



Michigan High School Football Coaches Association

Newsletter

Volume 8, No. 3

SERVING MICHIGAN'S COACHES

October 2005

25th Annual MHSFCA All Star Game!

By Larry Rueger, All Star Chair (Retired)



Construction in Spartan Stadium moved the 25th All Star Game to The University of Michigan for the second year in a row.

The 25th All Star Game played on July 23rd and held at the "Big House," was a huge success. The hard work of Chuck Ritter and the officials at University of Michigan are to be congratulated and thanked for their hospitality and work that they contributed to the 2005 All Star Game.

The week preceding the game also went very well. There is much more to the game than just game day. The following coaches give up eight days or more of their time each year to make our game a success: Jim Taylor, Loren Willey, Craig Healey, Jack Schugars, Tim Parker, Melvin Bennett, Tony Ceccacci, Dick McGinness, Jim Buttson, Keith Froelich, Gus Kapolka, Larry

Continued on page 4

Inside:

Important Dates.....	2
All Star Coaches 2006.....	2
Officers & Board of Directors	2
Committee Chairs	3
Notes	3
Fraser Award Nominations	3
All Star Game Stats.....	4
Effective Speed Training	8
Advertising in the Newsletter	9
In-Season Strength Training	10
MHSFCA Membership.....	12
MHSFCA Web Site	12
Coach of the Year Manuals	12
Coach of the Year Clinic Reg.....	13
Winners Circle Registration.	14
All Star Nominations Due	17
Duties of MHSFCA Directors.....	17
MHSFCA Re-Districting	18
Crowly, Hall of Fame, Assistant Coach Nominations	19
Potential College Players	19
Alliance Award	20
Teacher/Coach Resource	20
MHSFCA Hall of Fame App.	22
Gatorade Awards	23
Placement Bulletin.....	23
Motor City Bowl Tickets.....	24



Look for the Following in a Separate Mailing

Regional Coach of the Year Ballot

Nomination Forms for:

Academic All State

2006 All Star Nomination

Assistant Coach of the Year

MHSFCA Meetings & Important Dates

Board of Directors Fall Meeting
Doherty Hotel, Clare
10:00 a.m. • 2 December 2005

All Star Selection Meeting
East - Allen Park HS/West - MSU
13/14 January 2006

34th Winners Circle Clinic
McCamly Plaza, Battle Creek
26-28 January 2006

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

2005 MHSAA
Dates To Remember
Ratings Due Date • Dec. 2
District First-Round • Oct. 28-29
District Finals • Nov. 4-5
Regionals • Nov. 11-12
MHSAA Semifinals • Nov. 19
MHSAA Finals • Nov. 25-26

Newsletter is NOT Forwarded

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

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

The MHSFCA NEWSLETTER is the official publication of the Michigan High School Football Coaches Association with the expressed aim of keeping Michigan High School football coaches informed of developments in their profession.

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

Michigan High School Football Coaches Association

2006 All Star Coaches

East

Head Coach
Tim Baechler
Plymouth Canton

1st Assist
Tim Travis
Unionville Sebewaing Area

West

Head Coach
Joe Keglovitz
Lowell

1st Assist
Bill Santilli
Crystal Falls Forest Park

DIRECTORS

Region 1
Brandon Bruce, Newberry
Brad Grayvold, Norway
Paul Jacobson, Negaunee
Pat Malone, Rudyard

Region 2
Fred Davis, Johannesburg-Lewiston
Matt Prisk, Traverse City West
Matt Stapleton, Frankfort

Region 3
Joe Coletta, Muskegon Oakridge
Gus Kapolka, Boyne City
Steve Wilson, Fruitport

Region 4
Al Doty, Pinconning
Kelly Luplow, Clare

Region 5
Brett Foerster, Saginaw Heritage
Craig Healey, Flushing
Jerry Parker, Carmen-Ainsworth

Region 6
Noel Dean, Lowell
Ralph Munger, Rockford

Region 7
Mike Farley, Comstock
Todd Miller, Plainwell

Region 8
Ed Greenman, Battle Creek Harper Creek
Dave Lawrence, Mattawan
Al Slamer, Battle Creek Central

