



# Newsletter

Volume 9, No. 3

SERVING MICHIGAN'S COACHES

October 2006

26th Annual MHSFCA

## All Star Game Goes To East 22-15



**After 26 All Star Games, East Leads Series with 14 wins to West's 12.**

*All Star Stats and photos on page 4*

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### Membership Report Jim Clawson, Membership Chairman MHSFCA Membership

**1991 TOTAL**

**September 17, 2006**

*Membership runs September-August*



## **MHSFCA Meetings & Important Dates**

Board of Directors Fall Meeting  
Doherty Hotel, Clare  
Friday, 1 December 2006

All Star Selection Meeting  
East - Allen Park HS/West - MSU  
12/13 January 2007

35th Winners Circle Clinic  
McCamly Plaza, Battle Creek  
18-20 January 2007

55th Coach of the Year Clinic  
Soaring Eagle Hotel, Mt. Pleasant  
2-3 March 2007  
2006 Schedule

### **MHSAA Dates**

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  
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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.

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## *Michigan High School Football Coaches Association*

# **Battle Creek Clinic**

**Date:  
January  
18-20, 2007**

*see note page 3*

### **MHSFCA OFFICERS 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

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

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 Raczowski, East Jackson

#### Region 11

Marty Borski, Lake Fenton  
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 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  
 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 December Newsletter  
 — November 15 —*

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## 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**  
 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

### 2007 All Star Coaches East

Head Coach  
 Drake Wilkins Denby Tech.  
 1st Assistant  
 Tony Patritto, Rochester Adams

### West

Head Coach  
 Tom Barbierri, Dexter  
 1st Assistant  
 Jim Caserta, Holland West Ottawa

### Hall Of Fame

Just a note of thanks for all the MHSFCA does for the Hall of Fame Banquet. My family, friends, and I had a wonderful time. It was a first class event. A lot of work went into planning. I'm proud and humbled to be a part of the Hall of Fame Class of 2006.

*John P. Castiglione*

### Hall Of Fame

The whole evening (Hall of Fame Banquet) is something that I will never forget.

I appreciate what (MHSFCA) has done on my behalf for the Hall Of Fame and for what you've done for the football coaches all these years. I hope I represented Wyandotte and Bears football well.

*Hank Chlebek*

### In Memorium

The MHSFCA notes with sorrow the passing of the first head football coach at Monroe Jefferson HS, Jim Fisher. Jim succumbed to cancer July 19, 2007.

## 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 (269) 963-7050, Battle Creek Inn (269) 979-1100, Regal 8 Inn (269) 979-1141, Econo Lodge (269) 965-7761, Super 8 Motel (269) 979-1828, Comfort Inn, (269) 965-3976 • (800) 424-6423, Budgetel Inn (269) 979-5400

## '06 All Star Game Stats:

### East 22 - West 15

(Jul 22, 2006 At East Lansing)

#### Score By Quarters

	1	2	3	4	Score
West.....	0	7	8	0	15
East.....	8	7	0	7	22

#### Scoring Summary:

1st 06:30 East - Douglas 27 Yd Pass From Stiefel (Walker Kick Failed), 2-21 0:46, West 0 - East 6  
04:49 East - Team Safety, , West 0 - East 8

2nd 04:35 East - Goebel 77 Yd Pass From Ball (Walker Kick), 2-77 0:52, West 0 - East 15

02:51 West - Violette 53 Yd Interception Return (Briggs Kick), West 7 - East 15

3rd 03:34 West - Franklin 13 Yd Run (Franklin Rush), 8-60 3:46, West 15 - East 15

4th 05:39 East - Clasgens 94 Yd Run (Walker Kick), 2-90 1:09, West

## After 26 Years East Leads Series by 2

#### East 14 - 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
2006	EAST	22	West	15

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.

