

Michigan High School  
Football Coaches Association

# Newsletter



Volume 3, No. 1

SERVING MICHIGAN'S COACHES

March 1994

## '94 Jim Crowley Award To Dan Lauer



By Larry Sellers,  
Crowley Award  
Chair, Traverse City  
St. Francis

**T**he Jim Crowley Award is presented in the memory of the late Jim Crowley, a great football coach and dedicated family man who stressed having fun, playing hard and being dedicated to doing their best to the many youngmen he coached

in seventeen seasons at Jackson St. John's and Lumen Christi High Schools.

Dan Lauer, the 1994 recipient of the MHSFCA Jim Crowley Award, is a 1964 graduate of Michigan City High School in Indiana, where he starred as a two-way tackle; this earned him a scholarship to Evansville College (now known as The University of Evansville) where he played defensive tackle. In the fall of 1969 he received his first teaching and coaching position at South Bend St. Joseph High School where he taught business classes and coached as an assistant in football and track, becoming head track coach in 1971. As St. Joseph's was across the street from Notre Dame University, Dan was able to

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**Hall of Fame Banquet**  
March 19, 1994, Crisler Arena, The University of Michigan

**Hall of Fame Tickets**  
Order Form Page 16

**MHSFCA Leadership Conference**  
July 29-30, 1994, M.S.U.

## Membership Report

Jim Clawson, Taylor Truman  
Membership Chairman  
MHSFCA Active Membership  
110 Honorary • 72 Lifetime  
2,007 Regular  
January 29, 1994  
Membership runs September-August

**OFFICERS**

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**1st Vice-President**  
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**2nd Vice-President**  
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Dan Lauer, Benton Harbor  
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1994

*Michigan High School  
Football Coaches  
Association  
Hall of Fame Inductees*

Mr. Tom Atkinson, Alpena  
Mr. Phil Booth, Lansing Catholic  
Mr. Dave Catherman, Farmington  
Mr. Carl Charon, Gladwin  
Mr. Richard Cooke, Grandville  
Mr. Bob Critz, Mendon  
Mr. Lewis Fenton, Saginaw Heritage  
Mr. Pete Fusi, Mt. Morris  
Mr. Bob Hayes, Montrose Hill McCloy  
Mr. Gary Jozwiak, Midland  
Mr. Tom LaFramboise, Grosse Ile  
Mr. Dan Lauer, Benton Harbor  
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Mr. Chuck Salvano, St. Joseph  
Mr. Marv Schneider, White Pigeon  
Mr. Larry Sellers, Traverse City St. Francis

Mr. Jim Venia, Marysville  
Mr. James Watkins, Imlay City  
Mr. Fritz Wolff, Goodrich

**Congratulations****Newsletter is NOT Forwarded**

MHSFCA Newsletters are NOT forwarded by the Postal Service. To insure that you continue to receive the MHSFCA Newsletter please notify Membership Chairman, Jim Clawson of address changes.

Jim Clawson  
MHSFCA Membership Chairman  
21681 Thorofare  
Grosse Ile, MI 48138

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.

Larry Merx, Editor  
School: (313) 994-2105, 994-2040  
Home: (313) 439-3184  
39 W. Judd Rd., Milan 48160

**Committee Chairs**

**Academic All State**  
Chuck Apap, Walled Lake Western  
**All-Star**  
Larry Rueger, Mona Shores/Fruitport  
**Assistant Coach Award**  
Dick McGiness, Lake City  
**Clinic**  
Dick Fodor, Bridgman  
**Ethics**  
Denny Patzer, Vicksburg  
**Jim Crowley Award**  
Larry Sellers, Traverse City St. Francis  
**Finance**  
Jim Eurick, Saginaw Arthur Hill  
**Hall Of Fame**  
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**Playoff**  
Tim Klein, Frankfort  
**Political Action**  
Bob Kefgen, Bloomfield Hills Lahser  
**Public Relations**  
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**Rules**  
Pete Coll, Center Line  
**Scholarship**  
Ernie Hoffman, Dundee  
**Terry Rose Memorial Scholarship**  
Mike Wojda, Hillman  
**Legal Representative**  
State Representative, Kirk Profit

**MHSFCA  
Meetings &  
Important Dates**

**Toyota Duffy Daugherty  
Coach of the Year Clinic**

Amway Grand Hotel, Grand Rapids  
March 4-5, 1994

**Board of Directors Spring Meeting**  
March 18, 1994

Schembechler Hall, Ann Arbor

**Hall of Fame Banquet**  
March 19, 1994

Crisler Arena, Ann Arbor

**Board of Directors Summer Meeting**

July 28-29, 1994  
Harley Hotel, East Lansing

**Leadership Conference**

July 29-30, 1994  
Holden Hall, M.S.U.

**All Star Game**

July 30, 1994  
Spartan Stadium, M.S.U.



## 1993 East — West All Star Football Video

PRODUCED BY  
HOME TOWN VIDEO

### Memories in Motion

A video featuring highlights from the All Star Camp, Awards Banquet, and Game are available. If you would like to order, contact:

**Home Town Video**  
c/o Rocky Jacobs  
2058 Wilson Drive  
Erie, Michigan 48133  
(313) 848-8115

Be sure to indicate which team video you want: East or West!

Cost of a tapes is \$35  
Make checks payable to  
Home Town Video



Over the past years several of Michigan's best coaches have sent materials for the Newsletter. We encourage you to join that group.

### Thank You

Region 10 Director Joe Eufinger, Flint Central, *The Run from the One Back Set*; Ernie Ayers, Sand Creek, *Sand Creek Pre-Season Conditioning*; Region 1 Director Bob Dozier, Detroit Mackenzie, *The NCAA Initial Eligibility Clearing House - Information and Certification Procedures and Playoff Revision Survey*; Columbus Moore, Ann Arbor Huron, *1994 College and University Spring Practice Schedules*.

Next Deadline for Submissions  
for May Newsletter  
— March 25 —

Larry Merx  
39 West Judd Rd.  
Milan, MI 48160

## 1994 MHSFCA Leadership Conference CORRECT DATE: July 29 - 30



In conjunction with the 1994 All Star Game, the 1994 MHSFCA Leadership Conference is scheduled for July 29-30 at Michigan State University.

### Conference Flyer Includes Important Questions!

The conference committee needs your help in answering the questions included on the flyer inserted in this Newsletter. Return that section of the flyer to Loren Willey at the address on the form. Your answers will be used in planning for this year's conference.

## Scrimmages & Games Needed\*

### First Scrimmage

Hart 8/19

### Second Scrimmage

Ogemaw Heights A or BB

Pinconning, Caro & Gaylord need 4th

Bishop Foley BB

Detroit Western

Bay City John Glenn 8/25 or 8/26

Holt A, Marshall B, Mason B need 4th

Grand Rapids Creston & Lake Odessa

Lakewood need 3rd & 4th for scrimmage at

Houseman Field in Grand Rapids

Ithaca needs 2

### 1st Date

Byron Center B, 9/3 away

Divine Child

Farmington Harrison

Grand Rapids Catholic Central

### 2nd Date

Clawson

Camden Frontier D

Morrice JV

Bellvue

### 3rd Date

Mt. Pleasant

Cheboygan BB

Morrice JV

Galien D

### 4th Date

Detroit Denby

Manistee Catholic D

### 5th Date

Detroit Pershing A/AA

Hartford CC

Mt Pleasant

### 6th Date

Traverse City St. Francis

### 7th Date

Grosse Pointe South

### 8th Date

Bellvue

Lake City C

Morrice JV

Morrice Varsity (95)

### 9th Date

Godwin Heights B (94 & 95)

North Farmington A

Mendon DD

Morrice (95)

Dearborn Edsel Ford

\*As of 1/29 at Winners Circle Clinic

# The NCAA Initial Eligibility Clearinghouse

## Information and Certification Procedures

Bob Dozier, Detroit Mackenzie, Rules Committee

### Form 48-H

The responsibility and jurisdiction over certification of student athletes for participation in intercollegiate sports as freshmen has changed from NCAA Division I and II institutions to the NCAA Clearinghouse. Certification began August 1, 1993 for prospective student athletes who are planning to enroll in college as freshmen during the 1994-95 academic year and wish to participate in Division I or II sports. Beginning with the 1993-94 academic year, an established NCAA initial-eligibility Clearinghouse staff will review the Form 48-H submitted by your high school. The staff will evaluate those courses on the Form 48-H according to NCAA Core Course guidelines.

