

**Michigan
High School
Football Coaches
Association**

Newsletter



Volume 1, No. 38

SERVING MICHIGAN'S HIGH SCHOOL FOOTBALL COACHES

March, 1983

"Woody" Hayes To Speak at Hall Of Fame Banquet



by **TOM FAGAN**
Past President

Last Spring the MHSFCA Hall of Fame was officially opened. It is housed at the new indoor football facility at the University of Michigan and it incorporated a lot of planning and effort by the Hall of Fame Committee over a period of many years under the leadership of Ron Holland, Chuck Ritter, and many MHSFCA Past Presidents.

In the spring of 1982, the charter members of our Association consisting of the original Board of Directors were formally inducted into the Hall of fame. It is only fitting that these men who provided our Association with great leadership be the first inductees.

On April 9th, we will induct 30 Michigan High School Football coaches who have won over 100 football games and/or have coached for 20 years. Some are now retired,

some are in the college ranks, and many are still active high school coaches. Regardless, they are outstanding coaches most worthy of the honor.

Their induction will take place during the First Annual Hall of Fame Banquet which will be held at Chrisler Arena on April 9th. In keeping with the first class tradition of our Association, our guest speaker will be the legendary "Woody" Hayes who will be introduced by his former assistant "Bo" Schembechler. This should be a great evening.

The public is invited on a first come, first serve basis with seating for upward of 400 provided.

The banquet will be held in conjunction with the University of Michigan Spring Football Clinic and Intra-squad Game. Cocktails will be served at 6:00 p.m. with dinner at 7:00 p.m. and awards at 8:00 p.m.

Tickets for the dinner are \$15.00 and can be obtained by writing to Hall of Fame Chairman, Tom Fagan, 3540 Galpin, Ann Arbor, Michigan 48105. A form is provided in this issue to order your tickets. Remember, friends and family of the inductees along with the general public are welcome.

"Woody" Hayes and "Bo" on the same program will be a show in itself. The induction of 30 outstanding coaches to the Hall of Fame and a great meal makes for an evening that you won't want to miss. Take pride in your coaching profession and send in your \$15.00 as soon as possible.

The 1983 Hall of Fame inductees are: Howard Adams, Jackson; Roger Bates, Sturgis; Donald Carey, Charlevoix; Jack Castignola, Trenton; Roger Chiaverini, Holland West

Ottawa; Dom Domke, Westland; John Glenn; Al Drath, Warren Fitzgerald; Jack Finn, Northwood Institute; Malcolm Gobel, Charlotte; Rudy Hill, Centerline; Guy Houston, Flint Northern; Oscar Johnston, Muskegon Heights; Bill Kelly, Saginaw Arthur Hill and CMU; Ivy Lofton, Royal Oak Dondero; Bill Maskill, Galesburg-Augusta; Mark O'Donnell, Ovid Elsie; Art Paddy, Ortonville; Harley Pierce, Sturgis; Larry Quellman, Oscoda; Leo Redmond, Muskegon; Chuck Ritter, Ann Arbor Pioneer; Dick Soisson, Kalamazoo Hackett; Ted Sowle, G. R. Catholic Central; Bob Stoppert, Midland; Jim Stout,

Detroit Denby; Jack Streidl, Plainwell; Paul Tomerian, Royal Oak Kimball; Dennis Tuomi, Lutheran West; Frank "Buck" Weeber, River Rouge; Robert White, Middleville.

DANNY LaPOINTE MEDICAL FUND

As many of you probably know, one of our fellow coaches is in need of our help. Bob LaPointe, formerly of Dearborn Divine Child and EMU, lost his job as assistant on the Huron staff. The real problem is that Bob's 9 year old son has cancer and the family is without medical insurance.

The MHSFCA Officers decided that our Association should help Bob as much as possible. Contributions of any amount will be accepted. Send your check to: Jim Buttson, Football Coach, Woodhaven H. S., 24787 Van Horn, Flat Rock, Michigan 48134. Your help will be most appreciated.

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M.H.S.F.C.A. JOB PLACEMENT

by Larry Merx

Job security in Michigan is a topic we are all concerned with and a topic we, as football coaches, are frequently critically involved with. Our recent ability to change jobs in pursuit of a new challenge has been effectively trimmed by the economy, and several of us are paying the price for the job changes made even several years ago. It goes without saying that good people trying to break into or stay in coaching face monumental difficulties and are frequently lost to other careers.

In an effort to help our members locate potential employment, we re-instituted a Job Placement Service last spring. While our records aren't entirely complete we know that at least ten Michigan coaches were able to locate coaching/teaching positions as a result of information we were able to supply.

If you are interested in receiving information, call or write: Larry Merx, Huron High School, 2727 Fuller, Ann Arbor, Michigan 48105. Telephone (313) 994-2075.

We expect to start mailings in early March.

IMPORTANT DATES

April 9, 1983 6:00 p.m.

MHSFCA Hall of Fame Banquet at Chrysler Arena.

August 5, 1983 6:00 p.m.

