



Michigan High School Football Coaches Association

Newsletter

Volume 20, No. 1

SERVING MICHIGAN'S COACHES

March 2016

Jim Crowley Award

Larry Sellers

Traverse City St. Francis High School



Larry Merx, right, presents the Jim Crowley award to Larry Sellers

Have fun, play hard, be dedicated to doing your very best. These were the challenges put forth to his athletes by the late Jim Crowley, in whose memory the MHSFCA presents this award. Coach Crowley guided the football fortunes of Jackson St. John, and then when the two schools merged, the head coach at Jackson Lumen Christi High School in the 1960's. Coach Crowley led his Titan football teams to state titles in 1977 and 1979, and then was tragically shot to death in his own driveway during a robbery in January 1980 at the age of 45. As is our

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MHSFCA
Membership runs
January - December
visit: MHSFCA.com

MHSFCA Meetings & Important Dates

Hall of Fame Induction

Crisler Center
University of Michigan Campus

12 March 2016

Board of Directors Spring Meeting

Jung Center at Crisler Center
University of Michigan

13 March 2016

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

East / West All Star Game

Saginaw Valley State University

25 June 2016

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*** Region 18 includes all 8-Man football teams.

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

Committee Chairs

Academic All State

Al Boydston, Caro
Kent Sikora, Gibraltar Carlson

Adrenaline Reading Award

Grant Fanning, Chelsea

All-Star

Jim Sparks, Clawson

Apparel

Tony Ceccacci, Ortonville-Brandon

Assistant Coach Award

Pat Maloney, McBain

Clinic

Jerry Rabideau, Spring Lake

Ethics

Wes Wishart, Walled Lake Western

Fran Herrington Award

Steve Robb, Tecumseh

Finance

Brad Bush, Chelsea

Hall Of Fame

Chuck Ritter, Ann Arbor Pioneer

Historian

Jack Carlson, Holland West Ottawa

Honorary Membership

Roger Bearss, Millington

Jim Crowley Award

Larry Sellers, Traverse City St. Francis

Leadership

Dave Lawrence, Ann Arbor Gabriel Richard

Membership

Steve Wilson, Fruitport

MHSAA Liaison

Jack Wallace, Okemos

MHSCA Liaison

Larry Merx, Chelsea

Newsletter

Larry Merx, Chelsea

Parliamentarian

Doug Bess, Battle Creek Central

Playoff

Tom Barbieri, Jackson

Political Action

Eric Redmond - Monroe

Public Relations

John Herrington, Farmington Harrison

Recruiting

Marcus Dukes, Hartland

Rules

Pete Coll, Center Line

Scholarship

Kelly Luplow, Clare

Youth Football

Scott Farley, Jackson

Web Site

Steve Wilson, Fruitport

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

Jim Buttson, Allen Park, '06

Al Slamer, Battle Creek Central, '07

Dave Larkin, Jenison '08

Brad Grayvold, Norway '09

Steve Wilson, Fruitport '10

Jack Wallace, Fowlerville '11

Doug Bess, Battle Creek Central '12

Keith Stephens, Southfield Lathrop '13

Kelly Luplow, Clare '14

Ed Greenman, BC Harper Creek '15

NEWSLETTER

Encourages

Contributors

Deadline for Submissions

for May Newsletter

— April 15 —

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Jim Crowley Award • Larry Sellers

Traverse City St. Francis High School

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2016 recipient, Coach Crowley was a dedicated family man and committed not only to his family, church, team and school but also to making his community a better place in which to live.

Jim Crowley was a good football coach and a valuable member of the MHSFCA. We remember that and recognize his contributions to football in Michigan with our annual award in his name.

Our 2016 recipient of the Jim Crowley Award is Larry Sellers, a 1958 graduate of Muskegon Catholic Central where he played football and baseball and was named all area in both. In the fall of 1958 he entered Central Michigan University where he played Freshman football. In 1959 he suffered a concussion, which ended his playing of football. He left CMU after the 1959-1960 school year, got a job and took classes at Muskegon Community College. Married in August of 1963, Coach Sellers returned to school at CMU, graduating in 1965 with a B.S. in Health, Physical Education and Recreation. Larry stayed on to work on his Masters Degree in HPER which was completed in the summer of 1966.