Region 9
Jack Wallace, Fowlerville
Rob Zimmerman, DeWitt

Region 10
Scott Farley, Leslie
Mark Raczkowski, East Jackson

Region 11
Marty Borski, Lake Fenton
Dennis Hopkins, Linden

Region 12
Brad Bays, Sandusky
Bill Brown, Deckerville

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

Region 14
Rodney Baker, Wyandotte
Tom Hoover, Allen Park
Eric Redmond, Carlton Airport
Steve Robb, Milan

Region 15
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

*Elected in 2005 **BOLD**

MHSFCA OFFICERS 2005

PRESIDENT
Pete Coll, Center Line

1ST VICE-PRESIDENT
Jim Buttson, Allen Park

2ND VICE-PRESIDENT
Al Slamer, Battle Creek Central

EXECUTIVE DIRECTOR
Don Lessner, Erie-Mason

CHAPLAIN
Loren Willey, Clio

Past Presidents

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

**NEWSLETTER****Encourages
Contributors**

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

*Deadline for Submissions
for December Newsletter
— November 15 —*

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

COMMITTEE CHAIRS

Academic All State
 Steve Robb, Milan
All-Star
 Larry Rueger, Mona Shores/Fruitport
Assistant Coach Award
 Dick McGinness, Lake City
Clinic
 Al Slamer, Battle Creek Central
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, Mattawan
Membership
 Jim Clawson, Monroe St. Mary's Catholic
Placement
 Tony Ceccacci, Ortonville-Brandon
Playoff
 Tom Barbieri, Dexter
Political Action
 Dave Farris, Petoskey
Public Relations
 John Herrington, Farmington Harrison
Rules
 Pete Coll, Center Line
Scholarship
 Mike Wojda, Alpena
Youth Football
 Bill Hollenbeck, Maple City-Glen Lake
Web Site
 Vincent LeVeille, Vassar
Legal Representative
 Dave Malicki, Melvindale

NOTES**All Star Thank You**

We wish to express to the MHSFCA All Star Committee our sincere thanks for putting on such a wonderful memorable event, not only for the All Star players, but for the parents as well. An event such as this takes an exceptional amount of time and energy for the many involved and we wanted to let you know that it did not go unnoticed. As we told other, it was "first class."

From a player's perspective, as Andy stated, "It was a great time, one of the best times in my life." He enjoyed having the opportunity of getting to know, on a more personal level, so many of the players he had heard and read about. We, as parents, also enjoyed meeting these fine young men and many of the parents.

Thank you again for putting on such a wonderful, memorable event.
 Sincerely, Andy, Dave and Amy Schmitt

FRASER Award Nomination**Due December 1**

Designed to recognize coaches who distinguish themselves through community service, the FRASER Award will be presented at the MHSFCA Clinic Luncheon. In addition to the plaque awarded to the winning coach, the MHSFCA will present a \$500 grant to the elementary school designated by the recipient. The grant will be used for the purchase of books for students in the school who would not otherwise have access to reading materials.

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

Send nominations to:

Noel Dean, Fraser Award Committee Chair
 4135 Bedaki Ave. NW
 Lowell, MI 49331

Nominations must be received by December 1.

Include:

- Name, school affiliation, phone and address of nominee
- Formal letter of recommendation from a school administrator
- Documentation of qualifying activities

25th Annual MHSFCS All Star Game!

Continued from page 1

Merx, Chuck Ritter, and Don Lessner. The majority of these guys stayed at the dorm for the entire week helping in any way they could. Each of us owes them a great big thank you. Most of these guys have been doing this for at least 10 years. We need some young, new blood to give us a hand. 2006 would be a great year to get involved. Being our 26th year, it should be very exciting.

Michigan State University did another fabulous job for us. We have been housed at the University for all 25 years.