A Core Course is defined as "A recognized academic course designed to prepare a student for college level work (as opposed to a vocational or personal-service course)." The NCAA further mandates that at least 75 percent of the instructional content of a course must be in one or more of the specified subject areas (English, mathematics, social science, and natural or physical science). Also, a statistics course must be "advanced" (algebra based) to qualify as a core course in meeting the NCAA freshmen eligibility requirement.

We suggest that the high school coach meet with the principal or his or her designee to complete the Form 48-H. The form only needs to be completed once each year, but the NCAA Clearinghouse needs to be notified of any updates (additions to your core course curriculum) occurring during the academic year. After completion of the Form 48-H, submit the form to the NCAA Clearinghouse.

The NCAA Clearinghouse will evaluate your Form 48-H according to NCAA core course guidelines and mail you a Form 48-H Confirmation Docu-

ment. This document will list the NCAA approved core courses that will be used in certifying the initial eligibility of student athletes from your school. Any course title that does not meet NCAA core course requirements will be listed under a section for non-core courses.

If you dispute any courses that the NCAA disapproves or if you wish to have the Clearinghouse reconsider a course, make corrections in red ink directly on the document. Have the principal sign the form and return the form along with documentation to the Clearinghouse. Documentation must include:

1. A full and complete course description
2. A course syllabus
3. A copy of the table of contents from all assigned textbooks.

### Student Release Form

Students who wish to participate during their freshman year in NCAA Division I or II sports must complete a release form. This form authorizes high schools to release academic information to the Clearinghouse including tran-

**Students must submit an \$18 initial-eligibility fee with the Student Release Form. Economically disadvantaged students who previously received a fee waiver for the ACT or SAT are eligible for fee waivers...**

scripts, test score and proof of graduation. This form also authorizes the Clearinghouse to release information to colleges that request it.

### Fee Payment

Students must submit an \$18 initial-eligibility fee with the Student Release Form. Economically disadvantaged students who previously received a fee waiver for the ACT or SAT are eligible for fee waivers for the Student Release Form. Part 4 of the Student Release Form must be completed and signed by an authorized school official

certifying that the student previously received a waiver of the ACT or SAT fee.

### ACT or SAT Scores

ACT or SAT scores must be submitted to the Clearinghouse for students who wish to participate in NCAA Division I or II sports. Students who have not registered for the ACT or SAT test can have their scores sent to the Clearinghouse by marking 9999 in the section on college and scholarship code choices in their ACT or SAT registration folder. If a student has previously registered for the test, they must request that ACT or ETS send an additional score report to code 9999. Students who have tested more than once should have all their test scores sent to the Clearinghouse. The NCAA allows combining of the highest score on each part of a test which could be higher than the score earned on any individual test.

### Institution Request List

Requests for eligibility information on prospective student athletes is submitted on an institution request list to the Clearinghouse by Division I or II institutions. This request is made because the requesting institution wishes to certify eligibility for an expense paid campus visit (for certain Division I sports), to establish initial eligibility during the recruiting period (Division I or II), or after the recruitment period for walk-ons. The NCAA Clearinghouse will check their files to see if listed student athletes are eligible (certified) and notify the requesting institution as to the certification status of each student.

### Certification Reporting

When the NCAA Clearinghouse processes all documents and information they will make a certification decision and send a report of that decision to

*Continues on page 5*



## Clearinghouse

the student. A report will also be sent to colleges that request information about a student if the student has authorized release of information to that institution.

The NCAA Clearinghouse will issue the following types of certifications:

- Eligibility Certification for an early expense paid visit. This certification is required in all Division I sports except football, field hockey, water polo, soccer and women's volleyball.

- Preliminary Certification. Information on file before graduation.

- Final Certification. Preliminary information on file plus proof of graduation (final transcript).

### How to Contact the NCAA Clearinghouse

All questions concerning the certification process or a student's certification documents can be directed to the NCAA initial-eligibility Clearinghouse at:

NCAA Clearinghouse  
2255 North Dubuque Rd.  
P.O. Box 4044  
Iowa City, Iowa 52243-4044  
(319) 337-1492

There are two brochures available through the Clearinghouse:

1. *Making Sure You Are Eligible to Participate in College Sports*

2. *Making sure Your High School Students Will Be Eligible to Participate in College Sports*

### Note

Region 2 Director Wes Wishart, Dearborn Divine Child, reported at the Winter Meeting of the MHSFCA Board of Directors that the Texas Coaching Association is currently in the process of suing the NCAA over the NCAA Clearinghouse. "Because such a small number of athletes make it to Division I or II schools, the NCAA is making several million dollars from student athletes who will never see any benefit."



## MHSFCA Playoff Revision Survey

*By Region 1 Director Bob Dozier, Detroit Mackenzie*

A survey to consider revising the playoff format was conducted at the 22nd MHSFCA clinic in Battle Creek on Friday 1/29/94. The survey was conducted by Bob Dozier, Dave Woodcock and Dennis Zbozen, members of this year's MHSFCA Football Rules and Playoff Committee. The purpose of the survey was to get feedback from the football coaches on a proposal to revise the method of selection of teams for the football playoffs for each of eight classifications.

### Survey Question:

Would you be in favor of this change in the playoff system?

1. Divide the state into four geographical regions prior to the opening game and publish in the MHSAA Bulletin.
2. Select the top 16 schools statewide at the conclusion of the season, regardless of regions.
3. Equalize each of the four regions geographically so that there are four teams in each.
4. Schedule pre-regional and regional games so that the two teams with the highest averages in each region host the third and fourth highest averages.

### The Results of the Voting

Ballots cast ..... 827  
YES votes ..... 418 or 50.5%  
NO votes ..... 409 or 49.5%

Tim Klein, Frankfort, Chair of the MHSFCA Playoff Committee said, "We don't feel that there is a strong enough mandate by the coaches to suggest that the present playoff system be changed." The membership is apparently evenly divided as to the issue of revision of the playoff format and until a definite majority opinion in favor or against can be obtained, the present format should be retained.

The results of the coaches voting will be handed over to the Executive Committee of the MHSAA Representative Council. Hopefully, the coaches survey will be considered as their decision is debated.

Continued from page 1

## Crowley Award to MHSFCA Past President, Benton Harbor's Dan Lauer

observe one of the top college football programs in the country in an institution which combined academics, Christian beliefs, and football; he learned early on that there were victories to be won with players both on and off the field. He also learned that a coach may win or

lose on the field, but that his real success is marked by his record with his players as they become

successful in their lives. Thus his coaching philosophy was developed.

