



Michigan High School Football Coaches Association

Newsletter

Volume 9, No. 2

SERVING MICHIGAN'S COACHES

May 2006

24th Annual MHSFCA Banquet to Honor the Best of the Best, Finest of the Finest

By Tom Fagan, Hall of Fame Chair

Lloyd Carr, Bob Lantz and his family after the 2006 Hall of Fame Banquet. Lloyd Carr shows his appreciation each year as not only the main speaker, but also volunteers, after the banquet to be photographed with the inductees and their families.



The 2006 Hall of Fame football banquet was another outstanding night for high school football. This was our 24th Hall of Fame banquet and, not to be redundant, but it was another great banquet. Each of the banquets takes on a personality of its own but many things remain consistent, especially the outstanding coaches we inducted in 2006. They are men of achievement and integrity who credit their families, their fellow coaches and their communities for their success.

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Membership Report

Jim Clawson, Membership Chairman

MHSFCA Membership

2,527 TOTAL

April 1, 2006

Membership runs September-August



MHSFCA Meetings & Important Dates

Youth Football Coaches Clinic
Grand Traverse Resort
9:00-3:00 3 June 2006
(see page 11)

Board of Directors Summer Meeting
Sheraton Hotel, Lansing
Friday, 21 July 2006

Fraser Golf Outing
Lansing Area Course
10:00 July 2006

All Star Awards Banquet
Sheraton Hotel, Lansing
Friday, 21 July 2006

MHSFCA Leadership Conference
MSU • West Hall
22 July 2006
(see page 17)

All Star Football Game
Spartan Stadium • MSU
2:00 p.m. 22 July 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

Battle Creek Clinic Date Changed! to January 18-20, 2007

see note
page 3

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

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Loren Willey, Clio

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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
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 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 October Newsletter
— September 15 —*

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

COMMITTEE CHAIRS

Academic All State
 Todd Laventure, Caro
All-Star
 Gus Kapolka, Manistee
Assistant Coach Award
 Dick McGinness, 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
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 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**Telex Communications System Adopted As
"Official" Headset Of The MHSFCA**

Telex makes head sets for football coaches. Representatives from TELEX made the proposal that they become MHSFCA official headset supplier at the Nike Clinic in Mt. Pleasant. Their proposal includes a \$5,000 payment to the association plus a payment to the association of 10% of any phone set sales made to MHSFCA members in the state and *each Michigan School that purchases the TELEX system will receive a 10% discount on their order.* Telex phones initially cost more than Porta Phones, but, because the TELEX phones do not need annual maintenance, this additional cost is soon recouped. 100% of NFL teams and 97% of Division I football teams use Telex. Telex would also provide phones for our All Star Game and have agreed to work with Ford Field officials to make TELEX phones available for the Football Finals.

Awards Nominations**Power of Influence Award**

Don Lessner, Erie-Mason, MHSFCA Executive Director, has been nominated for the AFCA Power of Influence Award at the Spring meeting of the MHSFCA Board of Directors' meeting.

**Michigan High School
Coaches Association****Coach of the Year - Football**

Jack Pratt, Flint Powers Catholic was nominated for the MHSFCA Coach of the Year for Football at the Spring meeting of the MHSFCA Board of Directors' meeting.

Battle Creek Clinic Date Changed!
January 18-20

The 2007 MHSFCA football clinic in Battle Creek will run January 18-20. This represents a one week advance from the traditional dates. Those coaches who already have reservations at McCamly Plaza Hotel do not have to make new reservations. McCamly Plaza has automatically moved your reservations to the new dates. Those coaches who have reservations in other area hotels and motels will need to change their reservations to the new dates. If you have questions, contact the hotel with which you currently have reservations.

McCamly Plaza (616) 963-7050, Battle Creek Inn (616) 979-1100, Regal 8 Inn (616) 979-1141, Econo Lodge (616) 965-7761, Super 8 Motel (616) 979-1828, Comfort Inn, (616) 965-3976 • (800) 424-6423, Budgetel Inn (616) 979-5400



The other consistent is the love, admiration and respect showered on the inductees by their communities, families, fellow coaches and teachers. The over 600 people in attendance were enthusiastic and were not hesitant to show their appreciation for all the coaches.

Lloyd Carr, starting his twelfth year as head coach at Michigan, proves every year that he is bonded to and appreciative of his past, Michigan High School coaches who have been influential in his own coaching career. Lloyd shows his appreciation each year as not only the main speaker, but also volunteers, after the banquet to be photographed with the inductees and their families. He is always one of the last to leave the banquet hall. This is greatly appreciated by the association, by the families and by the inductees.

