

**Michigan
High School
Football Coaches
Association**

Newsletter



Volume 1, No. 47

SERVING MICHIGAN'S HIGH SCHOOL FOOTBALL COACHES

May, 1985

AIR STIRRUP ANKLE BRACE

*by Rod Sorge
Head Trainer, Ann Arbor Huron H.S.*

One of the most difficult problems in injury management is the period between incapacitation and the return to full activity. Many weeks of practice may well be lost during this transition period if the athlete must be kept from activity while an injury such as the ankle sprain is immobilized.

Exactly how much use can be safely tolerated by the injured ankle during the healing and rehabilitation period has long been a difficult problem for the coach and trainer. Recently a support system has emerged to help bridge the gap, to full functional recovery. The air stirrup ankle brace is composed of an outer plastic shell hinged at the heel, which is lined with inflatable air bags. The brace is universally fitting and is held firm with velcro stripping. It is designed to be worn with most athletic shoes. The stirrup design allows the athlete near normal ankle motion for running, while greatly prohibiting the inversion and eversion motions common to many ankle injuries. The stability of the plastic shell combined with the pressure and fit of the inflatable air cells provide protected function for all but the most severe injuries. Most players have little trouble adapting to the brace, especially when the alternative is to sit out.

While the air stirrup brace is not game legal under current state high school rules, it has proved to be a useful aid in returning the injured athlete to a limited practice schedule. When employed as a part of the rehabilitation program the air stirrup brace not only contributes to the recovery from injury, but can keep the injured athlete on the practice field until tape and recovery allow full return to play.



Hall of Fame Inductees

Hall of Fame Banquet BO AND DUFFY ENTERTAIN RECORD CROWD

by Tom Fagan, Hall of Fame Chairman

A record crowd of over 800 people enjoyed the Third Annual Hall of Fame Banquet held at Crisler Arena Saturday, April 12. Bo Schembechler and Duffy Daugherty proved to be a great team as they combined to help honor 30 outstanding high school coaches who were inducted into the Hall of Fame. Duffy proved he hadn't lost his talent for humor as he enthralled the Hall of Famers and their guests. It is no wonder that he is so sought after as a clinic and banquet speaker!

The Hall of Fame Banquet has developed into one of the major functions of our Association and has afforded us the opportunity not only to honor our own, but also to expose our association to the many people throughout the state who have attended the banquets. We are very indebted to all the people who have helped make this event so successful: Bo Schembechler and his staff who have made the banquet possible, Don Lessner, Harley Pierce and Chuck Rit-



Bo and Duffy Entertain Record Crowd

ter, and the many of the association who have worked on the banquet are due a great deal of thanks!

Plans are well under way for next year's banquet. Bud Wilkenson will be the featured speaker.

Nominations for the Hall of Fame can be sent to Harley Pierce at Sturgis High School. Twenty years of football coaching or 100 victories qualify applicants for this honor. Send your nominations in so the M.H.S.F.C.A. can honor Michigan's Finest!

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Larry Merx, Ann Arbor Huron H.S.

CLINIC UPDATE

by Dan Lauer, Clinic Chairman

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The clinic committee is continually seeking a better way to serve the coaches of our state by providing a better clinic. New ideas are discussed so we can keep our clinic on top. If you have any ideas for changes in the clinic; speakers, registration, or any part of the clinic please write: Mr. Dan Lauer, M.H.S.F.C.A. Clinic Chairman, P.O. Box 12, Stevensville, Mich. 49127.

Funds from the clinic serve a vital role in the support of the coaches association. The scholarships offered each year are things we as coaches can be proud of. It is in keeping with this that we have had for a number of years a refund policy for the clinic. Stated simply it says; "To receive a refund from the clinic, the Clinic Chairman must receive notification 24 hours before the start of the clinic."

The clinic continues to change for the better, and we know that this year's will be the best ever. The clinic is for you, and anything we can do to make sure you enjoy it will be done. We look forward to seeing all of you in January, 1986.

A Letter of Thanks

Dear Don Lessner,

Just a short note to personally thank you again for the super job you and Tom did at Crisler Arena.