In 1976 Dan took a position with the Benton Harbor Area Schools as the district's Drug Education Coordinator and assistant football coach. He has worked for the district since then, assisting in track for nine years and as head football coach from 1979-1988. He had several successful teams and sent many players on to successful college careers. Since 1989 he has been assistant coach at Stevensville Lakeshore High School while continuing to teach at Benton Harbor.

Dan has been involved with the MHSFCA for many years, beginning by assisting Terry Rose with clinic organization in 1978. He was instrumental in getting the clinic moved from a school setting to the current setting at Stouffer's Hotel in Battle Creek. He

has been involved in the All Star Game; he coached in the 1988 game. Dan was President of the MHSFCA in 1988.

Married to his high school sweetheart for twenty-

Dan has been involved with the MHSFCA for many years, beginning by assisting Terry Rose with clinic organization in 1978. He was instrumental in getting the clinic moved from a school setting to the current setting at Stouffer's Hotel in Battle Creek.

five years, Dan said that one of his greatest experiences was having the opportunity to coach his own son at Lakeshore.

Coach Lauer has dedicated his life to teaching and helping other people. He is a team player and does things out of the goodness of his heart, often without recognition. He has been an excellent model for his players because of the way he has endured the personal and professional obstacles in his life. He has suffered though much physical and emotional pain in recent years, but he has persevered through his commitment to coaching, faith in God and hope for the future.

Dan's former players and administrators tell of a man who is a "players' coach," and an excellent model for his players, who has the ability to influence the hearts and minds of students, players and fellow coaches. He is a coach who has the ability to teach the fundamental components of the game in such a way that the players

### Past Recipients of MHSFCA Jim Crowley Award

1981	Dave Driscoll
1992	Don Lessner
1983	Ron Holland
1985	Harley Pierce
1986	Jack Castignola
1987	Tom Fagan
1988	Elmer Engle
1989	Tom Moshimer
1990	Bob Wyman
1991	Roger Chiaverini
1992	Walt Braun
1993	Jim Ooley

learn about life skills in the process. Perhaps one of his former players said it best when he stated that he is a, "better person just because he had the opportunity to know 'Coach Dan.'"

Like Coach Crowley, this year's recipient of the Jim Crowley Award is a leader of young men, a tremendous example to those he coached and a dedicated husband to his wife, Marilyn, and father to his son, Andy.

## MHSFCA Board of Directors EVEN Region ELECTION

The Board of Directors, speaking for the MHSFCA, is very grateful for the leadership and contributions provided by outgoing Region 14 Director Dave Farris, Petokey and Region 16 Director Ron Warner, Lake Linden-Hubbell.

We welcome the newly elected members of the Board of Directors: Joe Eufinger, Flint Central was elected in Region 10, Tom Barbieri, Gaylord in Region 14 and Charlie Otlewski, St. Ignace LaSalle in Region 16.

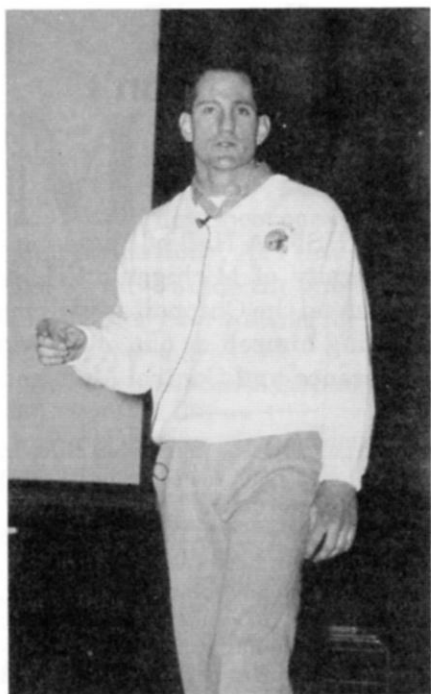
## MHSFCA Membership Open to All

Membership in the MHSFCA is not limited to football coaches. Membership in the Association conveys several advantages including the right to nominate: *Hall of Fame Membership*, *Academic All State*, *Assistant Coach of the Year Awards*, *Honorary Membership*, the ability to counsel timely *Scholarship Award applications*, and special rates on Lions and Tigers tickets.

We whole heartedly encourage all members of the high school community

to become members of the MHSFCA and to take full advantage of their membership rights.

An application form for MHSFCA Membership appears on the back page of this Newsletter. It, or a facsimile, will ensure your receiving the MHSFCA Newsletter (published four times a year: March, May, October and December) and immediate access to all rights and privileges of that Membership.



Left: Class AA Coach of the Year and State Champion Jeff Stergalas, Dearborn Fordson related some of the details of his team's trip to the dome during his, the culminating, presentation at the Winners' Circle Clinic. Details Jeff mentioned included: noticing in the midst of the regular season that the Tractors' defense hadn't scored and pointing that out to the team... they scored three times in the ninth game; and taking special pains to prepare for the heat encountered in the dome.



## Another Outstanding Affair

*By Clinic Chair Dick Fodor, Bridgman*

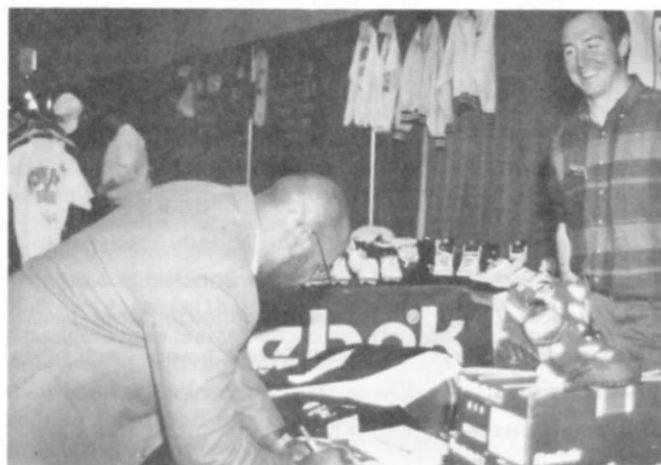
**T**he 1994 MHSFCA 22nd Annual Clinic, held at Stouffer's Hotel in downtown Battle Creek was another outstanding affair. Over 1100 coaches attended the two day event, many braving horrendous travel conditions, to make their way to the Winners' Circle site. More than sixty exhibitors displayed and demonstrated their wares on the wintery weekend as well.

The high school coaching staffs did a great job during the Friday afternoon mini-sessions. University of Miami head coach Dennis Ericson, scheduled a trip to the clinic during the last week of his recruiting season to speak before a packed house of Michigan coaches on Friday night. Chuck Klausing from Kiski High School in Saltsburg, Pennsylvania, the "old master" of the "Wing T" wrapped up Friday's program in front of a full house as well.

The Clinic Banquet concluded the weekend's activities. Assistant Coaches of the Year, Regional

Coaches of the Year, State Coaches of the Year and Honorary Lifetime Members were recognized. Jim Crowley Award winner, Dan Lauer, "just an average guy," in his words, was honored. The passing of the President's gavel from MHSFCA 1993 President, Dave Woodcock (Jenison) to 1994 President, Dennis Zbozen (Romeo) ended the banquet and the clinic.

Next clinic... Get ready for the second MHSFCA U.P. Clinic at the Superior Dome in Marquette. The summer clinic, June 24-25, is designed for all coaches - not just "UP'ers." Make plans to be there this summer.