#### Summary

	WEST	EAST		WEST	EAST
FIRST DOWNS	12	7	KICKOFFS-YARDS	4-248	4-236
Rushing	7	4	Average Yards Per Kickoff	62.0	59.0
Passing	4	2	Net Yards Per Kickoff	53.5	44.8
Penalty	1	1	Touchbacks	2	1
NET YARDS RUSHING	78	122	Punt returns: Number-Yards-TD	2-0-0	4-78-0
Rushing Attempts	38	36	Average Per Return	0.0	19.5
Average Per Rush	2.1	3.4	Kickoff returns: Number-Yds-TD	3-57-0	2-34-0
Yards Gained Rushing	136	182	Average Per Return	19.0	17.0
Yards Lost Rushing	58	60	Interceptions: Number-Yds-TD	1-53-1	0-0-0
NET YARDS PASSING	114	105	Fumble Returns: Number-Yds-TD	0-0-0	0-0-0
Completions-Attempts-Int	9-22-0	4-9-1	Miscellaneous Yards.	0	0
Average Per Attempt.	5.2	11.7	Possession Time	23:47	24:13
Average Per Completion.	12.7	26.2	1st Quarter	4:28	7:32
TOTAL OFFENSE YARDS	192	227	2nd Quarter	5:29	6:31
Total offense plays.	60	45	3rd Quarter	6:32	5:28
Average Gain Per Play	3.2	5.0	4th Quarter	7:18	4:42
Fumbles: Number-Lost	3-2	3-1	Third-Down Conversions	2 of 14	2 of 10
Penalties: Number-Yards	4-30	6-38	Fourth-Down Conversions	1 of 3	0 of 2
PUNTS-YARDS	7-234	6-258	Red-Zone Scores-Chances	1-2	0-1
Average Yards Per Punt	33.4	43.0	Sacks By: Number-Yards	2-23	6-49
Net Yards Per Punt	22.3	43.0	PAT Kicks.	1-1	2-3
Inside 20.	3	2	Field Goals.	0-0	0-1
50+ Yards.	0	1			
Touchbacks	0	0			
Fair catch	1	1			



**2006 MHSFCA  
Scholarship  
Winners**

## Individual Stats

### West

	No	Gain	Loss	Net	Td	Lg	Avg
Rushing							
Franklin	13	70	0	70	1	14	5.4
Thompson	2	21	0	21	0	13	10.5
Rich	6	11	4	7	0	4	1.2
Malasz	2	4	0	4	0	3	2.0
Canfield	9	30	26	4	0	14	0.4
Ziegler	6	0	28	-28	0	0	-4.7
<b>Totals</b>	<b>38</b>	<b>136</b>	<b>58</b>	<b>78</b>	<b>1</b>	<b>14</b>	<b>2.1</b>

	Att-cmp-int	Yds	Td	Long	Sack
Passing					
Ziegler	16-8-0	109	0	38	4
Canfield	6-1-0	5	0	5	2
<b>Totals</b>	<b>22-9-0</b>	<b>114</b>	<b>0</b>	<b>38</b>	<b>6</b>

	No.	Yds	Td	Long
Receiving				
Aldridge	3	33	0	15
Powell	2	24	0	13
Thompson	2	14	0	9
Harman	1	38	0	38
Bramer	1	5	0	5
<b>Totals</b>	<b>9</b>	<b>114</b>	<b>0</b>	<b>38</b>

	No.	Yds	Avg	Long	In20
Punting					
Team	1	0	0.0	0	0
Briggs	6	234	39.0	48	3
<b>Totals</b>	<b>7</b>	<b>234</b>	<b>33.4</b>	<b>48</b>	<b>3</b>

	Punts			Kickoffs			Intercept		
	No.	yds.	lg	No.	yds.	lg	No.	yds.	lg
All Returns									
Aldridge	1	6	6	0	0	0	0	0	0
Harman	0	0	0	2	43	22	0	0	0
Allen	1	-6	0	1	14	14	0	0	0
Violette	0	0	0	0	0	0	1	53	53
<b>Totals</b>	<b>2</b>	<b>0</b>	<b>6</b>	<b>3</b>	<b>57</b>	<b>22</b>	<b>1</b>	<b>53</b>	<b>53</b>

### Fumbles

Canfield 1-1; Ziegler 1-0; Thompson 1-1.

