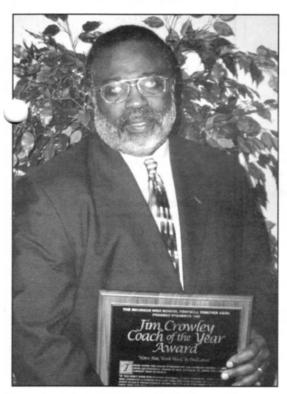


Volume 8, No. 1

### **SERVING MICHIGAN'S COACHES**

March 2005

# James Reynolds, Detroit Martin Luther King Jr, HS Presented Jim Crowley Award



James Reynolds has coached football at Martin Luther King Jr. HS for 31 years.

By Larry Sellers, Crowley Award Chair

ames Reynolds accepted a teaching and coaching job at Martin Luther King Jr. High School in 1974. He has been there for the past 31 years and established a record of 220 wins and 101 losses. King has won seven PSL Championships at King and taken teams to the state finals twice, in 1989 and 1990. King HS has been the only PSL team to ever play in a state final game. Coach Reynolds has produced numerous All State players, 18 Dream Team All Staters, six high school All Americans and ten professional football players.

Continued on page 5

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Membership Report Jim Clawson, Membership Chairman

MHSFCA Membership
2338 TOTAL

February 14, 2005 Membership runs September-August

## MHSFCA Meetings & Important Dates

Board of Directors Spring Meeting Schembechler Hall 10:00 a.m. • 16 April 05

Hall of Fame Induction Ceremony Crisler Arena 5:30 p.m. • 16 April 05

All Star Awards Banquet
Lansing
Location TBD
5:30 • 22 July 05

MHSFCA Leadership Conference Crisler Arena 23 July 2005

> All Star Football Game Michigan Stadium 2:00 • 23 July 05

2005 MHSAA Dates To Remember

Practice Begins • Aug. 8
First Contest • Aug. 26
Ratings Due Date • Dec. 2
District First-Round • Oct. 28-29
District Finals • Nov. 4-5
Regionals • Nov. 11-12
MHSAA Semifinals • Nov. 19
MHSAA Finals • Nov. 26-27

### 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 Day (734) 222-9800 Home: (734) 439-3184, Fax (734) 439-0049 email: Lmerx@nkfm.org 39 W. Judd Rd., Milan, MI 48160

## Michigan High School Football Coaches Association '05 All Star Coaches

### West

Head Coach Fred Davis

Johannesburg-Lewiston

Jim Hilgendorf

Johannesburg-Lewiston

1st Assistant Nick Koenigsnecht

Battle Creek Pennfield

Mike McGuire

Battle Creek Pennfield

Jim Hunter, Onekema

Dave Lawrence, Mattawan

### **East**

Head Coach Bob Czarnecki, Trenton Kent Sikora, Trenton 1st Assistant Tab Kellepoury, Novi Jeff Burnside, Novi Gene Skidmore, Wyandotte LeRoy Wood, Summerfield

## Congratulations

### MHSFCA OFFICERS 2005

PRESIDENT

Pete Coll. Center Line

1ST VICE-PRESIDENT Jim Buttson, Allen Park

2ND VICE-PRESIDENT

Al Slamer, Battle Creek Central

Don Lessner

CHAPLAIN

Loren Willey, Clio

### DIRECTORS

Region 1

Brandon Bruce, Newberry

Brad Grayvold, Norway

Pat Malone, Rudyard

Region 2

Fred Davis, Johannesburg-Lewiston Matt Prisk, Traverse City West Matt Stapleton, Frankfort

Region 3

Joe Coletta, Muskegon Oakridge Gus Kapolka, Boyne City Steve Wilson, Fruitport

Region 4

Al Doty, Pinconning Kelly Luplow, Clare

Region 5

Brett Foerster, Saginaw Heritage Craig Healey, Flushing Jerry Parker, Carmen-Ainsworth

Region 6

Noel Dean, Lowell Ralph Munger, Rockford

Region 7 Mike Farley, Comstock Scot Shaw, Three Rivers

Region 8

Ed Greenman, Battle Creek Harper Creek Dave Lawrence, Mattawan Al Slamer, Battle Creek Central

Region 9

Jack Wallace, Fowlerville Rob Zimmerman, DeWitt

Region 10 Scott Farley, Leslie Mark Raczkowski, East Jackson

Region 11 Marty Borski, Lake Fenton Dennis Hopkins, Linden

Region 12 Brad Bays, Sandusky Bill Brown, Deckerville

Region 13 Chuck Apap, Walled Lake Central Mark Thomas, South Lyon

Region 14

Rodney Baker, Wyandotte Tom Hoover, Allen Park Eric Redmond, Carlton Airport Steve Robb, Milan

Region 15 Werner Blakely, Bishop Borgess Mike Boyd, Our Lady of the Lakes

Region 16

Eric Smith, Mackenzie Drake Wilkins, Denby Tech.

Region 17 Gary Griffith, Troy Keith Stephens, Oak Park

Region 18
Mike Powell, Warren Cousino
Jim Venia, Marysville

\*Newly elected in BOLD

#### **Past Presidents**

Dave Driscoll, Jackson Parkside '72-'73 Dutch Schrotenboer, Alpena '74 Bud Breed, Portage Northern '75 Ron Holland, North Farmington '76 Ivan Muhlenkamp, St. Joseph '77 Jeff Smith, East Lansing '78 Harley Pierce, Sturgis '79 Walt Braun, Marysville '80 Jim Ooley, Traverse City '81 Tom Fagan, Ypsilanti '82 Dick Harris, Harrison '83 Arnie Besonen, Owen-Gage '84 Dick Look, Tawas '85 Terry Rose, Stevensville-Lakeshore '86 Mark Covert, Fenton '87 John Dean, Detroit Northern '88 Dan Lauer, Benton Harbor '89 Jim Ahern, Ithaca '90 Tom Moshimer, Plymouth Salem '91 Bob Knight, Portage Central '92 Dave Woodcock, Jenison '93 Dennis Zbozen, Romeo '94 Bill Tucker, Flint Powers '95 Larry Rueger, Mona Shores/Fruitport '96 Larry Merx, Ann Arbor Huron '97 Jack Schugars, Muskegon Oakridge '98 Larry Sellers, Traverse City St. Francis '99 Tim Klein, Roscommon '00 Keith Froelich, Okemos '01 Jim Clawson, Monroe St. Mary's Catholic '02 Bob Scheloske, South Lyon '03 Mike Wojda, Alpena '04