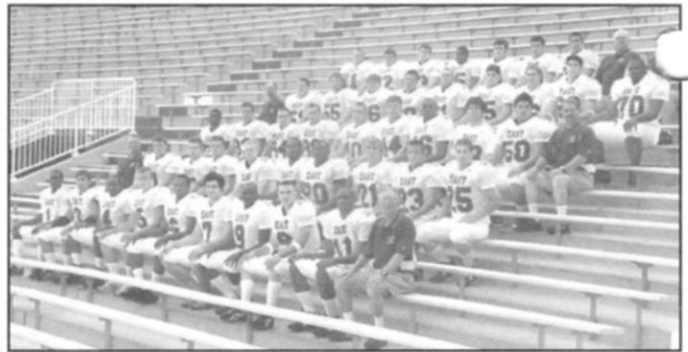
Another person that needs recognition is Dr. Tom Jamieson. Dr. Tom has been our All Star doctor for all 25 years. All we need to do is get on the phone and he is available to us. He is a true MHSFCA and All Star Game friend.

The kids and the coaching staffs did a great job again. The players from each squad and the coaches mixed like a football family and still were competitive as hell on the field.

Again, thanks to everyone, including the coaches who nominated their athletes, for another great year and lets all get involved for the second quarter of a century under the leadership of our new chairman, Gus Kapolka, for the 2006 game.

I would like to thank everyone who has given us a hand over the last 25 years. I have enjoyed my job and met some great young men and fellow coaches. Thanks for giving me the opportunity.

*Yours in football and friendship,
Larry Rueger-Ex-All Star Chairman*



West Wins 2005 Contest West 30 - East 20 2005 Score By Quarters

	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>Total</u>
East	0	13	0	7	20
West	17	0	6	7	30

Scoring Summary

	East	West
1st Quarter		
6:14 West - Vroegop 30 yd field goal	0	3
6:04 West - Taylor 0 yd fumble recovery (Vroegop kick)	0	10
2:23 West - Richardson 39 yd pass from Schmitt (Vroegop kick)	0	17
2nd Quarter		
7:59 East - Caldwell 36 yd interception return (Meldrum kick)	7	17
0:23 East - Barwin 35 yd pass from Gage (Meldrum kick failed)	13	17
3rd Quarter		
7:13 West - Taylor 0 yd fumble recovery (Vroegop kick failed)	13	27
4th Quarter		
9:15 East - Barwin 6 yd pass from Tackett (Meldrum kick)	20	23
1:58 West - Hawken 0 yd fumble recovery (Vroegop kick)	20	30



West Coaches, Jim Hilgendorf and Fred Davis on the sideline.

After 25 Years East Leads Series by 1

East 13 – West 12

1981	EAST	6	West	3
1982	WEST	25	East	22
1983	EAST	17	West	10
1984	EAST	24	West	10
1985	WEST	14	East	0
1986	EAST	24	West	14
1987	WEST	9	East	7
1988	WEST	17	East	10
1989	EAST	31	West	26
1990	EAST	7	West	6
1991	WEST	15	East	12
1992	WEST	20	East	0
1993	EAST	29	West	6
1994	WEST	20	East	0
1995	EAST	10	West	9
1996	EAST	20	West	12
1997	WEST	28	East	19
1998	EAST	20	West	15
1999	WEST	35	East	9
2000	WEST	28	East	17
2001	EAST	38	West	14
2002	EAST	28	West	7
2003	EAST	12	West	6
2004	WEST	45	East	14
2005	WEST	30	East	20

Observations: Most games won in a row - three (East 2001, 02, 03). The West has never been shut out, the East has been shut out three times: 1985, 1992, 1994.



The Cheer Team from Bellaire, Michigan, Michigan Cheerleading Coaches Association (MCCA) Class D State Champion Runners-Up for 2005 joined other MCCA championship squads to cheer at the All Star Game.