Middle left: Dennis Zbozen, Romeo assumed the office of MHSFCA President at the clinic awards banquet.

Far Left: Over sixty exhibitors lined the halls to the main presentation area at the Winners' Circle Clinic. Many featured some real bargains for coaches. Ann Arbor Huron's Columbus Moore took advantage of some Reebok discounts.

University of Miami head coach Dennis Erickson spoke to a full house Friday evening. Erickson's appearance was sponsored by Toyota in a joint venture with the Coach of the Year Clinic.

## 1994 Hall of Fame Will Feature Winningest Coach in MAC History, Central Michigan's Herb Deromedi



**F**eatured speaker at the 1994 MHSFCA Hall of Fame banquet, March 19 at The University of Michigan's Crisler Arena, Herb Deromedi, has been on the Chippewa sidelines for parts of four decades, asserting himself as one of the top coaches in Mid-American Conference and Central Michigan University history.

Deromedi joined the Chippewa staff as an assistant coach in 1967 and has been there ever since, taking the head coaching reins in 1978. The dean of MAC football coaches, Deromedi has led his 16 CMU teams to an overall record of 110-55-10 (.657). That record along with the 90-39-9 (.685) league mark, is the best in the league during that time frame. The 90 conference wins rank first on the all-time MAC ledger, and 110 overall triumphs surpass the old mark of 108 set by Ohio's Bill Hess.

In addition Deromedi ranks 12th among all active NCAA Division I coaches in winning percentage and follows only Miami's Ara Parseghian, Michigan's Bo Schembechler, Bowling Green's Doyt Perry and Ball State's Dave McClain on the all-time MAC Winning percentage list.

The Royal Oak, Michigan native began the '90s in the same fashion he ushered in the last decade - with a MAC Championship. Deromedi's

charges also won conference titles in 1979 and 1980, his second and third years at the helm.

The 55 year old Deromedi became CMU's 16th head coach on August 7, 1978, when he replaced Roy Kramer, who went to Vanderbilt as athletic director. He had worked as an assistant under Kramer since 1967, and had served as the defensive coordinator since 1969. A potent offense and rugged defense have become trademarks of Deromedi coached teams, as CMU has led the MAC in total offense five times and in scoring defense seven times during his tenure.

A 1956 graduate of Royal Oak High School and a 1960 graduate of The University of Michigan, Deromedi received his master's degree from Michigan in 1961. He then launched a highly successful six-year stint on the high school level with an overall record of 36-13-2 at Byron (1961-1962), Ann Arbor (1962-64) and Royal Oak Kimball (1964-67) high schools.



*Michigan High School  
Football Coaches  
Association*

### Hall of Fame Banquet

**Saturday,  
March 19, 1994**

**Crisler Arena  
The University of  
Michigan**

### 1994 Hall of Fame Inductees

Mr. Tom Atkinson, Alpena  
Mr. Phil Booth, Lansing Catholic  
Mr. Dave Catherman, Farmington  
Mr. Carl Charon, Gladwin  
Mr. Richard Cooke, Grandville  
Mr. Bob Critz, Mendon  
Mr. Lewis Fenton, Saginaw Heritage  
Mr. Pete Fusi, Mt. Morris  
Mr. Bob Hayes, Montrose Hill McCloy  
Mr. Gary Jozwiak, Midland  
Mr. Tom LaFramboise, Grosse Ile  
Mr. Dan Lauer, Benton Harbor

Mr. Jim Martin, Lakeview  
Mr. Joe McGee, GR Forest Hills Central  
Mr. Mike McGrath, Davison  
Mr. James O'Leary, North Farmington  
Mr. Paul Pagel, Romeo  
Mr. Dick Rafferty, Constantine  
Mr. Chuck Salvano, St. Joseph  
Mr. Marv Schneider, White Pigeon  
Mr. Larry Sellers, Traverse City St. Francis  
Mr. Jim Venia, Marysville  
Mr. James Watkins, Imlay City  
Mr. Fritz Wolff, Goodrich



# The Run from A One Back Set

By Region 10 Director Joe Eufinger, Flint Central

**M**ost high school offensive packages now incorporate one back formations. At Flint Central we have made the one back our primary formation for the past three years.

We are most often in the basic run and shoot look. (Figure A)

While most people consider this a passing formation (and it certainly is!) we have been able to run effectively out of this formation also. A big part of that effectiveness has stemmed from using counter trap blocking schemes. (Figure B)

Basically we down block on the play-side, trap with the backside guard and pull the backside tackle through the hole. The key to the play is to get a block on the backside linebacker. We run the same play using the fullback in the more traditional counter trap look. (Figure C)

This play gives us the opportunity to run the play without motion, from trips formation, or opposite motion.

We have also added a reverse play to the package that has produced many big plays over the past three years. (Figure D)

We zone block the play-side and pull the backside guard and tackle. The key to the play is the fake of the fullback.

The reverse play also gives us the opportunity to run opposite motion and away from our trips formation. (Figure E)

By pulling our tackles on these plays we get size and power at the point of attack without taking our speed players out of the game. This has made our run and our pass more effective.

As stated earlier, while most teams do not use the one back set as their primary formation, they do have one back sets as part of their total offensive package. Those teams need to incorporate some effective run schemes into their one back package. Doing so will help to make the one back passing package even more effective.

Figure A

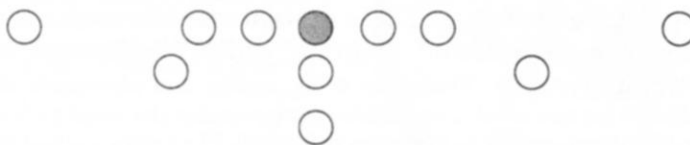


Figure B

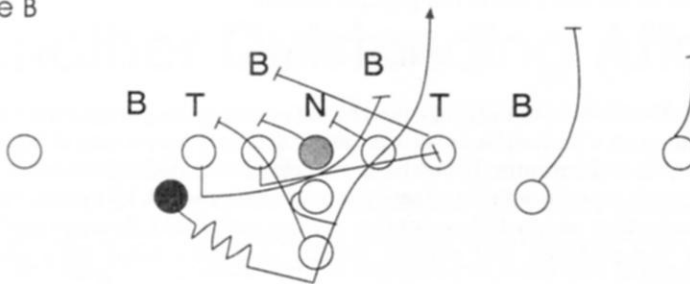


Figure C

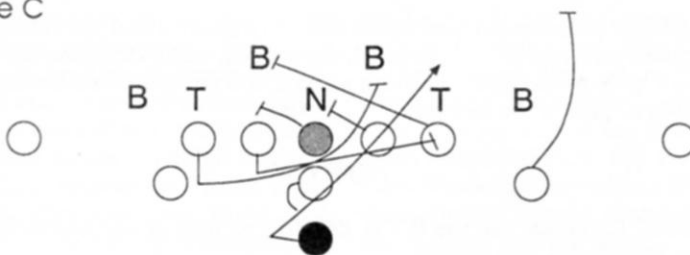


Figure D

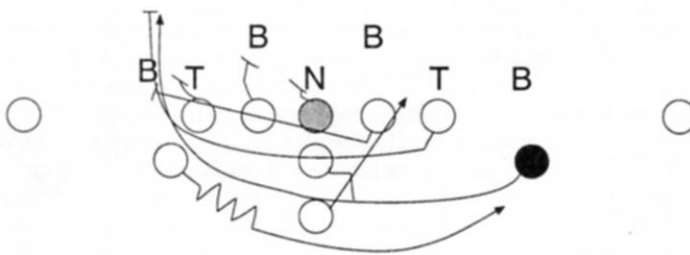
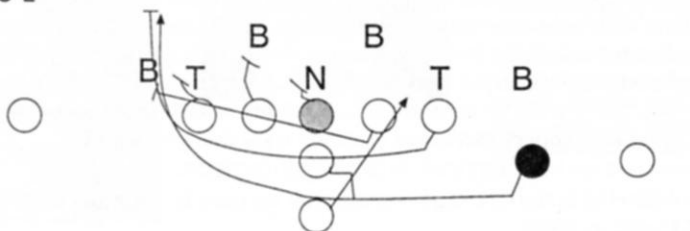