### East

	No	Gain	Loss	Net	Td	Lg	Avg
Rushing							
Clasgens	5	108	6	102	1	94	20.4
Stolla	3	24	0	24	0	19	8.0
Goebel	8	23	1	22	0	6	2.8
Parhum	7	17	0	17	0	7	2.4
Brown	3	7	2	5	0	5	1.7
Douglas	1	0	3	-3	0	0	-3.0
Stiefel	3	0	21	-21	0	0	-7.0
Ball	6	3	27	-24	0	2	-4.0
<b>Totals</b>	<b>36</b>	<b>182</b>	<b>60</b>	<b>122</b>	<b>1</b>	<b>94</b>	<b>3.4</b>

	Att-cmp-int	Yds	Td	Long	Sack
Passing					
Stiefel	6-2-0	31	1	27	0
Ball	3-2-1	74	1	77	2
<b>Totals</b>	<b>9-4-1</b>	<b>105</b>	<b>2</b>	<b>77</b>	<b>2</b>

	No.	Yds	Td	Long
Receiving				
Douglas	28	1	27	
Goebel	1	77	1	77
<b>Totals</b>	<b>4</b>	<b>105</b>	<b>2</b>	<b>77</b>

	No.	Yds	Avg	Long	In20
Punting					
Stiefel	6	258	43.0	65	2
<b>Totals</b>	<b>6</b>	<b>258</b>	<b>43.0</b>	<b>65</b>	<b>2</b>

	Punts			Kickoffs			Intercept		
	No.	yds.	lg	No.	yds.	lg	No.	yds.	lg
All Returns									
Douglas	1	50	50	1	13	13	0	0	0
Tracy	1	19	19	0	0	0	0	0	0
Adams	2	9	8	1	21	21	0	0	0
<b>Totals</b>	<b>4</b>	<b>78</b>	<b>50</b>	<b>2</b>	<b>34</b>	<b>21</b>	<b>0</b>	<b>0</b>	<b>0</b>

### Field Goal Attempts

Walker 1st 00:14 37 Yds - Missed

### Fumbles

Ball 2-1; Stiefel 1-0.



# Defensive Statistics

## West

##	Player	Solo	Ast	Tot	Tfl/yds	Ff	Fr-yd	Intc	Brup	Blkd	Sack/yds	Qh
33	Violette	2	6	8	.	.	.	1-53	.	.	/	.
56	Patilla	3	3	6	2.5/22	.	.	.	.	.	1.0/15	.
40	Biggar	2	4	6	0.5/1	.	1-0	.	.	.	/	.
18	Allen	3	1	4	2.0/4	.	.	.	.	.	/	.
78	Payment	1	3	4	.	.	.	.	.	.	/	.
73	Lieffers	.	4	4	0.5/1	.	.	.	.	.	/	1
5	Smith	2	1	3	.	.	.	.	.	.	/	.
50	Wyse	2	1	3	1.0/8	.	.	.	.	.	1.0/8	.
52	Winsor	1	2	3	.	.	.	.	.	.	/	.
42	Sutherland	.	3	3	.	.	.	.	1	.	/	.
1	Ritz	1	1	2	.	.	.	.	.	.	/	.
8	Jones	1	1	2	0.5/1	.	.	.	.	.	/	1
4	Weichmann	.	2	2	.	.	.	.	.	.	/	.
7	Turner	1	.	1	.	.	.	.	.	.	/	.
51	Hall	1	.	1	1.0/3	.	.	.	.	.	/	.
80	Larson	.	1	1	.	.	.	.	.	.	/	.
6	Aurich	.	1	1	.	.	.	.	.	.	/	.
44	Wegener	.	1	1	.	.	.	.	.	.	/	1
47	Barley	.	1	1	.	.	.	.	.	.	/	.