Another constant at this banquet is the time and dedication of members of our association in the many details and tasks they perform, before, during and after the banquet. It's all free labor, but a labor of love and respect for their fellow coaches. We are all proud to be members of this outstanding association.

In concluding this article I would like to quote a few of our Hall of Famers as they summarize the feelings of the group. Bob Lantzy, the very successful coach of Utica Eisenhower summarized his feelings when he said, "Coaching is rewarding because you get to see the players grow as human beings as they learn the lessons the game has to teach. You start with a player that is unsure of himself and with drills, with practice and game experience he gains confidence in himself that will stay with him for the rest of his life. Coaching means a new challenge each year and a new challenge each week of the season. These challenges give coaches and players an opportunity to find out about themselves and develop life long relationships. The best part of coaching is the games. The lessons taught by the most competitive team game in the world helps all of us to deal with our life outside as we learn to deal with success and with hardships that a game so competitive teaches."

Mike Coquillard of Standish-Sterling said, "Coaching football has given me a great opportunity to teach young men how to play a sport that I deeply love. I tried to be a role model

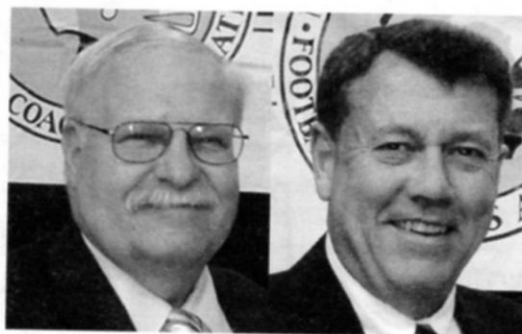
that motivated them to reach for the stars, make responsible and ethical decisions, be loyal team players and take pride in being a good sportsman. Hopefully many of the young men became leaders on and off the field and ultimately realized that leadership is not just about what you accomplish, but how you accomplished it. I fervently hope that each player through the years developed a sense of self-worth as a member of the teams that I coached."

Steve Robb of Milan said, "The post-game euphoria and celebration following a big Friday night victory is always a special feeling! There is nothing quite like winning a big game on a crisp autumn night in Michigan."

Ron Brown of Novi has coached football for 36 years. He said, "Coaching has meant life-long friendships with coaching peers and former players, plus a lifetime of great memories."

We congratulate the Hall of Famers of 2006. The Best of the Best and the Finest of the Finest.

MHSFCA Hall of Fame Class of 2006



Ronald Brown **Jack Carlson**
Farmington Harrison Holland West Ottawa

MHSFCA Hall of Fame Class of 2006



John P. Castiglione
Monroe Jefferson

Henry Chlebek
Wyandotte Wilson MS

Michael Coquillard
Standish Sterling

Alfred Doty
Pinconning

James Fielder
Manchester



Thomas Foghino
Three Rivers MS

Frank Garofalo
Mt. Morris

Mrs. Dennis Gerace
Flint Southwestern
Academy

Barney Goodrich
Muskegon Orchard
View

Jay Jondro
Dundee



Jim Krucki
Grosse Pointe North

James Lahmann
New Lothrop

Robert Lantzy
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

Post-Workout Nutrition

By Joe Heiler, MSPT, CSCS

Sports nutrition is a rapidly growing area of interest as athletes and coaches search for new ways to improve athletic performance. The post-workout meal has been receiving a lot of attention lately because of its potential to influence muscle mass and strength like no other meal during the day. The timing and content of the post-workout meal directly affects the speed and extent of muscle recovery and rebuilding after a tough training session.

A properly timed post-training meal, containing the right foods, will keep anabolic hormone levels high longer and blunt the influence of catabolic hormones. Over time this equals greater muscle mass and strength.

hormone levels high longer and blunt the influence of catabolic hormones. Over time this equals greater muscle mass and strength.

There is some debate concerning the window of opportunity here, but most research shows that athletes should eat within a 1/2 hour to an hour of training to get the full benefit. I encourage athletes to get in the habit of bringing their post-workout meal to the gym with them to begin the recovery process as soon as possible.

The content of the meal is just as important as it must be digested quickly for faster utilization by the muscles. Hard training breaks down muscle tissue and exhausts its energy stores so a combination of protein and carbohydrates will work best to speed up muscle recovery. Much of the research shows that as little as 20 grams of protein and 50 grams of carbohydrates is effective for promoting increases in muscle mass and strength. Older, more muscular athletes can push the protein toward 40 grams and the carbs closer to 100 grams, but there is no need to exceed this as the body can use only so much at once.