Game Statistics

	EAST	WEST
First Downs	9	14
Rushes-yards (Net)	28-41	48-143
Passing Yds (Net)	79	82
Passes Att-comp-int	21-7-0	9-4-1
Total Offense Plays-yards	49-120	57-225
Fumble Returns-yards	0-0	0-0
Punt Returns-yards	1-15	3-18
Kickoff Returns-Yards	4-64	2-39
Interception Returns-Yards	1-36	0-0
Punts (Number-Avg)	6-45.3	3-45.0
Fumbles-Lost	4-3	2-1
Penalties-Yards	7-65	2-29
Possession Time	21:52	26:08
Third-Down Conversions	3 of 13	5 of 11
Fourth-Down Conversions	1 of 1	1 of 2
Red-Zone Scores-Chances	1-1	2-2
Sacks By: Number-Yards	0-0	2-17

Rushing:

Eaststars-blevins 10-49; Gage 5-48; Travis 3-6; Schoen 1-3; Cecchinni 2-2; Tackett 2-minus 14; Roelfs 3-minus 18; Team 2-minus 35.

Weststars-westdorp 9-53; Wiltie 9-33; Vanzale 7-18; Korte 6-17; Walton 5-15; Hawken 5-10; Schmitt 3-10; Brown 4-minus 13.

Passing:

Eaststars-tackett 2-9-0-8; Roelfs 3-7-0-28; Gage 2-5-0-43.

Weststars-schmitt 4-8-0-82; Brown 0-1-1-0.

Receiving:

Eaststars-allison 4-28; Barwin 2-41; Zombo 1-10.

Weststars-vanzale 2-21; Richardson 1-39; Stevenson 1-22.

Interceptions:

Eaststars-caldwell 1-36.

Weststars-none.

Fumbles:

Eaststars-roelfs 2-2; Team 2-1.

Weststars-hawken 1-0; Wiley 1-1.

Stadium: Michigan Stadium

Attendance: 10461

Kickoff Time: 2:00 Pm End Of Game: 5:00 Pm

Total Elapsed Time: 3:00

Official Scorer: Barbieri Crew;

Temperature: 85 Deg. Wind: Sw 2.5

Weather: Beautiful

All Star 2005 Offensive Stats

EAST

Rushing	No	Gain	Loss	Net	Td	Lg	Avg
Blevins	10	50	1	49	0	24	4.9
Gage	5	48	0	48	0	27	9.6
Travis	3	6	0	6	0	5	2.0
Schoen	1	3	0	3	0	3	3.0
Cecchnni	2	2	0	2	0	2	1.0
Tackett	2	0	14	-14	0	0	-7.0
Roelfs	3	0	18	-18	0	0	-6.0
Team	2	0	35	-35	0	0	-17.5
Totals	28	109	68	41	0	27	1.5

Passing	Att	Cmp	Int	Yds	Td
Tackett	9-2-0	8	1	6	1
Roelfs	7-3-0	28	0	16	1
Gage	5-2-0	43	1	35	0
Totals	21-7-0	79	2	35	2

Receiving	No.	Yds	Td	Lg
Allison	4	28	0	16
Barwin	2	41	2	35
Zombo	1	10	0	10
Totals	7	79	2	35

Punting	No.	Yds	Avg	Lg	In 20
Meldrum	6	272	45.3	54	2
Totals	6	272	45.3	54	2

All Returns	Punts			Kickoffs			Intercepts		
	No	Yds	Lg	No	Yds	Lg	No	Yds	Lg
Wilson	0	0	0	1	8	8	0	0	0
Caldwell	0	0	0	0	0	0	1	36	36
Gage	1	15	15	3	56	27	0	0	0
Totals	1	15	15	4	64	27	1	36	36

Field Goal Attempts	No	Yds	Result
---------------------	----	-----	--------

Fumbles

Team 2-1; Roelfs 2-2

WEST

Rushing	No	Gain	Loss	Net	Td	Lg	Avg
Westdorp	9	55	2	53	0	21	5.9
Wiltzie	9	33	0	33	0	9	3.7
Vanzale	7	19	1	18	0	7	2.6
Korte	6	17	0	17	0	5	2.8
Walton	5	15	0	15	0	7	3.0
Schmitt	3	10	0	10	0	8	3.3
Hawken	5	10	0	10	1	4	2.0
Brown	4	0	13	-13	0	0	-3.2
Totals	48	159	16	143	1	21	3.0