In the fall of 1966, Coach Sellers was hired by the Mount Pleasant School system where he taught social studies and coached junior varsity football and was an assistant coach in wrestling. In the summer of 1967 he became a certified Driver Education Instructor.

In 1968 Larry returned to his alma mater, Muskegon Catholic Central, as a social studies teacher, head junior varsity football coach, assistant freshman basketball coach and head baseball coach.

In 1972 Sellers took the job of principal of Traverse City St. Francis High School. In addition to his principal duties he was the assistant varsity football coach.

When the head coach retired in 1974, he Sellers took over as head coach. His first team went 9-0 and won the "mythical" (pre-playoff) Class C state championship. He coached the Gladiators of St. Francis High School until

his retirement in 2002, a period of 28 years. His teams won 16 of 20 league championships, were in the playoffs 17 times, 9 times in the semis, 4 times in the finals with 2 state championships. His teams in the 1990's won 104 games. He was awarded league coach of the year 10 times, was named The Detroit Free Press Coach of the Year three times, the Detroit News Coach of the Year three times, was Associated Press Coach of the Year twice and UPI Coach of the Year twice.

Coach Sellers joined the Michigan High School Football Coaches Association in 1973 and became a director in 1982. He has been the Jim Crowley Award chair since 1983. He has coached in the MHSFCA All Star game, is in the MHSFCA Hall of Fame and served as President of the Association in 1999. Larry was awarded Regional Coach of the Year 11 times and state coach of the year three times. He was a Detroit Lions Coach of the Week recipient in 1998 and Detroit News Dream Team All State Coach in 1999. In 2001 he was a Coach of the Year finalist in football by the National High School Athletic Coaches Association. When he retired in 2002 with a record of 233-59 he was in the top ten of coaches with the best record percentage wise of all time in the state of Michigan.

Like Jim Crowley our recipient is a dedicated family man and committed not only to his family, church, team and school but also to making his community a better place in which to live. Since 1973 he has been a lector and minister of the Eucharist at St. Francis Church in Traverse City. He has been a blood donor for many years and has donated over 17 gallons.

Our recipient has given many life lessons to his players, many of whom have gone on to become leaders in their communities; he loves all of them and they all love him.

The Sellers family consists of, Sue, his wife of 52 years, daughters Stacey, Stephanie and Kelly and son Josh.

Head Coaches

Remind your Staff!

1. Join the MHSFCA for NOCAD insurance, newsletters & other benefits

Membership form on page 19

2. For notification of Newsletter availability we need your email address. Send it to:

MembershipMHSFCA@gmail.com

Previous Crowley Award Recipients

David Driscoll '81
Jackson Parkside

Dan Lauer '94
Benton Harbor

James Reynolds '05
Martin Luther King II

Donald Lessner '82
Riverview

Larry Rueger '95
Fruitport/Mona Shores

Keith Froelich '06
Okemos

Ron Holland '83
North Farmington

"Ike" Muhlenkamp '96
St. Joseph

Bob Knight '07
Portage Central

Harley Pierce '85
Sturgis

Pete Coll '97
Center Line

Richard Fodor '08
Bridgman

Jack Castignola '86
Trenton

"Woody" Thomas '98
Detroit Central

Bob Scheloske '09
South Lyon

Tom Fagan '87
Ypsilanti

Jeff Smith '99
East Lansing

Richard Harris '10
Harrison

Elmer Engle '88
Bay City

Jack Schugars '00
Muskegon Oakridge

Chuck Ritter '11
Ann Arbor Pioneer

Tom Moshimer '89
Plymouth Salem

Larry Merx '01
Ann Arbor Huron

Al Slammer '12
Holt

Bob Wyman '90
Kalamazoo

Dave Woodcock '02
Jenison

Loren Willey '13
Clio

Roger Chiaverini '91
Holland

John Herrington '03
Farmington Harrison

Jim Ahern, '14
Lansing Catholic Central

Walt Braun '92
Marysville

Albert Fracassa '04
Birmingham Brother Rice

Dick McGiness, '15
Lake City High School

Jim Ooley '93
Traverse City

REMINDER

MHSFCA Hall of Fame Banquet

March 12

Crisler Center • University of Michigan

Guest Speaker: Jim Harbaugh

Final date for pre-sale tickets: Saturday, March 5.