## East

##	Player	Solo	Ast	Tot	Tfl/yds	Ff	Fr-yd	Intc	Brup	Blkd	Sack/yds	Qh
11	Herring	2	9	11	3.0/10	.	.	.	.	.	0.5/4	1
2	Adams	7	.	7	.	1	.	.	.	.	/	.
54	Brady	2	5	7	.	.	1-0	.	.	.	/	.
44	Tracy	2	3	5	2.0/12	.	.	.	.	1	2.0/12	2
56	Lee	2	3	5	1.5/8	.	1-0	.	.	.	1.0/7	1
24	Conover	2	3	5	.	.	.	.	.	.	/	.
34	Connelly	1	4	5	0.5/5	.	.	.	1	.	0.5/5	1
90	Daniel	.	5	5	0.5/6	.	.	.	.	.	0.5/6	2
29	Reed Ii	1	3	4	.	.	.	.	2	.	/	.
17	Cessna	1	3	4	1.0/12	.	.	.	.	.	1.0/12	.
55	Anagonye	3	.	3	.	.	.	.	.	.	/	.
61	Panza	.	2	2	0.5/3	.	0.5/3	.	.	.	/	.
22	Dunson	1	.	1	.	.	.	.	.	.	/	.
35	Goebel	1	.	1	.	.	.	.	.	.	/	.
23	Stolla	1	.	1	.	.	.	.	.	.	/	.
4	Bradley	1	.	1	.	.	.	.	.	.	/	.
15	Cottrell	.	1	1	.	.	.	.	.	.	/	.
3	Parhum	.	1	1	.	.	.	.	.	.	/	.
25	Brown	.	1	1	.	.	.	.	.	.	/	.
5	Richmond	.	1	1	.	.	.	.	.	.	/	.

2006 All Star Chair Gang





## 2007 All Star Game Nominations

(Nomination Forms will be mailed separately to head coaches)

**Game Date July 21, 2007**

Head Coaches at:

Class AA, A schools may nominate three (3) players

Class BB, B schools may nominate two (2) players

Class CC, C & DD, D schools may nominate one (1) player

*\*Only one player per school may be selected to play in the All Star Game.*

When nominating players for the All Star Game coaches should consider the following guidelines:

1. Only nominate players that you feel have the ability to play with the best in the state.
2. A player's "character" is vitally important. Only nominate players who will reflect positively on your school and on your community.
3. Check with players to be sure that if selected they will play in the game... before nominating them.
4. Do NOT nominate players who are considering the service academies (Army, Air Force, Navy, Coast Guard). The academies do not allow cadets to participate in the game.

If you have a player(s) deserving of this honor please take the time to fill out the nomination form (mailed in a separate package) and return it to Gus Kapolka before **December 15**.

### SPECIAL NOTE:

Players selected to play in the All Star Game will be required to submit all materials relative to participation (physicals, program materials, information sheets, etc.), by **MARCH 15** or they may be replaced by the first alternate at their position.

## Michigan High School Football Coaches Association

### *Duties of Regional Directors*

- I. The Board of Directors shall be responsible for the management of the affairs, funds and property of the association.
- II. Promote membership in his region:
  - A. Secure total membership count for region from the membership Chair at the Spring Meeting, along with the delinquent members' cards.
  - B. Mail letters to delinquent members urging re-enrollment.
- III. Represent the interests of the Association and his region at all Association Meetings in the: Spring, Summer, Fall and Winter.
  - A. At the Spring Meeting, assume the duties relating to the committee assignment(s) made by the President. Be prepared to do whatever is necessary to make the Hall of Fame Banquet a success.
  - B. At the Summer Meetings, continue committee work and bring names of honorary membership for nomination. Be available to help with whatever needs to be done to make the M.H.S.F.C.A. All-Star Game and/or the Leadership Conference successful.
  - C. At the Fall meeting, come prepared with Coach of the Year responsibilities completed.
1. Write a letter of congratulations to any coach from your region receiving a Regional Coach of the Year award
2. Make sure each honored coach is in attendance at the January clinic for his presentation.
- D. Prior to the January meeting, if running for re-election, be sure your name has been properly placed on the ballot. If not seeking re-election, encourage at least two coaches from your region to write to the Executive Director, to have their names placed on the ballot.
- E. At the Winter Meeting, come prepared to assume at least one Clinic responsibility. Bring a gift for a door prize.
- IV. Serve as an active member of whatever committee you were appointed to by the President.
- V. Report to your region all urgent business transacted or discussed as soon as possible. Keep a record of all expenses incurred in such cases of necessary communication and submit to the Executive Director for reimbursement.
- VI. Be ethical in all your football relationships so as to be a model to the coaches in your region.

