

Michigan High School Football Coaches Association

Newsletter

Volume 21, No. 1
SERVING MICHIGAN'S COACHES
March 2017

Jack Carlson Receives MHSFCA's Highest Award



2017 Jim Crowley Award
Winner, Jack Carlson, with
his family

*Front Row: Daughter, Kristen
Renes; grandson, Gabe; grand-
daughter, Avery.
Second Row: Son-in-Law, Rob
Renes; wife Paula; Jack Carlson.
Rounding out Jack's family.
Unable to attend were Jack's son,
Jeff; daughter-in-law, Shannon
and granddaughter, Elizabeth.*

The 2017 recipient of the Jim Crowley Award graduated from Sparta High School in 1966, where he participated in football, basketball and track.

In the fall of 1966 Jack Carlson enrolled at Western Michigan University. In 1967 he led the marching band on the field and then in his junior year was asked to come out for the football team as a kicking specialist and participated for the 1968, 1969 and 1970 football seasons. At one time during his senior year he held 11 records for the Broncos. One he likes to mention, a 49 yard field goal, and one he would like to forget, punting 11 times in one game.

Upon completing his career as a Bronco, Coach Carlson had tryouts with the Dallas Cowboys, Green Bay Packers and the Pittsburgh Steelers. He began his teaching and coaching career at Fruitport High School in 1972. While at Fruitport, Carlson coached JV football, hockey and boys track. In

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MHSFCA

Membership runs

January - December

visit: MHSFCA.com

MHSFCA Meetings & Important Dates

Hall of Fame Induction

Sheraton Hotel, Ann Arbor

25 March 2017

Board of Directors Spring Meeting

Sheraton Hotel, Ann Arbor

26 March 2017

Board of Directors Summer Meeting

Saginaw Valley State
University

24 June 2017

All Star Awards Banquet

Saginaw Valley State
University

24 June 2017

The MHSFCA NEWSLETTER is the official publication of the Michigan High School Football Coaches Association with the expressed aim of keeping Michigan High School football coaches informed of developments in their profession.

NEWSLETTER Encourages Contributors

*Deadline for Submissions
for May Newsletter
— April 15 —*

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Michigan High School Football Coaches Association

35th Annual

East / West All Star Game

at

Saginaw Valley State University

25 June 2017

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*** Region 18 includes all 8-Man football teams.

Even number Regions elected in even years.
Odd number Regions elected in odd years.

Committee Chairs

Academic All State
Al Boydston, Caro
Greg Dolson, Tecumseh

Adrenaline Reading Award
Mark Thomas, Brighton

All-Star
Jim Sparks, Clawson

Apparel
Tony Ceccacci, Ortonville-Brandon

Assistant Coach Award
Pat Maloney, McBain

Clinic
Jerry Rabideau, Spring Lake

Ethics
Wes Wishart, Walled Lake Western

Fran Herrington Award
Gasper Giarmo, Zeeland West

Finance
Brad Bush, Chelsea

Hall Of Fame
Jack Carlson, Holland West Ottawa

Historian
Jack Carlson, Holland West Ottawa

Honorary Membership
Roger Bearss, Millington

Jim Crowley Award
Larry Sellers, Traverse City St. Francis

Leadership
Jim Neumann, Flint Powers

Media Relations
Mike Zdebski, Walled Lake Central

Membership
Steve Wilson, Fruitport

MHSAA Liaison
Jack Wallace, Okemos

MHSCA Liaison
Larry Merx, Chelsea

Newsletter
Larry Merx, Chelsea

Partnerships
Al Slamer, Albion College

Playoff
Tom Barbieri, Jackson

Political Action
Eric Redmond - Monroe

Public Relations
John Herrington, Farmington Harrison

Recruiting
Marcus Dukes, Hartland

Rules
Pete Coll, Center Line

Scholarship
Kelly Luplow, Clare

Youth Football
Scott Farley, Jackson

Web Site
Steve Wilson, Fruitport

Past Presidents

Dave Driscoll, Jackson Parkside '72-'73
Dutch Schrottenboer, Alpena '74
Bud Breed, Portage Northern '75
Ron Holland, North Farmington '76
Ivan Muhlenkamp, St. Joseph '77
Jeff Smith, East Lansing '78
Harley Pierce, Sturgis '79
Walt Braun, Marysville '80
Jim Ooley, Traverse City '81
Tom Fagan, Ypsilanti '82
Dick Harris, Harrison '83
Arnie Besonen, Owen-Gage '84
Dick Look, Tawas '85
Terry Rose, Stevensville-Lakeshore '86
Mark Covert, Fenton '87
John Dean, Detroit Northern '88
Dan Lauer, Benton Harbor '89
Jim Ahern, Ithaca '90
Tom Moshimer, Plymouth Salem '91
Bob Knight, Portage Central '92
Dave Woodcock, Jenison '93
Dennis Zbozen, Romeo '94
Bill Tucker, Flint Powers '95
Larry Rueger, Mona Shores/Fruitport '96
Larry Merx, Ann Arbor Huron '97
Jack Schugars, Muskegon Oakridge '98
Larry Sellers, Traverse City St. Francis '99
Tim Klein, Roscommon '00
Keith Froelich, Okemos '01
Jim Clawson, Monroe St. Mary's Catholic '02
Bob Scheloske, South Lyon '03
Mike Wojda, Alpena '04
Pete Coll, Center Line '05
Jim Buttson, Allen Park, '06
Al Slamer, Battle Creek Central, '07
Dave Larkin, Jenison '08
Brad Grayvold, Norway '09
Steve Wilson, Fruitport '10
Jack Wallace, Fowlerville '11
Doug Bess, Battle Creek Central '12
Keith Stephens, Southfield Lathrop '13
Kelly Luplow, Clare '14
Ed Greenman, BC Harper Creek '15
Brad Bush, Chelsea '16

2017 Jim Crowley Award • Jack Carlson*continued from page 1*

five years his JV football team had a record of 39 wins and only five losses!