Post-workout protein options include skim milk, egg whites, and whey protein powder because they are easily digested and quickly taken up by the muscles. Skim milk contains 1 gram of protein per 1 ounce, egg whites 4-5 grams of protein depending on the size, and whey protein generally 20 grams per scoop. Beef, chicken, and

One important thing to understand is how critical it is to eat immediately after training. Anabolic hormones spike during training, but begin to decrease shortly thereafter, while the catabolic hormones that break down muscle tissue begin to increase. A properly timed post-training meal, containing the right foods, will keep anabolic

whole eggs all have a higher fat content that will slow digestion.

The best carbohydrate sources at this time include white bread, honey, pop tarts, raisins, and bagels. These types of carbs will increase blood sugar levels creating a more anabolic environment for muscle growth. Two slices of white bread with honey, a pop tart and raisins, and a

Athletes should emphasize quality carbohydrates the remainder of the day, such as whole wheat breads, pasta, oatmeal, fruits, and vegetables. These are all healthier choices but because of their fiber content will slow digestion further. Remember, it's all about how fast you can get nutrients to the muscles immediately after training.

large white bagel all equal 50-60 grams of carbohydrates. Athletes should emphasize quality carbohydrates the remainder of the day, such as whole wheat breads, pasta, oatmeal, fruits, and vegetables. These are all healthier choices but because of their fiber content will slow digestion further. Remember, it's all about how fast you can get nutrients to the muscles immediately after training.

The research is out there proving that this nutrition strategy works, and college programs at the highest levels are taking full advantage. Some larger Division I programs require their athletes to drink a protein / carb shake before leaving the training facility. Smaller programs don't usually have the means to provide this, but athletes are still strongly encouraged to bring their meal with them or to go home and eat immediately. If you have questions or to find out more about how to improve sports performance through nutrition, visit my website: pinnaclesportstrainingandnutrition.com.

Michigan High School Football Coaches Association

2006 Scholarship Winners

from Mike Wojda, Alpena, Scholarship Chair

The MHSFCA will award 13 scholarships for the 2006-2007 academic year. Ten scholarships are funded annually by the MHSFCA. Baden, makers of the MHSFCA All Star Game ball and their Michigan representative, Mark Mears, have funded an additional \$500 scholarship. Varsity Gold has also contributed \$500 to fund a twelfth scholarship.

The scholarships will be awarded at halftime of the All Star Football Game. Each recipient will be presented with a plaque proclaiming the award and a check for \$500 will be sent to the institution of their choice for post high school education.

Matthew LaCross

Alpena High School
Jack Gebauer

Alex Gilde

McBain High School
Paul Siembeda

Thomas Mueller

Warren DeLaSalle High School
Paul Verska

Evan Estola

Ludington High School
Charles Gunsell

Cole Rogotzke

Hanover-Horton High School
Clyde Van Epps

Nicholas Iatrow

Hartland High School
Cory Gildersleeve

Kyle Gaynier

Erie Mason High School
Don Lessner

Steven Goodrich

Orchard View High School
Hal Hoirnan

David Jack

Oscoda High School
Joe Pruchnicki

Steven Pankratz

Midland Dow High School
Kurt Faust

Matthew Evans

Sand Creek High School
Ernie Ayers

Samantha Mifsud

Dearborn High School
David Mifsud



2006 Terry Rose Scholarship Winner Natalie Boydston

High School: Caro
College: Ohio University
Area of Study: Photo Journalism
Father: Allen Boydston

Mike Wojda, Alpena, Scholarship Chair

The \$1000 Terry Rose Memorial Scholarship is chosen by lottery at the Hall of Fame banquet in Ann Arbor. All children of MHSFCA members are eligible for the drawing in memory of Past President and former Clinic Chair, Terry Rose. Members need only to submit names of their children who are continuing or will continue their education beyond high school in the same year as submitted.

This year's winner, Natalie Boydston, is a photo journalism student at Ohio University in Athens, Ohio. Her father, Allen Boydston coaches football at Caro High School.

NATS = National Athletic Testing System

How Often Have We Heard These Questions From Players Or Their Parents?

*Do you think I'm good enough to play football in college?
How can I get colleges interested in me?
Why isn't my son playing more?
Do I have the grades to get into college?*

To help you answer those, and many more questions about the recruiting process, the MHSFCA has elected to bring the National Athletic Testing System (NATS) to Michigan. NATS is a program partnership between the American Football Coaches Association (AFCA) and the MHSFCA as well as other state football coaches associations from across the country.