Passing	Att	Cmp	Int	Yds	Td
Schmitt	8-4-0	82	1	39	0
Brown	1-0-1	0	0	0	0
Totals...	9-4-1	82	1	39	0

Receiving	No.	Yds	Td	Lg
Vanzale	2	21	0	12
Richardson	1	39	1	39
Stevenson	1	22	0	22
Totals...	4	82	1	39

Punting	No.	Yds	Avg	Lg	In 20
Brown	3	135	45.0	51	1
Totals	3	135	45.0	51	1

All Returns	Punts			Kickoffs			Intercepts		
	No	Yds	Lg	No	Yds	Lg	No	Yds	Lg
Wiley	3	18	10	2	39	23	0	0	0
Totals...	3	18	10	2	39	23	0	0	0

Field Goal Attempts	No	Yds	Result
Vroegop	1	30	Good

Fumbles

Wiley 1-1; Hawken 1-0



All Star 2005 Defensive Stats

East

Player	Solo	Ast	Tot	Ttl/yds	Ff	Fr-yd	Intc	BrUp	Blkd	Sack/yds	Qh
33 Powers	5	2	6.0								
6 Arrington	5	2	6.0								
60 Faik	4	3	5.5								
78 Brown	3	5	5.5								
75 Morton	4	.	4.0	1.0/1							
3 Yono	3	2	4.0								
23 Grignon	3	1	3.5								
54 Macpherson	3	1	3.5	1.0/1							
55 Kratz	2	2	3.0								
46 Glasper	2	2	3.0								
27 Faison	2	2	3.0	1.0/3							
65 Watters	2	.	2.0								
38 Richardville	2	1	2.5	.	.	1/0					
44 Stokes	2	.	2.0								
4 Caldwell	2	1	2.5	.	.	.	1-36				
12 Menoian	2	1	2.5								
80 Roelant	1	2	2.0								
34 Cecchnni	1	.	1.0								
51 Thomas	1	.	1.0								
14 Roelfs	1	.	1.0								
7 Barwin	1	.	1.0								
56 Bowman	1	1	1.5	1.0/2							
15 Harris	.	1	0.5								
48 Decker	.	1	0.5								

West

# Player	Solo	Ast	Tot	Ttl/yds	Ff	Fr-yd	Intc	Brup	Blkd	Sack/yds	Qh
20 Wiley	4	1	4.5								
37 Beerling	3	.	3.0								
93 Holtz	3	.	3.0	1.0/1							
8 Foco	3	1	3.5	1.0/5							
9 Hekstra	2	2	3.0	1.0/8	1.0/8	
45 Basler	2	1	2.5								
17 Rucker	2	.	2.0	1.0/9	1.0/9	
88 Donnell	2	.	2.0								
26 Myczkowiak	1	2	2.0								
19 Stevenson	1	2	2.0								
4 Pleasant	1	.	1.0								
3 Mcphee	1	.	1.0								
1 Powell	1	.	1.0	1			
28 Wyatt	1	.	1.0								
55 Schley	1	1	1.5	.	.	1-0					
79 Taylor	1	1	1.5								
40 Marshall	1	.	1.0								
2 Richardson	1	.	1.0								
67 Taylor	1	1	1.5	.	.	2-0	.	.	.	/	1
6 Awrey	.	2	1.0								
33 Woodson	.	1	0.5								
75 Oshtosh	.	1	0.5								
Lyons	.	1	0.5								

Effective Speed Training for High School Football Players

By Roger White, BS, SSC

Sports speed. You hear about it everywhere. Rookie NFL players are given huge contracts based on how fast they run the 40-yard dash at the combine. Today sports have placed such an emphasis on speed that athletes of all ages have started doing speed drills. Often times, the athlete or coach gets information from a book or magazine and incorporates it into their routine. The trouble is that the program in the book most likely was not designed for a high school athlete. It's hard to argue with the point that a professional football player is not the same as a high school football player, so why would the training be similar? Athletes in high school are still growing and developing and are not best suited for certain types of training. The most important thing a coach can do is to find information that can be used for athletes of the age he or she is coaching. There are many good books on drills available. The purpose of this article is to give coaches the four main points for a successful sports speed program.