All Star Banquet at MSU Kellogg Center

August 6, 1983

All Star Football Game at MSU Spartan Stadium

MHSFCA BOARD OF DIRECTOR'S MEETING

The following is a list of dates for the MHSFCA Board of Director's Meetings:

March 25, 1983 5:15 p.m.

Spring Meeting of MHSFCA Board of Director's at Ann Arbor Pioneer.

NEWSLETTER

The Newsletter is the official publication of the Michigan High School Football Coaches Association with the expressed aim of keeping the membership informed.

GAMES WANTED '83

1st U.P. Date - September 2nd

Menominee (B), Newberry (C).

1st L.P. Date - September 9

Alpena (A), Birmingham Brother Rice (A), Brooklyn Columbia Central (B), Bryan Center (C), Divine Child (B), Det. St. Martin DePorres (C), Elsie (B), Indian River-Inland Lakes (D), Leslie (C), Madison Heights Bishop Foley (B), Memphis (C), Pontiac Northern (A), Port Huron (A), Saginaw Arthur Hill (A), Saginaw McArthur (B), Southgate Aquinas (B), Tawas (C), Trenton (A), Wyandotte Mt. Carmel (D), Ypsilanti (A).

2nd Date - September 16th

Alpena (A), Dearborn Fordson (A), Coruna (B), Divine Child (B), Deerfield (D), Gobles (D), Grand Rapids CC (B), Madison Heights Bishop Foley (B), Menominee (B), Pontiac Catholic (C), Southgate Aquinas (B), Taylor Center (A).

3rd Date - September 23rd

Alpena (A), Ann Arbor Pioneer (A), Bay City All Saints (B), Grand Rapids West Catholic (B), Manistee CC (D), Ortonville Brandon (B), Jackson Parma Western (B), Southgate Aquinas (B), Taylor Truman (A).

4th Date - September 30th

Ann Arbor Huron (A), Escanaba (A), Ortonville Brandon (B), Saugatuck (D).

5th Date - October 7th

Massillon (Ohio), Baldwin (D), Bay City Central (A), Marine City (B), Newberry (C), Pontiac Northern (A).

6th Date - October 14th

Bay City All Saints (B), Clarkston (A), Coldwater (B), Covert (D), Coloma (B), Escanaba (A), Mayville (C), Onsted (C), Saginaw (A), Saginaw St. Peter & Paul (C), Trenton (A), Ypsilanti (A).

7th Date - October 21st

Allendale (D), Coloma (B), Covert (D), Dundee (C), Saginaw St. Peter & Paul (C), Sparta (B), Taylor Center (A).

8th Date - October 28th

Alpena (A), Grosse Pointe University Liggett (C), Hale (D), Hudson (C), Lake Orion (A), Oxford (B), Jackson Parma Western (B), Pontiac Northern (A).

9th Date - November 4th

Alpena (A), Ann Arbor Huron (A), Brooklyn Columbia Central (A), Grand Rapids Northville (B), Howell (A), Memphis (C), Monroe Jefferson (B), Olivet (C), Ortonville Brandon (B), Portage Northern (A), Saginaw Swan Valley (B).

EDITOR

DON LESSNER

Riverview High School
Riverview, Michigan 48192

1983 MHSFCA CLINIC AT BATTLE CREEK



1982 Michigan High School State Coaches of the Year
(Left to right) Class A: John Herrington, Farmington Harrison; Class B: Pete Kutches, Muskegon Catholic Central; Class D.: Roger Smith, Mendon.



Terry Rose of Lake Michigan Catholic is the MHSFCA Clinic Chairman. This year we had 861 coaches in attendance and Terry is to be congratulated for the tremendous job he and his Committee has done with the Clinic.



Vern Norris of the MHSAA addresses the MHSFCA General Meeting and makes points about football rules and the playoffs. Vern has always been a friend of high school football and he was inducted as a MHSFCA Honorary Member at the Clinic Luncheon.



One of the truly great high school coaches in the state of Michigan is Roger Chiaverini of Holland West Ottawa High School. Roger's topic was "Variations and Techniques of the Offensive Line" and he is the head coach for the '83 West All Star Team.



Jack Harbaugh, Head Football Coach from Western Michigan University, speaks to the overflow crowd at the 1983 MHSFCA Clinic at the Battle Creek Stouffer's Hotel.



Tom Fagan of Ypsilanti (Left) passes the gavel to Dick Harris of Harrison who will be the MHSFCA President for 1983. We congratulate Tom for the outstanding job he has done and we wish Dick the best of luck as our new President.