## **NEWSLETTER**

## Encourages Contributors

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

Deadline for Submissions for May Newsletter — April 15 —

Larry Merx 39 West Judd Rd. Milan, MI 48160 Phone (734) 439-0049 Lmerx@nkfm.org

#### COMMITTEE CHAIRS

Academic All State
Steve Robb, Milan
All-Star
Larry Rueger, Mona Shores/Fruitport
Assistant Coach Award
Dick McGiness, Lake City
Clinic
Al Slamer, Battle Creek Central
Ethics
Wes Wishart, Belleville
Jim Crowley Award
Larry Sellers, Traverse City St. Francis

Finance
Chuck Apap, Walled Lake Central
Fraser Foundation
Noel Dean, Lowell
Hall Of Fame
Tom Fagan, Ypsilanti
Historian
Jack Carlson, Holland West Ottawa

Honorary Membership Roger Bearss, Frankenmuth

Leadership Dave Lawrence, Mattawan Membership Jim Clawson, Monroe St. Mary's Catholic **Placement** Tony Ceccacci, Ortonville-Brandon Playoff Tom Barbieri, Dexter **Political Action** Dave Farris, Petoskey **Public Relations** John Herrington, Farmington Harrison Rules Pete Coll, Center Line Scholarship Mike Wojda, Alpena Youth Football Bill Hollenbeck, Maple City-Glen Lake Web Site Vincent LeVeille, Vassar

Vincent LeVeille, Vassar

Legal Representative

Dave Malicki, Riverview Gabriel Richard

## **NOTES**

### Football Playoff Seeding & State Finals

On January 24, 2005 the football committee of the MHSAA passed an MHSFCAbacked proposal to change the playoff region seedings. The eight teams who qualify for the regional playoffs would be seeded by playoff points: The highest playoff ranked team in the region would play the eighth highest team. The second highest would play the seventh. Number three would play number six and number 4 would play number 5. The regional teams would then be placed in two districts with teams one and eight and four and five in one district and numbers two and seven and three and six in the other district.

The committee also recommended the geographic pairings be eliminated. Teams would no longer be paired because of proximity.

Both of these proposals will be presented to the Representative Council of the MHSAA in May. Vince Laveille did a great job of presenting the MHSFCA proposal to the Football Committee.

You have probably heard by now that the MHSAA signed a three year contract to host the annual Thanksgiving weekend Football State Championship Games at Ford Field.

In 2005-06 Ford Field will host the Lions Thanksgiving Day Game, the Football Chamionship Games and the Super Bowl.

Tom Barbieri Playoff Committee Chair

### **MHSFCA Regional Re-Organization**

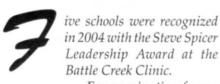
The general membership of the MHSFCA passed a By-Laws change at the clinic meeting in Battle Creek that provides for the addition of a third Regional Director from Region 1 (All of the UP and a portion of the upper lower peninsula).

The election of Regional Directors in the newly organized 18 districts (authorized in By-Laws changes agreed to in January 2004) was also completed at the Battle Creek clinic. Newly elected directors are in bold print on page two of this newsletter.

### **Newly Elected MHSFCA Regional Directors**

We need your photograph for inclusion in the 2005 All Star Football Game Program. A recent school photo or football photo that shows your head and shoulders will work. Send the photo to Larry Merx, 39 W. Judd Rd., Milan, MI 48160. (No polaroid photos please!) You can also e-mail them to Lmerx@nkfm.org.

### **Steve Spicer Memorial Leadership Awards**



For nomination forms for this award for the 2005 season contact:

Dave Lawrence Mattawan High School 56720 Murray St. Mattawan, MI 49071.

Due date is 15 November.

Top: Rod Baker, Wyondotte Roosevelt; Ken Schmidt, Waterford Mott; Matt Stapleton, Frankfort. Second Row: John VanWagoner, St. Joseph; Tim Wooer, Kingsley



### Games, Etc. Needed

The following Scrimmages, Games, Coaching Positions, etc. were listed on the Board at the Battle Creek Clinic January 29.

#### Available

Juggs machine: call South Haven

### **Passing League**

Gobles

Livonia: Mondays call Chris Kelbert 248-207-8139

#### Scrimmage

Bad Axe Brethren Cheboygan Chelsea needs 1

Detroit Catholic Central needs 1

East Jackson needs 1

Fenton (& Goodrich) needs 2

Flat Rock needs 1

Hamilton

Holly Manistee

Melvindale needs 1 Vassar needs 3

#### 1st Date

Alcona
Blissfield
Corunna
Eaton Rapids
Hudsonville
Monroe 9th Grade
Muskegon Orchard View 9th Grade
Reed City
Saginaw Nouvel
South Lyon

### 2nd Date

Boyne City Cadillac Corunna

Crosswell-Lexington 2006 Detroit Catholic Central JV

Detroit Southeastern

DeWitt

DeWitt 2006 Frankfort

Holly 2006

Hopkins Kingsley

Mendon

South Christian

#### 3rd Date

Cadillac

Detroit Catholic Central Frosh Detroit Catholic Central JV

Hopkins

Saginaw Nouvel

4th Date

Gaylord Wyoming Lee

5th Date

Benzie Central Blissfield

6th Date

Alcona

Detroit Catholic Central Frosh

Ida

Muskegon Orchard View 9th Grade

Saginaw Nouvel

#### 7th Date

Saginaw Nouvel Rudyard Benzie Central Lapeer East Sturgis Sheperd

### 8th Date

Beal City Benzie Central DeWitt 2006 Fowlerville Lapeer East Rudyard Saginaw Nouvel Sturgis