In the fall of 1978 Coach Carlson began teaching and coaching at West Ottawa High School in Holland. During his 26 years at West Ottawa he coached JV football for one year and then served in several positions including: offensive line coach, defensive line coach, linebacker coach and defensive coordinator for a total of 17 years. Carlson is very proud of the fact that during those years, West Ottawa won their very first O.K. Red Conference Championship in 1984 and then their second in 1992.

Also at West Ottawa Jack felt fortunate to coach the girls track team. His girls won nine league championships, finished second eight times, third three times and fourth only once. The girl's record in those 21 years was 163 wins, 25 losses and two ties. In 1979 his girl's track team won their first ever O.K. Red Conference Championship. Carlson retired from all coaching in 1999 and from teaching in 2004 after completing 32 years as a math instructor.

While coaching at West Ottawa, with the help of Dave Woodcock, Jenison football coach, he was appointed as a MHSFCA Regional Director in 1987 and then was appointed Historian of the Association in 1988. This year

will mark his 29th year as Historian and his 30th year being part of the MHSFCA.

During his career Carlson has been honored with the following recognition:

1983 - MHSFCA East/West All-Star Coach

1992 - MITCA Regional Coach of the Year

1992 - Nominee for the MITCA State Coach of the Year

1995 - MHSFCA Assistant Coach of the Year

1997 - Again a nominee for the MITCA State Coach of the Year

2001 - Inducted to the West Ottawa Hall of Fame

2006 - Inducted to the MHSFCA Hall of Fame

Coach Carlson has been married to his wife, Paula, for 36 years. His children are Kristen, married to Rob Renes and Jeffrey, married to Shannon. He has three grandchildren, Avery, Gabe and Elizabeth, with another due in March.

He said, his longevity and dedication to the Association and his behind the scenes coordination of the selection of members of the MHSFCA Hall of Fame are the things of which he is the most proud.

Previous Crowley Award Recipients

David Driscoll '81
Jackson Parkside

Donald Lessner '82
Riverview

Ron Holland '83
North Farmington

Harley Pierce '85
Sturgis

Jack Castignola '86
Trenton

Tom Fagan '87
Ypsilanti

Elmer Engle '88
Bay City

Tom Moshimer '89
Plymouth Salem

Bob Wyman '90
Kalamazoo

Roger Chiaverini '91
Holland

Walt Braun '92
Marysville

Jim Ooley '93
Traverse City

Dan Lauer '94
Benton Harbor

Larry Rueger '95
Fruitport/Mona Shores

"Ike" Muhlenkamp '96
St. Joseph

Pete Coll '97
Center Line

"Woody" Thomas '98
Detroit Central

Jeff Smith '99
East Lansing

Jack Schugars '00
Muskegon Oakridge

Larry Merx '01
Ann Arbor Huron

Dave Woodcock '02
Jenison

John Herrington '03
Farmington Harrison

Albert Fracassa '04
Brimingham Brother Rice

James Reynolds '05
Martin Luther King II

Keith Froelich '06
Okemos

Bob Knight '07
Portage Central

Richard Fodor '08
Bridgman

Bob Scheloske '09
South Lyon

Richard Harris '10
Harrison

Chuck Ritter '11
Ann Arbor Pioneer

Al Slammer '12
Holt

Loren Willey '13
Clio

Jim Ahern, '14
Lansing Catholic Central

Dick McGiness, '15
Lake City High School

Larry Sellers, '16
Traverse City St. Francis

Steve Spicer Team Memorial Leadership Award 2016

by Dave Lawrence, Leadership Chair

The Steve Spicer Memorial Team Leadership Award was inaugurated in 1999 by the Michigan High School Football Coaches Association. The award honors high schools throughout the State of Michigan who exemplify the legacy left to us by Steve Spicer, the former head football coach at Fowler High School who was an outstanding coach, teacher, husband, father and local leader before his untimely battle with cancer took him from us.

Steve who is a member of our Football Coaches Hall of Fame, had an outstanding coaching record along with capturing a state football championship while at Fowler. More importantly however is the fact that he was a great role model for the players he coached and the students he taught.

We proudly present the 2016 recipients of the Steve Spicer Memorial Team Leadership Award:



Chippewa Valley High School, Scott Merchant

The Big Reds are two time recipients, originally winning the award in 2010. They were involved in 3 major service projects throughout the year which included: Elementary Reading Program in their school district, Gleaner's Food Bank Service Project and sponsoring their Second Annual Cancer Awareness football game which several thousand dollars for cancer research.

Dundee High School, Kyle McElvany

The Vikings were involved with 12 different service projects that included Monroe County Special Olympics, Youth Victory Day, Town Storm Clean Up, Dundee Hall of Fame Banquet and Military Appreciation Game Night.

St. Clair High School, Bill Nesbitt II

The Saints were involved in 6 different projects totaling 425 hours which included: "St. Clair Minutemen" and Special Dreams Farm programs that serve adults and senior citizens with special needs along with Kids in Distress a program that serves children in need with clothing.

**Congratulations to all our
participating schools on a
job well done!**

REMINDER

MHSFCA Hall of Fame Banquet

March 25

Sheraton Hotel • Ann Arbor

Final date for pre-sale tickets: Saturday, March 18.

See page 13 for banquet information and registration form.

The 2016 Adrenaline Reading Award winners

by Mark Thomas, Adrenaline Reading Award Chair

The 2016 Recipients

Benzie Central - Jason Katt

The Michigan High School Football Coaches Association, in partnership with Adrenaline Fundraising, presents two Adrenaline Reading Awards annually. This year's winning teams, Benzie Central and Charlevoix received their awards from Joe Hebden, Adrenaline's Northern Michigan rep. and Tim Peterson, MHSFCA's Regional Director for Region 2. The \$500 awards are given to the winning teams' elementary school libraries to be used to augment their book purchasing budgets.

Charlevoix Sr. High - Ron Bindi

The Reading Award recognizes high school football programs whose players have spent time in their school district's elementary schools reading and serving as role models for the schools' students. To be recognized, the head coach submits an application letter in the fall documenting what the team has done. For more information about the award. Contact: Mark Thomas, Adrenaline Reading Award Chair: thomasm@slcs.us

Keep on Reading !