1983 COLLEGE SPRING FOOTBALL PRACTICES AND CLINICS

Name of School	Date of Practice	Time of Practices	Open Prac.	Spring Game	Spring Clinic
Adrian College.....	No Spring Football				
Albion College.....	No Spring Football				
Alma College.....	No Spring Football				
Central Michigan U.	March 28 - April 29	3:30 - 5:30	Yes	April 29, 3:30	4/16(9am-3p.m.)
Eastern Michigan U.	March 21 - April 23	3:00 - 5:30	Yes	April 23, 1 p.m.	
Ferris State College.....					
Grand Rapids J. C.	No Spring Football				
Grand Valley State.....	April 1 - April 20	3:05 - 5:30	Yes	April 30, 2 p.m.	
Hillsdale College.....					
Hope College.....					
Kalamazoo College.....	No Spring Football				
Michigan State U.	April 9	3:30 - Sat. 1:30		May 14	May 6 - 7
Michigan Tech. U.	April 18 - May 7	4:00 - 6:00	Yes	May 7, 2 p.m.	
University of Michigan.....	March 16 - April 16	W/3:30-S/2:00	Yes	April 16, 2 p.m.	April 8 - 9
Northern Michigan U.	March 28 - April 30	Yes	April 30		
Northwood Institute.....	April 18 - May 4	4:30 - 6:00	Yes	No Game	No Clinic
Olivet College.....					
Saginaw Valley State.....	April 4 - April 23	3:30	Yes	April 23, 1:30	
Wayne State U.	April 4 - April 23	3:00	Yes	April 23	
Western Michigan U.....	March 19 - April 16	3:00 - 5:30	Yes	4-9 Houseman 4-16 Waldo	April 22 - 23



Finishing his high school coaching career at Saginaw Arthur Hill High School with an outstanding 103-30-2 record is George Ihler. George is the new head football coach at Saginaw Valley. Best of luck George at SVSC!



Bert McMahon (right) of the Ypsilanti Lincoln School District discussed merchandise with the Wolverine Sports exhibitor. We had 31 exhibitors who provided a large

array of football equipment. Dan Lauer of Benton Harbor is Clinic Committee member in charge of exhibitors.

MICHIGAN HIGH SCHOOL FOOTBALL COACHES ASSN.

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Riverview, Michigan 48192

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Troy Athens Weightlifting Program

*by John Walker, Head Coach
Keith Dempsey, Offensive Line Coach
and Matt Lyons, Strength Coach*

Weightlifting recently has gained status as a subject of much scientific research, and much has been learned about the purpose and benefit of, and proper approach to weight training.

A proper weightlifting program no longer can be a "do it yourself" project. Gone are the days of letting loose the strength nuts of your team in an unorganized weight room, or boasting about impressive bench press maximums. Proper weight training can benefit all your football players, but a proper weight training program must be organized systematically, and the system must be substantiated by sound physiological principles.

Strength is the basic ingredient in all aspects of movement, such as quickness, power coordination, balance, grace, and so on. Furthermore, weight training is the ideal exercise for developing strength in the fast twitch muscle fibers used in football. At Troy Athens, we want to develop quickness as the physical key to our success on the football field, and so we work to develop strength of the fast twitch fibers as the basic ingredient for quickness.

To develop strength of the fast twitch fibers we follow two basic guidelines: Work each muscle properly to achieve maximum efficiency for strength gains, and work all the muscle groups through proper balance to achieve maximum utility of the muscles used in football. Maximum efficiency in building strength in any muscle fiber is attained by overloading the muscle to complete exhaustion through its full range of motion with a work demand greater than the muscle has been accustomed. A balanced program of building strength for football must be based on the physical dynamics of the game of football: Football is a hitting game, and, in any hit, the legs are the vehicle and the shoulders, neck, back, chest, and arms are the tools for the hit. Therefore, the balanced football weightlifting program must emphasize complete work of the fast twitch muscle fibers in the legs and select work of the fast twitchers in the upper body areas.

Many and varied programs are designed properly to accomplish very effectively these elements of strength for football. We at Troy Athens have

developed a Weightlifting Program to meet OUR needs. We have realized from past experience that individual weight training generates improper and lazy training techniques. We now engage all our weightlifters in a circuit training type program of timed stations, (12 minutes), which ensures our control of proper technique and procedure, endures elimination of laziness, ensures shorter workout periods, and includes an element of cardiovascular fitness conditioning.

We set up six stations, (4 to 6 players at each station), for balanced work of all the "Football Muscle" groups. Each station includes two sets of the primary exercise, working the fast twitch muscle fibers maximally through ten repetitions in each set using each athlete's ten rep. maximum. To help achieve complete fatigue of each muscle group, IMMEDIATELY following each set of each primary exercise, the athlete's complete a super set of a different secondary exercise, working the same muscle group through the same ten rep. maximum procedure. The following page is an outline of our strength program:

Leg Press Station

Set: Leg Press

Super Set: Leg Extension and Leg Curl

Military Press Station

Set: Upright Row

Super Set: Military Press

Bench Press Station

Set: Dumbbell Flies

Super Set: Bench Press

Triceps Extension Station

Set: Tricep Extension

Super Set: Dips (10 times)

Lats Station

Set: Lat Pull Down

Super Set: Pull Ups (10 times)

Neck Station

Set: 4 way neck machine or manually exercise neck 4 ways, or use a 2 way neck harness.

