mates ran over to him and picked him up off the floor and carried him to the
locker room. Each player was excited, but also in disbelief over what had
happened. The Blue Devils would go on to win their next two games and defeat
the University of Michigan for the National Title. The locker room was a lot
different this season. The players were not as happy as before, but felt a great
sense of satisfaction (Brill, p. 264). They had accomplished what they had set
out to do after the ACC Tournament loss, win the National Championship.
Duke's season was a remarkable one, but so was the University of Kentucky's.

UNIVERSITY OF KENTUCKY

The University of Kentucky had a long tradition of great basketball. Adolf
Rupp was the head coach for the Wildcats for 42 years. During that time he won
four National Titles, eighteen SEC Conference Championships, and became the
winningest coach in college basketball history. Coach Rupp set a standard for
all the coaches that would follow him at Kentucky (Wiess, pp. 6-7). The fans and
supporters of the Wildcats basketball team expect and often demand that they
be one of the top teams in the country every year. By placing that type of
pressure on a coaching staff, it often drives individuals to breaking the rules of
recruiting in order to guarantee that they will have the best talent. The University
of Kentucky's coach Eddie Sutton was caught by NCAA officials for recruiting
illegally. Coach Sutton resigned and moved on to Oklahoma State University,
but the school had to serve three years probation. During this time, the
University had to cut four scholarships from their program and could not
participate in any post season tournaments. The athletic director decided to hire
a man that had a good reputation as a coach and as a person. Rick Patino was named as the head coach of the men's basketball team in May of 1988.

Coach Patino changed the whole concept within the basketball program. No longer were the players placed on pedestals, instead they were treated as individual students who happened to play basketball. Within four years the University had been taken off probation and on their way back to national prominence. During the 1992 season, Kentucky's first season off probation, the Wildcats enjoyed success once again. Coach Patino had turned around a troubled basketball program. The Wildcats had struggled early in the season, however as March approached they were playing great basketball. The SEC Tournament would prove to be a great test for Kentucky's basketball team. They won the first game handily over Vanderbilt 76 to 57. The semi-final game would be played against Louisiana State University. LSU had won their game against Tennessee the night before, but they were involved in a bench clearing fight that resulted in the suspension of Shaquille O'Neal. He was the star player for the Tigers. Kentucky knew that the LSU team would not be as strong as a result of losing O'Neal and went on to win by nine points. The Wildcats were in the championship game after a three year period in which they could not even participate in the tournament. The University of Alabama upset the sixth ranked Arkansas Razorbacks in the their semi-final game on a three point shot at the buzzer. Alabama had been the champion for the past three seasons and was trying to make it four, but Kentucky had other plans. Kentucky was known for their pressure defense and were relentless against the Crimson Tide. No one felt that the Wildcats would be able to compete with Alabama, however they executed the plays as well as any team coach Patino had ever coached (Wiess, p. 260). The University of Kentucky defeated Alabama and were once again champions. However, the season was not over.
The Wildcats were moving on to the NCAA Tournament which would decide the National Champion. Their first game would be against Old Dominion University. The Monarchs were no match for the Wildcats; they defeated them by 21 and moved on through the tournament to the championship game of the East Region against Duke University, the 1991 champions. The game was, to many, the greatest game on NCAA history. Coach Patino and his staff were uneasy about the game. Duke was the number one team in the nation and picked to win the National Championship, however the players were not intimidated by their foe. Senior captain Richie Farmer said, "We respect Duke, but we're not afraid of them" (Wiess, p. 282). As the game progressed it became evident that the Wildcats were not afraid of the Blue Devils. Kentucky played a great game and frustrated the All-American forward Christian Laettner, who was visibly unable to play as well as he usually played. Laettner emerged in the second half to score 31 points and grab 10 rebounds, however Jamal Mashburn, of Kentucky, matched him every step of the way. The game would go back and forth and eventually go into overtime. The game was full of emotions, the final 30 seconds would be frozen in everyone minds for years. Finally, at the end of overtime, Kentucky's Sean Pelphery made a jump shot with two point one seconds on the clock. Kentucky's dream had almost come true; they were two seconds away from moving on to the Final Four. Duke called time-out to set up a play to score as Coach Patino and his staff tried to figure out a way to stop them. They decided not to put a defender in front of the inbound pass. Coach Patino felt it would be better to have someone down court to play centerfield. They were hoping to just knock the ball away. With a clear lane to throw the ball down court, Duke's Brian Hill threw the pass to Laettner who faked right and turned left and shot the ball. The crowd seemed be silent to the players as the ball went in at the buzzer. Kentucky had lost after thinking they had won. After
the game coach Patino tried to console his team, however the emotions were to high. "I didn't know how to lift their spirits, but the harder I tried the more they wept" (Wiess, p. 287). For the seniors it was their last game. They had come so far in the past three years. The seniors had gone through the probation period and had given the state of Kentucky a team to be proud of.