### 9th Date

Belleville Frankfort JV Fulton Grosse Ile Holton Kingsley

Muskegon Orchard View 9th Grade

Ogemaw Heights Rudyard

Spring Lake

### **Coaching Positions**

DeWitt: Assist possible teaching South Lake: head coach English or social studies

Holt: Line Coach

Northville: Varsity assistants Wyoming Park: head coach

## Honorary Members Account for 167 Years of Service to Their Community Football Programs!



Dan Coogan, Allen Park; Jeff Grodi, Monroe St. Mary CC; Jim Horton, Farmington Harrison; Harvey Lucas, McBain; Oran Mitchell, South Haven.

Dan Coogan, Allen Park - Nominated by Tom Hoover. "The Coog" has been the leader of the Allen Park Chain Gang for 20 years. Before coming to Allen Park he did the chains for Lincoln Park HS for 19 years. Dan has done chains at the MHSFCA All Star Games in 1982 and again in 2000.

Jeff Grodi, Monroe St. Mary CC - Nominated by Jack Giarmo. Jeff Grodi has been the public address announcer at SMCC for 22 years. He has also performed those duties at Monroe Jefferson Schools for five years and Airport HS for two years.

Jim Horton, Farmington Harrison - Nominated by John Herrington. Jim ran the chains at Harrison, "for years." He then became the Hawks' "videographer," a job he has performed for the past twenty years.

Harvey Lucas, McBain - Nominated by Joel Bronkema. Harvey s been the "Voice of the Ramblers" for 28 years and has also served as the scorekeeper and announcer for the Ramblers basketball teams for 30 years.

Oran Mitchell, South Haven - Nominated by Bobby Vaught. Oran Mitchell began teaching at South Haven in 1956. He has coached football, basketball, wrestling, baseball, diving and track. He drove the athletic school bus for 23 years and kept the basketball scorebook for 29 years. Since his retirement in 1986 he has been the Rams trainer... That's 18 years! Oran is nationally known for his expertise in coaching pole vaulters. He has developed Olympic medal winners, Big 10 Champs and many state champion vaulters.

Bobby Vaught's comments in nominating Oran Mitchell are representative of those made by each of the nominators: "People Like Oran inspire all of us... to become coaches, teachers and leaders. I truly believe [Oran] is one of the best and it would be a great honor for our association to bestow Honorary Membership on this great man." We agree in regards to each of these five dedicated men. They are what make our programs successful.

## Michigan College & University 2005 Spring Practice Schedules

School	Practices:	Begin	Game	Clinic	Call First?
CMU	9:30 TThS	3/18	4/16	N/A	(989) 774-3896
EMU	3:00 TTh 11:00 S	3/19	4/16 12:00	4/9	(734) 487-2160
FSU	3:30 TThF 11:00 S	3/29	4/22 6:00	TBD	(231) 591-2864
GVSU	3:00 MWF 9:00 S	3/28	4/23 12:00	4/13 6:00	(616) 331-3733
Hillsdale	3:30 TTh 9:00 S	4/1	4/30 10:00	N/A	(517) 607-3133
MSU	3:30 Weekdays	3/25	No	4/2	(517) 355-1647
MTU	3:30 MWF 9:30 S	4/1	4/23	N/A	(906) 487-2718
NMU	3:00 MTW	3/21	4/157:00	N/A	(906) 227-2040
Northwood	3:30 MTWTHF	4/14	5/7 10:00	N/A	(989) 837-4107
SVSU	3:00 MWF 10:00 S	3/30	4/23 11:00	N/A	(989) 964-7315
$^{\tau}$ $^{\uparrow}$ M	3:30 TTh	3/19	4/16 12:00	4/1-2	(734) 763-4422
SU	3:30 SunWF 10:00 S	3/23	4/17 1:00	4/17	(313) 577-4288
WMU	3:00 Weekdays 10:00 Weekends	3/12	4/9 12:00	4/1-2	(269) 387-8620

Be sure to CALL first, plans in most cases were still somewhat tentative at our deadline. Phone numbers were accurate as of 2/14/2005. Days of week may vary depending on weather. NOTE: Adrian, Albion, Alma, Grand Rapids J.C., Hope, Kalamazoo and Olivet do not hold spring practices.

## State Of The MHSFCA, 2005

his year the Michigan High School Football Coaches Association celebrates its 33rd year of steady growth. Our membership, right around 2500, enjoys ever increasing benefits and opportunities. The officers and members of the Board of Directors, past and present, have developed this association over time into a model for other coaching associations across the state. The primary goal of the MHSFCA is to promote football in the State of Michigan. Some of the highlights of a typical year pursuing this goal include:

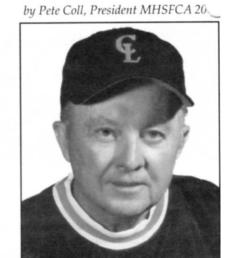
The Winners' Circle Clinic in Battle Creek: The last weekend in January is filled with outstanding college and high school football speakers who gather in Battle Creek to share experiences and techniques. The weekend concludes with State Championship winning coaches talking about, "The Road to the Dome." Enthusiastic attendance by our members makes this one of the best attended high school clinics in the nation. Following the clinic, the annual awards luncheon recognizes our state and regional coaches of the year, the Jim Crowley Memorial Award recipient, the Steve Spicer Team Leadership Awards winners, Honorary Membership recipients, and Fraser Community Service Award winners.

The Hall of Fame induction and banquet in Ann Arbor: In the spring the association inducts 20-24 Michigan high school coaches who have coached a minimum of 20 years or reached 100 victories. These men have compiled a tremendous record of developing the young people of this state into responsible adults through the game of football.

