



Newsletter

Volume 9, No. 1

SERVING MICHIGAN'S COACHES

March 2006

Keith Froelich is 2006 Crowley Award Winner



Keith Froelich, his mother and father on the left, wife Jo Anne and one of two sons, Kyle on the right.

Our 2006 Jim Crowley Memorial Award recipient, Keith Froelich, is a 1971 graduate of Portage Central High School, where he participated in football, wrestling, and track. He received a BA. from Alma College in 1975; while at Alma he participated in football all four years and received three letters, along with being named to the All Michigan Intercollegiate Athletic Association and All National Association of Intercollegiate Athletic teams.

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Membership Report Jim Clawson, Membership Chairman **MHSFCA Membership**

2,493 TOTAL

January 30, 2006

Membership runs September-August



MHSFCA Meetings & Important Dates

54th Coach of the Year Clinic
Soaring Eagle Hotel, Mt. Pleasant
3-4 March 2006

Board of Directors Spring Meeting
Schembechler Hall, UM
10:00 a.m. • March 31, 2006

Hall of Fame Banquet and Induction
Crisler Arena, UM
6:00 p.m. • April 1, 2006

Board of Directors Summer Meeting
Lansing • 21 July

All Star Awards Banquet
Lansing • July 21, 2006

All Star Football Game
Spartan Stadium • July 22, 2006

2006 Schedule

Practice Begins • Aug 7
First Game • Aug 25
Official Rating Due • Dec 1
District 1st Round • Oct 27/28
District Finals • Nov 3/4
Regionals • Nov 10/11
Semi-Finals • Nov 18
Finals • Nov 24 & 25

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
e-mail: Lmerx@nkfm.org
39 W. Judd Rd.,
Milan, MI 48160

Michigan High School Football Coaches Association 2006 All Star Coaches

East

Head Coach

Tim Baechler, Plymouth Canton

1st Assistant

Ron Adams, Wyandotte Roosevelt

Jake Houser, Plymouth Canton

Donshell English, Detroit Southeastern

Jason Carpenter, Wyandotte Roosevelt

Tom Garrett, Plymouth Salem

WEST

Head Coach

Joe Keglovitz, Lowell

1st Assistant

Bill Santilli, Crystal Falls-Forest Park

Eric Tundevold, Union City

Bob Welzein, St. Charles

Dave Graff, Crystal Falls-Forest Park

Mark Russell, Lowell

Congratulations

MHSFCA OFFICERS 2005-2006

PRESIDENT

Jim Buttson, Allen Park

1ST VICE-PRESIDENT

Al Slamer, Battle Creek Central

2ND VICE-PRESIDENT

Dave Larkin, Jenison

EXECUTIVE DIRECTOR

Don Lessner

CHAPLAIN

Loren Willey, Clio

DIRECTORS

Region 1

Brandon Bruce, Newberry
Brad Grayvold, Norway
Paul Jacobson, Negaunee
Pat Malone, Rudyard

Region 2

Matt Prisk, Traverse City West
Matt Stapleton, Frankfort

Region 3

Joe Coletta, Muskegon Oakridge
Gus Kapolka, Manistee
Steve Wilson, Fruitport

Region 4

Al Doty, Pinconning
Kelly Luplow, Clare

Region 5

Brett Foerster, Saginaw Heritage
Craig Healey, Flushing
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Region 6

Noel Dean, Lowell
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Region 7

Mike Farley, Comstock
Todd Miller, Plainwell

Region 8

Doug Bess, Battle Creek Central
Ed Greenman, Battle Creek Harper Creek

Region 9

Jack Wallace, Fowlerville
Rob Zimmerman, DeWitt

Region 10

Scott Farley, Leslie
Mark Raczkowski, East Jackson

Region 11

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Dennis Hopkins, Linden

Region 12

Brad Bays, Sandusky
Bill Brown, Deckerville

Region 13

Brad Bush, Chelsea
Mark Thomas, South Lyon

Region 14

Tom Hoover, Allen Park
Eric Redmond, Carlton Airport

Region 15

John Goddard, Royal Oak Shrine
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

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

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
 Pete Coll, Center Line '05

**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
 Gus Kapolka, Manistee
Assistant Coach Award
 Dick McGiness, Lake City
Clinic
 Al Slamer, Battle Creek Central
Combine Committee
 Rod Baker, Wyandotte
Ethics
 Wes Wishart, Belleville
Jim Crowley Award
 Larry Sellers, Traverse City St. Francis
Finance
 Brad Bush, Chelsea
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, Dexter
Membership
 Jim Clawson, Monroe St. Mary's Catholic
Placement
 Marcus Dukes, Hartland
Playoff
 Tom Barbieri, Dexter
Political Action
 Dave Farris, Petoskey
Public Relations
 John Herrington, Farmington Harrison
Rules
 Pete Coll, Center Line
Scholarship
 Mike Wojda, Alpena
Sportswear
 Tony Ceccacci, Ortonville-Brandon
Youth Football
 Bill Hollenbeck, Maple City-Glen Lake
Web Site
 Vincent LeVeille, Vassar
Legal Representative
 Dave Malicki, Melvindale

NOTES**Combines**

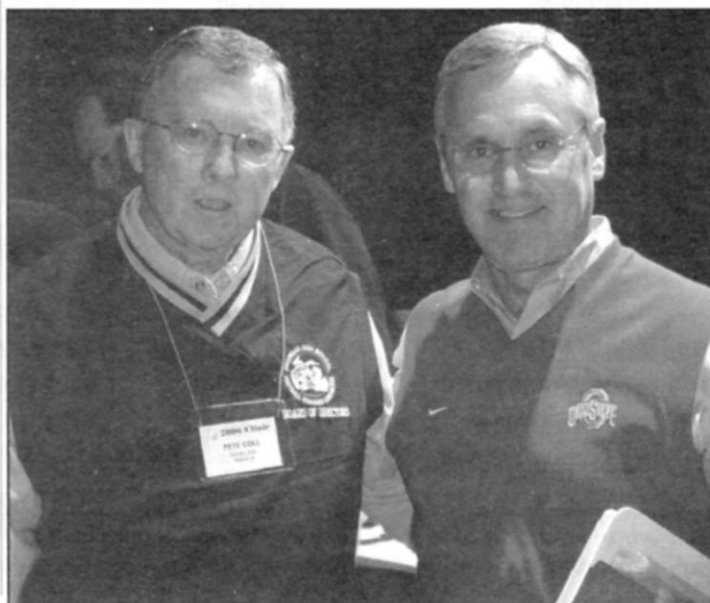
At the Winter meeting of the MHSFCA Board of Directors a Combine Committee was appointed in order to organize and consolidate combines within the state. After researching the different approaches to combines the MHSFCA has determined that the best thing for our student-athletes, coaches and colleges is the National Athletic Testing System, NATS.