Super Set: Shoulder Shrugs

NOTE—

—Groups of 4 - 6 at each station rotate through the entire circuit of six stations according to 12 minute timed intervals, and groups can begin at any station.

—Each repetition for each exercise should be executed by a 2 second explosion on the positive aspect of the exercise (pushing the weight up), and a 4 second control on the way down, which is

the negative aspect of the exercise. Players should work with partners, counting and spotting for each other.

- We do 2 sets at each station and require 8 repetitions with no help and 2 repetitions with the partners help on the positive part of the lift. There is to be no help on the negative portion of the lift. Once a player can achieve 10 repetitions with no help he increases weight. If he cannot make 8 repetitions without help then he must decrease weight. Never sacrifice proper form for more weight. Proper form insures the isolation of the muscle group and lessens the risk of injuries.
- The player must go immediately to the superset after the set with no rest—otherwise cardiovascular and strength gains are decreased.
- We include a toe raise with each rep of the leg press to include calf (Gastroc) development.
- A program that **balances** work on the quads with work on the vastus and hamstring muscles will **build** knee stability, so don't be afraid of squats, leg press, or toe raises for fear of danger to the **k n e e s**.
- Triceps are the firm muscles used most often in football, so we emphasize triceps development in the arms, and we balance the arms as part of the lats station.
- Abdominal muscles are not a vital concern for us, but we do not neglect the stomach area. We require a certain number of sit-ups to be completed during spare time before the end of the workout. While doing sit-ups, to isolate the abdominal muscles better, the feet should not be held stationary by any resistance. This helps to eliminate lower back strain and isolates stomach muscles. We require sit-ups after the neck station is complete.

We train with weight to build fast twitch strength (bulk is a meaningless term to us), because strength of the fast twitch fibers is the basic ingredient for quickness. The combination of fast twitch strength, flexibility, and agility is the key to quickness and cardiovascular endurance enables us to maintain the quickness maximally through the course of the football game.

Flexibility allows development of the full range potential of each muscle, and reduces incidence of injury. We engage thorough stretching exercises before and after our strength workout, to increase and maintain flexibility.

Agility is coordination of the neuromuscular pathways to enervate the muscles to make any desired movement at maximum efficiency. Developing agility is a matter of educating the neuromuscular pathways with proper "Motor Memories." To maintain our quickness, we need to develop agility especially in the legs, so we want our athletes to educate the neuromuscular pathways in their legs. We require footwork—jump rope, running the high stepper ropes squares, and running various leg work agility drills—during spare time in the workout. (By spare time we are referring to the fact that some stations go faster than others so rather

than standing around socializing we ask them to work on sit-ups, jump rope, ect.)

Cardiovascular endurance enable us to sustain high level physical performance throughout a football game. We promote cardiovascular endurance in our program within the framework of the set/super set training technique design, which includes intermittent bursts of intense work broken by brief recovery periods. However, during muscular recovery periods, heart rate must remain elevated for cardiovascular conditioning. Therefore each athlete **must** remain active in the footwork phase of our workout during any spare time. One benefit to remember: The intensity of such training effects maximum cardiovascular conditioning with limited running. We also encourage extra running on off days to promote further cardiovascular conditioning:

Our weightlifting program is a very intense conditioning program. The athlete who conditions with complete effort through this workout will challenge his own will and thereby shape his own character because he will learn the value of hard work, discipline, and team unity. Such benefits are much greater than the physical aspects of the program.

COACHING: More Than X's and O's

*Jack Shugars
Oakridge High School*

At Oakridge High School, a Class C school located in Muskegon, we have had a considerable amount of success, 26 wins and 10 losses, in the past four years. We consider part of this success to be the result of player-coach contacts throughout the year. The first is the football interview conducted immediately after the season in November and December. The interviews are conducted by myself and my Assistant Coach, Barney Goodrich. We meet with each varsity player or varsity candidate for 20 minutes during his lunch hour, a time convenient for the coaches. We have him fill out a sheet showing the positions he wants to play and his goals for the next season. We also go over our team goals which are already listed on the goal sheet. We discuss ways each player can achieve his goals and what he must do to help him become a quality varsity player in the next nine or so months. This greatly helps us to evaluate our juniors who have just completed the season and to become better acquainted with the upcoming sophomores who will be playing varsity football their next season. This gives us a chance to honestly discuss each player's potential with him and to reinforce our expectations. Such a meeting gives us an excellent opportunity to establish reachable and purposeful goals for the football season ahead. This year we have also added all the freshmen who participated or plan to participate in J.V. football. This is a great chance for those athletes to meet us as well as the varsity coaches to meet them. This opportunity also gives us a good chance to plug our winter and summer

agility/weightlifting program which operates three days a week from December to April and from June to August.

In February or March we hold a general meeting for all football candidates and pass out our summer calendar of agility and weight lifting, practice schedules, and game schedules.