All-Star weekend in East Lansing: This is probably the busiest time of the year for the MHSFCA. The football teams are composed of 88 of the best players in the state who play in a premier contest at an outstanding facility. In addition, the game is an opportunity to showcase the winning squads from the Michigan Cheerleading Coaches Association competition and an All-Star Band composed of high school musicians from around the state. This weekend also provides a golf scramble outing as a fundraiser for the Fraser Program, which provides books for deserving elementary school children across the state. Before the game, the morning is devoted to our annual Leadership Conference that brings several hundred team leaders together to learn techniques to take back to their schools for the season. At halftime the winners of the MHSFCA competitive scholarships and the Terry Rose Memorial Scholarship are presented with their awards.

The competitive season: While the fall is filled with game plans, practice sessions and, of course, the games, the MHSFCA board of directors is busy with their duties. Coach-of-the-Year balloting, choosing Academic All State Teams and individuals, and All-Star team selections are all chores that are completed during the fall. It is amazing to observe the achievements of these top student-athletes year after year. The MHSFCA was also instrumental in the establishment and expansion of the statewide playoff system, which has

Remember...
We will only be
as strong as we
make each other.



become a highlight of excellence for football players and fans in Michigan.

The association is currently working toward the establishment of a permanent Hall of Fame building as a long-term project. Many hours of work and effort have gone into this project, but many hurdles still need to be cleare. One problem is raising the money necessary for the project You can help by making sure your school is a "Gold Brick" member of the Hall of Fame. If you are willing and able to help with this project, please contact an officer or director today.

We also are expanding our membership to include youth football coaches. By helping to provide a positive experience for young players we believe that we will make high school football in the state stronger. If you are involved with a youth football program, please send the names and addresses of the coaches to our executive director Don Lessner. We have several clinics planned around the state between now and next season and would love to have your program participate.

This gives you an overview of what the Michigan High School Football Coaches Association does. If you are a member, I congratulate and thank you. If you and your staff have not joined, please consider it. Remember our goal is to promote high school football in the state of Michigan. It you become actively involved it makes the job much easier Additionally, it opens the door to many opportunities for you and your players so that they can have the best educational experience possible.



## James Reynolds, 2005 Jim Crowley Winner

Continued from page 1 \*



In addition to his family, several PSL coaches made the trip to Battle Creek to see James Reynolds accept the MHSFCA's most prestigious award.

210 of Coach Reynolds players have been awarded athletic or academic scholarships to attend colleges and universities throughout the country.

Coach Reynolds has served as a member of the MHSFCA Board of Directors. He has been named Regional Coach of the Year several times and was Class A State Coach of the Year in 1989. James also coached in the MHSFCA All Star Game in 1989.

Coach Reynolds was born in Columbus, Georgia in 1945. He attended Mother Mary Mission Catholic High School just across the state line in Phenix, Alabama where he played football and basketball. When he graduated in 1963 he enrolled at the University of Dayton (Ohio) where he

played freshman basketball. In 1964 James transferred to Tuskegee where he played football and was the quarterback of the 1967 unbeaten and untied champions of the South Intercollegiate Athletic Conference. At Tuskegee he met Joann Jones and, after graduation, he married her.

Coach Reynolds' center during his senior season at Tuskegee was Dave Snead. Snead (who later became the head football coach at Detroit Central HS and then superintendant of Detroit Public Schools) was hired to coach and teach in Detroit in the fall of 1968 and recruited his buddy, James Reynolds to hire on in Detroit as well.

Coach Reynolds taught at Lessenger Middle School in Detroit from 1968-1974 while he coached at three different City League schools: Pershing under head coach Don Gorence, Central under Dave Snead, and Mackenzie under Bob Dozier.

James and Joann Reynolds have been married 36 years and have two daughters, Renae and Rhonda, and a son-in-law, Gaylon.

The MHSFCA is proud to name James Reynolds its 2005 Jim Crowley Award winner.

### What is The Jim Crowley Award?

im Crowley was, for 17 years, the head coach at Jackson St. John High School and its successor, Jackson Lumen Christi. During those years his teams compiled a record of 127-34-6. That included four unbeaten seasons and Class B State Championships in 1977 and 1979. Coach Crowley served the MHSFCA as Chair of the Public Relations Committee for several years.

Jim Crowley stressed having fun, working hard and being dedicated to the young men he coached. He often said, "If you don't have fun playing football, it isn't worth the time and effort you put into it." Coach Crowley's young men took that bit of philosophy to heart and had a great deal of success, not only on the football field, but in life as well.

By Larry Sellers, Crowley Committee Chair

Coach Crowley was shot and killed in his own driveway just two months after the 1979 state football finals. To this day, no one has been charged with his murder.

Jim Crowley was a football coach, and a very good coach at that. His legacy lives on not only as a fine coach but also as a tremendous leader of young men, an active member of his church, school and community and a loving father and husband.

The Jim Crowley Award is presented to no more than one member of the MHSFCA in any given year. The award is based on contributions a coach has made to football in Michigan as well as contributions the coach has made to the Michigan High School Football Coaches Association. This is the most prestigious award our association gives.

### Previous Crowley Award Recipients

David Driscoll '81 Jackson Parkside Donald Lessner '82 Riverview Ron Holland '83 North Farmington Harley Pierce '85 Sturgis Jack Castignola '86 Trenton Tom Fagan '87 Ypsilanti Elmer Engle '88 Bay City Tom Moshimer '89 Plymouth Salem Bob Wyman '90 Kalamazoo Roger Chiaverini '91 Holland Walt Braun '92
Marysville
Jim Ooley '93
Traverse City
Dan Lauer '94
Benton Harbor
Larry Rueger '95
Fruitport/Mona Shores
"Ike" Muhlenkamp '96
St. Joseph

Pete Coll '97 Center Line "Woody" Thomas '98 Detroit Central Jeff Smith '99 East Lansing Jack Schugars '00 Muskegon Oakridge Larry Merx '01 Ann Arbor Huron Dave Woodcock '02 Jenison John Herrington '03 Farmington Harrison Albert Fracassa '04 Brother Rice

### 2005 Hall of Fame Inductees

T

he MHSFCA Hall of Fame will induct 23 new members this spring. In April 16 ceremonies Crisler Arena the coaches listed below will become the newest members of the Hall of Fame. Plan to be there at 5:30 for cocktails. Dinner will start at 6:00 and the induction ceremony will start at 7: 30. For tickets contact Ike Muhlenkamp (Ticket order form on the back page of this newsletter.)