Figure E



# Sand Creek Preseason Conditioning

By Region 3 Director Ernie Ayers, Sand Creek

The goals of the Sand Creek High School Conditioning program are to improve strength, power, flexibility, agility and conditioning. These goals are met through a comprehensive, year round program which emphasizes weight training cycles. Flexibility drills, agility and plyometric circuits, anaerobic and aerobic conditioning supplement the weight training to produce total conditioning as it applies to football. The entire football training program is divided into phases. The purpose of this article is to discuss our preseason phase which is designed to produce a player who will be in optimum condition at the start of the competitive season.

## Weight Training

The off-season training program is based upon a cycling program which uses overloading on a limited basis incorporating sets and repetitions at 80, 90, and 100 percent of maximum. It has been suggested that cycling produces slower gains, but may produce more effective long-range benefits. With the preseason program lasting nearly three months, cycling may build strength and power without the plateaus and chronic fatigue that may occur with continual overloading.

## Flexibility

Flexibility exercises are performed daily on a general and individual basis. Each athlete performs slow, controlled, supervised, static stretches. Be sure to stretch all body parts before training as part of a warm-up and immediately afterwards as part of the cool-down.

## Agility

At Sand Creek we use the B.F.S. dot drill as part of our warm-up every Monday, Wednesday and Friday.

## Conditioning

Because football is primarily an aerobic activity, our conditioning program tries to utilize drills that improve the two anaerobic systems (ATP/CP and LA). The drills to improve the ATP/CP (Adenosine Triphosphate/Creatine Phosphate) system incorporate training at high intensity for periods of less than 30 seconds with a 1:3 work-rest ratio. Rest relief in this case is a rest period without activity. The long rest period allows for the intramuscular ATP/CP stores to be replenished. Specific drills we use to train the ATP/CP system include a 20 yard dash with 10 second rest relief, a 40 yard dash with 25 second rest relief and a 100 yard dash with one minute rest relief. Rest periods reflect increased running time due to fatigue.

The drills for the LA (Lactic Acid) system incorporate training at high intensity for 30 seconds to three minutes with a 1:2 work-rest ratio. Rest in this case is done with light activity such as walking. The 1:2 work to rest ratio allows for some but not all of the lactic acid accumulated in the preceding workout to be eliminated. Specific drills that train the LA system include 200's with one minute rest, 300's with 90 second rest, and 400's with two minutes rest. Rest periods must also reflect increased running time due to fatigue.

## Sample Training Program

The following is the Cycling program that we used for summer conditioning at Sand Creek in 1992.

<b>Cycle I</b>	
<i>Monday &amp; Thursday</i>	
<i>June 8 - June 18</i>	
<i>3 sets of 10 reps</i>	
<i>Monday</i>	
Warm-up	Jog one mile
2 X 200	60 second RI*
2 X 200	60 second RI
* (Rest Interval)	
<i>Thursday</i>	
<i>Sprints at 100% intensity</i>	
5 X 50	Walk back RI
5 X 40	Walk back RI
5 X 30	Walk back RI
<b>Cycle II</b>	
<i>Monday &amp; Thursday</i>	
<i>4 sets of 8 reps</i>	
<i>June 22 - July 2</i>	
<i>Monday</i>	
2 X 400	2 minute RI
2 X 200	1 minute RI
4 X 400	1 minute RI
<i>Thursday</i>	
<i>Slide Board</i>	
<b>Cycle III</b>	
<i>Monday, Wednesday, Friday</i>	
<i>July 6 - July 17</i>	
<i>5 sets of 5 reps</i>	
<i>Monday</i>	
3 X 200	1 minute RI
3 X 100	1 minute RI
4 X 60	15 second RI
<i>Wednesday</i>	
<i>Plyometrics</i>	
<i>Jump Rope</i>	
<i>Friday</i>	
Warm-up	Jog one mile
6 X 40	Walk back RI
6 X 30	Walk back RI
6 X 20	Walk back RI
6 X 10	Walk back RI
<b>Cycle IV</b>	
<i>Monday, Wednesday, Friday</i>	
<i>July 20 - July 31</i>	
<i>1 set of 10 - 8 - 6 - 4 - 2</i>	
<i>Monday</i>	
4 X 60	12 second RI
2 X 400	2 minute RI
4 X 200	60 second RI
<i>Wednesday</i>	
<i>Plyometrics</i>	
<i>Slide Board</i>	
<i>Friday</i>	
Warm-up	800
6 X 50	Walk back RI
6 X 40	Walk back RI
6 X 30	Walk back RI
6 X 20	Walk back RI
<b>Cycle V</b>	
<i>Monday &amp; Wednesday</i>	
<i>August 3 - August 7</i>	
<i>1 set of 6 - 3 - 2 - 1</i>	
<i>Monday</i>	
Warm-up	800
2 X 400	2 minute RI
4 X 200	60 second RI
4 X 100	20 second RI
<i>Wednesday</i>	
Warm-up	800
8 X 50	Walk back RI
8 X 40	Walk back RI
8 X 30	Walk back RI
8 X 20	Walk back RI



*Purpose:* The code is for the best interest of the game and the coaching profession. The ultimate success of these basic principles are the coaches themselves.

#### Code of Ethics

1. Subscribe to and follow to the letter all rules that apply to football set by the MHSAA.
2. Illustrate leadership in fair play and sportsmanship.
3. Observe all safety and health measures for all players.
4. Promote educational standards of your school.
5. Conduct oneself as a role model for your players, coaches, school and community.

**Membership (Ethics Committee):** The committee shall consist of at least five members appointed by the President of the MHSFCA. They shall meet at each Association meeting as other committees do.

This committee has no power to punish offenders but will reserve the right to notify, through the President of the Association, the school and coach of any charges that have been verified.

The committee can suggest sanctions such as: revoking membership and all rights thereof, notification of the MHSAA and any other actions consistent with promoting the best interests of Michigan High School Football.