The MHSFCA will administer two NATS testings this year. The sessions will be conducted on Sundays to avoid disrupting spring sports and will be held at Michigan State University and in the Detroit area. (See *MHSFCA To Conduct NATS Test For State Of Michigan* in this newsletter.)

From Grant Teaff, Executive Director, AFCA
 I would like to express my appreciation to the MHSFCA for activating NATS. NATS gives your coaching association the means to reclaim your rightful role and responsibility in looking out for the welfare of your players.

MaxPreps.com

The MHSFCA Board of Directors agreed to support the efforts of MaxPreps (MaxPreps.com) to recruit Michigan football teams to use their web site services. MaxPreps provides a free service for schools by utilizing national level advertising. (See article *MaxPreps.Com* page 5 in this newsletter.)



Jim Tressel, head coach at Ohio State University, was the "headline speaker at the 2006 Winners Circle Clinic in Battle Creek. MHSFCA 2005 President Pete Coll welcomed him to the state in Kellogg Arena.

Keith Froelich, 2006 Crowley Award Winner

Continued from page 1

Keith did his student teaching at Alma High School in the fall of 1975 and was an assistant junior Varsity football coach at that time. He acquired his first teaching position at Southgate Aquinas High School in 1976 and for two years was a social studies teacher there and assisted in football, wrestling, and track. From 1977-79 he taught social studies and physical education and was the head track coach and defensive coordinator of varsity football at de LaSalle Collegiate High School. In 1979 he obtained his first head football coaching position at St. Mary's of Redford High School where he also served as chair of the Social Studies department. 1982 found him moving to Okemos and taking the head football coaching position. Since 1982 he has served as a social studies teacher, chairman of the Physical Education/Health Department and, since 1995, Athletic Director of Okemos High's large and very successful Athletic Department. In his twenty-one years as a head coach at Okemos "Fro" compiled a record of 130-64, along with eight league championships and five playoff appearances. Keith also served as the head or assistant track coach from 1982 to 1994.

"Fro" has served our association as a regional director, officer (MHSFCA president in 2001), and long time hospitality chair of the All-Star Committee. In the latter capacity he handles all of the hotel reservations when the MHSFCA is in Lansing, setting up rooms for the Board of Directors' summer meeting, rooms for the parents of All-Star players and all the hospitality for the events of All-Star weekend. He is certainly one of the most responsible members of the Board of Directors in the history of the MHSFCA, an individual who does things in a quiet, but very organized and efficient manner.

In addition to the aforementioned work, our Keith is a past Head Coach of the West All-Star team, a member of the Gatorade National Coaches Council, member of the AFCA, regional director of the MIAAA, past member of the *Detroit Free Press* All State Board, has served on several MHSAA committees and has been a presenter at many clinics, camps and conferences.

As you can readily see, our Coach Froelich is cut from the mold of Coach Jim Crowley; a fine coach and family man, a tremendous leader of young men



and a great example to his school and community.

Keith's wife of thirty years, Joanne, and grown children, Kyle and Kul, have every right to be most proud of his accomplishments.

Michigan College & University 2006 Spring Practice Schedules

School	Practices:	Begin	Game	Clinic	Call First!
CMU	9:30 Weekdays (vary)	3/23	N/A	3/24-25	(989) 774-3896
EMU	2:00 TTh 9:00 S	3/18	4/15 12:00	4/8	(734) 487-2160
FSU	3:30 MThF 11:00 S	3/28	4/21	N/A	(231) 591-2864
GVSU	3:00 MWF 9:00 S	3/27	4/15 12:00	4/12	(616) 331-3170
Hillsdale	No information available				(517) 607-3133
MSU	3:30 Weekdays, SS TBA	3/24	4/21 TBD	4/1	(517) 355-1647
MTU	MTWFS	4/3	4/22	N/A	(906) 487-2985
NMU	3:30 MWF, 9:30 Sat	3/29	4/22 7:00 p.m.	N/A	(906) 227-2039
Northwood	3:30 MTTHF	4/13	5/6 12:00	No	(989) 837-4107
SVSU	3:00 MWF 10:00 S	3/25	4/22 11:00	N/A	(989) 964-7315
UM	4:00 TTh 10:00 S	3/18	4/15 TBD	3/30-31	(734) 763-4427
WSU	3:30 WFSun 11:00 Sat	3/22	4/22	4/8	(313) 577-4286
WMU	8:00 a.m. T, Th 9:15 a.m. Sat	3/11	4/8 12:00	No	(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.

Scrimmages, Games, Coaches Needed

The following were listed on the board on Saturday morning at the MHSFCA Winners Circle Clinic in Battle Creek.

Passing League

July 15 Hartland Jamboree Passing

Scrimmage

Greenville
Gladwin, Valley Lutheran, Bridgeport Need 1 for Thursday
Saline 4 way need 1
Perry needs 2
Bad Axe JV, Deckerville JV, Yale 9th need 1 JV/Frosh
Onaway, Lake City, Alcona need 1
Clarkston needs 1
Corunna 4 way need 1
Flint Central

Game 1

Brother Rice
Cheboygan
Corunna
Denby Tech
Detroit Redford
Detroit Southeastern
Dryden

Grant
Lansing Waverly
Ogemaw Heights
Taylor Truman, Frosh
Waterford Kettering

Game 2

DeLaSalle
Detroit Catholic Central 8/31, JV & 9th
Glen Lake

Game 3

Detroit Catholic Central 9/7, JV & 9th
Traverse City West

Game 4

Brother Rice
Detroit Catholic Central
St. Clair

Game 5

Marine City

Game 6

Carmen-Ainsworth
Galesburg-Augusta

Game 7

Wyoming Lee

Game 8

Haslett
Muskegon Heights

Game 9

Chelsea
Fowler
Lansing Waverly

Coaches Needed

Clarenceville varsity & JV assistants
Holt varsity line assistant
Otsego, Needs 2 varsity assistants

MaxPreps.com

The web site provider, MaxPreps has an established program providing services to states in the southwest. Michigan native (Walled Lake Central and Walled Lake Western) and Arizona transplant (Bradshaw Mountain HS, Prescott Valley) Chuck Apap, has used the services of the web site and has been very happy with the results. Chuck contacted the MHSFCA late last fall and suggested we consider supporting MaxPrep's intended expansion of services. The company hopes eventually to have a nationwide presence and has begun approaching schools in the Midwest this year. Support of the MHSFCA was easily accomplished. The service is free. It's easy to use. Importantly, they have pledged to never solicit local financial support.