Name	Last or Present School	Also coached at these Schools
Jack Anderson	Portland	East Lansing, Lansing Gabriel, Lansing Resurrection
Philip Brooks	Lake Michigan Catholic	Corunna
Ken Diamond	Montague	Muskegon Catholic Central
Stanley Drewno	Napoleon	North Adams-Jerome, Holy Redeemer, Gabriel Richard, Detroit Servite, Wyondotte Mt. Carmel, St. Timothy
Dwight Durocher	Dundee	Whiteford
Dusty Fairfield	Ravenna	Muskegon
James Fletcher	Garden City East	Dearborn Heights Crestwood, Monroe Jefferson
Mick Francis	Hopkins	
Lee Hall	Alpena	
Jim Hilgendorf	Johannesburg-Lewiston	Rapid River
Bill Houseman	Portage Central	
Randall Kibiloski	Walled Lake	
Al Leibert	Battle Creek Central	Northwestern JHS
Carl Lemle	Birmingham Seaholm	Port Huron
Wallace Liley	Dryden	Lake Orion JHS
Richard McGiness	Lake City	Kingsley, Cadillac
Wayne Morris	Riverview	Seitz JHS
Herbert Ostrland	Livonia Churchill	Holmes JHS
Denny Patzer	Vicksburg	Reading
David Pullen	Jenison	Kenowa Hills
Russ Terrasi	Monroe Jefferson	
Jim Tuttle	Ogemaw Heights	Morenci JHS
John Shillito	East Kentwood	Muskegon Orchard View, Comstock Park, Chippewa Hills

Plan to attend the induction ceremonies at Crisler Arena, April 16, 2005

## Hall of Fame Coaches

W

ith the induction in 1982 of its founding Board of Directors, the Michigan High School Football Coaches Association initiated its Hall of Fame. To qualify for the Hall of Fame a coach must have either 20 years of high school football coaching in Michigan or have recorded 100 high school victories in Michigan.

Under the direction of its first and only chair, MHSFCA Past President Tom Fagan, the Hall of Fame Banquet has thrived. The annual awards banquet is one of the most prestigious events of its

kind in Michigan, regularly drawing 600-800 "fans."

\*Coaches are listed alphabetically followed by the school they were most recently associated with and the year of their induction (which follows the school name). List does not include 2005 inductees.

A
Thomas Abraham, Almont97
Howard Adams, Jackson
Jim Ahern, Ithaca
Roy Allen, Detroit Public
Frank Altimore, Midland Dow01
Arvin Anderson, Kentwood
Don Anderson, Norway
Ellsworth M. Anderson, Albion
James Robert Anderson, Onekama
Nick Annese, Corunna
Chuck Apap, Walled Lake Western00
William Apisa, Clintondale96
Ben Armstrong, Marshall
Dan Armstrong, Gobles
Robert H. Arnold, Sand Creek
Barry Aspenleiter, Petoskey88
Tom Atkinson, Alpena94
ie Ayers, Sands Creek
ic Ayers, Sands Creek02
D
В
Vaskin Badalow, Farmington03
Paul Baldwin, Sault Ste. Marie
Richard Baker, Capac02
George Barcheski, East Grand Rapids86
Jerry Barchett, Watervliet87
Dan Barnabo, Romeo86
Wilson Barns, Warren De La Salle98
Ray Barr, Fraser
Roger Bashore, Byron
Jim Bates, Port Huron Northern82
Roger Bates, Sturgis83
Allen Baumgart, Chippewa Valley91
Bruce Baxter, Whitehall
Walt Bazylewicz, Detroit Cath League86
Tom Beals, Parchment00
Donald Beck, Center Line98
Hiram Becker, Chesaning84
Ron Bekius, Whitehall
Edward Bellas, Allen Park88
Don Bender, Niles93
James Benefield, Warren-Lincoln98
Benjamin J. Benford, River Rouge01
Paul Bergan, Benton Harbor91
Timothy G. Bergan, Benton Harbor01
Lyle Berry, Wyoming88
Arnie Besonen, Owen-Gage90
Ken Bickel, Rudyard93
Tom Bishop, Allegan95
n Blackstock, Bad Axe82
n Blankenship, Frankenmuth97
Phil Booth, Lansing Catholic94
Mario Borrocci, Fraser
Leo Boyd, Saginaw Sts Peter & Paul85
Michael Boyd, Waterford90
Ralph Bradley, Traverse City91
Walt Braun, Marysville84
P. J