1. **Testing.** Testing is critical for a speed program. There are three types of tests. The first is a *pre-test*. This test helps the coach find any possible weaknesses in the athlete. The second test can be used but is not necessary. It is called a *mid-test*. This is done at the mid-point in the program. This helps see if any progress has been made up to that point. The final test is a *post-test*. This is to see if the program you used was successful. Many tests are general tests that can be used for most sports (40, 10, pro-shuttle, vertical jump, long jump). A key point for testing is there should be tests that are also sport specific. For a sport specific speed program, the coach must analyze the player's movements during competition and also include a similar movement as a test. For a receiver in football, a 40-yard sprint test would be valid. A lineman would be better off being tested in a short distance performing a "pull" from both directions.
2. **Guidelines.** Every program must have specific guidelines. There should be a goal for the program (a faster 10-yard dash for the team, a faster 40-yard dash, a faster pro-shuttle). Drills should be challenging but easy enough to perform with some errors. These errors help the athlete learn the skills needed to perform the drill. Practice will eliminate the errors over time. The drills should focus on improving the athlete's weaknesses while improving strengths. Certain weaknesses may include a short stride length or improper arm swing. And finally, the drills should be sport specific. A receiver may want to focus on accelerating out of his break and a defensive back being able to back pedal and accelerate. For athletes that play both ways, they should focus on both positions' movements. Beginning a speed program, there may be a conditioning factor involved. Realize that the main focus on the drills is not conditioning, rather perfect technique and complete recovery. Throughout the training program, the conditioning factor will be eliminated.
3. **Progressions.** Speed can be improved because sprinting is a skill just like throwing a ball or catching one. When a skill is taught, the athlete starts with the most basic drills and moves on once those are mastered. The same thing applies for speed drills. In designing speed drills for a beginner, I typically use five basic drills and add one new drill per week if progress in the basic drills is strong. Some athletes may pick up on drills fast. Instead of adding new drills, adding more complex variations is the preferred method. For example, having the athletes perform an "A" skip is a great drill for improving ankle elasticity and increasing flexibility in the hamstrings, which will help improve stride length. Advanced variations of this drill include: skipping backwards, laterally, and catching a tennis ball. The amount of work can also be increased. Work can come from drills being timed, the number of repetitions, or a certain distance. It is important to start with low repetitions and short distances. Once the athlete has completely mastered the basic movement drills and depending upon their age, they may be ready for more advanced training. Advanced training includes resistance running, assisted sprinting, plyometrics, and weighted vests. Progressing the athlete to these advanced techniques too fast will lead to an injury. In my experience training athletes, these advanced techniques are typically reserved for the upper aged high school athletes (juniors and seniors) through professional.

Effective Speed Training for High School Football Players

Using the drills in practice. Using the drills is very important. A coach may know every speed drill ever done but if the athletes do not do them, the drills are useless. With practice time as long as it is and with all the other commitments athletes have, spending an extra 15 minutes to an hour working on speed can be draining. The easiest and most common way to perform speed drills is to use them as part of your warm-up in-season or post-season. Most warm-ups are a slow jog or slow sprints for a few minutes, and then stand in one position and stretch for 5-10 minutes. This time can be better used by performing a dynamic progressive warm-up using speed drills. Drills can include high knees, heel-to-backside, change of direction drills, and change of speed drills

(build-ups). Athletes who use this warm-up often feel tired afterwards and have a good sweat. One key point for coaches is that when using these drills as a warm-up, an emphasis should be clearly made that the perfect execution of the drills are very important. Otherwise, athlete's tend to joke around with each other.

Roger White, BS, SSC, is the Head Sports Performance Coach for Sport X Training. He played receiver at Wayne State University where he studied Kinesiology and is certified through the International Sports Science Association. If you have any questions, you can contact Roger through e-mail at Roger@SportXTraining.com or visit the website www.SportXTraining.com.

Advertising in the MHSFCA Newsletter

MHSFCA Newsletter is now accepting advertising.

