



# The Coaching Culture Podcast Notes

## Episode 242 Overcoming Personal Challenges in Leadership

### Billy Armstrong Bergen Catholic High School

Twitter: [@CoachBArmstrong](https://twitter.com/CoachBArmstrong)

Email: [Barmstrong@bergencatholic.org](mailto:Barmstrong@bergencatholic.org)

Podcast accessible on:

[iTunes](#) | [Google](#) | [Spotify](#) | [Anchor](#) | [Youtube](#)

Billy Armstrong is the Head Basketball Coach of Bergen Catholic High School, one of the top high school programs in America.

- Preparing Your Players for the Next Steps in Life
- Building a Nationally Ranked Program
- Overcoming an Inferiority Complex

The things we carry with us as a person, they don't leave you when you step into coaching - This is no different for Billy Armstrong.

- As a player, Billy was 1 of 12 guys on the freshmen team, spent time as 8th or 9th man
- Being in a subversive culture, when the season was over - Billy became obsessed with basketball & getting better at basketball.
- By time he was a junior, he held 12 D-I offers
- Won a state championship

Billy still thinks extremely highly of his HS Coach, described as an extraordinary Coach -

- Does not require a lot of basketball teaching
- Willing to do all the other things that help the players

Billy played at Davidson

- Took a long time to learn basketball because of the lack of knowledge acquired in HS (clueless) - only played 6min/game 1st two seasons
- After a meeting with his coach after the season, Billy made tremendous progress academically and athletically his junior and senior years.



Billy was drawn to coaching

- The Driving Force (Motivation): He did not want any other player to go through what he went through as a good high school player stepping into a college program and being totally lost, due to his lack of understanding the game
- Desire to help kids avoid the same situation.
- Additionally, being a college basketball player does not require you to be a phenom.

After Davidson

- Determined to keep playing basketball - Had a tryout overseas
- After not making a team he tried out for, he became a janitor - With a key, he had access to the gym anytime he wanted
- Wouldn't come home because of embarrassment
- After 3 yrs of training, tried out for another team and made it; played for 3 yrs

At Bergen Catholic

- Who you are / What you believe in - Live it every day - your Core Values
- Philosophy of Play

Needs of Players change over time (especially with success)

- Must always be about the players

Inferiority Complex as a Player showing up as a Coach

- Billy guilty of spending a lot of games "coaching mad" - Can't Coach Mad
- "Every kid you coach is somebody's pride and joy; somebody's child"