Benzie Central representatives from their four elementary schools accept their award checks (they split the \$500 four ways). On the right, in back, is MHSFCA Region 2 Director, Tim Peterson.



Pictured left to right: Joe McRaney, Jacob Mitchell, Jared McLean, Dana Frank (Media Center), Coach Ron Bindi, and Adrenaline's Joe Hebden

Thank you letter from Benzie Central

Dear Michigan High School Football Coaches Association,

On behalf of the entire Betsie Valley staff, we thank you for all that you are doing to recognize Coach Jason Katt and the Benzie Central Huskies Football team for their efforts to support our youngest Huskies in developing a love of reading!

As athletes, they serve as role models both on and off the field. Their commitment and dedication to the sport inspires many youngsters to follow in their footsteps. While we love to watch our students aspire to be good sports and reach their peak athletic abilities, we deeply value the impact these student athletes are making on our students in regard to the importance of learning to read. The students at Betsie Valley love to have high school athletes come to visit. The stories and activities planned

are always a big hit but I believe their favorite part of the visit is always lunch and recess with the "big kids".

Many thanks for the gift of \$125.00 to purchase new books for our library. The students love getting new books, especially ones that they can read! Thanks for your partnership in educating the children of our community.

Sincerely,
Amiee Erfourth,
Betsie Valley Elementary

Bret Bielema, James Franklin Advise Parents Not to Pay for Recruiting Services

Courtesy of Mike Griffith, SEC Country

Does a high school football prospect need to use a recruiting service? Arkansas coach Bret Bielema, Penn State coach James Franklin and Eastern Michigan coach Chris Creighton answered that question along with many others parents had at the Sound Mind Sound Body Football Academy on Sunday.

"Do not pay for any recruiting service," Franklin said. "I'm about to piss somebody off in the room. The only recruiting services that I've ever used is the ones we pay for, you guys should not be paying."

"Do we get them, yes, but they go right in the trash."

Bielema, who introduced himself as a "laid-back dude" who wears flip flops and likes reggae music, was in agreement with Franklin.

"I would echo everything James said times 1,000, even as an assistant coach I've never used any service that has been sent to me," Bielema said at the Tampa camp. "I've only used the ones that I've bought, and I still don't use those a lot. You can send Hudl film to a coach, and I guarantee somebody's eyes are on it."

"I was a walk-on, I had nobody offer me a scholar-

ship, had an opportunity to walk on at the University of Iowa, chase my dream and everything else kind of ... had a wonderful NFL career for six days."

Creighton said parents can rest assured their sons are being watched.

"I guarantee we are all watching film, and everybody has got film, so you don't have to go through an outside agency for us to see the film," he said. "They don't do stars for what kind of teammate he is, they don't do stars for what's two inches under the left side of his chest."

"Play football, be a great teammate and you're gonna have film."

Bielema also criticized so-called "star rankings."

"The part I'd like to make about the star system, I recruited and coached a young man by the name of Russell Wilson, everybody heard of him? Two-star," Bielema said, referencing the Super Bowl-winning NFL quarterback. "Had another young man that played for me that was a 0-star, his name was J.J. Watt."

"That should tell you right here, that the star system, for most coaches, it is what it is ... stars a lot of times are biased, so don't worry about that too much."

Youth Football Coaches' Clinic Tour

Clinics are geared to coaches for grades 8 and below. They will feature top high school and college speakers, on-field demonstrations, and membership in the Michigan High School Football Coaches Association.

Cost: \$30 each or \$200 for staff of 7 or more

April 30: Farmington Hill Harrison High School • 1:00 - 4:00 PM

May 21: Grand Ledge High School • 1:00 - 4:00 PM

June 25: Holland High School • 1:00 - 4:00 PM

July 30: Traverse City West High School • 1:00 - 4:00 PM

Look for registration information coming soon.

Forward this to all youth football organizations.

Questions can be sent to Scott Farley,
Youth Football Committee Chairman at jhighfootball@gmail.com

Winners Circle Continues to Grow in Lansing

by Jerry Rabideau, Clinic Chair, Spring Lake



Pictured: James Franklin, Penn State Head coach joined Michigan State's Mark Dantonio and EMU's Chris Creighton as keynote speakers at the January 2017 Winners Circle Clinic.

The 45th annual "Winners Circle" Football Clinic continues to grow in Lansing. The clinic is hosted by the Michigan High School Football Coaches Association (MHSFCA). This year, like many previous, we brought together high school and college coaches from all over the state and Midwest. In addition to coaches, we brought in experts from the medical profession, professional leadership support, vendors, honored guests and even a speaker that focused on building "Mom" support. The 45th Clinic was jam packed with a full variety of speakers and continues to provide our colleagues the best material to build your program.

The City of Lansing continues to provide an atmosphere and facilities venue that is state of the art. Most of all it is centrally located making it a strong convenience for all of our association. The Lansing Center along with the Lansing Radisson provide an excellent environment that meets and exceeds our needs. With that said, we are always on the lookout for the best location for our clinic in the state. For now, we stay in Lansing for 2018. In addition, the Greater Lansing Convention and Visitors Bureau is one of the best groups to work with in the state! Soon you will be receiving a survey. It is my hope you will take the time to give us feedback.

For the 2017 clinic, our staff focused on bringing in a plethora of diverse speakers. We strived to cover every facet of the game from offense, defense and special teams to help build your program and self-knowledge. Most importantly our clinic strives to provide sessions that specifically place focus on our game's safety. We will continue to build each year and provide the Midwest's "Best" football clinic. Complete the survey!

It is a pleasure to inform you that our clinic is more than just X and O's. Annually we recognize our state's best coaches by providing numerous awards. Awards include recognition of Assistant Coaches of the Year, Regional Coaches of the Year, Division State Coaches of the Year, and individual recognized awards named after our game's greatest state legends. These include Honorary, Spicer, Herrington, and our association's highest honor the Jim Crowley Award which was presented to Jack Carlson the association's long time historian, Hall of Fame coordinator and West Ottawa coach. Each year, our members are invited to attend this ceremony/awards banquet held on Friday evening at the Radisson Hotel. Tickets are available through Gus Kapolka of Cedar Springs High School.