The NATS program is in many respects an athletic version of the Scholastic Aptitude Test for high school football players. It is a nationwide standardized athletic performance test that produces results that can be used to track and compare the players' athletic ability and development. NATS is also an efficient means of providing players, parents, coaches and guidance counselors important information and services pertaining to college recruiting, NCAA academic requirements, financial aid and athletic performance analysis and preparation. These services are available to NATS participants 24 hours a day, 365 days a year on the NATS web site.

Lack of preparation causes far too many great high school players to miss out on the opportunity to play college football, or may even limit their high school playing opportunities, because they fail to meet the necessary academic and athletic requirements.

"The National Athletic Testing System has the potential to be the most useful informational resource for high school and college coaches, players and their parents, ever developed" said AFCA Executive Director Grant

Teaff. He added "The research and effort to create the best will continue. The AFCA's ultimate goal is for NATS to provide, for all stakeholders, standardized, consistent athletic test and accurate academic information, for the benefit of high school players and the institutions that seek that information."

One of the most valuable lessons a high school athlete can learn is the importance of preparation. Quality preparation in both academics and athletics helps students realize their dream of playing football at the college level. Quality preparation also helps students perform to their greatest abilities during their high school football playing careers.

Lack of preparation causes far too many great high school players to miss out on the opportunity to play college football, or may even limit their high school playing opportunities, because they fail to meet the necessary academic and athletic

requirements. Preparation is what the National Athletic Testing System (NATS) is all about. The NATS Tests and website help players prepare for the athletic and academic challenges ahead. Step-by-step, NATS assists parents and players in meeting college initial eligibility requirements and college football athletic standards. In other words, NATS assists in eliminating another response we unfortunately hear too often from our students and their parents, "I didn't know" or "no one told me."

By participating in NATS, all high school football players beginning as early as their freshman year, can track their athletic progress year by year during their high school career. A player's NATS Test results during his freshman and sophomore years will help him realistically evaluate his athletic skills and target those areas he would like to improve. The NATS Test scores for all participants, along with their academic and high school football accomplishments, are made available for every college football program in the country.

"To date, 322 colleges from 49 states have viewed NATS on-line player profiles" said MHSFCA Executive Director Rod Baker. "That's an incredible number when you consider that AFCA introduced the NATS program just last January at their association convention. There is no telling the service NATS can provide the 44,000 high school football players in our state. It is important for our coaches to embrace the NATS program and have their students attend a NATS test," coach Baker added.

All NATS participants have access to unique interactive tools, such as the Core Course Calculator to help them stay on track academically. Presently, the NCAA does not allow for student athletes to register for the Clearinghouse until after their junior year. By then some of our student athletes are so far behind in satisfying their 14 core course requirements (16 core courses are required starting with the class of 2008!), that they have no chance of gaining academic eligibility for college. The Core Course Calculator also provides students with their corresponding minimum SAT or ACT score the NCAA requires to gain collegiate eligibility.

"NATS fosters student-athlete academic awareness through its unique interactive educational tools such as the Core Course Calculator. I believe your states' school counselors will

NATS

Continued

and NATS to be a valuable and useful addition to their counseling resources when advising student athletes," said American School Counselors Association (ASCA) Executive Director Richard Wong. "The Core Course Calculator is one of the many reasons why ASCA is the academic partner for NATS," Mr. Wong added.

The NATS Player Profile Updater allows student athletes to input their football achievements, academic progress, and contact information for online distribution to all college football programs. With a mere click of the button, college recruiters have access to not only a student's NATS test results, but his address, phone number, e-mail, academic and athletic achievements, as well as his coaches and guidance counselors contact information.

NATS is about helping high school players prepare academically and athletically for college football, so if and when the opportunity comes along - they will be ready to realize their dream.

Michigan NATS dates:

May 21 at MSU • June 4 at EMU

Information/Register at:

www.NATS.us

Questions

Rod Baker

734-759-5191 • baker@wy.k12.mi.us

So what does it cost? Players attending a NATS Test pay a player processing and services fee of \$55 for each Test they attend. Student-athletes who choose to participate in only one NATS test retain all other services including the Core-Course Calculator, Profile Updater, and presence in the Online Player database for the complete duration of their High School career.

NATS tests will be conducted in at least 10 states this spring: New Jersey, Maryland, Nevada, Washington, Oklahoma, Indiana, Illinois, Colorado, Virginia, and right here in Michigan. The MHSFCA's NATS tests will be held in East Lansing at Michigan State, and in Southeast Michigan at EMU. For more information or to register for a NATS test, please have your players visit www.NATS.us

The National Athletic Testing System... providing answers to athletic and scholastic questions.