Congratulations on your induction. I thank you and the M.H.S.F.C.A. for my selection. My family and I will always be grateful for the excellent way the program and evening was presented.

Thank You Again.

Sincerely, Pete Coll

GAMES WANTED

Scrimmage:

W. Bloomfield needs a fourth.

Rochester Adams

Onstead (Thursday)

1st Game:

Ypsilanti Lincoln

Allen Park Cabrini

DeLaSalle

Forest Hills Northern (86)

Battle Creek Pennfield

Waterford Our Lady

2nd Game:

Battle Creek Pennfield

(JV & Frosh)

3rd Game:

Jackson Cty Western (86)

Battle Creek Springfield

4th Game:

Ann Arbor Huron

5th Game:

Alpena

6th Game:

Redford Union

7th Game:

Croswell-Lexington

Sandusky

Muskegon

8th Game:

Ovid-Elsie

9th Game:

White Pigeon

New School Coaching Position:

Cardinal Mooney (Mt. Clemens)

Head Coach

M.H.S.A.A. New Eligibility Standards

by Vern Norris

M.H.S.A.A. HANDBOOK regulations dealing with the previous semester's record and current semester's record have been basically the same since 1925. M.H.S.A.A. requirements have been minimum, and local school districts have had the option of adopting more rigid academic standards.

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COLLEGE RECRUITING

by Al Fracassa, Head Football Coach, Brother Rice High School

In recent years, college recruiting of high school football players has become a more challenging job than ever for many high school football coaches. If handled correctly, helping young players who desire to play college ball can be a rewarding and happy experience. Many high school football players dream of playing college football someday. They work hard to realize this dream and depend on us to help them. No matter how high we are on certain players, we must remember that the final decision is up to that college coach who recruits them. There are times, no matter how hard we try, that recruiters will not come through and offer that "special player" we have, a scholarship. We have to be careful when this happens. These situations are always difficult to deal with in coaching, and we must always do our best to keep a player's hope up. If this is the case, we try our best to encourage our players to "walk on" and keep after their dream of playing college ball. Frequently, these players have the determination necessary to make it, and I am proud to say that many of our people were successful in their efforts.

Another important aspect of aiding our players to get to college is to fill out the many questionnaires that we get before the season starts. The more we promote our players, the better chance they have. Fill these questionnaires out **honestly** and **accurately**. Establish a good reputation of being sincere and fair with your evaluation of players. Many of our former players have set a good example which encourages recruiters to return. To be chosen on an all star team is fine, but what really counts is your personal evaluation of that player. Also, gather as much information on the player as possible. After the season, we have our potential college prospects fill out a form which contains vital information for recruiters to consider; things like size, speed, GPA, college board scores, best film, etc. Have this information available at all times. Sit down with the coaches who visit you and talk about your players. Point out all the good things and always be positive in your approach. View film together. Talk about the character and attitude of your prospect, why you feel he'll be a

good player, etc. Recruiters want to know "what kind of person he is". This has a lot to do with their decision. Coaches know that "good kids" will help teams to win. Character, discipline, and hard work can't be seen on film, and it is up to us to sell our players the best way we can. Always be honest and truthful in your conversation and presentation about your players. Usually college recruiters know what they are looking for and will be honest with you. These coaches are constantly searching for size, strength, and speed. That coach's job depends upon who he recruits, and he will be reluctant to take a chance on that kid who tried his hardest, but in the eyes of that recruiter does not fit into his school's system. **All we can do is the best we can.**

Most importantly, however, we suggest that you work hard and prepare your team as well as you can. Think football all the time and don't disrupt your team by worrying about a certain player's future college plans. The team is bigger than the individual; the individual's success depends on the team. Things have a way of taking care of themselves. If you don't have coaches visiting you after the season, and you have a good prospect, then it is your responsibility to make the contacts. Call other coaches, write a letter for him to a college, send film. Don't ever give up - be persistent. These are a few of the procedures we perform at Brother Rice High School. All of our coaches get involved and make themselves available to our players. A coach's job never ends. Remember, our players depend on us.