The second candidate contact is a coach-parent-player home meeting. In June or July, I meet at the player's home with the athlete and his parents. This enables me to (1) see the environment of the athlete with whom I will work; (2) get acquainted with the parent or parents and it gives them a chance to ask questions of me; (3) and most important, go over the ground rules of the Oakridge football program. I give them another complete schedule of our practices and games, and a sheet called Coaches' Ideas and Expectations. This explains such things as appropriate attitudes, behavior, and the discipline that is the heart of the Oakridge Eagle football program. They then have no doubt about the discipline, dedication, desire, and hard work it takes to be a part of the Eagle pride. These particular coach-player contacts are very beneficial in establishing the proper perspectives that all coaches strive for in their athletes and in building a winning program.

Coaches Have To Be Smart Borrowers

by Bob Brietzke
Rogers City High School

Coach Roy Kramer, formerly of Central Michigan University, once said in his football theory class: "coaches have to be smart borrowers." By this Coach Kramer meant to say that the best coaches don't claim to have all the answers to the many questions a coach must come to grips with each season. Instead, they implement proven, fundamental ideas successfully incorporated by other coaches in their programs. To be sure, there will always be room for innovation in high school football. However, the successful football programs in Michigan or any state are similar to the programs that were successful fifteen years ago in that they are fundamentally sound, utilizing, for the most part, ideas already proven successful by other coaches preceding them.

The 1982 Rogers City Hurons had a very successful season in which they became the first school from the Michigan-Hurons Shore Conference to qualify for the state football playoffs. A big factor in the success of the 1982 Hurons is in keeping with the idea: "coaches have to be smart borrowers." Following are several examples of how Rogers City High School incorporated proven, fundamental concepts in order to build a successful 1982 football team:

(1) Few teams in Michigan have experienced the kind of success that Cheboygan High School of the M-HSC has experienced. In the past five seasons they have lost but once—to powerful Escanaba in 1982. Rogers City borrowed some ideas from

Cheboygan's devastating "trapping offense," incorporating several plays as part of the Huron's offense. Two of the Huron's most consistent, effective plays in 1982 were the fullback trap up the middle and the quarterback bootleg around the end. They were super plays but this coach takes absolutely no credit for their origin.

(2) Another extremely successful high school football program in Northern Michigan is the Onaway Cardinals. Over the past ten years they have won over 80% of their games. Onaway has always run an excellent quick-pitch play around either end. Rogers City borrowed this play for the 1982 season and ironically enough used the very same play to defeat Onaway 20 to 18 in double overtime during the 1982 season. Once again we have a super play that was borrowed instead of freshly created.

(3) The 1982 Hurons went to the very popular 5 - 2 defense run by more schools in Michigan than any other defense. In 1981 we had run a 5 - 3 and a 6 - 2 defense and were among the worst teams in the conference defensively. In 1982, by borrowing the 52 defense and the stunts that go with it we turned it around and had one of the more respected defenses in the conference.

I could cite numerous other examples of how smart borrowing helped make the 1982 Hurons successful but I think the point has been sufficiently made. Common sense dictates, however, that it isn't practical to latch onto **every** idea that strikes one's fancy. A coach must select those ideas that are workable for the kind of football team he has. For example, it would be impractical to adopt the San Diego Charger's offensive philosophy if you didn't have a quarterback who can really throw the ball AND at least two or three competent receivers.

If a coach can maintain strong emphasis on fundamentals and discipline, then, given sufficiently talented boys he will have a successful season. Ted Lindsay while coaching a particular inept Detroit Red Wings hockey team said: "you can't make chicken salad out of chicken feathers." Any coach in America will agree that the bottom line of success in football or any sport is having athletes who are sufficiently skilled in the fundamentals of the sport to be competitive. A coach can be the most organized, efficient, dynamic coach in the business, **but** without athletes that coach will seem very ordinary and probably be considered "unsuccessful." Given this premise it seems advisable then that every coach either borrow or innovate ideas which serve to create a "feeder system" within his school system, thus insuring that he will have the people to work with in developing his program for year-to-year. At Rogers City we feel we have a tried, tested, proven fundamental program. We feel we will be successful every season as long as we have the quality athletes ANY successful program **MUST** have in order to insure success.

Be a smart borrower, develop a "feeder system," and be innovative whenever and however possible and you will have gone a long way towards insuring success.

The Little Things That Help

by Ron Warner
Head Football Coach
Lake Linden-Hubbell High School

In today's complex game of football its is easy for us as coaches to become all caught up in the technical aspects of the game. No coach would deny the importance of a sound knowledge of the fundamentals or a sound knowledge of the x's and o's of offense and defense. But I feel there are various "little things" that we have used in our program over the years that have contributed to or enhanced our program in some way.

One of the "little things" we do in our program is to issue each player "his" numbered practice jersey. The players like this as it seems to give them an identity even during practice sessions. Also, during the off-season most of the players order personalized game jerseys with their name and number. Since we are a small, class D school where numbers are important, we feel it is imperative to make our program as attractive to the individual as possible. We feel that players wearing "their number" has helped.