This year we re-designed the interior of the vendor exhibit. Hopefully you were able to attend several of the 60 plus vendors and college recruiting tables that were present. We also incorporated a friendly gathering area to enjoy refreshments and lunch. Each vendor and college is very valuable to our game and clinic and we appreciate the great efforts they go to provide our game the best possible equipment and recruiting opportunities.

Starting with Thursday evening, which is becoming a very popular evening for our guests, we had a full lineup of speakers that included Matt Mitchell of GVSU, Dustin Bauer of Albion, Mike Sparks of Napoleon H.S., Kevin Rogers of Detroit Central and, new this year, Jamy Bechler from The Guidestone Group who spoke on building team leadership. New as well this year, we featured the "Do it for Daniel" video which was available for view throughout the entire clinic.

Thursday's major guest was James Franklin of Penn State University who presented about his program development along with helpful insight about coaching the game. This may have been one of our most significant guest speakers in a while and he was very warmly received.

Our Thursday sessions concluded with Dennis Parker of Cass Tech, John Creek and Filip Filipovic of which both played in college and the NFL as kickers. Tyler Wellman

of Lakeland College spoke about developing a zone scheme defensively, while Josh Shattuck of Seymour Indiana spoke on "Elite Practice Structure". Theresa Beeckmann, founder of Tree Roots Culture Consulting LCC, and has been a regular guest on ESPN, spoke about building "Mom" culture and allowing them to be informed of what our game is doing for safety.

Friday kicked off with our early morning breakfast session with our medical experts Dr. Jeff Kutcher and Amy Teddy. They are becoming a regular fixture at our clinic as they provide the latest insight on brain health. Both are very talented and we can't thank them enough for taking the time to share their knowledge and safety recommendations. This session is a sell-out every year. The Association's general membership meeting followed Dr. Kutcher.

Our keynote speaker and one of our fondest guests every year is Mark Dantonio of MSU. Coach Dantonio continues to be an integral part of our clinic taking time each year to be approachable and network with our state's coaches. Chris Creighton of Eastern Michigan University followed with his wrap up of a very successful season at EMU.

At the conclusion of our keynote speakers, we encourage clinicians visit the vendors' exhibit hall. Our goal is to provide an environment to mingle with vendors, time to have a sit down lunch and, of course, to network with colleagues. Each year we tweak this time frame and we are finding that coaches find this period to be very beneficial. Friday early afternoon started with Nick Boucher of Lakewood H.S., Ernest Moore of Valparaiso University, EJ Whitlow of GVSU, Rod Oden of Detroit East English Village H.S., Dana Chambers of Kalamazoo Central H.S., and Tim Hearth of Tri Unity Christian H.S.. Each year our All-Star Selection Committee hosts a meet and greet for our state's coaches that may have an all-star type player. Held in Exhibit C, this is a great time to present and sell your player to the committee.

Friday mid-afternoon we gathered Scott Barnhart of Algonac H.S., Matt Vitzthum of GVSU, Josh Shattuck of Seymour Indiana, Corey Parker of River Rouge H.S., Sparky McEwen of Ferris State University and now Head Coach of Davenport University, Kevin Bellefull of Powers North Central H.S. and Coach Chapman of Grandville High School.

Friday afternoon continued with Kevin Townsend of Freedland H.S., Eric Stiegel of Grandville H.S., our medical experts Joanne Gerstner and Jeff Kutcher, National Director of Sports Neurology at the Core Institute, spoke about "Concussion, Pop Culture, The Media: What's The Real Story?", Matt Bolles of Muskegon H.S., and an open forum focussing on 8 Man Football.

Another featured keynote speaker continued Friday afternoon was John Bonamego, Head Coach, Central Michigan University. Coach Bonamego has been very good to our association providing his presence at many of our events including the Leadership Conference also held in Lansing each year.

After Coach Bonamego spoke, our association moved into our awards ceremony and banquet featuring our state's top coaches. Fellowship and acknowledge was bestowed to our highest honors. Division Coaches, along with individual awards recognizing achievements above and beyond our playing field. Congratulations to these recipients.

Continuing on after banquet we featured: Kyle Powell of Northwood University, Ryan McCartney of Seymour Indiana H.S., Josh Schumacher, Concordia University-Ann Arbor Head Coach, Max Clark, Concord H.S. Head Coach and Kevin Bartz of Edwardsburg High School.

Late Friday, we concluded the day with Kristoph Lopata, Owner of Lopata Kicking, Tyrone Spencer of Detroit Martin Luther King H.S., Phil Martin of Frankenmuth H.S. and Jamy Bechler, The Guidestone Group, "Building a Championship Culture".

Head Coaches Remind your Staff!

1. Join the MHSFCA for NOCAD insurance, newsletters & other benefits

Membership form on page 23

2. For notification of Newsletter availability we need your email address. Send it to:

MembershipMHSFCA@gmail.com

Multi-Sport Athlete Award Nominations

Deadline is April 15th!

Coaches - Make sure your Athletic Director or Principal submits nominations, one male and one female, for the MHSCA's Multi-Sport Athlete Award!

The Michigan High School Coaches Association will present the third year Multi-Sport Athlete Awards to student-athletes in Michigan High Schools in the spring of 2017. These awards recognize eight (one male and one female from each of the four school classes) well-rounded and accomplished student-athletes. The MHSCA strongly encourages athletes to participate in a variety of school sports and to be an active participant in other school and community activities.

As you know, research shows that:

- A student who participates in one extra-curricular activity will have a higher GPA than a student who does not participate in any extra-curricular activities
- A student who participates in two extra-curricular activities will have a higher GPA than a student who participates in only one.
- A student who participates in three extra-curricular activities will have a higher GPA than the student who participates in two.
- More than 50% of the NFL players played more than one sport in high school.

Criteria:

- Each school in state is eligible to submit one female and one male for award. Athlete must have competed in a minimum of three sports for all four years of high school.
- Nomination must be submitted by April 15 of each year.
- One female and one male in each class (A,B,C,D) will be selected.
- Awards will be presented at senior events for the student's high school.