*What does MaxPreps do?

- Provides free web pages for your team, league, and each player on your roster
- Provides free custom game programs that you can sell in the stands to make money for your team
- Creates stat reports for the media, your staff and the locker-room
- Provides coaches with an "All League Report" that will make the season ending meeting more productive
- Provides a "Media Contacts" feature that allows you to send stat summaries, game reports and other information of interest to your local media with one click
- Promotes your players to colleges. College coaches have their own access interface to search for recruits.
- Provides additional media coverage with schedules, scores, stats, photos, stories and video highlights.

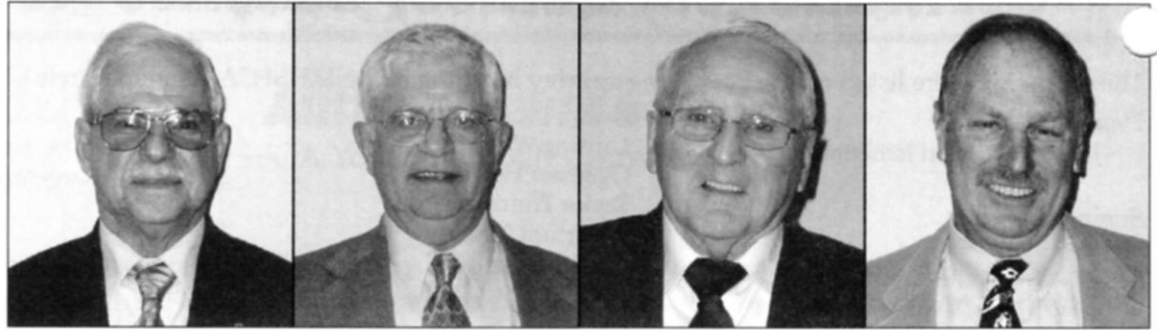
Using MaxPreps is simple, "MaxPreps enters your team schedule and scores into the MaxPreps web site. We issue your coaching staff a username and password so after each of your contests someone on your staff (which could include your statistician or a student or someone else you designate) can log into MaxPreps and enter the game stats. After your information has been entered each player on your team will have their own web page on the MaxPreps site." Eventually, "every team, nationwide will be entered and every game and every player will be covered."

Information is from MaxPreps' brochure Coach Guide, America's source for High School Sports.

Go to the MaxPreps web site (MaxPreps.com) to see what their services look like. To participate in MaxPreps program call 800-329-7324 or contact them at coachsupport@maxpreps.com.

Honorary Membership

Inductees: Louie Ceriani, Dexter; Frank Hufnagel, Fowler; Dr. Samuel Prisk, Livonia, Clarenceville; Dr. Tom Willmeg, Portage Central



Four Honorary Members were recognized for their longtime service to their communities at the Battle Creek Clinic Awards luncheon this year.

Louie Ceriani, Dexter

Nominated by Tom Barbieri

Louie has helped with Dexter football for 29 years. He started as a trainer for the Dreadnaughts as a freshman in high school. He has done the game program for the past ten years, perhaps the best high school program in the state. Dexter's playing field features "Louie's Gate, egress and exit through which is reserved for Dexter's teams only!"

Frank Hufnagel, Fowler

Nominated by Neal Hoffman

Frank has driven the team bus for Fowler for 28 years. Before the irrigation system was installed, he watered the field for 15 years. He helped build the original press box and has helped with numerous field and bleacher projects since the 1960's. He has contributed three sons to the football program, one of which was an assistant coach when Fowler won state championships in '96 and '98.

Dr. Samuel Prisk, Livonia Clarenceville

Nominated by John Blankenship

Sam, a dentist, has given 43 years (and counting) to high school sports throughout the state. He provided custom-made mouthguards

for Clarenceville teams from 1961-1980, has announced games, provided game-time medical services and made sure that every kid who wanted to play had the resources to make it possible.

Dr. Tom Willmeg, Portage Central

Nominated by Bob Knight

Tom started as a team doctor for Kalamazoo Hackett in the early 80's and has served that function for Portage Central and now currently for Vicksburg where he is also the booster club president. Tom does sports physicals for many of the schools in the Kalamazoo area and donates the fees back to the schools. He has also been known to make house calls on injured players!

Steve Spicer Leadership Award

*Luke Ethington, Breckenridge;
Jack Farley, Jackson;
Dave Larkin, Jenison;
Mike Powell, Warren Cousino;
Mark Raczkowski, East Jackson.
Not pictured: Chris Myers, Hamilton*



Luke Ethington, Breckenridge

Breckenridge football players took part in 12 different community service projects including: community clean-up, snow removal, elderly home visits, soup kitchen work and volunteering at the hospital.

Jack Farley, Jackson

The Viking football program sponsored a home building project to help a fellow student with cancer and helped build and landscape a center for severely handicapped children in the community.

Dave Larkin, Jenison

Jenison football players provided peer educators and a mentoring program for students in Jenison elementary schools, grade 1-6.

Mike Powell, Warren Cousino

Cousino provided "Pigskin Poets" players who read to elementary school students in the district. They also sponsored Christmas for families in need in their community.

Mark Raczkowski, East Jackson

The Trojan football program provided the "Trojan Den" a tutoring and mentoring program for elementary students in the East Jackson district. They also put on a Lift-a-Thon to provide money to build a Wellness Center for the community.

Chris Myers, Hamilton

Hamilton footballers sponsored a road race which raised over \$5,000 for American Cancer Society, provided a reading program for Hamilton elementary schools and put on a team leadership camp.

2006 Winners' Circle Clinic

By Al Slamer
Clinic Committee Chairman



The 34th Annual MHSFCA Football Clinic in Battle Creek was held on January 26, 27 and 28. More than 1600 coaches attended and used this three day clinic as an opportunity to pick up new ideas to help their programs and to celebrate the great experiences of the past season.