## MHSFCA Regions

In January 2007 at the Battle Creek Clinic, Regional Directors in odd numbered regions will be selected.

If you are interested in running as a director in an ODD numbered region, you should contact Larry Merx in writing at 39 Judd Rd., Milan, MI 48160 or by email at [Lmerx@nkfm.org](mailto:Lmerx@nkfm.org) to have your name placed on the ballot. If you have questions about the redistricting plan, contact Dave Woodcock, 6355 Livingston Ct., Hudsonville, MI 49426, 616-662-1454, e-mail [daveandparm@netzero.net](mailto:daveandparm@netzero.net).

*If you have changed conference affiliation and it will change your region please contact Dave Woodcock.*

### 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

## 2006 Alliance Award Recipients

*From Bill Hollenbeck, Maple City - Glen Lake*

*The Alliance Award is given to individuals that have dedicated themselves to youth football in the State of Michigan. The Michigan High School Football Coaches Association understands the importance youth coaches have with the creation and maintaining of interest in our great game. High School, college and professional ranks are filled with young men whose interest originated at the youth level, and for this we are all thankful.*

#### Steve Sterns

With 22 years of coaching youth football in Lapeer, Steve has been recognized by his peers as a great contributor to football and the youth of his community. In addition to being a junior high football coach, Steve also runs a summer youth football camp, and is actively involved in coaching youth basketball and golf.

#### Rick Fracassa

Coaches and parents in the community of Troy, and surrounding area, have proudly recommended Rick because of the positive influence he has had with the local youngsters. For 25 years the young men he has been associated with have had a terrific

experience under his guidance. They not only learn the game of football but also become better young men in that effort.

#### Pete Lesner

Pete has served as the director/coach of the Lakes Area Pee Wee Football Program. The players from his youth teams eventually play for as many as 10 local high schools. When a playing field for youth football was needed, Pete negotiated and obtained a site. With much help he then supervised the construction of a stadium with money raised entirely through the local youth football program. A summer football camp is offered at this facility annually. He offers his home as a site for youth interested in weight training.



## Detroit Lions Youth Football Teamwork Award

Chris Fritzschin, Director of Youth Football, Detroit Lions, (313) 262-2248 • [cfritzsching@detroitlions.com](mailto:cfritzsching@detroitlions.com)

The Detroit Lions Youth Football Teamwork Award will recognize youth football organizations and their coaches from around the state of Michigan for their success on and off the football field. Details of the program are mentioned in the press release below.

Please forward this information to youth football organizations within your community for their opportunity to earn weekly \$500 grants from Detroit Lions Charities and the NFL Youth Football Fund. The Lions organization feels it is very important to acknowledge the hard work, dedication, and commitment of the thousands of volunteers teaching youth football all around the state of Michigan.

August 21, 2006

Detroit, MI – The Detroit Lions have announced an exciting new program which acknowledges Youth Football

organizations and their head coaches from around the State of Michigan. This program will provide the deserving youth football organization of the week \$500 in grant money from Detroit Lions Charities and the NFL Youth Football Fund and recognition on [www.detroitlions.com](http://www.detroitlions.com).

The Detroit Lions Youth Football Teamwork Award program is designed to recognize Youth Football teams and their coaches not only for their successes on the field, but for their successes off the field as well.

Youth Football teaches life skills and lessons that will help young Student Athletes do their very best in all areas of their lives. This new Teamwork Award stresses the importance of coaches and players working together to become productive and successful on the field, in the classroom and in the community.