The University honored the seniors during a banquet once the team arrived back in Lexington, Kentucky. The Athletic Director summarized what Coach Patino and this team had accomplished by saying, "In the last three years people have grown to appreciate a great effort and attitude, and that winning is not the bottom-line thing." (Wiess, p. 291). Teams that do not win the National Championship can still be victorious; Kentucky is a great example of that.

SUMMARY

All three teams, the University of North Carolina, Duke University, and Kentucky University, have established themselves as premier programs in the nation. Many coaches and fans have been interested to know the secret to their success. Just as all the other teams, they believe in dedication, determination, and hard work. The methods and procedures used during the research will be discussed in the next chapter.
CHAPTER III
METHODS AND PROCEDURES

The purpose for this chapter was to determine the methods and procedures that were used to evaluate the Old Dominion University's men's basketball team. To gain the information and insight, the researcher administered a questionnaire and became involved with the team as a graduate assistant. This chapter includes the population chosen for the study, the instrument design, the methods of collecting data, the statistical analysis, and the summary.

POPULATION

The population chosen for this study included the players as well as the coaches of the Old Dominion men's basketball team. The researcher used eleven players and four coaches as the sample. A total of fifteen people were surveyed.

INSTRUMENT DESIGN

The questionnaire used closed-ended and open-ended questions and a weekly time table. The questions were used to allow the participants to respond specifically to questions regarding the 1996-97 basketball season. This gave them the freedom to express their feelings about the team and the season. The weekly time table allowed them to describe what their hectic schedules were like before, during, and after the season. A copy of the survey and the weekly time table is included in Appendix A.

METHODS OF DATA COLLECTION

The questionnaires were given to each participant by the researcher. Fifteen individuals participated in the survey. They were given specific directions as to the nature of the survey. The players and coaches were given 10 days to complete the survey, before being asked to respond again. The
researcher collected the surveys from the team's secretary 14 days after they were distributed.

STATISTICAL ANALYSIS

After all the data was collected, the researcher compiled and tabulated the data to determine the various responses and to examine the analysis. The data used dealt with the goals the team set and the view that each participate had of the 1996-97 basketball season. Numbers and percentages were used to interpret the results. The results to the survey tabulations were presented in figures and discussion in the following chapters.

SUMMARY

This chapter dealt with the methods and procedures used in this study to gather and tabulate data. The questionnaire and the personal involvement of the researcher with the team were the only form of data collection used. The findings to the data will be presented in Chapter IV.
CHAPTER IV

FINDINGS

The purpose of this study was to allow individuals to have an inside look at the Old Dominion Men's Basketball team. In order to give the public a true understanding of the life of a division one basketball team, a survey was conducted of the four coaches and eleven scholarship players. This survey included open and closed questions which allowed the participants the opportunity to express how they felt about being a part of the Old Dominion Men's Basketball team. A modified Likert-scale was employed with the closed questions to maintain the objectivity of the survey. The scale utilized was as follows:

1  Always
2  Sometimes
3  Never

The following collected data from this survey was presented in the remainder of this chapter.

PARTICIPATE SURVEY

The data presented in the following figures was obtained from the survey form submitted to the players and coaches. Out of the eleven survey forms submitted to players, eleven responded. Out of the four surveys submitted to the coaches, four responded. Thus, one hundred percent of the participants responded to the survey. The results are illustrated by the following figures.
Figure 1:

Question #1

Do you enjoy playing / coaching at Old Dominion University?