Start collecting information on your multi-sport athletes now, in preparation for submitting the information. we'll need on the following form!

2015 Multi-Sport Athlete Award Winners

Class A Female • Alexis Baskin • Grand Rapids University Preparatory Academy/Ottawa Hills

Class A Male • Cole Rechsteiner • Bay City Western

Class B Female • Greta Wilker • Belding

Class B Male • Cory Robinson • Whitehall

Class C Female • Macy Zwerk • Vassar

Class C Male • Brock Ridgeway • Homer

Class D Female • Hannah Rayburn • Franklin Road Christian

Class D Male • Gavin Harris • Franklin Road Christian

**2016 Class C Female winner
Macy Zwerk, Vassar High School**



**Nomination
information available on
page 11.**

Michigan High School Coaches Association Multi-Sport Award Nomination Form

Nominations are due: 15 April 2017

Basic Criteria:

- Each school in state is eligible to submit one female and one male for award.
- Athlete must have competed in a minimum of three sports for all four years of high school.
 - Application must be submitted by April 15 of each year.
 - One female and one male in each class (A,B,C,D) will be selected.
- Awards will be presented at senior events for the student's high school.

It is recommended that the nomination form be completed online at:

<https://docs.google.com/forms/d/e/1FAIpQLSd6MzJaUtlpddrDGu2hl6wStT7-LvxOlSCJOSdSjiIYLRLKbg/viewform?fbzx=7880752489618710990>.

If filling out on paper, you can email to:

LarryMerx@gmail.com

Or USPS

Larry Merx, 39 Judd Rd., Milan MI 48160.

Paper submissions must include the following information:

- Submitted by: Print Name and Sign
 - Title (must be AD or Principal)
 - School Address
 - School Phone
- Email address of person making nomination
- Nominator by signing is in effect saying that nominated athlete is a student of very good standing in their school and community.
- Name of Athlete
- Address of Athlete
 - Phone number
 - Email address
 - School Name
 - School Address
- School Class (A B C D)
- Academic Rank and GPA
 - Academic Honors
- Test Scores (ACT &/or SAT)
- Fall Sport/s and years participated (9, 10, 11, 12)
 - Personal honors won in Fall Sports
- Team honors won by Fall sports participated in.
- Winter Sport/s and years participated (9, 10, 11, 12)
 - Personal honors won in Winter Sports
- Team honors won by Winter sports participated in.
- Spring Sport/s and years participated (9, 10, 11, 12)
 - Personal honors won in Spring Sports
- Team honors won in Spring sports participated in
 - Other School Activities
 - Other School Awards
 - Community Activities
 - Community Awards
 - Post High School Plans

Injury Rates Higher for Athletes Who Specialize in One Sport

Courtesy of Bruce Howard, National Federation of State High School Associations

The issue of whether high school student-athletes should specialize in one sport or play multiple sports continues to be debated across the country. How prevalent is the practice of specialization and what are the potential drawbacks for individuals who focus on a single sport?

In an effort to find answers to some questions related to sport specialization, the National Federation of State High School Associations (NFHS) Foundation funded a study conducted by the University of Wisconsin School of Medicine and Public Health. While the primary focus of the study was to determine the injury rate for those athletes who specialize in one sport vs. individuals who do not specialize in one sport, the study also provided information about the rate of specialization by male and female athletes.

The study was conducted throughout the 2015-16 school year at 29 high schools in Wisconsin involving more than 1,500 student-athletes equally divided between male and female participants. The schools involved in the study represented a mixture of rural (14), suburban (12) and urban (3) areas, and enrollments were equally diverse with 10 small schools (less than 500 students), 10 medium schools (501-1,000 students) and nine large schools (more than 1,000 students).

From an injury standpoint, the study indicated that high school athletes who specialize in a single sport sustain lower-extremity injuries at significantly higher rates than athletes who do not specialize in one sport.

Athletes who specialized in one sport were twice as likely to report previously sustaining a lower-extremity injury while participating in sports (46%) than athletes who did not specialize (24%). In addition, specialized athletes sustained 60 percent more new lower-extremity injuries during the study than athletes who did not specialize. Lower-extremity injuries were defined as any acute, gradual, recurrent or repetitive-use injury to the lower musculoskeletal system.

"While we have long believed that sport specialization by high school athletes leads to an increased risk of overuse injury, this study confirms those beliefs about the potential risks of sport specialization," said Bob Gardner, NFHS executive director. "Coaches, parents and student-athletes need to be aware of the injury risks involved with an overemphasis in a single sport."

Among those who reported previously sustaining a lower-extremity injury, the areas of the body injured most often were the ankle (43%) and knee (23%). The most common type of previous injuries were ligament sprains (51%) and muscle/tendon strains (20%).

New injuries during the year-long study occurred most often to the ankle (34%), knee (25%) and upper leg

(13%), with the most common injuries being ligament sprains (41%), muscle/tendon strains (25%) and tendonitis (20%).

In addition, specialized athletes were twice as likely to sustain a gradual onset/repetitive-use injury as athletes who did not specialize, and those who specialized were more likely to sustain an injury even when controlling for gender, grade, previous injury status and sport.

The student-athletes involved in the study were deemed "specialized" if they answered "yes" to at least four of the following six questions: 1) Do you train more than 75 percent of the time in your primary sport?; 2) Do you train to improve skill and miss time with friends as a result?; 3) Have you quit another sport to focus on one sport?; 4) Do you consider your primary sport more important than your other sports?; 5) Do you regularly travel out of state for your primary sport?; 6) Do you train more than eight months a year in your primary sport?

Thirty-four percent of the student-athletes involved in the Wisconsin study specialized in one sport, with females (41%) more likely to specialize than males (28%). Soccer had the highest level of specialization for both males (45%) and females (49%). After soccer, the rate of specialization for females was highest for softball (45%), volleyball (43%) and basketball (37%). The top specialization sports for males after soccer were basketball (37%), tennis (33%) and wrestling (29%). The sports with lowest levels of specialization were football (16%) for boys and track and field (15%) for girls.