Team morale is of utmost importance to any coach. One of the "little things" we do here is to have a team "get together" before home games at my home on Fridays after practice. Generally we have pizza or hot dogs, etc. This works out fine since we play on Saturday afternoons. Cheerleaders are frequently invited also. We feel this social gathering contributes to a good relationship between coaching staff and players in an atmosphere other than the playing field.

Another of the "little things" that has helped is at least one personal conference with each player during the off season. Since I also serve as athletic director, I do have some time to sit down and talk football with each prospective player. During this conference I 1) evaluate his performance during the past season, 2) inform him at what position he is needed and what I expect of him, 3) discuss his progress in the weight room, 4) encourage him to be present at our summer program 5) encourage him to come and see me about any type of problem that may occur, and 6) ask him how he feels about the upcoming season. These conferences may last from 5-30 minutes. Time can always be found somewhere, whether it be ten minutes before the school day, at the end of a certain class period, or after school. The result here has been a better understanding between coach and player and an anxious yearning on the part of our players for the upcoming season.

Discipline is something every coach needs for a successful season. We stress discipline in a number of ways both on and off the field. One "little thing" we do in the locker room area is require every player to be showered and out of the locker room in 15 minutes from the time practice ends. It is not all that easy. How does this each discipline? Hustling in from the practice field, removing shoes before entering the locker area, removing pads, showering, and

dressing all must be done **rapidly** with a time limit in mind. Failure to meet the deadline calls for one lap added to our regular running for each minute late. This is done by the "entire" team, they learn if one player fails to hold up his end, the entire team suffers, just as in a ball game. In addition, this procedure doesn't allow time for horseplay or wasting time, and players adapt themselves to working under the pressure of a time limit. Although close a number of times, not once this past season did we run over the time limit. We had consistently disciplined ourselves to do the right thing as a team, and I feel there was a certain carry-over value on the field as well.

In conclusion, although we have used a number of "little things" over the years, these are just a few that helped our program.

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EDITOR'S NOTE

Drill No. 6, April, 1982 Issue featured an article called "Beal City Early Practices." The author is Tom Atkinson of Beal City High School. Keep up the fine work Tom.

★ ★

Onkama High Schools 4 - 4 Stack

by Jim Taylor
Onkama High School

Jim Anderson
Defensive Coordinator

Carl Foster
Offense Backfield Coach

The 4-4 is our basic defense and we will be in it about ninety percent of the time. The players love the "Grenade" defense and they now believe we have a stunt to handle any offense.

The ten seasons that we have used the 4-4, our record is 64-17. While this may not be the greatest defense, it has allowed us to get great mileage from people, that strength-wise, could not go one on one. We are a small school of about 185 students so from year to year we will use several guys that do not have much athletic ability.

When we installed the stack we were looking for a defense that would cause our opponents special problems. Our philosophy has always been to try and dictate what the offense will run. The 4-4 has been all we could ask for from one defense.

Onkama is short on big, mobile linebackers, but we always had small boys that were hitters. We hide these people as linebackers and stunt continually. They are able to make some big plays without fighting tough blocks. We put our two big tough kids at down tackles. They play over the guards. Occasionally opponents will switch tackles and guards to match their stronger people with ours. When this happens we know that for this game they have had some special problems with our defense. We flip flop our ends and halfbacks so we can keep the speed on the wide side of the field. Our pass coverage is generally zone, so the whole defensive concept is very simple.

West Catholic Practice Organization

by Fred Julian, Steve Abid,

Tim Kohane and Fred Zomer

Grand Rapids West Catholic High School

At West Catholic over the past few years we have experimented with a different type of practice schedule than many schools use. It is our intent to work on **all** aspects of the game during our regular daily practice, rather than reserving specific days for various parts of the game. This means working on defense, offense, and special teams every day.

This year we added a new wrinkle in practice organization, thanks to former Grand Valley Coach Jim Harkema and his staff. Grand Valley used a Practice Schedule form which we adopted. The form consists of columns on paper divided into 36 numbered squares, each square representing 5 minutes of practice time. The schedule form thereby illustrates 2½ hours (Fig. 1). Before leaving the office after practice, the coaching staff discusses the agenda for the next day's practice(s). It should be noted here that all three levels - Varsity, JV and Frosh follow the same practice schedule, and we have one coach who is the timekeeper on the field, announcing when we move from one thing to the next. See Fig. 2 for a sample of a typical practice plan.