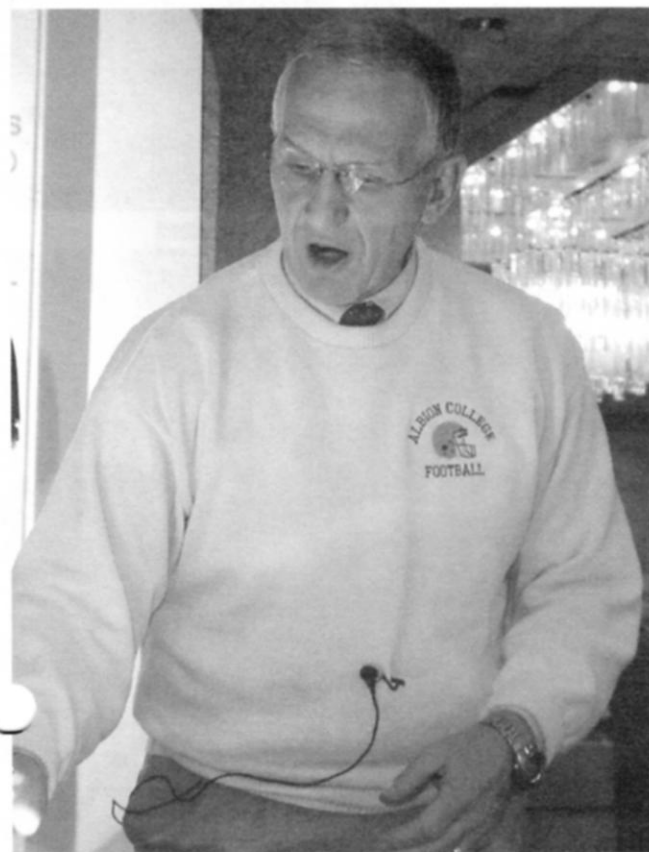
The Thursday night "Early Bird" sessions are becoming more and more popular as coaches are opting to come in on Thursday evening rather than Friday morning. The Friday afternoon sessions offered seven different meeting sites occurring simultaneously with a wide variety of topics ranging from offense, defense, special teams, philosophy and conditioning. Many of the rooms were standing room only and additional rooms may need to be added in the future.

Friday night promised to be spectacular and the college speakers did a great job. Bill Cubit, Western Michigan University Head Coach (MAC Coach of the Year), Mark Dantonio, University of Cincinnati Head Coach and Keynote Speaker Jim Tressel, Head Coach from The Ohio State University, spoke on what it takes to develop a championship program.

Top Left: Among those receiving Assistant Coach of the Year Awards at Battle Creek was, Dan Haggart, Varsity Assistant Coach of the Year, from Clare.

Left: Albion College Coach Paul Schudel.

Below: Junior High and Frosh Coaches of the year: Buzz Zube, Romeo High School and Steve Rosier, W.K. Kellogg Middle School, received their plaques at the awards luncheon that is the traditional culmination of the Winners' Circle clinic.



2006 Winners' Circle Clinic *continued from page 7*

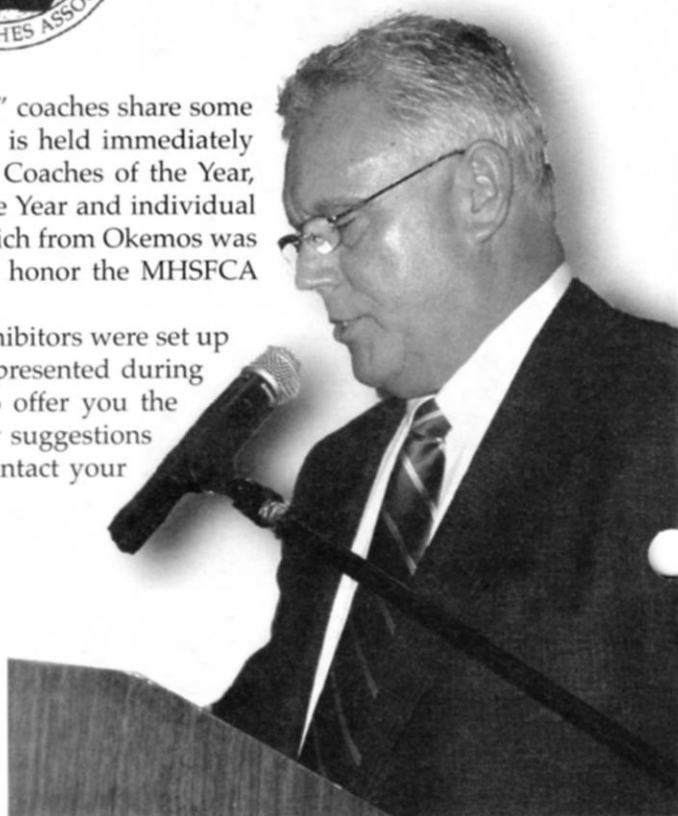
Saturday morning is always a treat as the "Ford Field" coaches share some of their ideas for program success. The Awards Banquet is held immediately after the last speaker. The Banquet honors the Regional Coaches of the Year, the Assistant Coaches of the Year, the State Coaches of the Year and individual programs which are receiving various honors. Keith Froelich from Okemos was honored as the Jim Crowley Award Winner, the highest honor the MHSFCA bestows on a coach.

The clinic continues to grow as a record number of exhibitors were set up in the Kellogg Arena and a record number of speakers presented during this three day event. The Clinic Committee is trying to offer you the best learning opportunity in the country. If you have any suggestions or ideas that would help to improve the clinic please contact your Regional Director.

See you in Battle Creek in 2007!

Right: 2006 MHSFCA President, Jim Buttson, Allen Park.

Bottom: A selection of Regional Coaches of the Year after receiving their awards at the luncheon ceremony in Battle Creek on Saturday.