The study, which was directed by Timothy McGuine, Ph.D., ATC, of the University of Wisconsin, also documented the effects of concurrent sport participation (participating in an interscholastic sport while simultaneously participating in an out-of-school club sport), which indicated further risk of athletes sustaining lower-extremity injuries.

Almost 50 percent of the student-athletes involved in the survey indicated they participated on a club team outside the school setting, and 15 percent of those individuals did so while simultaneously competing in a different sport within the school. Seventeen (17) percent of the student-athletes indicated that they took part in 60 or more primary sport competitions (school and club) in a single year. Among those student-athletes in this group who sustained new lower-extremity injuries during the year, 27 percent were athletes who specialized in one sport.

Although some sports (field hockey, lacrosse) are not offered in Wisconsin and were not included in the study, the study concluded that since specialization increased the risk of lower-extremity injuries in sports involved in the survey it would also likely increase the risk of injuries in sports that were not a part of the study.

2017 Hall of Fame Banquet Ticket Order Form

2017 M.H.S.F.C.A. HALL OF FAME HONOREES

Joe Delaney — Grand Blanc

Denny Dock — Stevensville Lakeshore

Jack Giarmo — St. Mary Catholic Central

James Kalbfleisch — Lincoln Park

Jeff Keller — Hastings

Timothy Joseph McGee - Forest Hills Central

Jim Neumann — Luke M. Powers Catholic

Dean Peters — Olivet

Ken Rimer — Constantine

Dave Spaulding — Monroe Jefferson

Gary Stefaniak — Essexville Garber

Kyle Tobin — Whittemore-Prescott

John Walker — Troy Athens

Michael F. Zdebski — Walled lake Western

Guest Speaker: **TBA**

Purpose: To Honor 14 Outstanding High School Football Coaches

When: **Saturday, March 25, 2017**

Where: **Ann Arbor Sheraton Hotel**

Times: Social: **5:30 p.m.** Dinner: **6:30 p.m.** Induction: **7:30 p.m.**

Price: **\$35.00 per Ticket**

Order tickets by contacting:

Mr. Gandalf Church H: 269 - 983 - 0865

Hall of Fame Banquet C: 269 - 449 - 6553

1223 Hillcrest Ave. e-mail:

St. Joseph, MI 49085 gchurch@sjschools.org

Make Checks Payable To: M.H.S.F.C.A.

****Please send a self addressed stamped envelope.**

****Please order all tickets by Saturday, March 18, 2017**

Total Number of Tickets _____ @ \$35.00 per ticket = _____

Name: _____

Address: _____

City, State, & Zip: _____

2017 East/West Weekly Schedule (DRAFT)

TUESDAY, JUNE 20

6:00 pm Coaches report to First Year Suites
 •Parking Available lot J3
 7:00 pm Coaches Mixer
 •Curtis Hall Banquet Room C

WEDNESDAY, JUNE 21

10:00 am – 12:00 pm Players report to Curtis Hall
 12:30 pm Introduction Meeting (Full 80)
 •Recital Hall
 1:00 pm Lunch: Market Place at Doan
 2:00 pm Team Pictures in Stadium
 2:45 pm Team Meetings
 •West 101 Ryder
 •East 255 Ryder
 3:30 pm – 5:00 pm Practice #1
 •West: Indoor
 •East: Stadium
 5:30 pm – 6:30 pm Dinner: Market Place at Doan
 7:00 pm – 9:00 pm Practice #2
 •West: Stadium
 •East: Indoor
 9:30 pm Team Meetings
 11:00 In rooms
 11:30 Lights out

THURSDAY, JUNE 22

7:00 am – 8:00 am Breakfast: Market Place at Doan
 9:00 am – 11:00 am Practice #3
 •West: Indoor
 •East: Stadium
 11:30 am – 12:30 pm Lunch: Market Place at Doan
 1:30 pm – 3:30 pm Practice #4
 •West: Stadium
 •East: Indoor

4:30 pm – 5:45 pm Border Classic Media Day
 and Skills Competition
 •Indoor Facility
 6:00 pm – 7:00 pm Dinner: Market Place at Doan
 7:30 pm – 9:30 pm Practice #5
 •West: Indoor
 •East: Stadium

9:30 pm Team Meetings
 11:00 pm In rooms
 11:30 pm Lights Out

FRIDAY, JUNE 23

7:00 am - 8:00 am Breakfast: Market Place at Doan
 9:00 am – 10:30 am Practice #6
 •West: Stadium
 •East: Indoor
 11:00 am – 12:00 pm Lunch: Market Place at Doan
 12:15 pm Community Service (TBD)
 12:30 pm – 2:00 pm Community Service (TBD)
 2:15 pm Community Service (TBD)
 3:00 pm – 4:30 pm Practice #7
 •Field assignment TBD
 6:00 pm – 9:00 Border Classic Banquet
 •Curtis Hall Banquet
 Rooms A,B, and C

11:00 pm In rooms
 11:30 pm Lights Out

SATURDAY, JUNE 24

8:00 am – 9:00 am Breakfast: Market Place at Doan
 9:00 am – 10:00 am Check Out of First Year Suites
 10:00 am Team Walk to SVSU Stadium
 11:30 pm Field available for pre-game
 12:40 pm Line up for intros
 12:45 pm Player introductions
 1:00 pm National Anthem/Coin Toss
 1:08 pm Kick Off

MHSFCA ALL STAR TEAM SELECTION PROCESS

MHSFCA WINTER BOARD OF DIRECTORS MEETING: At this meeting the All Star Committee selects the coaching staffs for both the East and West teams. The selections come from a pool of nominations made by each of the 36 regional directors. Each regional director can nominate 1 coach from their region for consideration. To be eligible for selection a coach must not have served on an All Star staff previously and must be a member of the MHSFCA.

OCTOBER-JANUARY: Player nominations are submitted by member coaches. Depending upon your school's enrollment classification you can nominate 1-3 players.