See page 16 for banquet information and registration form.

2016

Hall of Fame Induction

On Saturday, March 12, 2016, the M.H.S.F.C.A. will celebrate the 34th Annual Hall of Fame Banquet & Induction. It will be held at the Crisler Center on the University of Michigan Campus.

This year 13 outstanding coaches will be inducted to the Hall of Fame. The Class of 2016 have accomplished many accolades and have been recognized by their peers, their schools, their communities, the state, the nation, the MHSAA, and the MHSFCA.

The Class of 2016 has accomplished the following:

Won 108 Conference Championships; Participated in the MHSAA Play-offs 155 Times; Won 76 Pre-Regional and/or District Championships & 55 Regional Championships; Have Been to the State Finals 41 Times, Finishing Runner-up 18 Times & Earning 23 State Championships. They have had 15 Undefeated Seasons.

The Class of 2016 has been recognized for their coaching accomplishments by earning Coach of the Year Honors 36 Times by various groups in their communities, their leagues, newspapers, the state, and the nation. The MHSFCA has recognized the Class of 2016 with 72 Assistant and/or Regional Coach of the Year Honors and 15 State Coach of the Year Honors.

The 2016 Hall of Fame Inductees



Patrick Connors

Tecumseh

Started Coaching in 1957

Years Coached: 25

Record: 135 Wins, 74 Losses, 5 Ties

Schools: Deerfield 1957 - 1962, Boysville - Tomas Moore 1963 - 1966,
Tecumseh 1967 - 1981

Current: Retired in 1982



Noel Dean

Lowell

Started Coaching in 1991

Years Coached: 25

Record: 223 Wins, 62 Losses

Schools: Burton Bendle 1991 - 1995, Lowell 1996 - 2015

Current: Head Football Coach Lowell High School



Roy Dudas
Detroit Catholic Central

Started Coaching in 1976

Years Coached: 29

Record: 258 Wins, 76 Losses

Schools: Behan Jr. High 1976, Hillsdale 1983 - 1985, Detroit Catholic Central 1991 - 2015

Current: Varsity Assistant Detroit Catholic Central



Scott Farley
Leslie / Jackson

Started Coaching in 1988

Years Coached: 28

Record: 145 Wins, 131 Losses

Schools: Hartland 1988 - 1990, Leslie 1991 - 2012, Jackson 2013 - 2015

Current: Head Football Coach Jackson



Ed Greenman
Battle Creek Harper Creek

Started Coaching in 1985

Years Coached: 30

Record: 203 Wins, 108 Losses

Schools: Battle Creek Harper Creek 1985 - 2014, Central Michigan University

Current: Varsity Assistant Battle Creek Harper Creek



Terry Haas
Schoolcraft

Started Coaching in 1979

Years Coached: 36

Record: 273 Wins, 61 Losses, 2 Ties

Schools: Delton-Kellogg 1979 - 1980, Comstock 1981, Schoolcraft
1982 - 1985, 1987 - 2015

Current: Head Football Coach Schoolcraft



Dale A. Harvel
Detroit Martin Luther King

Started Coaching in 1982

Years Coached: 33

Record: 254 Wins, 101 Losses

Schools: Redford 1982 - 1985, Martin Luther King 1986 - 1988;
1990 - 2015, Kettering 1989

Current: Head Football Coach Detroit Martin Luther King



Terry Hessbrook
Ithaca

Started Coaching in 1989

Years Coached: 26

Record: 130 Wins, 61 Losses

Schools: Ithaca 1989; 1996 - 2015, Montabella 1991 - 1995,
Alma College

Current: Head Football Coach Ithaca



David Hudson
Gobles

Started Coaching in 1972

Years Coached: 20

Record: 131 Wins, 56 Losses

Schools: Gobles 1972 - 1984; 1988 - 1994

Current: Retired in 1995



Chuck Hulce
Whitehall / Montague

Started Coaching in 1964

Years Coached: 26

Record: 120 Wins, 75 Losses, 1 Tie

Schools: Slauson Jr. High 1964, Evart 1968, Montague 1969 - 1976,
1984, 1985, Jackson Northwest 1977, Mason 1978, Whitehall
1979 - 1981, 1994 - 2002