The Detroit Lions Youth Football Teamwork application and details are available at [www.detroitlions.com](http://www.detroitlions.com).

## Is Your Strength Program Up To Date?

Roger White BS, CSCS

**W**ithout exception, football players must strength train year round. Unlike other sports, size plays a huge role in each athlete's potential, not to mention strength playing a very crucial and visible role in football itself. With many of the popular lifting programs available to high school athletes today, many of them are missing key components that may be limiting your team's success.

The first goal of any strength program is to prevent injury during competition and practice. Strength, speed and power gains are secondary. An athlete who can squat 400 pounds, but has not spent a minute focusing on weak areas of the legs and ends up pulling a hamstring is likely to hurt the team instead of help it.

There are three main areas of focus that take less than 3 minutes per workout that will help reduce the potential for injury. Gluteus maximus, hip flexors, and the scapular region. Focusing on improved glute activation can and will reduce the number of hamstring issues during the season. When the glute doesn't activate properly, the stress during sprints is forced onto the hamstrings. Over time, a hamstring pull will result. Improving hip flexor activation can and will help reduce the number of quadriceps pulls during the season (How come only one of the four quadriceps (the one in the middle called rectus femoris) gets pulled?) If the hip flexors do not work properly, the quadriceps must take on this load and results in a pulled muscle.

Shoulder injuries are often the result of improper strength training programming. In sports such as football, there is an emphasis on pressing movements. Without similar volume in pulling movements, the shoulder girdle eventually shifts to the front, leading to shoulder injuries. Performing simple shoulder movements can help move the shoulders in proper alignment, reducing the potential for injury, particularly during contact.

Another key ingredient is single leg exercises. Squats, leg presses, and deadlifts are great for developing strength when taught correctly, however, stability is completely ignored. Stability

is the ability to control movement. Performing one-legged squats is a great test of stability. I have seen several athletes who squat more than twice their body weight not be able to one leg squat with only their body weight. They often wobble moving their arms around like they are swatting bees. An inability to stabilize the leg ultimately results in a loss of power during sprints and change of direction, leading to decreased performance, as well as increased potential leg injuries.

The last key to a modern strength program is understanding time under tension. It is generally stated that performing an exercise for sets of 12 repetitions will lead to hypertrophy, or muscle growth. For most athletes, 12 repetitions will take approximately 24 seconds time under tension, or 2 seconds per repetition. In order to stimulate growth, 30-60 seconds must be met per set. What does this mean? It means the tempo of the lift (not counting Olympic based lifts) needs to be slowed down. By slowing down the eccentric portion, or the negative, research had found several things happen.

1. Slow eccentric movements are an absolutely necessary stimulus for muscle hypertrophy, or muscle growth.
2. Super slow eccentric training led to 19% more muscle growth than a conventional strength training program over 11 weeks, a similar length of time between the end of the fall season and the start of spring sports.

*Continues page 10*

## Strength Training *continued*

3. Maximal eccentric contractions will recruit fast twitch fibers, which are more responsive to growth and strengthening, leading to stronger and more explosive athletes.

4. Eccentric training strength gains can be maintained longer during a period of detraining than gains from concentric only training, helping athletes stay strong during the long season.

The world of strength and conditioning is constantly changing. With so many new methods, many of these strategies

may be potentially dangerous to the youth athlete. What works for a college team or a professional athlete may not work for you. A 16-year old in the middle of his second growth spurt. No matter the age or ability of the athlete, focusing on injury prevention first, developing stability throughout the body, and focusing more on an eccentric focus are sound principles that are often ignored in many of today's strength programs.

Contact Roger White BS, CSCS at [www.SportXTraining.com](http://www.SportXTraining.com).

## Warm-Up to Improve Performance

By Joe Heiler PT, CSCS, [joe@pstnutrition.com](mailto:joe@pstnutrition.com)

**M**any college and professional strength coaches are now implementing more dynamic, movement based warm-up programs into their daily practice and training routines. The traditional warm-up of light jogging and static stretching not only eats up the first 15 minutes of practice, but isn't as beneficial as we had previously thought. The research shows that jogging and stretching do not effectively prevent injuries and can actually decrease performance. Overstretching muscles can reflexively decrease the speed and power of contraction for up to two hours.