PLAYOFFS

by Jim Ahern

At the time of this writing, the fate of any playoff expansion is in the hands of the M.H.S.F.C.A. Representative Council Vern Norris, the Executive Director of the M.H.S.F.C.A., attended the Spring meeting of the Board of Directors of the High School Football Coaches Association and his outlook was not bright concerning any expansion of the playoff system. According to Mr. Norris the Superintendents and Principals are against any type of

Continued

expansion of the playoff system. Mr. Norris is receiving this information from the Executive Boards representing these groups. I question how accurate these groups are in truly expressing the feeling of the membership they represent.

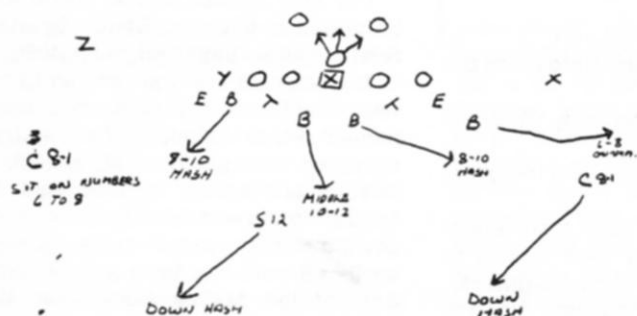
Two surveys, one by the Football Coaches Association, and one by the M.H.S.A.A. have been taken concerning expansion of the playoffs. The surveys were directed to the principals of the schools in the state that sponsor football. Both of the surveys called for the Principal's signature so that they would be valid. The results of both surveys were that 68 percent of the schools favored expansion of the playoff system. This clearly shows that the schools are in favor of expansion; however this is not the information that is being given by the Superintendent's and Principal's Executive Boards. To my knowledge, no survey was taken by either of these Boards to reach their conclusion, but they are the ones that carry the big stick.

The Football Coaches Association has spent a great deal of time and effort in trying to expand the playoff system so that it will be equitable for all of the schools. In 1985 and 1986, due to the calendar, an extra round of the playoffs could be held without any change in the present football format. That would provide two years for further study to make any adjustments that might be necessary in the system. The Football Coaches Association hopes that the M.H.S.A.A. Representative Council will listen to the mandate from the schools and expand the playoffs. If they don't we will continue in our efforts to get this task accomplished, as the majority of the high schools in Michigan desire.

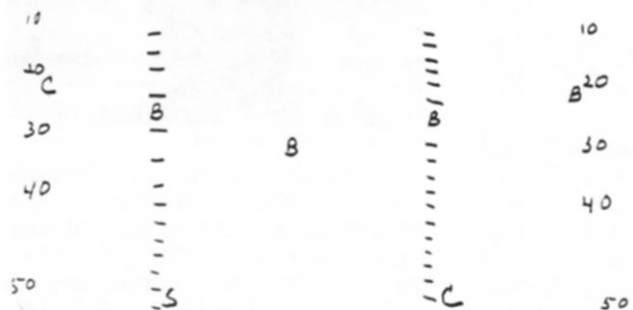


Don Lessner an award winner himself has pleasure of honoring his wife Eileen with a special award for her continued assistance with M.H.S.F.C.A. duties.

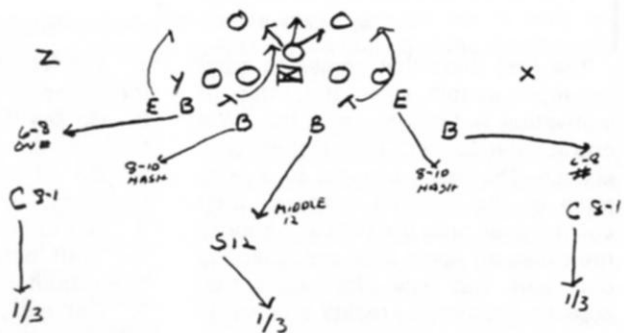
5. ZONE CONCEPT - SUNDER 2 DEEP FIELD DROPS