Current: Retired in 2002



Jeff Olson
Ishpeming

Started Coaching in 1981

Years Coached: 34

Record: 239 Wins, 109 Losses, 1 Tie

Schools: Marquette 1981 - 1988, Sault Ste. Marie 1990, 1991, Ishpeming
1992 - 2015

Current: Head Football Coach Ishpeming



Jim Sutton
East Kentwood

Started Coaching in 1971

Years Coached: 32

Record: 159 Wins, 116 Losses, 2 Ties

Schools: Ann Arbor St. Thomas 1971 - 1972, Dearborn St. Alphonsus
1973, Ypsilanti 1977 - 1979, 1985 1987, Milan 1980 - 1981,
Willow Run 1982, 1988, Ann Arbor Gabriel Richard
1983, 1984, East Kentwood 1989 - 2005, 2011

Current: Retired in 2011



Robert Zimmerman
DeWitt

Started Coaching in 1988

Years Coached: 25

Record: 201 Wins, 75 Losses

Schools: Shepherd 1988, 1989, Spring Lake 1993 - 1995, Cedar
Springs 1996 - 1998, DeWitt 1999 - 2015

Current: Head Football Coach DeWitt

44th Annual Winners Circle Clinic

By Jerry Rabideau, Clinic Chair

The 44th Annual Winners Circle Clinic, hosted by the Michigan High School Football Coaches Association (MHSFCA) witnessed a tremendous growth in attendance for 2016. The over 1600+ coaches, clinicians, vendors and guests that gathered in Lansing, Michigan at the Lansing Center, experienced a terrific time learning and bonding during the jam packed three day event held Jan 21-23rd.

The City of Lansing continues to provide an atmosphere and facilities venue that allows a central location to our state coaches and easy access from all over the state. With that said, we are always striving to move our event around the state. Soon we will be sharing a survey about the clinic and potential sites. For now, we will be staying in Lansing for our annual event in 2017.

For the 2016 clinic, our staff focused on bringing in a plethora of diverse speakers. We gathered coaches, specialists and even medical physicians to share and exchange knowledge. We strived to cover every facet of the game from offense, defense and special teams to help build your program and self knowledge. Most importantly our clinic strives to provide sessions that specifically place focus on our games safety. Our hope is to continue to build each year and provide the Midwest's "Best" football clinic.

It is a pleasure to inform you that our clinic is more than just X and O's. Annually we recognize our state's best coaches by providing numerous awards. Awards include several Asst. Coaches of the year, regional coaches of the year, division/state coaches of the year, and individual recognized awards named after our game's greatest in state legends. These include Honorary, Spicer, Herrington, and our association's highest honor the Crowley Award. Each year, our members are invited to attend this ceremony/awards banquet held on Friday evening at 5:15 at the Radisson Hotel. Tickets are available through Gus Kapolka of Cedar Springs High School.

This year we re-designed the interior of the vendor exhibit. Hopefully you were able to attend several of the over 60+ vendors that were present. We also incorporated a friendly gathering area to enjoy refreshments and lunch. Each vendor is very valuable to our game and clinic and we appreciate the great efforts they go to provide our game the best possible equipment.

Each year we invite featured speakers. We were very honored to have Head Coach Mark Dantonio of Michigan State University speak on Friday morning. Coach Dantonio had over 800 attendees listen about the MSU Program and Development. PJ Fleck of Western Michigan University followed with a full house. On Thursday eve-



Mark Dantonio, Michigan State University

ning, which is becoming a very popular evening for our guests, John Bonamego of Central Michigan University presented about his program development along with helpful insight about coaching the game. After Coach Bonamego spoke, attendees were greeted to Terry O'Neil of "Practice like Pros" and Buddy Teevans of Ivy League Champs Dartmouth College. Terry and Coach Teevans presented safe practice strategies that help prevent concussions and overall safe practicing techniques. Well over 400 were in attendance for this session.

As mentioned earlier, our goal is to provide the best speakers available to our clinic. This year may have been one of our finest in that category. Speakers included successful high school and college greats. From out of state we brought in Ken Wheaton from Harding University in Arkansas, who was one of the earliest developers of Midline Veer. From the high school level we brought in Josh Shattuck of Seymour Indiana. Coach Shattuck, only in his third year there, has developed a state powerhouse implementing the low risk high reward passing game.