State of the MHSFCA 2006

By Jim Buttson, President MHSFCA 2006

Our association is enjoying its greatest fiscal health and largest membership (2400) since its inception in 1972. This prosperity is a direct result of the efforts of our past officers and boards of directors. Their dedication to and the constant nurturing of our association has made the Michigan High School Football Coaches Association a model for coaches associations across our state and the country. The primary goal of the MHSFCA is to promote high school football in the State of Michigan. Let me review just some of the ways our association works to accomplish this:

- The New Year always begins with our first-rate "Winners Circle Football Clinic" in Battle Creek, 2006 was no exception. The speakers and clinicians were outstanding, highlighted by Jim Tressel of Ohio State. We saw record setting attendance by our membership in addition to fantastic participation by the vendors who help support the MHSFCA. Officers and regional directors for the upcoming year are always elected during the clinic as well.
- One of the highlights of the clinic weekend is our annual awards luncheon on Saturday. The Association takes time to recognize our State and Regional Coaches-of-the-Year. We also present the prestigious Jim Crowley Memorial Award, Steve Spicer Team Leadership Awards, and the Honorary Membership Awards, all of which recognize significant contributions by many people to high school football. Current and newly elected directors are also recognized at this function.
- The MHSFCA is proud to honor academic achievement by naming Academic All State Teams in each of the eight classes and awarding 24 deserving individuals with Academic All State 1st team, Academic All State 2nd team, and Special Mention Academic All State recognition. These teams are announced during our clinic weekend.
- The spring finds us in Ann Arbor for the annual Hall of Fame induction and banquet. The Hall of Fame began in 1982 with the induction of the charter board of directors as the original members and the featured speaker was the late Woody Hayes, legendary Ohio State University football coach. The Association annually inducts 24 Michigan high school football coaches who have attained 100 victories or a minimum 20 years of coaching in the state. The Hall of Fame banquet also provides the setting for the presentation of the annual \$1000 Terry Rose Memorial Scholarship (MHSFCA Past-President, 1986)
- The summer takes us to East Lansing where we find 88 of the best high school football players from the state gathered for the annual MHSFCA All-Star Football game. Not only does the Association put on one of the premier all-star football games in the United States, it also provides a forum to showcase the winning squads from the Michigan Cheerleading Coaches Association competition and an All Star Band composed of high school musicians representing communities from all over Michigan. In addition, the recipients of the ten annual \$500 MHSFCA scholarships are presented with their awards at halftime of the All Star game.
- All Star weekend also provides the setting for our annual Leadership Conference, which brings together over 300 aspiring leaders to share ideas and to learn new leadership techniques to take back to their schools and teams for the fall.
- During the fall, the membership concentrates on football with members striving to mold each of their teams into a champion. The MHSFCA was instrumental in the adoption of a statewide play-off system to determine a true state champion in football. This goal was accomplished in 1975 with the introduction of the first post-season competition. The Association has been a driving force in the continued expansion and improvement of the format that now includes 256 teams each fall competing for eight state championships. Our annual meeting in Clare provides us with Coach of the year balloting, choosing Academic All State Teams and East-West All Star teams.
- The association is currently working towards the accomplishment of another long-term goal, the construction of a permanent Hall of Fame building. Much work and effort have gone into this project, many hurdles have already been cleared, and conversely we still have a long way to go. We are in the process of raising \$1.6-\$2.0 million dollars to equip, staff, maintain and operate a first class facility. One way you can help us in the challenge is to make sure your school is a "Gold Brick" member of the Hall of Fame. If you would like to help with this project please contact one of our officers or directors today.

The MHSFCA is governed by a slate of officers and directed by 36 Regional Directors, Committee Chairman, Past Presidents, and an Executive Director, all of whom voluntarily give of their time and effort to make the Association and high school football in the State of Michigan the very best. If you or any of your staff are not currently members, join now. I also strongly encourage and eagerly invite you to become actively involved in the Association and help us to continue to make high school football in the State of Michigan the best experience a student can have.

Strength Training for Injury Prevention

Joe Heiler, Kingsley football

Football is a high speed game of violent collisions, and with split second changes of direction. As a result, injuries to muscles and joint structures frequently occur due to the high demands placed upon them to produce, and absorb, force in an instant. Some injuries are unavoidable due to contact, but non-contact injuries can be cut dramatically using smart strength training programs.

Muscle pulls often result due to weakness in the muscle, or muscles nearby that must assist or stabilize during the movement. Low back strains are often the result of weak abdominal muscles. Hamstring pulls can be caused by insufficient hamstring strength, but also by weakness in the glutes and calf musculature.

Injuries to joint structures, such as shoulder tendonitis and ACL tears in the knee, are often the result of muscle imbalances front to back. Athletes that emphasize bench press, but ignore upper back strengthening will often experience an acute shoulder injury, or chronic pain with pressing movements in the weight room and on the field. Quadricep dominated training at the expense of the hamstrings can result in knee joint instability with deceleration and cutting, thus the common cause of many ACL and cartilage injuries.

A smart, balanced strength training program can go a long way toward preventing injury on the football field. I will give examples for some of the major joints and muscles, but remember these key points.

1. Training volume for the back of the body should match that of the front.
2. Football doesn't just happen straight ahead. Training should include lateral and rotational movements as well. Plyometric and agility drills should address this also.
3. Don't forget to train the trunk. This is the weakest part of the body in most athletes, but perhaps the most crucial for success.

Neck: First contact in football is often with the head and shoulders, so a strong neck and upper traps are critical for preventing neck injuries and "stingers". Neck strengthening should be performed in all directions using a machine or resistance from a training partner. The athlete should remember to maintain good posture throughout,

and not cheat with his body. The upper traps are worked primarily with shrugs, but are also heavily used during cleans, deadlifts, and squats.

Shoulders: The shoulders have the greatest mobility of any joint, but also the least stability. The rotator cuff and scapular muscles of the upper back are responsible for joint stability especially during overhead or pressing activities. The rotator cuff muscles can be worked using

By applying these concepts to your training programs, many of these injuries will be avoided. That could mean fewer games missed and more wins.

bands or dumbbells to perform rotational movements and diagonal patterns. Both the rotator cuff and deltoids can be worked with shoulder raises to the front, side, and back. The scapular musculature is recruited during pull-ups, pull-downs, dumbbell or barbell rows, and deadlifts. Emphasize good posture throughout to effectively work the muscles, rather than throwing around too much weight.

Lumbar Spine: The lower back is another area that is quite susceptible to injury, but can often be prevented with strengthening and attention to proper lifting technique. Keeping the low back flat during exercises like squats, deadlifts, and cleans is essential to preventing injury. Maintaining that posture against the load being lifted is also a tremendous strengthening exercise for the muscles of the entire back, even though other muscle groups are being targeted (i.e. squats for legs). Exercises like back hyperextensions and good mornings will target these muscles more throughout a greater range of motion.

Another key is abdominal strengthening to support the lumbar spine when it is under high stress. Strong abdominal muscles not only stabilize the spine, but also facilitate the transfer of power between the lower and upper body making your athletes more punishing blockers and tacklers. Explosive medicine

ball throws are an excellent way to train the core musculature to stabilize the spine, and develop power at the same time.