Richard Brewer, Avondale	
Jack Bridges, Dearborn Edsel Ford	
Darold Briggs, Holt	
Dave Brines, Cadillac	8
Gene Brion, Saline	
Bob Brietzke, Rogers City	(
Jack W. Brown, Battle Creek St. Philip	(
P. Keith Brown, St Clair Shrs Lakeshore	5
Tony Bruno, St. Joseph	(
Frank Buford, Bloomfield Hills Andover	
Jerry Bugni, L'Anse	
Robert Burcaw, Olivet	
Doug Burger, Marshall	
Jim Buttson, Allen Park	
Rick Bye, Sterling Heights Stevenson	9
Larry Byle, Hudsonville	
C	
Ken Calhoun, Adrian	
Ken Calhoun, Adrian	8
Stuart Cameron, Goodrich	0
Ralph J. Carducci, Monroe	0
Donald Carey, Charlevoix	8
Wesley Carlos, Mt. Clemens L'anse Creuse	9
Robert Carlson, Ontonagon	0
Jack Carroll, Detroit Servite	
Gary Carson, Almont	9
Floyd Carter, Wayne Memorial	9
Jack Castignola, Trenton	8
Dave Catherman, Farmington	9
Dick Chapman, Mt. Clemens	8
Al Checkler, Taylor	9
Gary R. Chapp, Rochester	0
Carl Charon, Gladwin	9
Nick Cheolas, Detroit Finney	8
Roger Chiaverini, Holland West Ottawa	8
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Pat West, White Pigeon	96
Harry Weston, Frankenmuth	02
Jim Weston, Farmington Harrison	99
Ron Wetherbee, Holland West Ottawa	
Robert White, Middleville	
Jim Whiteside, Trenton	
Loren Willey, Flushing	87
Bill Wilson, Laingsburg	87
Steve Wilson, Fruitport	04
Tom Wilson, Ann Arbor Huron	90
Wes Wishart, Belleville	98
John Witkowski, Farmington Hills Harrison	96
Robert Wolcott, Portland St. Patrick	84
Fritz Wolff, Goodrich	94
Joe Wood, Portage Northern	90
Leroy Wood, Erie-Mason	04
Dave Woodcock, Jenison	86
Pete Woods, Port Huron Northern	91
Ed Wuestenberg, Armada	87
Nicholas Wurmlinger, Southgate Schafer	97
Robert Wyman, Kalamazoo Christian	87
Walt Wyniemko, Waterford Mott	
Y	
Roman Yatchak, Wakefield	02
Robert Yauck, Dearborn Heights Robichaud	98
7	
Dennis Zhozen, Romeo	96

Jeff Zonyk, Three Rivers......

Ben Zukowski, Warren Woods Tower.....

Al Zyskowski, East Grand Rapids.....



## 2005 Coaches of the Year



**Division 1** Ralph Munger Rockford



**Division 2 Tony Annese** Muskegon



**Division 3** Noel Dean Lowell



**Division 4** Matt McDonald Muskegon Orchard View



**Division 5** Darren Kalina Midland Bullock Creek



Division 6 Tim Baker Constantine



**Division 7 Tim Travis** Unionville-Sebewaing



**Division 8 Kevin Langs** Climax-Scotts

## 2005 Assistant Coaches of the Year



## 33rd Annual MHSFCA Clinic Extends Winning Streak

Al Slamer and the MHSFCA Clinic Committee



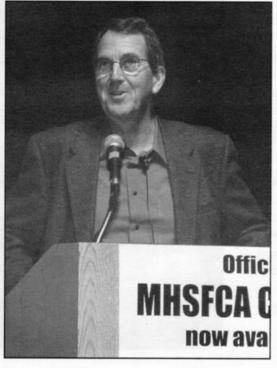
he 33<sup>rd</sup> Annual MHSFCA Clinic was a rousing success as a near record number of coaches attended three days of coaching sessions. The expanded Thursday "early bird sessions" were well attended and we will continue to explore ways to make this a great opening night with additional topics being added next year.



The Friday afternoon sessions have also been expanded as another new room was added to offer more choices and topics. The University of Michigan, Eastern Michigan University, Western Michigan University, Central Michigan University, Hillsdale College, Grand Valley State University and Northwood University delivered presentations on a wide range of subjects. As always, the many great high school staffs and coaches from Michigan did a great job in covering topics ranging from offense, defense, kicking game, conditioning, leadership and organization. The "Legends" room was a particular crowd favorite.

Friday night in the Arena was highlighted by presentations from the Head Coaches of three of our high profile state universities: Lloyd Carr from the University of Michigan, Bill Cubit from Western Michigan University and Chuck Martin from Grand Valley State University. The "Road to the Dome" coaches on Saturday morning offered great insight into how they have achieved such great success.

The MHSFCA Awards Banquet, which is held



Top: MHSFCA Mike Wojda passed the gavel and office of President to Pete Coll, for 2005. Left: Dave Mariage, St. Johns, one of the "Road to the Dome" speakers Saturday morning. Right: The University of Michigan's Lloyd Carr, Friday night's "Keynote" speaker.

immediately after the last speaker on Saturday, honors the coaches of the year, individuals and programs who have had a huge impact on our great game. James Reynolds was the recipient of our association's top award, the Jim Crowley Award.

Nearly 80 exhibitors were available in the Kellogg Arena giving coaches the opportunity to evaluate and purchase equipment to help their program.

Thanks to all of you who were in attendance. The clinic committee hopes that you found something that will greatly benefit your program for 2005.

See you in Battle Creek next year!

## 33rd Winners' Circle Clinic Battle Creek • 27-29 January, 2005

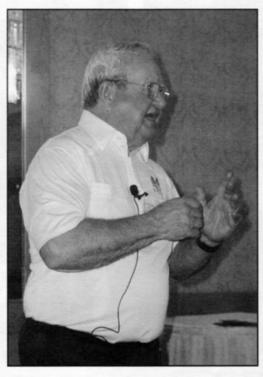
The MHSFCA has partnered with *ATS Printing* to provide members with "Official MHSFCA" clothing. Items available include: T-shirts, polo-shirts, and hats at very reasonable prices.

In addition to being available at the clinic, apparel will also soon be available on our web-site.



Left: Jerry Hanlon, long time offensive line coach at The University of Michigan, was one of the *Legends of Coaching* presenters on Friday afternoon. His subject, *Building and Maintaining a Championship Program and Line Play*.

Right: Another of the Legends of Coaching presenters, Utica Eisenhower's Terry Copacia, discussed Off Season Quarterback Development and Correcting Common Mistakes, in front of a packed house in the Miller Room.