FEBRUARY: Player selection meetings. Both the West and East coaching staffs will be responsible for selecting 40 players from submitted nominations to fill the All Star Rosters. Each staff must choose at least 1 player from each region in their Area. The West has regions 1-9 and one 8 man player and the West has regions 10-17 with 1 8 man player as well. The maximum number of players chosen from 1 HS is 1.

APRIL/MAY: Each team will get 1 full team practice in April and another in May. These practices will be held at facilities centrally located within each team's area.

JUNE: Teams and coaches report to All Star site for camp and the game.

Leadership Conference

by Jim Neumann, Flint Powers Catholic HS, Leadership Conference Co-Chair



Chris Creighton, Eastern Michigan University

On February 13, approximately 280 coaches and athletes gathered at the Raddison Hotel in East Lansing for the Leadership Conference. The keynote speaker was Chris Creighton the head coach at Eastern Michigan University. Coach's talk dealt with a variety of topics dealing with leadership. He told how leadership is done by influencing others. That a leader must have integrity – who you are when no one is looking. He also talked about when you make a commitment – you're also making a promise to your teammates. Courage and confidence were also traits found in a great leader. A leader puts God first, others second and themselves third. Finally, he talked about those who control the locker room also control the team. Goal setting and yearly themes were also discussed.

After lunch Coach Creighton was kind enough to answer questions from the athletes and coaches for one hour. A lot of great ideas were exchanged between Coach and those in attendance. On a personal note, the athletes we sent from our school thought the conference was outstanding. One of our linemen even started a "big man" club. Once a week after lifting – they go out for pizza and talk about goals and ideas for the coming season. Also our strength and conditioning coach said intensity and attendance has improved greatly. Overall, I would say the conference was a great success and hopefully the 2018 conference will be even better.

Off-Season Rule Clarification (7 on 7 events)

Nate Hampton, Assistant Director, MHSAA

This is to clarify that during the school year, if a school coach is providing coaching during a non-school 7 on 7, there shall be no more than four students grades 7-12 of that coach's school district involved in any way at that event. It is not within the rules, for example, to have 7 or more players present but only four on the field at the same time. School year rules are different than summer rules where 7 on 7 events are allowed with any number of players on the sidelines and coaches on up to seven dates.

Seven on Seven events during the school year, no matter where they are held, are not considered an "open gym rotation." In an open gym rotation a coach can provide coaching to one four player group and other students can rotate between the weight room, non-sport specific conditioning and "open gym rotations." Open

gym rotations are open to any student, recreational, student conducted; students choose from offered activities. No coaching. They are not an organized program of instruction or drills. No captains or parent practices. Players may select from sport specific equipment such as, running and throwing pass patterns, pick-up tag football games, etc. This is all recreational voluntary activity without any coaching.

Thank you for the respect for the rules so many of you demonstrate to your students and others every day. Contact the Michigan High School Athletic Association if we can assist.



REGISTER WITH THE NCAA ELIGIBILITY CENTER

The NCAA Eligibility Center recently redesigned its registration website at eligibilitycenter.org. The new, mobile-friendly website simplifies the registration process with fewer questions, clarified instructions and more specific help materials.

One of the most significant enhancements in the new eligibilitycenter.org is a new account type, the Profile Page, which gives college-bound student-athletes the opportunity to make the best decision about their college choices earlier in their high school careers. Students may now choose from the traditional Certification Account for Division I and II schools, or a free Profile Page for those attending Division III schools and students who are not yet sure where they want to compete.

Certification Account

A student-athlete must be certified by the NCAA Eligibility Center to compete at an NCAA Division I or II school. A student must also create a Certification Account before they can make official visits to a school or sign a National Letter of Intent in Division I or II. Registration for a Certification Account typically takes 30 to 45 minutes.

Profile Page

Student-athletes who are not sure where they want to compete in college or who plan to compete at a Division III school should create a free Profile Page. Students should expect 15 to 30 minutes to complete a Profile Page. If a student with a Profile Page decides to play at the Division I or II level, they can transition to a Certification Account and pay the registration fee to begin their certification process.

Tutorials and frequently-asked questions about the new website are available by visiting the "How to Register" page at NCAA.org/playcollegesports.

HIGH SCHOOL TIMELINE

GRADE 9

Plan

- Start planning now! Take the right courses and earn the best grades you can.
- Ask your counselor for a list of your high school's NCAA core courses to make sure you take the right classes. Or, find your high school's list of NCAA core courses at eligibilitycenter.org.

GRADE 10

Register

- Register with the NCAA Eligibility Center at eligibilitycenter.org.
- If you fall behind on courses, don't take shortcuts to catch up. Ask your counselor for help with finding approved courses or programs you can take.

GRADE 11

Study

- Check with your counselor to make sure you are on track to graduate on time.
- Take the ACT or SAT, and make sure we get your scores by using code 9999.
- At the end of the year, ask your counselor to upload your official transcript.

GRADE 12

Graduate

- Take the ACT or SAT again, if necessary, and make sure we get your scores by using code 9999.
- Request your final amateurism certification after April 1.
- After you graduate, ask your counselor to upload your final official transcript with proof of graduation.

CORE COURSES

Remember this simple formula for initial eligibility: $4 \times 4 = 16$. If a high school student completes four (4) English courses (one per year), four (4) math courses, four (4) science courses and four (4) social science courses, with the required core course grade point average, they should meet the Division I requirement for 16 core courses.

4X4=16

For more information

eligibilitycenter.org
NCAA.org/playcollegesports

Search frequently asked questions

NCAA.org/studentfaq

Follow us on Twitter

@ncaa_ec

ADDIX

MHSFCA Golf Outing

All donations will go toward the MHSFCA Educational Scholarship Fund

WHEN:

Friday, June 23rd 2017 @ 1 PM

the day before the MHSFCA All-Star Game

WHERE:

Twin Oaks Golf Club

6710 West Freeland Rd, Freeland MI 48623

First Place: 50 Custom Game Jerseys (Tops)

Second Place: 50 Custom Spaddix

Third Place: 50 Addix Ultra Performance Tees

**Door prizes and giveaways throughout the course*

This event is FREE for 1 Head Coach and 1 Assistant per program

To Register: visit www.addixgear.com or call 616.987.3364

PERSONIFY PURPOSE.