Knees: As previously mentioned, non-contact knee injuries are often the result of muscle imbalances, specifically strong quads and weak hamstrings. Performing squats to parallel, and giving equal time to hamstring training will go a long way toward improving knee stability. Hamstring curls, glute-ham raises, and stiff-leg (or Romanian) deadlifts should all be included at some point. Unilateral exercises like lunges, single leg squats, and single stiff-leg deadlifts can also be used to guard against imbalances from side to side. Lateral and rotation lunges can be used from time to time, along with agilities and plyos, prep the knee joint structures for cutting and changes of direction.

Ankles: Ankle injuries are very common in football, but can also be decreased with strengthening. Full range of motion calf raises will strengthen the calf muscles and Achilles tendon, and manual resistance or bands can be used to strengthen the ankle in all planes of movement. Probably the most effective way to reduce non-contact ankle injuries is through agility and plyometric work. Stressing the muscles, tendons, and ligaments of the ankles using football specific movements will strengthen these structures, and prepare them to handle the forces placed on them in game situations.

As a physical therapist, the main causes of non-contact injuries I see are due to muscle imbalances, front to back and from side to side, and a lack of preparation for game-like conditions. The rehab process addresses these flaws by targeting weaker muscle groups, and stressing muscle and joint structures incorporating sport specific movements. By applying these concepts to your training programs, many of these injuries will be avoided. That could mean fewer games missed and more wins.

The Green Hornet Combine: A Better Evaluation Tool

By Craig Harrison
JV Head coach @ Central Montcalm High School
Stanton, Michigan

What is the Green Hornet Combine?

The Green Hornet Combine is an assessment of an athlete's individual strength, conditioning and agility progress through the off- and pre-seasons. Our program sets aside the last week before our final off-site camp usually two weeks before the season begins and the assessment process has become a competitive tradition that is enjoyed by athletes and coaches alike. We use the following eleven events: Bench Press, Parallel Squat, Power Clean, Vertical Jump, Standing Broad Jump, Forty Yard Dash, Mile Run, 800 Meter Super Laps (2 laps around the outdoor track including running the home side of the bleachers), BFS Dot Drill, Twenty Yard Shuttle Run, and an Obstacle Course. These events serve to assess not only an athlete's strength, but also his speed, power and endurance.

All events except the obstacle course are scored using tables created by myself based on Arthur and Bailey's book, *Complete Conditioning for Football*, as well as analysis of data collected from several years of testing our players strength, speed conditioning; and BFS records kept by our athletes. The scoring tables are usually based on a 100-point scale and players are graded on repetitions, inches, or time. The Bench Press, Parallel Squat, and Power Clean events have three tables, each designed to allow players of all physical abilities to score. Standard #1 is 115 pounds and allows the player to score up to 50 points; this standard allows the freshman, who may be not as physically mature as his peers, to be able to score points for his efforts. Standard #2 is 150 pounds and is our 100-point scale for the event; most of the players are expected to lift at this level. Now standard #3 is designed for the very strong, and is 185 pounds. Players can score up to 125 points; this allows our larger lineman to gain points here that they would be unlikely to earn in some of the other events like the mile, 800 Meter Super Laps or the vertical jump. The obstacle course is the only event where players earn points based on how their score ranks them versus their peers. The best score for each receives 100 points and each position after gets 2 points less. In order to make the competition equitable we do two standings one for lineman and one for all other positions, with each group scored separately.

How the combine measures our players:

The Combine takes place in the third week of July. This is just prior to our trip to veer camp and gives our athletes the ability to test before the rigors of camp. We take one week and break it up so that three or four events are tested on Monday, Tuesday and Wednesday. Thursday the only event is our Obstacle Course, it is the only competitively scored event in the combine and combines several rigorous tasks in its fifty-yard embrace. Friday is a day for make-ups and retesting before the combine is closed. I then use the weekend to make all the updates to the record books and complete the summary for the combine. The players get to see it on the afternoon of the first day of camp.

How the combine measures our players:

The combine measures athletes based on their ability to do repetitions at one of three different weights in our strength events, how many inches they can jump, and how fast they can run. The players then earn points and from that they earn their way into clubs. Our clubs begin at 500 points and increase in 100 -point intervals from there. We currently have clubs for 500 through 1000 points. When the concept was put together we never thought any player would threaten the 1,000-point barrier but this year we had one player eclipse 1,000 points. We have one additional stipulation for club eligibility: a player must attend 75% of all weight lifting or other position specific activities in which they are expected to participate (e.g. 7 on 7 is an event backs are expected to attend but lineman are not). For example, we begin weightlifting usually in April while some athletes are involved baseball or track, so they are not penalized for absences. However, a player who chooses other summer activities like AAU basketball or summer baseball would be penalized. We recognize all members of the Iron Man and point clubs at a program picnic held after the last of the two-a-day practices.

To help keep our athletes focused on improving their personal scores, I have created two aids. The first is a computerized form that shows how a player performed in last years combine and that I can print out and give to the participants at the start of this year's off-season program. Secondly, I have created a record book for all athletes who have ever competed in the combine. The book includes records for overall performance in a year and a career, as well as performance in a given event referenced by grade and then by lineman or back. This provides a history of measurable progress for each athlete of an athlete's success because it tracks him all the way from freshman year to senior year.

Why does Central Montcalm use the combine?

When we first began using yearly assessments to measure the progress of our athletes we, like many other schools were looking at max lifts to measure strength, we timed the 40 to measure speed, and a mile run for endurance. The problem

The Green Hornet Combine: A Better Evaluation Tool continued from page 11

was that testing well here did not always translate into success on the field, and it did not give our coaching staff a very accurate picture of their basic football-related skills and abilities. Also, the culture around the testing was not good; our athletes were more worried about what the other guys were doing and whether or not Jimmy helped Billy too much on a spot. Another problem was the sacrificing of proper technique for increased weight.

We have used the combine for 4 years (2002-2005) and the attitude surrounding the assessments is very different. Since the tables are standardized there is no suspicion about subjectivity in scoring. Also the weights we use are low enough

that no spot is used; in fact if anyone touches the bar after reps begin, then no more will be counted. Additionally the lifting technique must be perfect, as determined by a supervising coach or the rep will not be counted. Now instead of being petty and jealous of one another, our athletes complete their assessment events in a culture of support and friendly competition. The athletes still compete to out perform one another, but we have eliminated that negative atmosphere that some of the players felt under the old assessment system.

If you have any questions about our program or want to see or talk about the tables we use to score the combine please feel free to contact me at charrison@cms.maisd.com.