## 2005 Fraser Awards Presented at Battle Creek

esigned to recognize coaches who distinguish themselves and their programs through service to their school communities, the FRASER Award is presented at the MHSFCA clinic luncheon. In addition to the plaque awarded to the winning coaches, the MHSFCA awards a \$500 grant to the elementary school/s designated by the recipient. The grant is to be used for the purchase of books for students in the school who would not otherwise have access to reading materials.

Funding for this award is generated by the FRASER Award Golf Outing sponsored by the MHSFCA in conjunction with All Star Game Weekend.

Two coaches were presented with the FRASER Award for their service in the 2004-2005 school year:

Dr. Donald Lessner • Erie-Mason HS Mike Powell • Warren Cousino HS

### The FRASER Award Program at Erie-Mason HS

By Dr. Donlad Lessner



Don Lessner accepts the FRASER Community Service Award plaque. The award also included a \$500 grant for the purchase of books at Erie-Mason elementary and middle schools.

VISIT the MHSFCA Web Site

mhsfca.com

This past fall, the senior football players at Erie-Mason High School were involved in tutoring elementary and middle school students, once the football season was over. Instead of having weight lifting the last period of the school day, they went to the elementary schools and middle school to help students in reading and other related subjects for the remainder of the first semester. Once roll was taken in their weight lifting class, the students reported to the elementaries and middle school for their daily assignments.

The elementary and middle school principals were very enthusiastic about the program and they encouraged us to send as many football players as possible for the tutoring. One of the elementary teachers called and said, "The tutoring program is one of the best things that has happened in our school. It is great to see high school athletes helping our students."

The elementary principals were very appreciative to hear that they were going to receive \$250 at each building to use to buy books. The stipend, along with a plaque from the M.H.S.F.C.A., will be presented at a March Board of Education Meeting. Mrs. Marlene Mills, Superintendent of the Mason Consolidated Schools, is very positive about the tutoring program. We hope to continue the program next fall.



## **Football Playoff Expansion**

By Tony Costello, Lansing Catholic Central ince the MHSAA football playoffs began in 1975 the tournament has been expanded four times, from the original format of 16 teams to the current format of 256 teams. It has been five years since the last expansion, so maybe it is time to look at expansion again.

The current system of qualifying all six win teams and filling in the brackets with five win teams was an improvement over the past system where some eight and nine win teams were left out. Some potential state champions might have missed the playoffs. Our Division 5 state champion had a 6-3 record this season and would not have made the playoffs before 1999. This problem has mostly been eliminated with our current system, but we have created new problems.

One of the unforeseen problems plaguing schools is scheduling. Many of the "elite" football programs in the state are having a hard time filling out full schedules. Most coaches are trying to schedule teams they deem beatable for non-conference games. The current playoff format seems to reward teams for playing a soft schedule and makes it hard for the better teams to find games. Teams from tough conferences also seem to be penalized under the current system.

The main problem I see with our current system is that it can be perceived as being unfair. Is it fair that football is the only sport that excludes a majority of our teams from the playoffs? We even leave out good teams with winning records. The Silverdome is for the elite teams, but doesn't every team deserve the chance to win a district championship?

We had fifty teams this season that won five games and missed the playoffs, some by tenths of a point. Our Division 7 runner-up had a 5-4 record. Who knows if any of these other five win teams would have had the same success? I can tell you that every year we see teams miss the playoffs with five wins that are clearly better than some of the six and seven win teams that make it.

I have heard all the arguments against expansion: The season is already long enough; losing teams don't deserve to be in the playoffs; it would eliminate rivalry games; there aren't enough officials; and it can't be done with 625 teams.

I believe I can refute every one of these arguments. The season wouldn't last any longer if we eliminated the 9<sup>th</sup> date and made that the first week of the playoffs. If anyone has a rivalry game that last week they just need to move it to the beginning of the season. As far as officials go, we use them every week for the regular season, so if they are good enough

to use all year they should be good enough for the first round of the playoffs.

The biggest question that has to be answered is how do we expand? A new system could be done a number of ways. The easiest way to do it would involve revisiting one of the plans from 1999 called **Proposal 16**. This plan called for expanding the field to 512 teams (82% of the teams). There would be 64 team brackets in our current 8 division format. The 9<sup>th</sup> date becomes the first round of the playoffs. Pairings are based on the current point system. This system leaves out only 113 teams that had 0, 1, or 2 wins based on 2004 statistics (22 teams won 0 games, 68 won 1 game, and 63 won 2 games). The teams that do not make the playoffs could even contact each other after the playoff pairings to schedule a 9<sup>th</sup> game if they really wanted to.

The second, but more equitable plan would include every team. **Proposal 625** would let every team make the playoffs, like all other sports. The State of Indiana does this, so it can be done. This plan would require us to expand to 10 divisions. There would be 64 team brackets, with one or two teams receiving byes based on points. The playoffs would replace the 9th date, so again the season is no longer.

I decided to take on this endeavor because I have been both sides of the fence as a coach and player. I coached for a team that played in the Silverdome and one that won five games and missed the playoffs by a few points. I also played on a team that made the semi-finals and one that missed out on the playoffs by a few points. The playoff experience is one that I will never forget. I think everyone deserves the chance to experience the intensity and thrills of the playoffs. I hope you agree and will support my initiative to change the current system.

Please take the time to email me with an answer to the survey below. I think the time is right to include all of our teams or at least a majority of them in the playoffs. Let's do what is best for the young men we coach and get in line with other high school sports. I look forward to hearing from everyone in the association.

Mail to	o: Tony Costello at costelti@acd.net	_
	I support <b>Proposal 625</b> where all varsity football teams make the playoffs.	
	I support <b>Proposal 16</b> where the top 512 teams make the playoffs.	
	I like the current system and don't support any changes.	
Comm	ents:	

\*Please attach your name and school affiliation to the email.

