



MARCH MADNESS



The main topic of this issue is basketball, but instead of looking closer at the NBA, *Zoom* will focus on a phenomenon which is known as March Madness.

March weekends in the United States belong to college basketball. Millions of Americans watch college teams compete on three consecutive weekends for the collegiate championship. The frequent upsets and popularity of the tournament earned it the name "March Madness."

"Selection Sunday" marks the start of March Madness when 68 NCAA (National Collegiate Athletic Association) Men's and 64 Women's teams are selected for "The Big Dance." On the first two days of play, their number will be brought down to 32, and then to 16 teams by the end of the first weekend. The following week, named the "Sweet 16," and the "Elite 8" round, reduces the number of teams to 8 and finally to four teams. The last weekend, the "Final Four," leads to singling out the National Champion.

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A fan photographs his favorite team practice for the NCAA Final Four basketball game Photo © AP Images

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Each year winners of conference tournaments, small groupings of teams who play each other in the regular season, are guaranteed a spot in the tournament. However, the tournament committee also selects "at-large" teams to play in the tournament. A team with a lower-seed that knocks off a higher-seed in an upset is called a "Cinderella" because they were not supposed to be at the "Big Dance."

While the women's tournaments have been held since 1982, the history of the men's

championships is more than 40 years older, with the first tournament held in 1939. The decade between the mid 1960s and the mid 1970s belonged to the University of California at Los Angeles (UCLA). Nowadays, no team can boast an unbreakable streak of success year after year, but the toughest rivalry seems to be between the University of North Carolina and Duke, winners of the last two championships and 4 of the last ten.

Text AIRC Krakow

Coach K



His name is not exactly easy to pronounce. That may be the reason why Mike Krzyzewski is more frequently spoken of as "Coach K." Under his leadership the Blue Devils of Duke University in Durham, North Carolina - won 4 NCAA Men's Basketball Championships (in 1991, 1992, 2001 and 2010) and were runner-ups the same number of times. Apart from his collegiate success, Coach K led the U.S. men's national team to gold medals at the 2008 Olympic Games in Beijing and the 2010 world championships. In recognition of his contribution to American basketball Mike Krzyzewski was inducted into the Naismith Memorial Basketball Hall of Fame in 2001.

Krzyzewski was selected Duke's coach in 1980 after five-years coaching at the U.S. Military Academy (West Point) in New York. Since 2006 he has been the head coach of the U.S. Men's National Basketball Team.

Mike Krzyzewski is the author and co-author of several books about basketball and the Duke Blue Devils. In 2006 he wrote a book with his son Jamie Krzyzewski Spatola *Beyond Basketball: Coach K's Keywords for Success*. His latest book published in 2009 is entitled *The Gold Standard: Building a World-Class Team*.



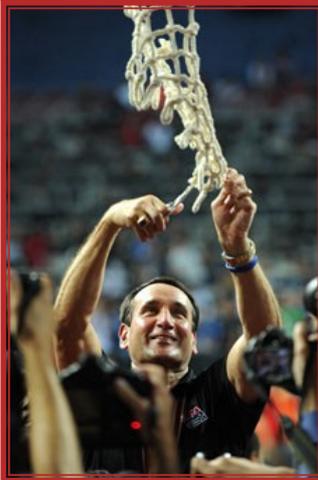
In all, Coach K has 895 wins, 822 at Duke, the second most of any men's basketball coach and most among active coaches. He has been coach of the year multiple times and was named "America's Best Coach" by Time magazine in 2001. On March 30th, Mike Krzyzewski will receive yet another award, the Medal of Recognition from the Kosciuszko Foundation.

Text AIRC Krakow



Born in Chicago in 1947 to Polish-American parents, Mike Krzyzewski has always been interested in basketball. While in high school, he was a successful player in Chicago's Catholic League. Moving on to the U.S. Military Academy he played under legendary coach Bob Knight. It was on Knight's recommendation that Mike

March Madness Party



The host and hostess are wearing referee jerseys and blow a whistle to announce the arrival of a new dish. The hall and the living room are in the colors of the hosts' favorite team.) Inflatables basketballs float around the room and a basketball hoop is mounted on one of the walls. In between the games the guests stretch their legs dribbling in the garden or in the basement. They have already filled out tournament brackets and are now waiting anxiously to see their favorite

teams win. And food? Anything that can be served in ball-shaped dishes: cheese balls, potato balls, meatball pizzas, stuffed potatoes with cheese, circle-shaped tarts with orange marzipan cover.

A party like this is thrown in many American homes on "Selection Sunday" in March, since not everyone will have luck to buy a ticket and see the games live.

(1st from top): Davidson's Andrew Love-dale dunks during practice; (2nd from top:) The Duke Blue Devils celebrate Coach K's 1000 Duke game; (3rd, 4th and 5th from top) Duke head coach Mike Krzyzewski (Photo AP Images)