We feel strongly about practicing special teams and defense first in our daily routine. It is not unusual for coaches to get so involved with offense that the other parts of the game get neglected, or the time allotted becomes trimmed down to practically nothing. This

1	19
2	20
3	21
4	22
5	23
6	24
7	25
8	26
9	27
10	28
11	29
12	30
13	31
14	32
15	33
16	34
17	35
18	36

FIG 1

1	8:10	CALS	19	TEAM "O" CONT.
2	8:10		20	
3		SPECIALS -	21	
4		KICKOFF,	22	
5		KICK RETURN	23	4:55
6	8:25	"O" SQUADS	24	CONDITIONING
7		BACKS / LINE	25	5:05
8		RUN "O"	26	
9	8:40	TEAM "D"	27	
10		- PURSUIT	28	
11		- LIVE TO BALL	29	
12			30	
13			31	
14	4:10		32	
15		"O" SQUADS	33	
16		BACKS / LINE	34	
17		RUN "O"	35	
18	4:25	TEAM "O"	36	

FIG. 2 - SAMPLE PRACTICE SCHEDULE

makes the defensive portions of practice unfulfilling to the needs of the team, and may require special teams to be crammed in the day before the game. By planning and practicing special teams and defense first, we have found practice to be less monotonous for the players and we can accomplish our practice goals as the week progresses.

This program may work for you, but only if you can organize and commit the staff and yourself to following the schedule you set down. This is not to say that an air of flexibility can't be maintained - just that you now have a specific purposeness to each practice day. Good luck!



Pretend You're The Referee . . .

Now Rate Those "Good Sports"
In the Stands
Good Sportsmanship is
Contagious: CATCH IT!



"MENOMINEE MAROONS" Pass/Run Option Series

by Ken Hofer
Menominee High School

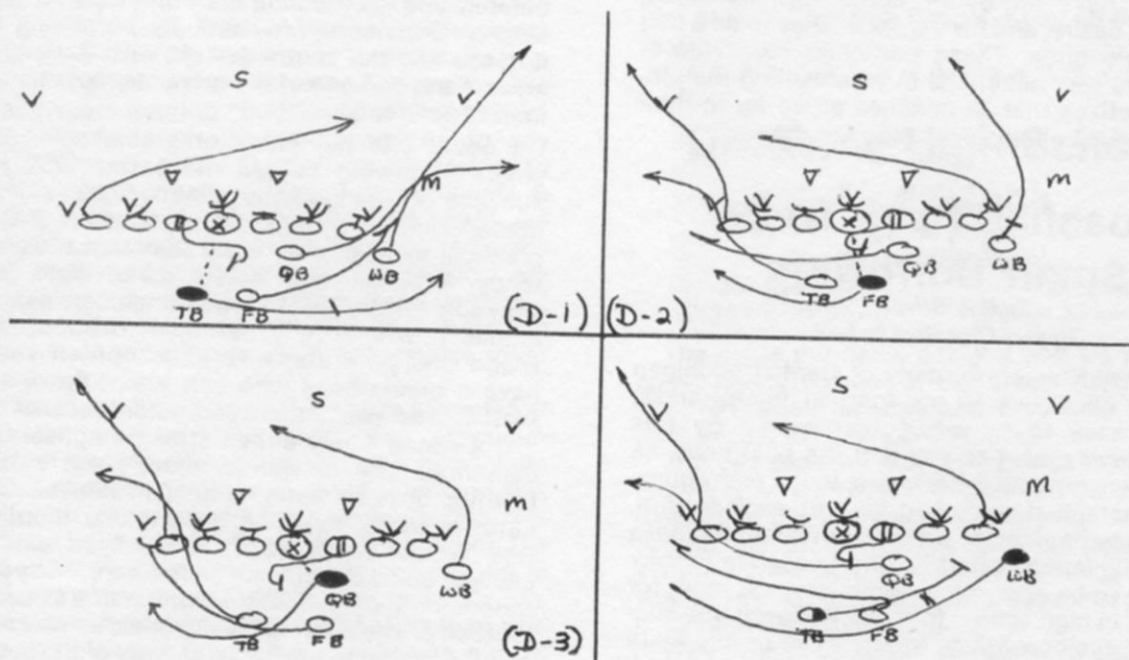
The Menominee Maroons have had great success running a Pass/Run option series. It has been a very successful part of the offensive plan and is unique because all of our backs are expected to be able to pass the ball and at sometime during the season they will be called upon to execute the pass/run option play.

The play is run out of the Maroon's single wing formation. The following diagrams illustrate the pass/run option and the following paragraphs answer some of the anticipated questions.

The main purpose of the pass/run option is to put pressure on the corner or monster defender. We

want him to commit to covering the flat area or forcing the run. If he covers the flat we run, if he forces the run we make the short pass into the flat. In many cases, as in our playoff game, the defensive back also comes up quickly to force the run and our wingback was wide open for a 54 yard touchdown pass.

Breaking down the backfield action in D-1 we have the (WB) running what we call a simple banana route in front of the defensive back. We want the (WB) to be seen and covered by the defensive back. "Take the Defensive man deep." The (QB) runs a 5-7 yard deep flat route as illustrated in D-1. The (FB) is the lead blocker and will block the first man outside the offensive end's Block. The (TB) will take his pass from center and start out showing run to hopefully have the "monster" force run and enable the short pass to the "QB." If the (M) drops to cover flat he will yell, "Go" and run. The Left end drops across behind



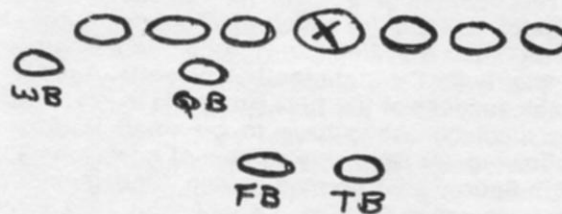
the linebackers and could end up being the (3rd) receiver. A simple but effective high school football play.