A *dynamic warm-up*, also known as *movement prep*, involves moving through a variety of exercises designed to stretch, strengthen, and activate key muscle groups for the workout ahead. Dynamic warm-up programs also improve balance, coordination, posture, and sprint technique. Coaches are finding that their athletes tend to run faster, jump higher, and lift more following a movement based warm-up session versus static stretching. Static stretching is still important to improve flexibility but it is most effective when performed after training or practice.

*Examples of dynamic warm-up activities (covering 10-15 yards)*

- Pull knee up to the chest then drop down into a lunge
- Walking lunges – reaching elbow to ankle, lifting a medicine ball overhead, lunging backward with trunk rotation
- Lateral lunge walk – maintaining the thigh parallel position
- Monster walk – walk in the deep squat position (butt on calves)
- Progress to faster movements like high knee running, butt kicks, carioca, and power skips

Dynamic warm-up programs also force athletes to focus on the activity at hand in order to maintain good posture, balance, and technique. I've seen too many stretching sessions turn into goof-off time in high school and college so I want my athletes focused and beginning training and practice sessions with the right intensity. Once this warm-up is completed, its full speed into drills.

Since practice and training times are limited to start, adding this type of warm-up program will give you better results and save time. Your athletes will be more focused, intense, and ready to go full speed. Robb Rogers, a strength coach with years of collegiate and professional experience, has even commented that his sports teams have gotten off to faster first quarter starts since incorporating this type of program.

## The 14th Annual Tawas Open

The 14th Annual Tawas Open, a golf tournament between the football staffs of Farmington Harrison and Tawas Area was held on July 24th. Tawas Area won the tournament for the third consecutive year.

Originating with a friendly challenge from John Herrington to Dick Look in 1992, the staffs have been playing at Tawas Creek golf course to determine which staff had the superior golf skills. As a result of this years intense action, Tawas Area leads the competition with eight wins. After the friendly confrontation, the teams gather at coach Look's for a steak barbecue, moderate libations, four wheeling and invigorating conversations relating to football.



## Prep Combines Get Oversight

### Group Has Developed Uniform Procedures

Dave Dye, The Detroit News

**EAST LANSING** - Kevin Battle, a running back from Muskegon Reeths-Puffer High, is like hundreds of high school football players hoping for a scholarship to play in college. "I'm trying to get my name out as much as I can," said Battle, who has one year of high school remaining.

Battle, who has attended four scouting combines, was tested in various drills to evaluate speed, quickness and strength. The problem Battle and others face is deciding which combines to attend. "There are a jillion of them," said former Baylor coach Grant Teaff, executive director for the American Football Coaches Association.

Battle paid \$100 to attend a combine in Illinois. He said he felt ripped off. "There was supposed to be a recruiting meeting, but there wasn't," Battle said.

It's experiences like Battle's that lead many to question the integrity of the process. "A lot of people running them are just taking money from the kids," said Rod Baker, a former coach at Wyandotte Roosevelt. "The perception is the kids are getting taken advantage of,"

Lewitt coach Rob Zimmerman said. "The information was not getting passed on to all the (college) coaches. The accuracy of times varied from combine to combine."

Enter the National Athletic Testing System, which is being touted as the "athletic version of the SAT" by setting standardized procedures at all of its combines. The program made its debut in Michigan on Sunday at Michigan State's Duffy Daugherty Football Building, with more than 200 high school players, including Battle, participating in the testing sessions.

Another test - open to players graduating in classes 2007-2010 - is scheduled for June 4 at Eastern Michigan.

The NATS combines and Web site ( [www.nats.us](http://www.nats.us) ) are designed to help players and their parents through the recruiting process. And, potentially, they can be a valuable evaluation tool for college coaches.