Want to "connect" with Michigan's high school football coaches? Advertise in the MHSFCA Newsletter! The MHSFCA newsletter reaches each of its over 2500 members, four times each year.

The advantages: 4,100 copies of the MHSFCA Newsletter are printed four times a year. 3,900 are mailed each issue. Each member of the Association (high school and middle school coaches and youth league coaches) receives a copy mailed to their home address. Membership is over 2,000. A copy of the Newsletter is also mailed to each high school in Michigan which participates in football (over 600) addressed to the head coach with routing to the athletic director, principal and superintendent. In addition a copy of the Newsletter is mailed to every newspaper published in Michigan.

Deadlines: March issue, 15 February • May issue, 15 April • October issue, 15 September • December issue, 15 November

Cost:	1 page (7.5"Wx10"H)	1/2 page (7.5"Wx5"H)	1/4 page (3.75"Wx5"H)	1/8 page (3.75Wx2.25"H)
1 issue	\$150	\$125	\$100	\$75
2 issues	\$225	\$160	\$125	\$85
3 issues	\$275	\$185	\$135	\$95
4 issues	\$300	\$200	\$150	\$100

Contact: Larry Merx, 39 W. Judd Rd., Milan, MI 48160
Day (734) 222-9800, Home: (734) 439-3184, Fax (734) 439-0049, e-mail: lmerx@nkfm.org



In-Season Strength Training

By Joe Heiler, MSPT, CSCS, Kingsley Football Strength Coach

Football season is upon us, and the emphasis has shifted from summer strength and conditioning to game prep. Over the course of a season, players will experience a decline in strength and power without continued strength training. This obviously will affect performance on the field so continuation of the strength program throughout the season is crucial.

Ten years ago, in-season weight lifting programs were mostly non-existent at the high school level. Strength training at the college level was done only one to two times a week, and usually after practice. Traditional programs emphasized higher reps with less weight because the players were already exhausted from practice by the time they hit the weight room. With what we know now about periodization and hitting your peak prior to the start of the season, why go back to light weight and high reps?

Football programs at all levels are now using a system that keeps the weight and intensity level high, and the reps low to maintain strength and power throughout the season. High intensity, lower volume workouts are the best way to maintain what the athletes worked so hard for over the summer. Many schools have added strength training classes during the school day, or athletes have access to the weight room prior to school allowing for training without practice fatigue.

Here is a sample program:

Day 1: (3x4)

Squats

Explosive deadlift with a shrug

Military Press

Day 2: (3x4)

Power Clean

Bench Press

Glute/Ham or RDL (3x8)

Day 3: (3x8)

Power Squat

Power Bench

Core work

This is what a typical in-season program would look like with lower volume because time is limited, but with high intensity for optimum strength and power. If your schedule will allow for a third day of training, use lighter weights but perform the exercises explosively. Note also that this schedule includes mostly compound movements to work multiple muscle groups in a minimal amount of time.

Be sure to alter the program for a week or two during the season to prevent plateaus, and to make the program more exciting for your athletes. For example, weeks three and six use plyometric training or explosive medicine ball drills in place of weight training. Combination lifts are another excellent option. Examples would include a front squat into an overhead press, hang clean into a front squat, and a dumbbell deadlift into a bent row. Be creative during these weeks because any change in the stimulus to the muscles will help prevent plateaus and complacency.

During the season, safety in the weight room also needs to be stressed with the athletes. When lifting with heavier weights and low reps, a spotter is required. Athletes also need to understand the importance of hitting the proper number of repetitions to maintain their strength levels. Using too much weight, relying on the spotter to complete the reps, and using poor technique could all lead to injury. Nor will it produce the desired results.

With more time allotted to strength training during the school day, be sure to take advantage of these advanced training techniques to keep your athlete's strength and power levels up throughout the season. Remember to stress the importance of proper nutrition as well to keep energy levels high, maintain muscle mass, and to promote recovery following training and practice.

MHSFCA Re-Districting

In January 2005 the MHSFCA elected a new Board of Directors based on re-districting approved by the membership January 2004. In January 2006, the regional director positions in even numbered regions will be voted on with two being selected. In January of 2007 odd numbered regional director positions will be voted on again with two being selected.