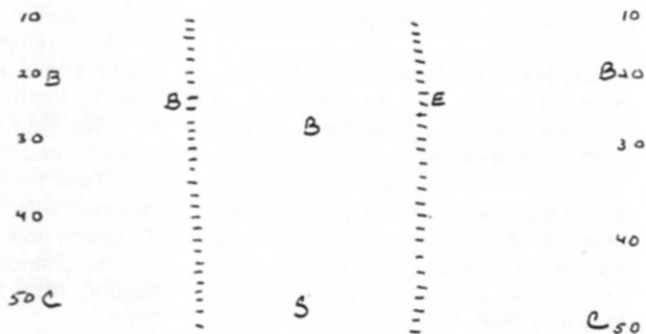
SECONDARY LOOK AFTER DROPS - COVER FIELD



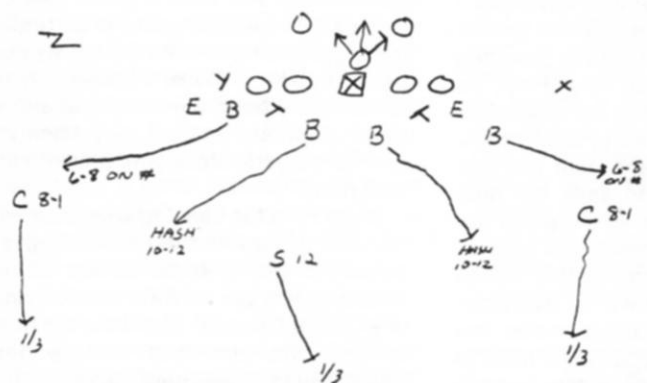
7. NICKLE COVERAGE - SUNDER - 3 DEEP - FIELD DROPS



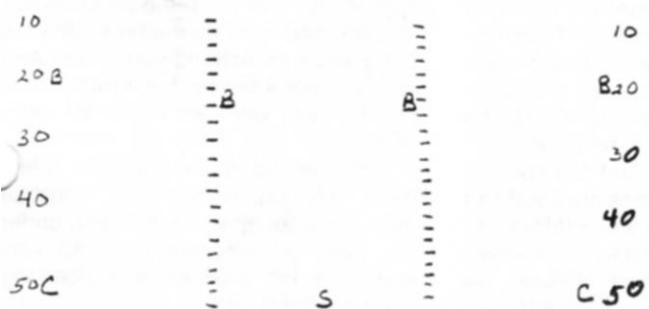
LOOK AFTER DROPS - COVER FIELD



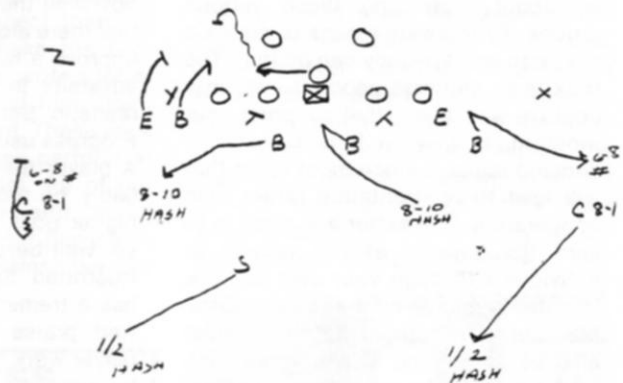
6. STRAIGHT ZONE - 3 DEEP FIELD DROPS



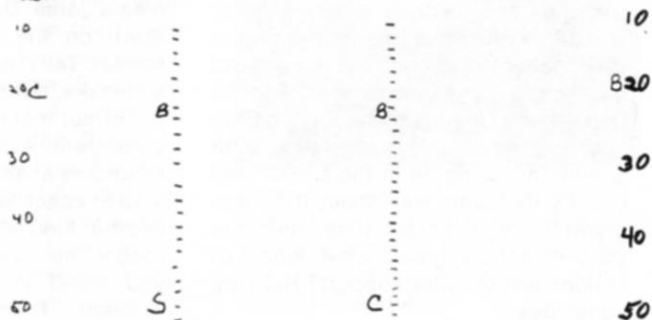
LOOK AFTER DROPS - COVER FIELD



8. ZONE ROLL COVERAGE TO FLOW



LOOK AFTER DROPS - COVER FIELD



4 - 4 DEFENSE

Answering The Critics About Limited Pass Coverage

by Wayne Nix, Head Football Coach Tecumseh High School

We have run the 4-4 defense at Tecumseh High School since the mid 1960's. We have averaged 6 wins per year for the past 19 seasons with a 114-57 overall record. Over those years subtle refinements have kept it a viable defense for the high school level. I am not going to talk about keys, alignments, adjustments, or specific drills used to teach the defense. If you would be interested in getting our complete defensive package just get in touch with me at the high school.