Thursday evenings are becoming very well attended by our guests and we are doing our best to fulfill great speakers. We think we did just that. We started the sessions with Greg Polnasek of Albion College, Jim Louis of GVSU, Tim Heffernan of John Carroll, Glenn "Shemy" Schembechler, son of legendary coach Glenn Schembechler of the University of Michigan who spoke about talent evaluation. Thursday evening continued with Dave

Mariage of St. Johns, Jim Kielbaso, of Total Performance, Tony Annese, Head Coach of Ferris State University, Ryan Hodges of Ferris State, Craig Rundle of Albion College, and Co Head Coaches of State Champions Romeo High School Curt Rienas and Jason Couch.

On Friday Morning early before the official kick off of our full day of speakers. Our guests were invited to a breakfast/clinic session held by Amy Teddy of the University of Michigan and Dr. Kutcher, also from University of Michigan who spoke about "Protecting Athletes Brain Health". The over 100 in attendance were able to listen and ask question regarding concussions and overall player safety.

Friday, after our keynote speakers and breakfast, we lined up Terry Malone of Purdue University, Dustin Buerer of Albion College, Mike Tressel of Michigan State University, Brad Bush of Chesea, Scott Farley of Jackson, Ryan Oshnock of Forest Hills, Tim Morrison of GVSU, Corey Parker of River Rouge, Noel Dean of Lowell, Kevin Bullefeuil of Powers North Central (2015 8 Man State Champs), and to complete the early afternoon schedule, our legends panel included PJ Fleck, Craig Rundle, Matt Mitchell and John Bonamego. Our legends panel has become one of our strongest atteded sessions. This was did not fail those in attendance.

Friday continued with Chris Kelbert of Livonia Franklin, Josh Heppner of Troy Athens, and a very popular state coach this year Elliot Uzelac of Benton Harbor. Coach has done a terrific job with that program and we wish him continued success. Continuing on we had Nick Boucher of Lakewood High, Karl Schmugge of Saginaw, Matt Bird of Grand Ledge, Brian Lemmons of Brighton, Jari Brown of Ann Arbor Pioneer, Matt Bowles of Muskegon and rounding out Friday evening was Mose Rison of Central Michigan University.

An ever growing popular event of our clinic is the President's Reception held at the Radisson late Friday evening. This event allows for fellowship and bonding along with an absolute brutal amount of food free for all to enjoy. Be sure to keep this on your agenda when you attend next year!

Saturday, for now is geared for our youth coaches. We are continuing to develop this format. We will always include a Saturday session. This year at the Radisson speakers included Jeff Stewart a retired Head Coach, Jari Brown, Rich Popp, Corey Parker, Charlie Otlewski, Matt Bird, Randy Micalleff, Justin Cessante, Taz Wallace, Josh Shattuck and Scott Farley. Our goal here is to continue to build the youth format but also include many other speakers.

In the meantime, a huge thank you to our members for attending and bonding during this great event. Thank you to all of our speakers, vendors, attendees and guests as we strive to make this your "must" clinic to attend. We



Buddy Teevens, Dartmouth

are very thankful of your contributions to our game and continuing your education to make this game great and safe.

Best of luck this fall and we look forward to seeing you next year in Lansing.



2016 Leadership Conference

by Jim Neumann

On February 8, 340 coaches and athletes gathered at the Radisson Hotel in Lansing for a leadership conference featuring the Head Coach at Central Michigan University, John Bonamego.

Coach Bonamego spoke about the courage needed to overcome the obstacles and related this to his personal struggle with cancer. Bonamego also talked about the qualities it takes to be a great athlete and more importantly a good person. Finally, he related stories about how he has been part of some great teams and emphasized the characteristics each of them possessed that allowed them to be great.

After Bonamego's opening remarks, the 350 plus high school players separated to work on goal setting and team building activities, while their coaches moved to a separate room to continue their interaction with Coach Bonamego. After lunch coaches and players came back together where Coach Bonamego answered questions about what it takes to be a great athlete, the qualities of a great athlete, team goals and other football topics. To finish-up, coaches and their athletes regrouped in their own teams and worked on setting team and personal goals.

The Leadership Committee praised CMU's Coach John Bonamego for the valuable information he shared



John Bonamego, Central Michigan University

and donating his entire day to help Michigan high schools' aspiring football team leaders and our association. Once again the day proved a valuable experience for all who attended!