It was felt by the Board of Directors that this process would best aid in the transition from the use of MEA based regions to the regions based on league affiliation. The board of directors also hoped that this plan might encourage some coaches to get more involved with the organization as we have added two more regions and four more directors.

Below you will find the re-organized regions. If you are interested in running as a director in an EVEN numbered region, you should contact Larry Merx (734) 439-0049 or lmerx@nkfm.org to have your name placed on the ballot for the January election. If you have questions about the redistricting plan, contact Dave Woodcock, 6355 Livingston Ct., Hudsonville, MI 49426, 616-662-1454, e-mail daveandparm@aol.com.

MHSFCA Regions

Region 1 (42)

Great Western
West-Pac
Straights Area
Mid-Peninsula
Eastern U.P.
Great Northern U.P.
Wolverine Football Conference

Region 2 (37)

Ski Valley
North Star
Northwest
Big North
Lake Michigan
Benzie Central

Region 3 (29)

West Michigan Conference
Western Waterways Central
Western Waterways East
Western Waterways West
Highland Conference
Mid State Athletic Conference North
Muskegon Catholic Central
Muskegon Heights

Region 4 (38)

Tri Valley West
Northeast Michigan Conference
Central State Activities Association
Jack Pine Conference
Mid State Athletic Conference South*
Saginaw Buena Vista
Saginaw Novell
Whitmore-Prescott

Region 5 (39)

Saginaw Valley
Big 9
Mid Michigan Athletic
Flint Beecher
Flint Northwestern
Mt. Pleasant

Region 6 (49)

OK Conference all divisions
Grand Rapids City

Region 7 (40)

Wolverine B
Lakeland Athletic Conference
Red Arrow Conference
St Joseph Valley Conference
Southwestern Athletic Conference North
Southwestern Athletic Conference South

Region 8 (32)

Kalamazoo Valley Athletic Association
Big 8 Conference
South Western Michigan Conference East
South Western Michigan Conference West
South Western Michigan Conference Central
Burr Oak

Region 9 (37)

Capital Area Activities Conference I
Capital Area Activities Conference II
Capital Area Activities Conference III
Central Michigan Athletic Conference
Southern Michigan Athletic Association
Lumen Christi
St. Johns

Region 10 (34)

Tri-River Athletic Conference
South Central Athletic Conference
Cascades Conference
Tri County Conference
Lenawee County Athletic Association

Region 11 (21)

Genesee Area Conference Red
Genesee Area Conference Blue
Flint Metro League

Region 12 (39)

Blue Water Area Conference
Greater Thumb Conference West
Greater Thumb Conference East
Tri Valley Conference East
North Central Thumb League
North Branch Wesleyan

Region 13 (31)

Western Lakes Act. West
Western Lakes Act. Lakes
Kensington Valley Conference
Southeastern Conference Red
Southeastern Conference White
Ann Arbor Huron

Region 14 (35)

Mega Conferences all divisions
Huron League
Summit Academy

Region 15 (23)

Catholic League all divisions
Detroit Country Day

Region 16 (24)

Detroit Public School League all divisions

Region 17 (40)

Metro Conference
Oakland Activities Association all divisions

Region 18 (36)

Macomb Area Conference all divisions
New Haven
Madison Heights Lamphere
Madison Heights Madison

Motor City Bowl

Kick-Off 4:00 • Monday, December 26, 2005

Free Tickets for MHSFCA Head Coaches:

You will receive a separate mailing from the Motor City Bowl with details.

Bring Your Team to Ford Field for the 2005 Motor City Bowl!

*If you haven't received your invitation by Nov 15, contact Bobby Popp: 517-339-1888. Deadline for requests - Dec 12, 2005.

MAC vs. Big Ten!

Return Postage Guaranteed

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

When Finished Please Route to:

☐ Superintendent
☐ Assist. Principal
☐ Athletic Director

Mr. Don Lessner
2903 Riverside
Trenton, MI 48183-2909

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 THREE!

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

MEMBERSHIP APPLICATION FORM

2005-2006

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