Michigan State and Eastern Michigan to Host Inaugural Michigan High School Football Coaches Association NATS Tests

Indianapolis, IN - April 5, 2006 The MHSFCA (Michigan High School Football Coaches Association) will run their inaugural NATS Tests at Michigan State (Track and Field Complex) on May 21, 2006 and at Eastern Michigan University (Rynearson Stadium) on June 4, 2006. Players from graduating classes 2007-2010 may register on line at www.nats.us.

"Our association's NATS Tests will provide participants with access to college football programs on the division I, II, III, JUCO and NAIA level that they otherwise would not have had. Nationwide, 342 colleges from 49 states are already using the NATS database for initial player evaluations," said MHSFCA Executive Director Don Lessner. "What makes our NATS program unique is that it's not just a one day event. It is a year round support system which provides not only athletic but academic support for our young football players," Coach Lessner added.

AFCA Executive Director Grant Teaff says, "NATS brings together the high school and college coaching communities to better serve high school players who strive to continue their academic and athletic careers at the college level."

Information on pages 8 and 9 provided by NATS

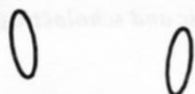
Championship Offensive Linemen

Linemen are a special breed of player. They are the hardest working athletes on the field. They hit or get hit, every play. They do not hear their names over the public address system during the games. They rarely see their names in print the day after the game in the newspaper article. For these reasons, it is very important that the linemen realize their contributions and agree that they must bond together, have pride in their role on the team, and look forward to the job they will do day in and day out throughout the season.

In order for this pride to flourish, players need to trust in their skills, their coach, and themselves. I have coached linemen for the past 12 years. They have come in all shapes and sizes, from under 6' tall and weighing 175 pounds to 6' 3" and 275 pounds and everywhere in between. Here are some of the basics for a lineman in order to help him succeed at his position.

Start their summer work with a short session of stance review. First, with their feet set a bit wider than shoulder width apart, make sure their toes are pointed up field or slightly out (**Figure 1**). There should also be a stagger to their feet. If they are right handed, the right foot is slightly back from

their left foot, so that if the feet are put together, the inside ball of the right foot is in the instep of the left foot. Their next position is a "ready" position (**Figure 2**). They get into the "ready position" by simply squatting and resting their elbows on their knees. From this position, it is very important that the lineman practices keeping his eyes up in order to get a pre-snap read on the defense. (*The quarterback is not the only player that should be getting the pre-snap read from the break of the huddle.*) Keeping his eyes up, forces his butt down, which keeps the bend in the knees and ankles. His chest should also point forward with a good inward arch in his back, not a camel hump.



This is the top view of the stance of the feet of a right-handed player.

Figure 1



This is a side view of the "ready position," eyes on the pre-snap read.

Figure 2

Finally, from the "ready" position, the player simply puts his right hand down, just right of center, and under his right eye. His body should be low, in a balanced position and his eyes should remain up (**Figure 3**). His balanced position does not give away the play (run or pass).



This is a side view of the "set" position, eyes on the defense.

Figure 3

After achieving a successful stance, "starts" are next. Work the drive block steps (both right and left foot first). Angle blocks are after that, stepping with the right step first angling right and the left step first when angling left. Working with the linemen after weight room sessions or conditioning makes more time available during normal practice time for play review, blocking adjustments, and repetitions. Getting the basics early frees up time for other drills and philosophies that successful linemen can build upon. As the linemen work together and practice their techniques, they build unity as a group, a belief in each other, and a pride in their position on the team.

By, Cary Harger
Offensive/Defensive Line Coach
Oakridge High School
2005 Division 5 State Champions

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

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 _____

2006 East-West All Star Football Game Ticket Order Form

When: Saturday, July 22, 2006
 Where: Spartan Stadium at
 Michigan State University
 Time: 2:00 p.m.
 Price: \$5 pre-sale (\$10 at the gate)
 Make check payable to: M.H.S.F.C.A.

Number of Tickets x \$5.00 =

Name

Address

City, State, Zip

Send to: Mr. Jim Clawson
 All Star Ticket Chairman
 21681 Thorofare
 Grosse Ile, MI 48138

Please send a stamped self-addressed envelope with your order.

Return Postage Guaranteed

☐ Superintendent
☐ Assist. Principal
☐ Athletic Director

When Finished Please Route to:

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

Mr. Don Lessner
 2903 Riverside
 Trenton, MI 48183-2909
 1-800-441-1111

PRESORTED
 STANDARD
 US POSTAGE
 TRENTON, MICHIGAN
 PERMIT NO 28



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 FOUR!

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