2016 All Star Game Update

by Jim Sparks, All Star Chair
Clawson, High School

As the days get longer here in Michigan the 2016 East West All Star Game draws nearer. Many people have been hard at work behind the scenes to assure that the rebirth of the East vs. West format lives up to the standards of the games in the past. Our All Star Coaching staffs, lead by Denny Hopkins from Linden and Corey Parker of River Rouge, have been hard at work evaluating the nominees and choosing 80 worthy players for this year's game. The rosters have been chosen, players have been notified, and we are planning a "roster reveal" event in the very near future. Keep your eyes and ears tuned into your local and statewide media to see who, among the best high school players from across the great State of Michigan, will compete in this, the 34th annual MHSFCA East-West All Star Game.

The teams will be very fortunate to be outfitted in the best gear and to play at a great facility at our host site of Saginaw Valley State University. I for one am looking forward to June 25th as I know the week of the game

will be a tremendous showcase for our association and the players and coaches participating in the game. Make plans to attend the game, as it surely will be an event you don't want to miss.

**East / West
All Star Game**

**Saginaw Valley State
University**

25 June 2016

3 Reasons Why Kids Need Football

A Game Under Attack

by Marc Jarstfer, Clare High School
<https://twitter.com/clarkjarstfer>

After a recent attendance of a Michigan High School Football Coaches Association clinic, I've come to a realization that the game that kept me on the right path, in terms of manhood and what it takes to live a successful life, is under attack. That game is football and it is under attack from several major media outlets. Many schools are seeing lower participation numbers as a result of this image that football equals concussions and concussions equal Chronic Traumatic Encephalopathy (CTE), which is a progressive degenerative brain disease. I strongly encourage parents and children who believe this to be true after watching an episode of SportsCenter to do some research of their own (in fact, I'll provide a few links at the end of the blog to make this process a little easier for you). If after that research, you conclude that you feel the same way you did before, that is your choice and I will understand. The fact of the matter, though, is this: the game of football is safer than it has ever been and the risk of head and neck injury doesn't, or shouldn't, outweigh the life lessons learned and the memories made from the game of football. You may argue that sports, in general, teach these lessons, and I agree to an extent. No team sport, however, is as physically and mentally demanding as the game of football; thus, no team sport is as great of a learning tool for these crucial life values:

1. Mental Toughness

The game of football is the most physically and mentally demanding team sport around. If five hour practices with a helmet and shoulder pads on during the hottest part of the summer isn't one of the greatest tests of mental toughness, I don't know what is. This sport demands discipline when you have been beat up and worn down physically and mentally. There are so many situations in everyday life which require mental toughness - too many to name.

2. Learning from Failure

Pat Fitzgerald, head football coach for Northwestern University, says kids are afraid to fail. Isn't that something that we, as humans, should be afraid of? If our kids are afraid of failure, imagine what a slap in the face "the real world" is going to be for them. In real life, as adults, we fail all the time! It's a fact, we just do. But some of us are willing to accept the fact and find something that we succeed in. Football is a game that teaches kids that sometimes your best isn't good enough (and that's OK!).

I was a part of a Michigan High School Athletic Association state runner-up football team in 2009. Yes, I said a part. My athletic ability failed me, even though I pushed myself for six years to be the best football player I could

possibly be. There were athletes that were just flat out better than me. I realized that life continues and, as it does, I have discovered new goals that I am working toward. Thanks to football, I will understand that if "giving it my all" toward these new goals isn't good enough, it will be OK.

Now, since "a part" was in bold in the previous paragraph, you may not have noticed that I also said that I was on a state runner-up team. My brothers and I collectively failed in the biggest football game of our lives, the MHSAA State Finals game. Most would agree that we didn't perform to the best of our ability that day; some would agree that we would've lost nine or ten times out of ten. The fact remains, though, that many of us learned in the hardest way possible (in sports) how to recover from failure. Many of us from that team have four year degrees now, some are serving or have served our country in the military, some have full-time jobs and have started a family. All of us have failed numerous times since, and all of us understand how to recover.