Implement Speed Training in Your Football Practices

Roger White BS, CSCS, SSC

With so little practice time and so much to cover in preparation for your next opponent, the last thing coaches want to do is add more drills. Athletes spend all summer getting stronger and faster and then rarely ever do the work to maintain their gains.

Consulting with many coaches, the number one concern is lack of time. After asking a few questions, I find most coaches can schedule in at least 20 minutes of speed work per practice, without taking away from the regular practice plan. This can be done in two easy ways.

How are the athletes warming up?

The common warm up for most athletes is a slow jog followed by several minutes of stretching in place. The big debate between dynamic warm up and static warm up has been on injury prevention, which research has shown to not occur between the two methods. A dynamic method, on the other hand, is moving while stretching. There have been many studies that have proven a dynamic warm up improves power output. Considering football is power based, this would make sense to implement. Speed drills can easily be added as part of a dynamic warm up. The 10 minutes given to the static warm up can now be used for a dynamic warm up.

Speed work can be broken up into a few areas:

- linear speed
- lateral speed
- quickness
- power.

Since most teams play games on Friday nights and practice for four days, implementing one type of training into each practice is the best method.

The final method for implementing speed training...

Players often perform individual position based drills during practice. This is a great time to use speed training techniques. For example, I work with many skill positions for speed development. These positions often involve catching balls and changing direction. If the athletes are focusing on quickness, I would have them perform an agility ladder drill followed by a pass break and ball thrown to them. If I am improving power using medicine ball throws, they catch 10-20 balls between sets as "active rest." These ideas can be applied to every position on the field.

He's off to the races... the 10, the 5, touchdown!

Speed has become vitally important in football. Watch any game and count the number of times a player's speed is mentioned. By being creative, it is easy to implement speed training into practice sessions and get great results.

Roger White is a speed consultant for Sport X Training, based in the metro Detroit area. He has improved speed in football players from the youth level through the professional levels. For more information, visit sportXTraining.com.



2006 Hall of Fame Inductees

The 2006 Induction ceremony will take place at The University of Michigan's Crisler Arena on April 1.

For tickets see information on the back panel of this newsletter.

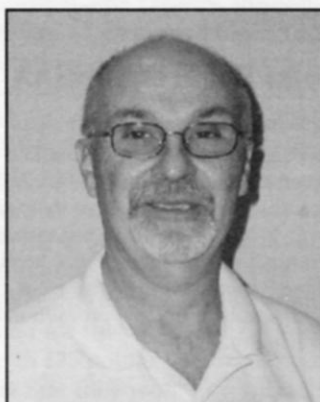
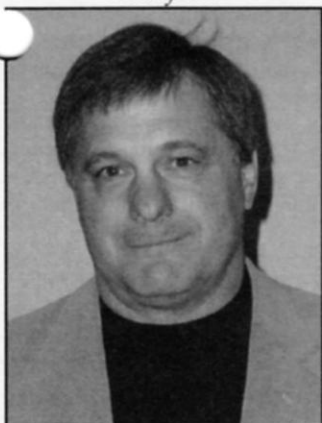
Name	School
Ronald Brown.....	Farmington Harrison
Jack Carlson	Holland West Ottawa
John P. Castiglione	Monroe Jefferson
Henry Chlebek.....	Wyandotte Wilson MS
Michael Coquillard ...	Standish Sterling
Alfred Doty	Freeland
James Fielder.....	Manchester
Thomas Foghino.....	Three Rivers MS
Frank Garofalo.....	Flint Southwestern
Dennis Gerace.....	Flint Southwestern Academy
Barney Goodrich	Muskegon Orchard View

Name	School
Jay Jondro	Dundee
Jim Krucki	Grosse Pointe North
James Lahmann	New Lothrop
Robert Lantzzy	Utica Eisenhower
William Myers	Madison Heights
James Norton	Jenison
John Osborn	Gaylord
Dan Painter	Ionia
Steve Robb.....	Milan
Rick Roberts	Mt. Pleasant Sacred Heart
Gary Templin	Allen Park

MHSFCA Coach of the Year Awards • 2005

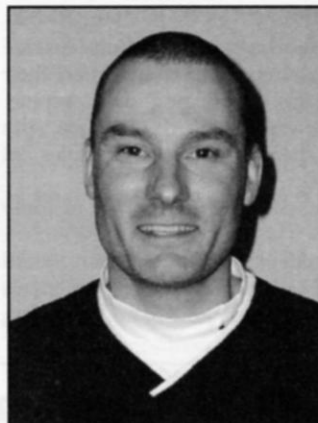
Division 1

Ralph Munger
Rockford



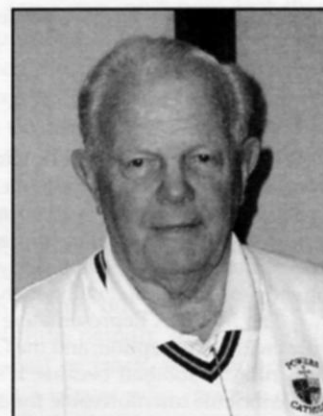
Division III

Tom Burill
Caledonia



Division II

Dave Durham
Hudsonville



Division IV

Jack Pratt
Flint Powers Catholic



Division VI

Tim Wooer
Kingsley

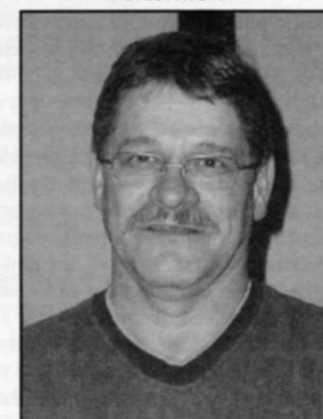


Division VII

Josh Sellers
Traverse City St. Francis

Division VIII

John Schwartz
Mendon



Division V

Jack Schugars
Muskegon Oakridge



Ohio High School Football Players represent Host State, Michigan, at Superbowl Tournament

A letter from Don Lessner, MHSFCA Executive Director, to Mr. John Roberts, Executive Director, Michigan High School Athletic Association

Dear Mr. Roberts,

On January 27, the Michigan High School Football Coaches Association held their annual Winter Meeting in Battle Creek. At this meeting it was mentioned that a group of high school football players from Ohio, representing the United States, played at the Silverdome in connection with the Super Bowl. Although this was a much-publicized event, very few members of our Board of Directors knew about the event. When informed that players from Ohio participated in the games, many of our Directors were frustrated and disappointed that football players from our state were not selected to be involved in the games. Upon investigating the situation, I found out that the N.F.L. contacted the M.H.S.A.A. and their request to have a team from the state of Michigan was denied.