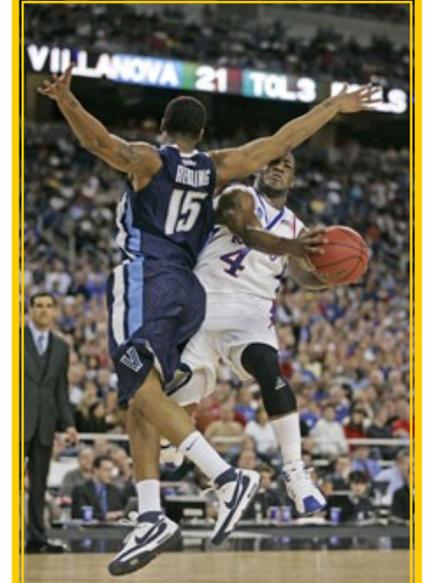
The Taste of Victory

My freshman year at the University of North Carolina, our men's basketball team won the 1993 national championship. All season, we had been one of the best teams in the country and many people thought as the tournament began that we would be the team to beat. We played well through the tournament and by the week before the Final Four, the campus was abuzz. It was hard to concentrate on classes and every conversation ended up turning to basketball. I went to the house of a group of friends to watch the championship. We set up TVs in every room, but it was still so crowded that I ended up watching the game sitting in a window sill that opened to the front porch of the house. The house sat on the main street that runs on the edge of campus, where everyone comes to

celebrate by lighting bon fires after big wins. When Donald Williams, the star of our team, hit the free throw that clinched the win, I climbed out the window and began to run up the street. For a few seconds, I was the only person on the street and I stood and listened to the cheers coming out of every building along the street before thousands of people poured out of bars and houses and dormitories and began celebrating with bonfires. To see what the celebration looked like you can visit this link of the video taken after the team won the championship again in 2009.

<http://www.youtube.com/watch?v=BxwSipEh9Wk>

Benjamin Ousley



Basketball men and women players in action Photos ©AP Images

The Beginnings of Basketball

The game that is now one of the most popular team sports internationally is 110 years old, even though some of its ideas may have their roots in much older Native Americans games. In 1891 Dr. James Naismith, an instructor at the International Y.M.C.A. Training School at Springfield, invented the game. The name of the game comes from the use of baskets. The original peach baskets were soon replaced by metal ones and they in turn were displaced by the open hoops used today. Backboards evolved, too. They were first made of wire mesh, then of wood and now they are made of glass so that the audience seated behind them can see through them.

There have been many changes to the game. The set of rules written down by Dr. Naismith had 13 points. Today, the official rules set by the International Basketball Federation FIBA in the form of an 80-page document describe in detail not only how the game is played but what requirements the court, equipment and teams must meet as well as

what duties and powers are given to referees and officials.

The biggest changes to the game itself are the speed and the number of players. Originally, there were 7 players on a side, now there are 5. The speed is much faster since now, instead of a rule that a player cannot run with the ball, dribbling is permitted and the original center jump after each foul was eliminated. Passing of the ball and accurate shooting as well as the spirit of teamwork have remained and are still the clue to success.

Dr. Naismith believed basketball should be all about fair play. He said:

Then rules were made to eliminate roughness such as shouldering, pushing, kicking, etc. The ball was to be handled with the hands only. It could not be drawn into the body and thus encourage roughness.

Text AIRC Krakow

Activity Page

■ Exercise 1 Comprehension.

In the left-hand column below you can read 8 out of the original 13 rules/definitions of basketball written down by the game creator James Naismith. In the right-hand column there are a few rules of the modern game. Try to find corresponding rules/definitions. Say if they are the same or different, and what the difference consists in.

Original rules/definitions:

1. The ball may be thrown in any direction with one or both hands.
2. The ball may be batted in any direction with one or both hands (never with the fist.)
3. A player cannot run with the ball. The player must throw it from the spot on which he catches it, allowance to be made for a man who catches the ball when running if he tries to stop.
4. The ball must be held by the hands; the arms or body must not be used for holding it.
5. No shouldering, holding, pushing, tripping, or striking in any way the person of an opponent shall be allowed (...)
6. A foul is striking at the ball with the fist, violation of Rules 3, 4, and such as described in rule 5.
7. If either side makes three consecutive fouls it shall count a goal for the opponents (...)
8. A goal shall be made when the ball is thrown or batted from the grounds into the basket and stays there, provided those defending the goal do not touch or disturb the goal.

Some modern rules/definitions:

- A. During the game, the ball is played with the hand(s) only and may be passed, thrown, tapped, rolled or dribbled in any direction, subject to the restrictions of these rules.
- B. A player shall not run with the ball, deliberately kick or block it with any part of the leg or strike it with the fist. However, to accidentally come into contact with or touch the ball with any part of the leg is not a violation.
- C. A goal is made when a live ball enters the basket from above and remains within or passes through the basket.
- D. The ball is considered to be within the basket when the slightest part of the ball is within and below the level of the ring.
- E. A foul is an infraction of the rules concerning illegal personal contact with an opponent and/or unsportsmanlike behavior.
- F. A player shall not hold, block, push, charge, trip or impede the progress of an opponent by extending his hand, arm, elbow, shoulder, hip, leg, knee or foot, nor by bending his body into an 'abnormal' position (outside his cylinder), nor shall he indulge in any rough or violent play.

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Useful Words

upset (noun) - an unexpected result or situation, esp. in a sports competition

collegiate (adjective) - belonging or relating to a college or its students

conference (noun) - an association of sports teams that play each other

seed (noun) - any of a number of stronger competitors in a sports tournament who have been assigned a specified position in an ordered list with the aim of ensuring that they do not play each other in the early rounds

■ Exercise 2

Work with another student. You are both tutors on a sports camp for a group of 40 boys and girls aged 13-16. You want to organize a sports Sunday with various sporting events.

Discuss what sports you want to have competitions/games in. Discuss and write down a set of rules for each game and contest. Plan awards for the winners.