I am going to present only the secondary coverages we

employ. These coverages have produced an average of 20-30 interceptions per season, including one player that had 17 over the past two seasons.

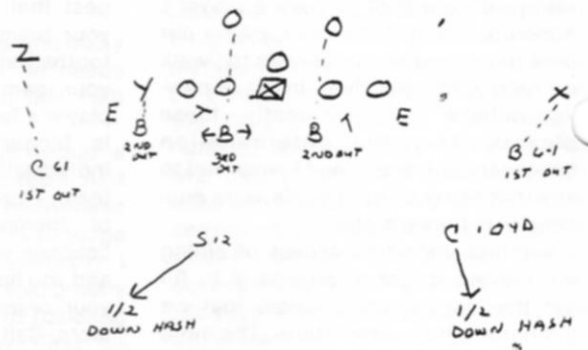
I will show only field drop responsibilities or man responsibilities in passing situations. We pride ourselves on defense against the run and each coverage has run and option responsibilities as well as pass responsibilities. We are going to play you tough on the ground, force you to throw and then take advantage of your mistakes.

1. M-T-M EAGLE - FREE SAFETY



COMBO - 5 UNDER MAN - 2 DEEP ZONE

3



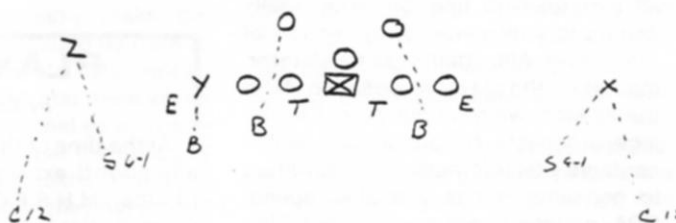
M-T-M DOG CHALLENGE - NO FREE SAFETY

2



DOUBLE OR HERO COVERAGE - PUT IN EXTRA SAFETY

4



MOTIVATION The Key to a Successful Program

by Joe Feufinger, Flint Central High School

The first thing that comes to mind for most people when the topic of motivation is brought up is the "Win one for the Gipper" type locker room speech. The team, brought to a fever pitch by the inspired words of their coach, races onto the field and knocks the socks off some poor unsuspecting opponent. But how often does that actually happen? In reality a coach is fortunate to have that kind of effect a couple of times a season. So what do you do for the other seven games? To get the most out of his team, a coach must begin motivating long before "game time".

The first job a coach has is to determine who he has to motivate. A common mistake is to think only in terms of motivating the team members. They are obviously important, but they are by no means the only group a coach needs to motivate. A coach must also motivate his assistant coaches, other coaches in the building, the school teaching staff, the school secretaries, the maintenance staff, the Athletic Director, the student body, the parents, and even his own family.

The next task is to determine how to go about motivating these various groups. To motivate means to create a desire to act. Anybody can do that. The trick is to motivate people to act in a positive way, a way that supports your program. In general it is suicidal to demand support since most often that will lead to confrontation rather than cooperation. The better approach is to earn the support of key groups or individuals through your own actions. In order to decide upon the best possible course of action, the coach must also be something of a psychologist. Two basic truths may help. First, all coaches are selfish and self-centered. That is, they want to win every game and they believe their program is, or should be, the most important thing at their school. Second, the basketball coach, the band director, the English Department Chairman, the French Club sponsor, and everybody else with something going on in the school feel exactly the same way about their program! Since the potential for conflict is thus obviously great, what kinds of actions will produce support? Here are some ideas:

1. Talk a football player into going out for another sport.
2. Go see the student play. Then tell them you enjoyed it!
3. Go to department and teachers meetings.
4. Get to know the other members of the staff before you have to talk to them about the star halfback's grades.
5. Get equipment requests into the A.D. on time and don't go too far over budget.
6. Do your job in the classroom.
7. Communicate with the parents of your players.
8. Don't tell the band director nobody would show up at the field if there wasn't a football game.
9. Give your assistant coaches real authority and then let them carry it out.
10. Take time out once in a while to take your wife out to dinner.