We are aware that the M.H.S.A.A. does not sanction All Star events, but it is our feeling that Representative Council should have been contacted to see if this event might be a special situation. The Super Bowl is the largest sporting event in the world and student-

athletes from our state were deprived of the opportunity for a chance to represent our state and country in an international event. This would have been a once in a lifetime and a very worthwhile experience for our young men, their parents, and their high schools and communities. Many times hard and rigid rules are not in the best interest of our youth. Being flexible is not always a sign of weakness and sometimes it is best to think through a situation so everyone comes out a winner.

One of the goals of our Association is to "promote football on the high school level". When there is a chance for our students to be involved with Super Bowl and international activities, we would appreciate if the M.H.S.A.A. would contact our President or any officer in our organization and let us know of your decision rather than hearing it by "hear-say".

Sincerely,
Dr. Donald G. Lessner

The response from Mr. John Roberts, MHSAA

Dear Don,

It has always been our opinion that coaches associations deserve communication about proposals for changes that would affect their sport. Our track record is excellent in this regard and it will continue.

It is also our opinion and approach that no consultation with coaches associations is appropriate when we are applying rules that already exist; and that will not change.

The MHSAA Representative Council expects this office to apply rules without exception; and the Council knows that providing waiver of a rule for football because it's a bigger sport than others would make the rule unenforceable for other sports. The Council also knows that coaches of winter sports like basketball, ice hockey and wrestling

would have been upset that key members of their teams might have been enticed to take time off and risk injury playing in two football games in a single week at the peak of their winter season.

While it is your organization's worthy purpose to promote football on the high school level, the MHSAA must look at a much larger picture. Furthermore, a critical analysis of the event would indicate little if any promotional value for high school football in Michigan.

Cordially,
John E. Roberts

Superbowl XL Thank You From SAFE Management to MHSFCA

The following letter was sent to the many MHSFCA volunteers who worked at Ford Field before during and after the Feb 5 Superbowl.

We would like to sincerely THANK each and every one of you for your participation in Super Bowl XL. The Super Bowl gave us the need and the opportunity to expand our regular staff to cover all of the responsibilities given us by the NFL. The involvement of groups like yours whether on game day or working security shifts before the game allowed us to meet our staffing requirements and to provide quality event security and guest services for the Super Bowl. We want you to know that your efforts did not go unnoticed. Media coverage was extremely complimentary as well as the words of praise received from the National Football League and other experienced Super Bowl partners. But most of all, the smiles and thanks we received from our guests that attended the game said it all.

It was our desire that your experience with us at the Super Bowl would be a positive and memorable one and that each of you would be able to achieve the purpose your group had for getting involved with us. We hope that we met that expectation.

We also want to THANK YOU for your flexibility in coping with

the numerous changes that accompanied this event. The Super Bowl in Detroit presented some unique challenges due to the cold climate, Ford Field's urban setting and the huge number of people involved.

Even with all of the planning that goes into an event such as this everything does not go as expected. Your willingness to "do whatever it took" was a major factor in our success at the Super Bowl.

It was our extreme pleasure to give you the opportunity to be involved in Super Bowl XL. We appreciate your willingness to accept the invitation and for being a positive contributor to our company as we together served our city during the Super Bowl.

It is our hope that we can find a way to continue your involvement in the future.

Sincerely,
Fred Price
S.A.F.E. Management

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 15/20/25/30/35/40year 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 15/20/25/30/35/40year 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

MHSCA Application for Year Coaching Award

☐ 15 ☐ 20 ☐ 25 ☐ 30 ☐ 35 ☐ 40 ☐ 45

Name _____ School _____

Address _____ Address _____

City _____ Zip _____ City _____ Zip _____

Years of Coaching (List Sport, Level, Years)(Example: Boys golf, Varsity, 20 years 1978-1997) – Use back of page if necessary.

Signature of Coach _____

Signature of AD or Principal _____

Send completed form to:

Mr. Rich Tompkins, Executive Director, MHSCA, 9 South Lighthouse Drive, Mears, MI 49436 • Fax: (231) 873-5003

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

- 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:

Marcus Dukes
Hartland High School
DukesM@gwise.hartland.k12.mi.us

If you have an opening on your staff please fill in the following and return

School Name _____

Street Address _____

City _____ Zip _____ Phone _____

Position(s) Available _____

Qualifications _____
Person to contact _____

Send (resume, credentials, etc.) _____

Deadline for Application _____

MHSFCA Hall of Fame Banquet

1 April 2006 • Crisler Arena, The University of Michigan

Make check payable to: M.H.S.F.C.A. &
send a self addressed stamped envelope
TO:

Mr. Ivan Muhlenkamp
Ticket Chairman
Hall of Fame Banquet
2100 Lakeview Ave.
St. Joseph, MI 49085

Guest Speaker: Lloyd Carr - Head Football Coach at the University of Michigan
Purpose: To honor 21 outstanding high school football coaches
When: Saturday, April 1, 2006
Where: Crisler Arena on the campus of the University of Michigan
Time: Cocktails: 5:30 p.m. Dinner: 6:30 p.m. Program: 7:30 p.m.
Price: \$25 per Ticket

Number of Tickets _____ x \$25.00 = _____

Name _____

Address _____

City, State & Zip _____

Final date for pre-sale tickets:

Friday, March 24, 2006

Return Postage Guaranteed

When Finished Please Route to:

- ☐ Superintendent
☐ Assist. Principal
☐ Athletic Director

MICHIGAN HIGH SCHOOL
FOOTBALL COACHES' ASSOCIATION
Don Lessner, Executive Director
2903 Riverside
Trenton, Michigan 48183



LIFETIME MEMBERSHIP

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

Lifetime Membership Fee \$100

Name _____

Home Address (Street)
(City, State ZIP+4) _____

Phone (H) _____

e-mail _____

School Where Last Coached _____

Total Years Football Coaching _____

Qualifications • You must meet all THREE!

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

MEMBERSHIP APPLICATION FORM

2006-2007

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



☐ Joint MHSFCA / MHSCA / NHSCA (\$20) ☐ No longer coaching

Name _____

School _____

School Address (Street, City) _____

Position _____ Total Years Coaching _____

Home Address (Street) _____

(City, State ZIP+4) _____

Phone (H) _____

e-mail _____

Membership runs September - August

Battle Creek Clinic Registration includes membership starting the following September

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