NATS, which organizers stress is nonprofit and has no affiliation with any college program (or apparel company), is the result of a task force of high school and college football coaches appointed in 2002 by AFCA. Michigan is one of 11 states where NATS tests are scheduled this year. "It's not to make money," said Don Lessner, executive director for the Michigan High School Football Coaches Association. "It's done in a correct and ethical way."

Lessner said he expects the popularity of the NATS "to take off" in the near future. "If you're interested in playing college football at all, this is the way to go," Baker said. "It's a no-brainer for everybody."

NATS not only has the endorsement of college and high school coaches associations, but it has received a financial grant from the NFL Players Association. Many of the tests are held at NFL facilities.

*"I think they're doing it for the right reasons," Mike Vollmar, Michigan State's assistant athletic director for football operations, said of NATS. "They're trying to do the right things for the kids' exposure at all levels of (college) football."*

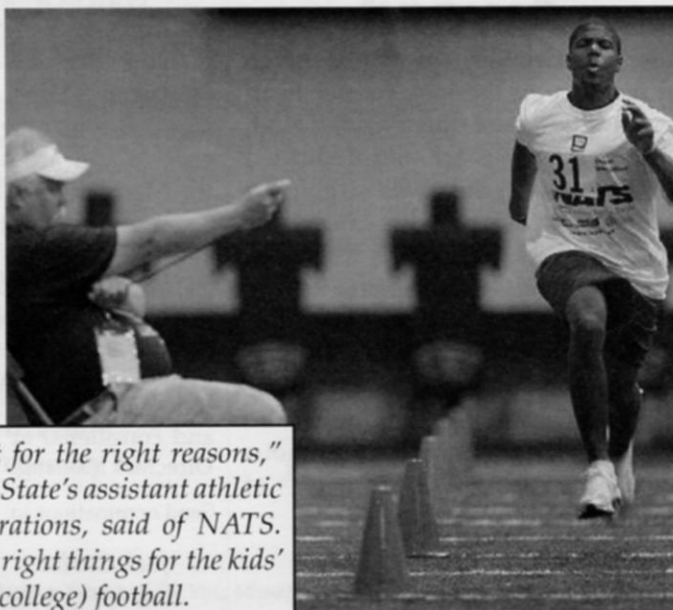


Photo by Dale G. Young/  
The Detroit News

Every college football program has access to the NATS database at no charge to view every player's profile, which includes a body photo, test results, academic profile and the player's contact numbers and e-mail address. This gives the players a greater opportunity for exposure, especially those who aren't elite players.

"The colleges don't put anything into it," Lessner said. "We wanted to make sure they all got the information."

Players pay \$55 per testing session, with no limit on the number of sessions a player can attend. With that, they also receive access throughout their high school careers to the NATS Web site. There, they can find interactive tools to track NCAA academic eligibility, videos on how to prepare for each drill at the testing session and results analysis comparing them to other players around the nation.

The standardized procedures of the NATS test are one of its most appealing aspects for college programs. The high school coaches running the tests are trained by NATS personnel.

"The same test is performed the same way at every combine in every state," Zimmerman said. "The college coaches are getting something that's standardized across the board."

Baker said NATS uses the same type of equipment at every site. Therefore, coaches can be confident of uniform measurements from every test site. "That's one of the things that really impressed me," said Baker, who is a state director for NATS.

"I think they're doing it for the right reasons," Mike Vollmar, Michigan State's assistant athletic director for football operations, said of NATS. "They're trying to do the right things for the kids' exposure at all levels of (college) football. They're doing some things that are on the cutting edge a little bit."



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 \_\_\_\_\_

# Motor City Bowl

Kick-Off 7:30 • Tuesday, December 26, 2006

## 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 2006 Motor City Bowl!

\*If you haven't received your invitation by Nov 15, contact Bobby Popp: 517-339-1888. Deadline for requests - Dec 11, 2006.

## MAC vs. Big Ten!

Return Postage Guaranteed

When Finished Please Route to:

☐ Superintendent

☐ Assist. Principal

☐ Athletic Director

Mr. Don Lessner

2903 Riverside

Trenton, MI 48183-2909

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

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### 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