If a coach does these things, and many others, chances are when he needs support from those around him he'll get it.

Still, the most important group a coach has to motivate is his team. And the best way to judge the effectiveness of your motivation program is to judge how well the team handles adversity. I feel there are some actions that greatly improve a team's chances of handling adversity in a positive way. First, be realistic. Set goals that are attainable. Progress usually comes in small steps. A player that reaches a goal will probably be motivated to seek the next higher goal. A player who's goals are set well beyond his reach will only be frustrated. Second, be positive. Praise has a tremendous effect on everyone. And praise will probably make the player work harder because he likes to be praised and he wants it to happen again. Remember also that there are all kinds of contributions that go in to winning a game. Don't forget the little guy down on the scout team. Third, be honest. Tell them when they have made a mistake, but be sure to tell them how to correct that mistake also. Fourth, be consistent. Avoid the "star treatment" syndrome at all costs. And don't be one kind of coach when times are good and another kind of coach when things get rough. The players need to know where you stand at all times. Finally, be yourself. There are many different

Continued

5TH ANNUAL ALL-STAR GAME

The fifth Annual All-Star Game will be played at Michigan State's Spartan Stadium on Saturday, August 3, 1985.

This year for the first time an Executive Director of the game has been named. Frank "Muddy" Waters, has accepted the position of executive director and agreed to spearhead efforts to improve publicity. The goal of getting as many people in the stadium as it will hold has been a continuing goal of the All-Star Committee. We hope that this move will further that goal.



Frank "Muddy" Waters

A second aspect of the agreement made with Muddy is that his assistant, Mike Mills, (who was director of communications for the Cherry Bowl) will be given responsibility for putting out the All-Star Program. This feature removes the necessity of having All-Star players and their coaches solicit adds for the program. We see this has a definite step forward for the game! We wish Muddy and Mike a great deal of success! The All-Star game is currently the biggest single event put on by our association. The game has consistently been a great show, and a great showcase for our very talented football players. Make your plans to attend now!

If you're in the Lansing area between the 25th of July and the 3rd of August be sure to stop in at the All-Star Camp. Headquarters are at West Holden Hall of M.S.U.'s Campus. Practices are held in the stadium and beside the Daugherty Football Building.

approaches that will bring success, but one approach that guarantees failure is to try to be something you're not. Any kid can spot a phony in a minute. How can he "sell out" for you if he can't trust you?

One final thought to consider. It has been my experience that football games are tough enough to win under the best of circumstances, so why make the job even more difficult by creating conflict?

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Larry Merx, Ann Arbor Huron H.S.

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and the overall concern for academic excellence had a bearing on the decision.

The aforementioned study committee was concerned that athletes attain high academic standards, but it was equally concerned about the overall purpose of the interscholastic athletic program. The committee felt requirements such as the 2.0 average, passing in all academic work, passing 25 credit hours, etc. would be a deterrent to the overall advantages of competitive and academic experiences for high school athletes.

Beginning with the first day of the second semester of the 1985-86 school year, athletes will be required to be enrolled in and be passing at least 20 credit hours (four full credit classes) and must have passed 20 credit hours during the previous semester if they are to be academically eligible the second semester of the 1985-86 school year. All coaches are urged to advise athletes of the necessity of passing at least four full credit classes beginning with the fall term, 1985. Students not passing 20 credit hours the first semester of the 1985-86 school year will be ineligible the entire second semester of the same school year.



Dick Look presents Hall of Fame Plaque to Ken Kaestner of Livonia Churchill.



Dick Look, Tom Fagan, Tom Moshimer and Bo Schembechler discuss awards organization.



Duffy Daugherty, A quite moment of reflection.

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