## 1993 MHSFCA Coaches of the Year



### Single Letter Coaches of the Year

Clockwise from upper left: John Herrington, Farmington Harrison; Steve Spicer, Fowler; Tom Wender, Iron Mountain; Missing Chris Hofer, Kingsford



### Double Letter Coaches of the Year

Clockwise from upper left: George Barcheski, East Grand Rapids; Jeff Stergalas, Dearborn Fordson; John Schwartz, Mendon; Jim Webb, Hartford

## All Star EAST TEAM

Coaches: Head Coach Darrell Harper, Walled Lake Central; Defensive Coordinator Sherrell Rowland, Cass Technical; Ray Barr, Fraser; Bob Pyles, Walled Lake Central; Aaron Kyle, Cass Technical; Thomas Mach, Detroit Catholic Central



Name	Ht	Wt	Pos	Coach	School, Class
Kevin Babcock	6'2"	235	OLB	Wes Wishart	Dearborn Divine Child, BB
John Bodner	5'11"	175	DB	Ed Bellas	Allen Park, BB
Doug Brzezinske	6'5"	270	DL	Thomas Mach	Detroit Catholic Central, AA
Nick Burgess	6'3"	190	DB	John Herrington	Farmington Harrison, A
Dennis Callaghan	6'3"	180	QB	Doug Fraser	Birmingham Seaholm, A
Mark Campbell	6'6"	230	TE	Mike Powell	Bishop Foley, B
Marc Carafelli	6'4"	185	QB	Pat Sieszputowski	Riverview Gabriel Richard, CC
Pete Chernow	5'10"	210	FB	Bill Brown	Decker, C
Victor Ciurlik	6'	198	ILB	Jim Buttson	Woodhaven, A
DeShawn Cohen	5'10"	185	TB	Ed Belcrest	Hamtramck St. Florian, DD
Rafael Cooper	6'	190	TB	Arnold Oliver	Detroit Chadsey, A
Rob Dallaire	6'6"	220	TE	Frank Sumner	Grosse Pointe North, A
Kevin Dodd	6'	205	C	Don Lessner	Riverview, B
Mike Flaherty	6'	245	T	Marc Cisco	Monroe Jefferson, BB
Christopher Floyd	6'3"	220	FB	Michael Crayton	Detroit Cooley, A
Nate Geiger	6'2"	270	DL	Bart Estola	Wyandotte Roosevelt, AA
Dan Gibbons	6'5"	285	DL	Albert Fracassa	Birmingham Brother Rice, A
Rick Granata	5'10"	212	TB	Jim Watkins	Imlay City, B
Don Groth	6'2"	215	DL	Ross MacDonald	Warren DeLaSalle, AA
Marty Hage	6'5"	255	G	Gary Faszholtz	Lutheran North, B
John Haviland	6'3"	255	T	Mike Berry	Waterford Kettering, A
Jon Jansen	6'8"	248	OLB	Richard Moore	Clawson, B
Mark Kalaj	6'4"	185	WR	David M. Young	Livonia Clarenceville, BB
Bryan Kelley	6'2"	200	ILB	Darrel Schumacher	Northville, A
Morgan Korous	6'3"	225	G	Jim MacDougall	Birmingham Groves, A
Brian Krenz	6'2"	180	DB	Butch Wagner	Stirling Heights Henry Ford II, AA
Scot Lord	6'4"	220	Kicker	Jim O'Leary	North Farmington, A
Ryan McCartney	6'3"	195	Punter	Mike McLeod	Grosse Pointe South, A
Brad Morgan	6'2"	170	WR	Jack Reardon	Livonia Stevenson, A
Parachek, Scott	6'3"	180	QB	William Regnier	Bedford, A
Terel Patrick	5'11"	180	WR	Jim Reynolds	Detroit Martin Luther King II, AA
Travis Reece	6'3"	235	OLB	Don Stuckey	Detroit Denby, AA
Troy Schnieder	5'8"	150	QB	Craig Dahlke	Port Huron Northern, BB
Rob Shepley	6'2"	230	DL	Tom Moshimer	Plymouth Salem, AA
Brandon Smith	6'3"	235	C	Darrell Harper	Walled Lake Central, A
Ludecius Stewart	6'2"	277	G	Shannon Mayfield	Detroit Southwestern, A
Andy Szymanski	6'3"	200	WR	Chris Bell	Center Line St. Clement, D
John Thomas	5'11"	185	QB	Bob Lantzy	Utica Eisenhower, AA
Ralph Truitt	6'2"	200	DB	Bob LaPointe	Belleville, AA
Kevin Ventimiglia	6'	175	DB	Ed Maloney	Harper Woods Notre Dame, BB
Brian Watson	6'2"	220	ILB	Robert Jones	Detroit Redford, A
Brian Wilcox	6'7"	285	T	Ray Barr	Fraser, A
Fredrick Wilkerson	6'2"	180	DB	Sherrell Rowland	Detroit Cass Tech, AA
Chuck Wilson	6'2"	278	T	Jeff Stergalas	Dearborn Fordson, AA



## All Star WEST TEAM

Coaches: Head Coach David Cooke, North Muskegon; Defensive Coordinator Denny Patzer, Vicksburg; David Hudson, Battle Creek Pennfield; Ron Warner, Lake Linden-Hubbell; Ed Schroeder, North Muskegon; Barry Deal, Vicksburg

Chad Alexander	5'11"	185	TB	John Shillito	Muskegon Orchard View, B
Jeff Angeli	5'10"	210	FB	Tom Wender	Iron Mountain, C
Kevin Bahr	6'6"	270	T	Pete Kutches	Reeths-Puffer, A
Matt Beauchamp	6'2"	225	OLB	Dick Mettlach	Gwinn, BB
Gary Bigger	6'	225	C	Irv Sigler III	Cadillac, A
Doug Bontekoe	6'5"	250	DL	Tom Cutler	Marion, D
Dorian Bow	5'9"	150	DB	Dan Brown	Ypsilanti, A
Mark Bramer	6'1"	185	DB	Larry Sellers	Traverse City St. Francis, C
Matt Brown	6'6"	270	DL	Gail Thornton	DeWitt, BB
Landon Casey	6'1"	180	DB	Bernard Thomas	Dowagiac Union, BB
Shane Connor	6'1"	200	DL	David L. Hudson	Battle Creek Pennfield, B
Clint Copenhaver	6'4"	220	ILB	Bill Murray	Brighton, AA
Scott Fodroczy	6'	220	TE	Mike Holmes	Muskegon Catholic, C
Jeff Fox	6'2"	200	QB	Rick Baughman	Holland, A
J.K. Haehnle	6'4"	294	T	Ben Pack	Jackson, AA
Chris Hahn	6'5"	245	Punter	Al Doty	Bay City Western, AA
Jared James	6'3"	235	G	Bill Tucker	Flint Powers Catholic, BB
Mike Kehr	6'4"	284	T	Doug Throop	Grandville, A
Matt Keim	6'2"	195	DB	Ron Reardon	Sturgis, BB
Dennis Kequom	6'	255	G	Don Peddie	Mt. Pleasant, A
Jeff Kirof	6'6"	220	QB	Bill Giarro	East Kentwood, AA
Jeff Kirof	6'	180	QB	Tony Anese	Montrose Hill-McCloy, CC
Casey Kondel	6'3"	228	TE	Glen Stevenson	Grand Blanc, AA
Tim Laws	6'4"	225	OLB	Allen Slamer	Battle Creek Central, AA
Chris Leeder	6'5"	275	G	Ralph Munger	Rockford, AA
Adam Lige	6'	225	ILB	Al Romano	Adrian, AA
Calvin Massenberg	6'1"	275	FB	Scott Van Essen	Grand Rapids Union, AA
Micah Morris	5'11"	190	TB	Morley Fraser	Bay City Central, A
Aaron Oaks	5'11"	150	TB	Denny Patzer	Vicksburg, BB
Lance Peterlin	5'11"	170	WR	Scott Boddy	Calumet, CC
Mike Raketic	5'11"	185	DB	Chris Hofer	Kingsford, B
Jason Robbe	5'11"	175	DB	Jim Ahern	Ithaca, C
Mike Sarnowski	6'2"	245	C	Ralph Sarnowski	Sault Area, B
Eric Shelton	6'	180	DB	Larry Ward	Grand Rapids Catholic Central, BB
Colby Skelton	6'1"	170	WR	Gene LaFave	Chelsea, BB
Chris Stanton	5'11"	185	Kicker	Gary Jozwiak	Midland, A
Sam Sword	6'2"	225	ILB	Jim Eurick	Saginaw Arthur Hill, AA
Lucas Treece	6'2"	265	DL	Dave Woodcock	Jenison, A
Scott Uhlmann	6'4"	225	TE	John Loop	Bay City John Glenn, BB
Cheo Walker	6'3"	195	OLB	Jeff Smith	East Lansing, A
Andre Weathers	6'1"	170	WR	Joe Eufinger	Flint Central, AA
Shawn Williams	5'10"	180	DB	Robert Watkins	Baldwin, D
Chris Wisinski	6'3"	242	DL	David J. Sukup	Forest Hills Northern, BB
Brian Wright	6'2"	280	G	Steve Wilson	Fruitport, BB