The responses to Question 1 stated that seven players and three coaches enjoyed playing or coaching at Old Dominion all the time, sixty-seven percent. Three players and one coach enjoyed playing or coaching at Old Dominion sometimes better than others, twenty-seven percent. One player did not enjoy playing for Old Dominion, seven-percent.
Figure 2:

Question #2

Do you feel the facilities are adequate for a Division I basketball team?

The responses to Question 2 stated that nine players and four coaches felt the facilities at Old Dominion were always adequate for a Division 1 basketball team, eighty-seven percent. One of the players felt that the facilities were sometime adequate, seven-percent, and one player felt that the facilities are never adequate for a Division 1 basketball team, also seven percent.
Figure 3:
Question # 3
Do you feel players are given a fair opportunity to compete for playing time?

The responses to Question 3 stated that seven players and all four coaches felt that players are given a fair opportunity to compete for playing time, seventy-three percent. Two of the players felt that players are given a fair opportunity sometime, thirteen percent. And two of the players felt that players are never given a fair opportunity to compete for playing time, thirteen percent.
Figure 4:

Question # 4

Do you feel athletes receive special treatment from Old Dominion University?

The responses from Question 3 stated that one player and none of the coaches felt that athletes at Old Dominion receive special treatment from faculty members and staff, seven percent. Six players and three coaches felt that the athletes receive special treatment sometime from the University, sixty percent. Four players and one of the coaches felt that the University never gives special treatment to the athletes, thirty-three percent.
Figure 5:

Question # 5

Are you happy with your choice to play / coach at Old Dominion?

The responses from Question 5 stated that nine players and four coaches are happy with their choice to be at Old Dominion, eighty-seven percent. Two of the players were happy with their choice only sometimes, thirteen-percent. No one was completely unhappy with choosing Old Dominion University.
Figure 6:
Question #6
Do you feel there are too many requirements placed on you by the University during the school term?

One player felt that the University places too many requirements on them, seven percent. Seven players and three coaches felt that the University places too many requirements on them sometimes, sixty-seven percent. Three players and one coach felt the University never places too many requirements on them, twenty-seven percent.
Figure 7:

Question #7

Do you feel the media treats the team fairly?

Nine players and three coaches felt that the media always treated Old Dominion fairly, eighty percent. Two players and one coach felt that the media treated Old Dominion fairly sometimes, twenty percent. No one felt the media never treated Old Dominion fairly.
Question #8

Do you participate in any basketball leagues during the summer?

Six players always participate in a summer basketball league, forty percent. Four players and two coaches participate sometimes, forty percent. One player and two coaches never participate in summer basketball leagues, twenty percent.
Figure 9:

Question # 9

Do you have a part-time job during the off season?

No one in the program always has a part-time job during the off season. Two players and one coach has a part-time job during the off season sometimes, twenty percent. Nine players and three coaches never have a part-time job during the off season, eighty percent.
Figure 10:

Question # 10

Do you feel that every player on the team puts forth the effort needed to help Old Dominion's basketball program achieve their goals?

Nine players and four coaches felt that the players on the team always puts forth enough effort to help Old Dominion's basketball program achieve their goals, eighty-seven percent. Two players felt that players put forth enough effort to help Old Dominion achieve its goals sometimes, thirteen percent. No one felt that the players never put forth the effort needed to help Old Dominion achieve their goals.
Additional information was obtained from the survey form. These questions were open ended, thus allowing the participates to express the views they had concerning the following questions.

Figure 11:
Question # 11
What was the most memorable moment for you during the 1996-97 season?

Six players and two coaches felt the most memorable moment was winning the CAA Tournament, fifty-three percent. One player responded that the most memorable moment was cutting down the net after winning the CAA Tournament, seven percent. Four players and two coaches stated that the most memorable was being apart of the NCAA Tournament, forty percent.
Figure 12:
Question # 12

What was an emotionally low point in the season for you?

Ten players and three coaches responded that the lowest point emotionally for them during the 1996-97 season was losing to William and Mary College by 28 points, eighty-seven percent. One player and one coach felt the lowest emotionally when Joe Bunn was released from the team, thirteen percent.