D-2, D-3 and D-4 illustrate a variation of the basic pass/run option play. D-2 has our (FB) handling the ball and the (TB) being the main receiver. D-3 has the (QB) receiving the short snap and doing the pass/run action and in D-4 we have the (WB) executing the same concept from a reverse action.

Diagrams 2, 3 and 4 have the action going away from the monster/defensive strength. This causes defensive problems when a linebacker or the defensive end doesn't cover the flat area.

It is very easy to "flip" the backfield set shown in (D-5) and run the same series.

D - 5
Flip Formation



It is also very evident all of these plays can end up being power sweeps with minor adjustments in the blocking.

The pass/run option has been the most effective play in our single wing offense for all of the 15 years

Michigan High School Football Records Including the 1982 Season

Individual scoring:

Game - points:

60 - Herb Dunphy, Lansing Central, 1918
54 - Fred Jacks, Muskegon, 1912
54 - Francis Tallent, Menominee, 1929

Season - points:

(number of games in brackets)

268 - Tony Ceccacci, Rudyard, 1982 (12)
226 - Bill Santilli, Crystal Falls, 1975 (11)
217 - Robert Jackson, Allendale, 1976 (9)
214 - Steve Ampey, Gobles, 1982 (10)
212 - Dan Lato, Crystal Falls, 1978 (12)
206 - Dan Lato, Crystal Falls, 1977 (12)
204 - John Waters, Hillsdale, 1972 (9)
202 - Mark Flood, Crystal Falls, 1972 (8)

Career - points:

522 - Dan Lato, Crystal Falls, 1976/77/78

Team Scoring:

Game - points:

216 - Muskegon 216, Hastings 0, 1912

Season - points:

514 - Morenci, 1949 (9-0-0)*
501 - Lansing Central, 1918 (8-0-0)
500 - Muskegon, 1912 (7-1-0)

*Morenci, under Coach Bob Slovak, was also unscored upon in this season.

Overtimes:

Most overtime periods, one game:

8 - Detroit Northeastern 42, Det Southeastern 36, 1977
6 - Gobles 26, Saugatuck 20, 1974
6 - Marquette 42, Gwinn 36, 1981
6 - Ortonville 20, Hartland 14, 1973

Overtime games, one season:

5 - Lake Linden, 1976 (one of two overtimes, four each of one overtime)

Overtime periods, one season:

11 - Waldron, 1979 (four games - one each of five, three, two, and one overtime periods)

Most consecutive losses (no ties):

46 - Pinckney, 1964/1970
42 - Detroit St. Rose, 1960/1965
41 - Coleman, 1977/1982
36 - DeWitt, 1963/1968

Most consecutive shutout losses (no ties):

15 - Big Bay DeNoc, 1978/1979

Most consecutive victories (no ties):

72 - Hudson, ending in 1975 (national record)
44 - Morenci, ending in 1953*
43 - Cheboygan, ending in 1982

*Morenci had 48 games without loss, but had a tie after the 44th game, then three more victories.

Most consecutive shutout victories (no ties):

10 - Saginaw Arthur Hill, 1973/1974*

*Reese had 16 straight shutout games with two unscored upon seasons in 1958 and 1959. However, Reese had a scoreless tie in the first game of the 1959 season, thus had no more than eight consecutive shutout wins in the record.

Highest scoring tie game:

40-40 tie - Grand Rapids Ottawa vs. Grand Rapids Union, 1950 season.

Longest field goals:

55 yards, held by four players:

Harold Moore, Dearborn, 1979
Mike Prindle, Grand Rapids Union, 1980
Bob Hirschmann, Sterling Heights Ford, 1980
Dave Blackmer, Farmington Harrison, 1981

Coaching victories:

216 - Bill Maskill (216-61-2), at Sheridan and at Galesburg-Augusta. Still active.

212 - Oscar E. (Okie) Johnson, at Mt. Pleasant, Muskegon Heights, and Baldwin. (212-105-18). Retired.

208 - Jack Castignola (208-83-6), at several schools, most recently at Trenton. Still active.

Many of these records are included in the exhibit sponsored by the Michigan High School Football Coaches' Association, and which is on display in the lobby of the football building at the University of Michigan. That exhibit also includes other outstanding coaching records, plus records of the champions of the Michigan high school football playoffs.

On your next trip to Ann Arbor, visit the U of M football building, and see this exhibit.

These records have been compiled for the MHSFCA by Dick Kishpaugh, 361 Glendale Blvd., Parchment, Michigan 49004. Suggestions for additions, changes, or corrections will be welcomed. If you do not have specific details, just give us what you do have, and we'll do the detective work in tracing the records. Thank you!