All Star  
Sponsors Include

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## 1994 All Star Game July 30

By Larry Rueger, All Star Chair,  
Mona Shores / Fruitport

The 1994 All Star Teams have been chosen; the players notified. There were 139 athletes nominated from the West and a record 142 nominated from the East.

The process for picking the teams is one of hard work and long hours. The All Star coaching staffs do most of the leg work and then bring their information to the committee. Every player is discussed based on information on the nomination form, research the coaches have put together and information Regional Directors offer. The players are then voted on by the coaches, committee members and MHSFCA Regional Directors.

We need every coach's help to make the game on July 30th a success! Each coach needs to talk about the game to his players, the news media, etc. We also need help supervising the dorms during All Star week. Come on down and watch a practice, meet the kids and help supervise. If you can help with supervision, contact Bob Scheloske (South Lyon) if you are a coach in the East, or Dan Lauer (Benton Harbor) if you are a coach in the West.

We are planning another reunion of past All Stars. If you can help us with recent addresses or phone numbers of All Star players from the 1984 game, please contact Dennis Zbozen (Romeo). We plan to invite the players to the awards banquet on Friday night (July 29) and introducing them during pregame on the 30th.

Let's all, head coaches and assistant coaches at every level, get behind the All Star Game and lend a hand to make the '94 game the best yet.

\*\*\*\*\*

## All Star Reunion 1984

The 1984 MHSFCA All Star Football Teams and their coaches will be invited to the Awards Banquet at the Lansing Center Friday Night, July 29th and introduced in pregame ceremonies at Saturday's All Star Game.

Many of these young men have different addresses from what we have in our records.

If you know the whereabouts of one or more of the players please contact Dennis Zbozen, Romeo High School, 11091 W. 32 Mile Rd., Romeo, MI 48065. Phone: School (313) 752-0300, Home (313) 642-3893.

\*\*\*\*\*

## 1994 All Stars

### East Squad

Mike Haener  
Bob Wasczenski  
Keith Thibodeau  
Chris Carney  
Joe Kellogg  
Terry Andrysiak  
Brian Tauber  
Greg Smith  
Chris Wagner  
Dean Smith  
Chuck Gregory  
Clyde Hunt  
Tim Jemal  
Don Durant  
Steve Pente  
Greg Loose  
Kevin Jarema  
Tom Spahn  
Todd Krumm  
Steve Palmateer  
Winfred Caudell  
Steve Chopek  
Brian Schuler  
Jim Kreutzer  
Gary Erickson  
J.H. Caldwell  
Andy Martin  
Don Binkowski  
Steve McAnelly  
Bill Kupp  
Bud Gereg  
Steve Schrader  
Jon Drummond  
John Mikesell  
Lou Lafayette  
Chuck Adams  
Mark Messner  
Sam Wesley  
Durand Robertson  
Matt Dingsen

Wyandotte Mt. Carmel  
Farmington Harrison  
Southgate Aquinas  
Madison Hts Bishop Foley  
Sterling Heights Stevenson  
Allen Park St Francis Cabrini  
Birmingham Groves  
Detroit Henry Ford  
Dearborn Divine Child  
Detroit Southwestern  
Redford Bishop Borgess  
Clintondale  
Birmingham Seaholm  
Warren Fitzgerald  
Wyandotte  
Warren Cousino  
Warren Woods Tower  
North Farmington  
West Bloomfield  
Marysville  
Highland Park  
Trenton  
Dundee  
Walled Lake Central  
Owen-Gage  
Pontiac Central  
Orchard Lake St. Mary's  
Utica Eisenhower  
Troy Athens  
Bloomfield Hills Lahser  
Warren DeLaSalle  
Northville  
Dearborn Fordson  
Grosse Pointe South  
Grosse Ile  
Detroit Country Day  
Redford Catholic Central  
Detroit Northern  
Detroit Kettering  
Birmingham Brother Rice

### West Squad

Nathan Kelsey  
Melvin Houston  
Tom Hasty  
Dave Denbraber  
Eric Smith  
Larry Lamphere  
Roger Mojsiejenko  
Joe Perrelli  
Paul Wietecha  
Todd Cowen  
Scott Forgar  
Eric Ball  
Matt Dell'Aqua  
Mike Devlin  
Joe Boik  
Dave Copp  
Eric George  
Phil Booth  
Carl Pollard  
Joe Rachor  
Pete Dahn  
Steve Mussio  
Blake Stouffer  
Vince Tata  
Chuck Pellegrini  
Chris Phillips  
Mark Hill  
Ghassen Ramadan  
Jeff Hary  
Doug Geno  
Dave Dever  
Brandon Born  
Gary VanderWeele  
Joe Sklenar  
Brad Golembieski  
Darin White  
Mike Sargent  
John Culp  
Scott Dunn  
Greg Bohn

East Lansing  
Flint Northwestern  
Houghton Lake  
GR West Catholic  
Alma  
Durand  
Bridgman  
Lansing Eastern  
Grand Blanc  
Hartland  
Allendale  
Ypsilanti  
Traverse City St. Francis  
Lansing Sexton  
Tawas  
Portage Central  
Mendon  
Lansing Catholic  
Benton Harbor  
Kingsley  
Bessemer Johnson  
Saline  
Lake Michigan Catholic  
Linden  
Norway  
Fenton  
Holland West Ottawa  
Ypsilanti Lincoln  
Iron Mountain  
Battle Creek Pennfield  
Midland Dow  
East Kentwood  
Plainwell  
Muskegon Catholic  
Jenison  
Grayling  
Flint Powers Catholic  
Okemos  
Northview  
Traverse City

\*\*\*\*\*

## Michigan College and University Spring Schedules 1994

*Compiled by Columbus Moore, Ann Arbor Huron*

School	Practices:	Begin	Game	Clinic	Call First?
Adrian	No Spring Practice				
Albion	No Spring Practice				
Alma	No Spring Practice				
Central	3:15 TThFS	3/19	4/13	4/9	(517-774-3041)
Eastern	?				(313-487-2160)
Ferris	3:30 TWFS	4/5	4/25	No	(616-592-2860)
Grand Rapids J.C.	No Spring Practice				
Grand Valley	?				(616-895-3259)
Hillsdale	6:30pm MTWTh	4/11	4/28	No	(517-437-4198)
Hope	No Spring Practice				
Kalamazoo	No Spring Practice				
M.S.U.	4:00M-F, 1:30S	3/14	4/9	3/18-19†	(517-355-1648)
Mich. Tech.	4:00 MWFS	4/18	5/7	No	(906-487-2718)
Northern	3:30 MTWTh†	3/23	4/14	No	(906-227-2105)
Northwood	3:30 MTThF	4/18	5/7	No	(517-837-4381)
Olivet	No Spring Practice				
Saginaw Valley	3:00 M-F*	3/28†	4/16	No	(517-791-7300)
U. M.	3:30 M-F 10:00 S†	3/12	4/9	3/18-19(+)	(313-763-4422)
Wayne State	3:00TWF, 10:00S	4/4†	4/27	No	(313-577-4288)
Western	3:00 M-F*	3/8	4/9	No	(616-387-8620)

*Be sure to CALL first, plans in most cases were still somewhat tentative at our deadline.*

\*Best weather days between Monday and Friday, ? Undetermined, undecided or unavailable as of 2/1, † Tentative as of 2/1, (+) U.M. will hold a strength clinic 3/17 at 7:00 p.m.