ADDIX

MHSFCA Golf Outing

All donations will go toward the MHSFCA Educational Scholarship Fund

Door prizes and giveaways throughout the course

First Place:



50 Custom Game Jerseys (Tops)

Second Place:



50 Custom Spaddix

Third Place:

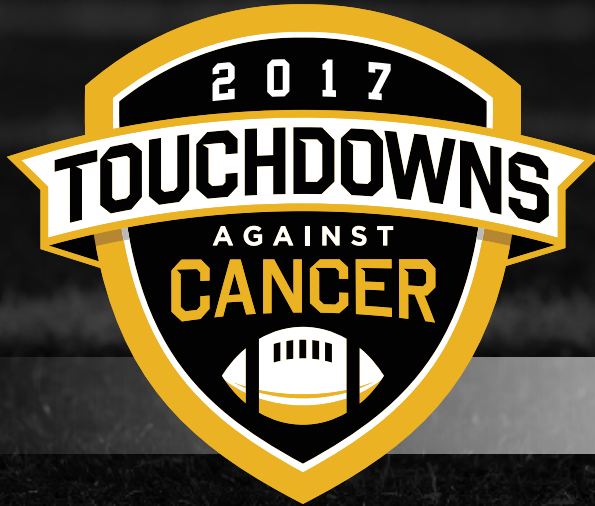


50 Addix Ultra Performance Tees

Jerseys, Spaddix, and performance Tees
Designed Custom to your school!



PERSONIFY PURPOSE.



Become an
OFFICIAL PARTNER
of Touchdowns Against
Cancer 2017!



PLEDGE IT



Touchdowns Against Cancer is the first and only national charitable cause for high school sports. Launched last year, high school football teams across America joined forces to help fight childhood cancer in an unprecedented way. In just a few short weeks, football fans raised more than \$100,000 to help children and families win the battle against cancer.

In 2017, we are excited to offer your coach association the opportunity to formally join our cancer-fighting team as an Official Partner of Touchdowns Against Cancer. Here's why you don't want to miss out on this opportunity:

BENEFITS:

- Nationally recognized as Official Partner on website and in marketing materials
- Named in state-wide press releases
- Receive exclusive promotion on MaxPreps
- Association logo included on each of your team's fundraising pages
- Become eligible for special recognition programs
- Use official Touchdowns Against Cancer marks on your site and within your marketing materials

TOUCHDOWNSAGAINSTCANCER.COM

While there is no fee, Official Partners must fulfill some specific responsibilities:

REQUIREMENTS

- Recruit teams in your state to participate in the program
- Issue a formal press release to announce your status as an Official Partner (we'll help you put it together)
- Celebrate your first team to reach \$1,000 in pledges (via social posts or a press release)
- If possible, be available for interviews with local media covering Touchdowns Against Cancer

Becoming an Official Partner is a great way to remind coaches of the important role that the association has at both local and national levels. Your formal participation in Touchdowns Against Cancer is the perfect opportunity to help coaches show their student-athletes how football can teach them to be leaders in their communities in a powerful and simple way.

The deadline for becoming an Official Partner is February 15, 2017.

To commit or for questions, contact Andy Beal at MaxPreps
(530-313-9203 or andy.beal@cbsinteractive.com).



POWERED BY:



PLEDGE IT



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BLEACHER GRAPHICS



HALL OF FAME SIGNAGE, AWARDS, AND RECOGNITION



MHSFCA

Membership Benefits

Did you know that:

One of the benefits of MHSFCA membership is liability insurance through the MHSCA and NOCAD.



GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the Michigan High School Coaches Association and its members.

CARRIER

Houston Casualty Company

POLICY PERIOD

August 1, 2016 - August 1, 2017

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$1,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 25,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.

CAMP COVERAGE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

PARTICIPANT/ACCIDENT COVERAGE

In addition, Participant/Accident Coverage is available for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage could help offset the loss suffered by families affected by such accidents.

CERTIFICATE OF INSURANCE

- ❖ If a member has a camp and requires proof of insurance, certificates are at no additional charge.
- ❖ If a member has a camp and requires a certificate of insurance naming an Additional Insured on the General Liability Policy, the cost is \$125.00.
- ❖ Participant/Accident Coverage must be in place for all participants prior to the issuance of a certificate of insurance naming an Additional Insured on the General Liability Policy.
- ❖ Certificates of Insurance and Participant/Accident request forms are available on our website: www.loomislapann.com

INSURANCE ADMINISTRATOR



www.loomislapann.com

(P) 800-566-6479 | (F) 518-792-3426

Greg Joly
Lori George
Karen Boller

gjoly@loomislapann.com
lgeorge@loomislapann.com
kboller@loomislapann.com

Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.



LIFETIME MEMBERSHIP

Name _____

Home Address (Street) _____

City, State ZIP+4 _____

Phone (H) _____

E-mail _____

School Where Last Coached _____

Total Years Football Coaching _____

Qualifications

***You must meet all FOUR!**

1. Coached football for twenty years at any level.
2. Previously a MHSFCA Member.
3. Retired from coaching.
4. Pay a one-time fee of \$100

Send to: Steve Wilson
3010 Elm St.
Fruitport, MI 49415

Membership Application Form



Send to: Steve Wilson
3010 Elm Stret
Fruitport, MI 49415

Join MHSFCA / MHSFA / NHSCA (\$30)

Name: _____

School: _____

Coaching Position: _____ Total Years Coaching: _____

Home Address (Street): _____

City, State, Zip: _____

Phone (H): _____

Email: _____

Membership runs January - December
MHSFCA Clinic Registration includes membership.
MHSFA / NOCAD insurance coverage coincides with your membership term.

AFCA

The MHSFCA encourages you to also become a member of the national football professional organization for football coaches, the *American Football Coaches Association*.

Find out more and join online at:
www.AFCA.com

NEWSLETTER DELIVERY

Member Newsletters are available online only. If we have your email address, we will notify you when the current newsletter is available online at:

www.MHSFCA.com

Contact Steve Wilson with your email address at: MHSFCA.website@gmail.com