## **Power Training for Football**

Joe Heiler MSPT, CSCS Kingsley Football Strength Coach

W

eightlifting has long been a staple of training for football with the goal of producing strong, physical athletes, but over the years football has increasingly

become a game of speed. The benefits of traditional weightlifting are well known, and have been shown to increase strength and thus influence speed. However, this should not be the only weapon in your training arsenal. Adding power lifting movements into a training program will directly enhance the speed and athleticism of the athletes, and bring them closer to achieving their true athletic potential.

By definition, power equals the amount of work done divided by time. Time is the key factor in this equation. As time involved to complete the task is decreased, power increases exponentially. Traditional lifts, such as the bench press, squat, and deadlift, have been called power lifts, but in reality are "strength" lifts. Generating maximum strength in a muscle takes time. That is why it can take an athlete as much as three seconds to complete the "up" phase of a one repetition ax lift.

By contrast, true power lifts are explosive in nature, and require less than one second to complete. Examples of power lifts include the power clean, snatch, and clean and jerk. Power movements require generating a maximal amount of force in a minimal amount of time to complete the lift. Lifting in this manner trains the muscles to contract in an explosive manner, as is required when sprinting, jumping, blocking, and tackling.

Power lifts are also more sport specific than the traditional lifts. Sport specific training involves training the body in ways that mimic the actual sporting event. An example of this would be to compare the squat to the clean. Both exercises increase leg strength, involve muscular stabilization of the trunk and upper body, and require balance and coordination. The advantage of the clean is that it introduces the elements of speed and explosive force production, simultaneously involving almost all major muscle groups of the body.

Core strengthening is another benefit of training for power. The abdominal and low back muscles must stabilize the trunk, allowing for power transfer from the lower extremities through the core and to the upper extremities. A chain is only as strong as it's weakest link. Consequently, if an athlete does not have sufficient core strength then speed and football skills suffer.

To gain maximum benefit from power training, it must performed prior to strength lifts. A proper warm-up and dynamic flexibility should be completed first to prep the muscles. Even experienced lifters should begin with the barbell for a technique set prior to adding more weight. Two to three minutes of rest time between sets is also important.

Power lifting is a great addition to any football strength program. This type of training has been proven over and over to increase speed, jumping ability, agility, and athleticism.

Fatigue causes form to suffer, reducing the benefit and increasing the risk of injury. Three working sets of five to six repetitions are sufficient.

Power lifting movements can be difficult for coaches to teach, and for athletes to learn. However, the benefits are so great that the effort must be made. Begin to introduce power lifts at the junior high level before the athletes have picked up bad habits. Training should begin with just the bar, or even a wooden dowel for younger athletes, so that proper technique is achieved. Learning to accelerate the bar throughout the lift, and how to "catch" the bar require starting light. Teaching lifts with the bar at waist height first is also easier for the athlete than lifting from the floor. Break down the lift into its components, and increase speed as perfected. Once each component can be performed properly, begin piecing them together into the complete lift. This may take a few sessions, but easier to start slow than to change bad habits.

Another technique is to turn the squat and bench press into power exercises. Decrease the weight and emphasize accelerating the bar throughout the "up" phase of the lift. This teaches the athlete to generate greater power with more familiar lifts. Younger athletes should use the barbell only, and emphasize technique and speed. More experienced athletes should not exceed 50% of their 1 rep max for 10 reps. Incorporate this as follows: Leg training day one: heavy squats for strength; Leg training day two: lighter squats for power.

Power lifts, like the clean and snatch, are a staple of college strength programs, but this type of training has yet to make its way into most high school training programs. The best way to learn more is to contact a strength coach from a local college program. Most strength coaches are more than willing to lend their time and experience to high school coaches. Former college athletes are another excellent resource, and have first hand knowledge of what types of training translate into success on the football field. There are also many great books, videos, and websites out there with more information.

Power lifting is a great addition to any football strength program. This type of training has been proven over and over to increase speed, jumping ability, agility, and athleticism. Proper technique and acceleration of the weight must be emphasized for optimal benefit. I recently asked the strength coach of a Division I football program, what one piece of advice would he give to athletes learning to lift for power. He replied, "It's not how much you lift, but how fast you can move it".

Questions? jmsheiler@aol.com

From the MHSCA's Executive Director, Rich Tompkins

## MHSCA/Gatorade 15/20/25/30/35/40/45 Year Coaching Service Award Certificates

### **General Requirements**

- Must have distinguished himself/herself with good coaching ethics and promoted good sportsmanship throughout his/her coaching career
- May use up to ten years coaching outside Michigan
- · May use both years as head coach and assistant
- 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 the number of years in each sport

### Specific requirements

- To receive a 15/20/25/30/35/40 year certificate/ plaque in a specific sport you must have been a coach in that particular sport for that number of years at any level
- To receive a 15/20/25/30/35/40 year certificate/ plaque in for coaching sports in general you must have been coaching at least one sport per year for that number of years at any level

## Procedure for receiving certificate

Complete the application form and mail/Fax to: Mr. Rich Tompkins, Executive Director MHSCA

9 South Lighthouse Dr. Mears, MI 49436 Fax: (231) 873-5003

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Signature of							
Signature of	AD or Pri						
	AD or Pri	ncipal					• Fax: (231)

- Completed certificates/plaques will be sent to the President of your sport's association for his/her signature and then they will be mailed to you. This process may take time, so be patient.
- · Plaques will be done twice a year Late Fall/Late Spring

### PLACEMENT BULLETIN

JOBS AVAILABLE INFORMATION

Go To

### mhsfca.com

### for the most current Placement Bulletin updates!

### VACANCY NOTIFICATION FORM

### Return to:

Tony Ceccacci Brandon H.S. 1025 Ortonville Rd. Ortonville, MI 48462 (248) 627-1820 x 1164 tceccacci@brandon.k12.mi.us

If you have an opening on your staff	please fill in the follo	wing and return	
School Name			
Street Address			
City	Zip	Phone	
Position(s) Available			
Qualifications			
Person to contact			
Send (resume, credentials, etc.)			
Deadline for Application			