## Bump and Run

A Defensive Back Instructional Video  
By Greg Brown, The University of Colorado

*Reviewed By Dan Brown, Head Coach Ypsilanti High School*

**B**ump and Run, the 3rd and Long Instructional Video by Greg Brown (No relation) is a great video tape for coaches of young players. The video presents useful drills to improve your defensive backs' skills and explains why the drills will help.

The technique and the explanation of the bump and run coverage was easy to understand and to apply to high school athletes. Coach Greg Brown does a good job explaining the proper way of using the technique and also what happens when the player uses the wrong technique.

The best part of the video was

Coach Brown's illustration of the bump and run technique being used in coverage. He carefully explains the rules for each technique with each coverage making it easy to understand.

This is truly a great instruction video that can help high school coaches prepare their teams for passing opponents... especially, as the trend seems to be to more and more emphasis on the passing game.

\$24.95 plus \$3 S&H  
from:  
3rd & Long  
P.O. Box 1349  
Boulder, CO 80306-1349

## MHSFCA Placement Service

*By Bruce Bendix, Comstock  
Placement Chair*

The MHSFCA sponsors a placement service for its members and football sponsoring schools. A placement bulletin is mailed to all interested coaches from January until June each year (see form on inside back page of Newsletter).

It is, however, a two-way street. If you know of coaching and/or teaching openings in your school or area, please let us know (use second form on inside back page of Newsletter).

We are particularly interested in coaching/teaching positions, as most of our Bulletin subscribers are interested in dual openings rather than "coaching only" vacancies.

From the MHSCA's Executive Vice President, Jack Johnson

## MHSCA/Gatorade 15 and 25 Year Coaching Service Award Certificates

The 15 and 25 year coaching certificates will be available in the fall of 1993.

### General Requirements

- Must have distinguished himself/herself with good coaching ethics and promoted good sportsmanship in their coaching
- May use up to ten years coaching outside Michigan
- May use years as an assistant as well as years as a head coach
- May combine sports coached but may not count more than one sport any school year
- May use years at the varsity, junior varsity, or junior high/middle school level
- May apply for certificate in more than one sport if you qualify for 15 or 25 years in each sport

### Specific requirements

- To receive a 15 year certificate, must have been a coach in a particular sport for 15 school years
- To receive a 25 year certificate, must have been a coach in a particular sport for 25 school years

### Procedure for receiving certificate

- Complete the application form and mail to:  
Mr. Jack Johnson, Executive Director  
MHSCA  
35445 Hathaway  
Livonia, MI 48150-2513

- Completed certificates will be sent to the President of your sport's association for his/her signature
- Presentations of the certificates will then be made by your association at a time and place determined by them.

### MHSCA Application for

☐ 15 or ☐ 25 Year Coaching Award (✓ one)

Name \_\_\_\_\_

School \_\_\_\_\_

School Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Years of Coaching (List Sport, Level, Years)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Coach Signature \_\_\_\_\_

AD or Principal Signature \_\_\_\_\_

*Coaching Award Program sponsored by Gatorade – The Official Thirst  
Quencher of MHSCA and in cooperation with MHSCA*

## PLACEMENT BULLETIN

### JOBS AVAILABLE INFORMATION

**Return to:** Bruce Bendix  
Head Football Coach  
Comstock H.S.  
2107 N 26th Street  
Comstock, MI 49041

*If you would like to receive the MHSFCA Placement Bulletin twice monthly from January-June please return the form below.*

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

## PLACEMENT BULLETIN

### VACANCY NOTIFICATION FORM

**Return to:**  
Bruce Bendix  
Head Football Coach  
Comstock H.S.  
2107 N 26th Street  
Comstock, MI 49041

*If you have an opening on your staff please fill in the following form and return*  
School Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Position(s) Available \_\_\_\_\_

Qualifications \_\_\_\_\_

Person to contact \_\_\_\_\_

Send (resume, credentials, etc) \_\_\_\_\_

Deadline for Application \_\_\_\_\_

## 1994 Hall of Fame Banquet Tickets

Guest Speaker: Herb Deromedi, Central Michigan University  
 Purpose: To Induct 25 New Members  
 When: **Saturday March 19**  
 Place: Crisler Arena at The University of Michigan  
 Time: Social Hour 6:00 p.m. Dinner: 7:00 p.m. Program: 8:00 p.m.  
 Price: \$20 per ticket (Checks payable to — MHSFCA)

Send to: Mr. Ivan Muhlenkamp  
 Hall of Fame Tickets  
 2627 Willa  
 St. Joseph, MI 449085  
 Phone (616) 983-4639

Number of Tickets \_\_\_\_\_ X \$20.00 = \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

MAKE CHECKS PAYABLE TO — MHSFCA • INCLUDE A SELF ADDRESSED, STAMPED ENVELOPE

Return Postage Guaranteed

☐ Superintendent  
☐ Assist. Principal  
☐ Athletic Director

When Finished Please Route to:

**MICHIGAN HIGH SCHOOL  
 FOOTBALL COACHES' ASSOCIATION**  
 Don Lessner, Executive Director  
 Riverview High School  
 Riverview, Michigan 48192

Don Lessner  
 2903 Riverside  
 Trenton, MI

48183

Bulk Rate  
 U.S. POSTAGE  
 PAID  
 Permit #28  
 MHSFCA  
 Trenton, Michigan

## LIFETIME MEMBERSHIP

Send to: Mr. Jim Clawson  
 Membership Chairman  
 21681 Thorofare  
 Grosse Ile, MI 48138  
 Lifetime Membership Fee \$25



Name \_\_\_\_\_

Home Address \_\_\_\_\_  
Street City State Zip

Phone \_\_\_\_\_

School Where Last Coached \_\_\_\_\_

Year Retired from Coaching \_\_\_\_\_

Total Years Football Coaching \_\_\_\_\_

Qualifications

1. Have coached football for twenty years on any level.
2. Have previously been a MHSFCA Member.
3. Have retired from coaching.
4. Pay a one-time fee of \$25.

## MEMBERSHIP APPLICATION FORM 1994-95



Send to: Mr. Jim Clawson  
 Membership Chairman  
 21681 Thorofare  
 Grosse Ile, MI 48138

☐ JOINT MHSFCA/MHSCA/NHSACA (\$10) ☐ NOT COACHING ANYMORE

Name \_\_\_\_\_

School \_\_\_\_\_

School Address \_\_\_\_\_  
Street City State Zip

Position \_\_\_\_\_ Total Years Coaching \_\_\_\_\_

Home Address \_\_\_\_\_  
Street City State Zip

Membership runs September - August.  
 Clinic registration includes membership for the year starting the following September.