

Want to be a better basketball player? See Guinane

By Robert Davis

UTICA — Dave "The Basketball Guru" Guinane has a proposal. Give him four weeks and he guarantees to make you a better player.

Guinane says his one-on-one training program, The Basketball Workshop, can transform an average player into a great player and a great player into a superstar.

"The goal is to raise a player's game 10 percent across the board. If a player improves in this fashion, you have one great ball player," Guinane said.

Guinane has specific drills to improve shooting, dribbling, footwork, agility and defense.

Guinane, 41, a former captain of Harper Woods Notre Dame who played two years at Wayne State, believes in building player-coach relationships with those he trains.

"They have to feel comfort-

able with my personality and my coaching style for me to train them effectively. I attend their games to ensure that they are using the techniques properly and I take notes on the things they need to work on so that at the next session we can begin to work on them," said Guinane.

"A player is like a piece of frozen food. The frozen food is not ready to be eaten until it is seasoned and cooked just right. A player is not a complete basketball player until they are seasoned and taught correctly the fundamentals of the game," said Guinane, who was head boys basketball coach at Pontiac Notre Dame Prep in 1995 and an assistant in several other programs.

For the past seven years, Guinane's instruction has produced results. Some players he has worked with include Univer-

sity of Toledo standout Greg Stempin, Utica junior forward Julie Pagel, Sterling Heights Stevenson junior forward April Savalli, Troy Athens senior guard Janelle Olson and Troy senior tandem of Brian Okeefe and Sam Golaki.

"He has opened my game up a lot. I have become a better all around player. I shoot my shot quicker and better and my moves have improved," said Pagel, who was a Detroit News All-State, second-team selection.

"My jump shot is better and my confidence is higher. Coach Guinane does not stop until he gets the job done," said Olson, who became Athens' all-time leading scorer this past season.

Guinane also sends tapes and resumes and make phone calls to college coaches for the players in the workshop.

"So many of these kids want to

play college ball. Sometimes coaches do not know about their talents because it's impossible for college coaches to know about every player. My goal is not only to help them improve their game, but I also try to assist them in getting a college scholarship," said Guinane.

The Basketball Workshop is open to boys and girls from the seventh grade on up. Players can arrange their workouts individually or in small groups of two or three.

Guinane conducts sessions at various sites, which include Joe Dumars Fieldhouse and Harper Woods Notre Dame.

The cost for the four-session workshop is \$150. For more information, call Guinane at (810) 778-1249.

Robert Davis is a free-lance writer.



Alan Lessig / The Detroit News

Taking aim

Dave Guinane's nine steps to a better jump shot:

1. Make sure you are in the proper stance.
2. You must have a cocked wrist.
3. Keep the ball on the pads of your fingers.
4. Place index finger on the center of the ball and point it at the basket.
5. Take the ball and raise it just above your head so it's just out of sight.
6. Make sure you have a clear field of vision so that the ball and your arm is not in the line of vision.
7. Shoot with your legs.
8. Follow through.
9. And "don't forget to call Coach Dave."