3. Brotherhood

The brotherhood that is created by the game of football is second-to-none. In a game that is so physically and mentally demanding, teams are challenged to come together and create a brotherhood. While our season in 2009 didn't end the exact way we wanted it to, we were able to create a lifetime of memories that I will forever be grateful for. I'm positive if you talk to anyone who has played the game of football for a reasonable amount of time, they will tell you that the brotherhood and memories made within the game are unlike those from any other sport.

Links:

College Athletics Safer Than Ever:

<http://www.footballfoundation.org/tabid/567/Article/54961/College-Athletics-Safer-Than-Ever-Through-Concussion-Research-Awareness.aspx>

University of Michigan Neurologist, Jeffrey Kutcher:

<http://www.detroitnews.com/story/sports/college/university-michigan/2014/10/09/um-neurologist-warns-concussion-misinformation/16994291/>

Society has taken away the kids ability to learn from failure - Pat Fitzgerald

<http://coachingsearch.com/article?a=Pat-Fitzgerald-Society-has-taken-away-the-ability-for-kids-to-learn-from-failure>

Highly recommended Jeffrey Kutcher, MD - 2015 Sport Concussion Summit:

<https://www.youtube.com/watch?v=KCtaLNj5wiI>

National Federation of State High School Associations Rules Changes

The elimination of clipping from high school football is the latest attempt to reduce the risk of injury made by the National Federation of State High School Associations (NFHS) Football Rules Committee.

The decision to eliminate clipping in the free-blocking zone (Rule 2-17-3) was the most significant of three rules changes recommended by the NFHS Football Rules Committee at its January 22-24 meeting in Indianapolis. All rules changes were subsequently approved by the NFHS Board of Directors.

"With very few major rules changes approved by the NFHS Football Rules Committee for the 2016 season, it indicates that the committee feels that the rules of the game are in pretty good shape," said Bob Colgate, director of sports and sports medicine at the NFHS and staff liaison for football.

Clipping, as previously stated in Rule 2-17-3, was permitted in the free-blocking zone when it met three conditions; however, clipping is now illegal anywhere on the field at any time. According to the rule, the free-blocking zone is defined as a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage.

"The NFHS Football Rules Committee's action this year on making clipping illegal in the free-blocking zone once again reinforces its continued effort to minimize risk within the game," Colgate said.

"I look forward to ongoing conversations about how best to limit exposure to harm within the free-blocking zone and in situations involving defenseless players," said Brad Garrett, chair of the NFHS Football Rules Committee and assistant executive director of the Oregon School Activities Association.

Other changes for the 2016 season will include those made to football protective equipment and gloves in Rules 1-5-1d(5)a and 1-5-2b.

"The committee expanded the options on what can now be worn as a legal tooth and mouth protector and also football gloves," Colgate said.

Tooth and mouth protectors that are completely clear or completely white are no longer illegal. Rule 1-5-1d(5)



a continues to require that tooth and mouth protectors include an occlusal (protecting and separating the biting surfaces) portion and a labial (protecting the teeth and supporting structures) portion, and that they cover the posterior teeth with adequate thickness.

In Rule 1-5-2b, football gloves are now required to meet either the new Sports and Fitness Industry Association (SFIA) specifications or the existing National Operating Committee on Standards for Athletic Equipment (NOCSAE) test standard at the time of manufacture.

"I give my compliments to the voting members of the NFHS Football Rules Committee as they continue to put the health and safety of student-athletes at the forefront of all committee discussions regarding the future of the game," Garrett said.

A complete listing of all rules changes will be available soon on the NFHS website at www.nfhs.org. Click on "Activities & Sports" at the top of the home page, and select "Football."

According to the 2014-15 NFHS High School Athletics Participation Survey, football is the most popular sport for boys at the high school level with 1,083,617 participants in 11-player football. Another combined 28,938 boys participated in 6-, 8- and 9-player football. In addition, 1,698 girls participated in football during the 2014-15 season.

What Will Football Look Like in 10 to 15 Years?

From Terry O'Neil

Founder/CEO of Practice Like Pros

On behalf of Dartmouth Head Coach Buddy Teevens and our team at Practice Like Pros, thanks so much for your warm welcome January 21 at the MHSFCA clinic in Lansing. One of your coaches came to us afterward and said, "I have to change. I know I have to change."

We are often asked what football will look like in 10 to 15 years. We fervently hope that gameday will be unchanged. We strongly oppose radical proposals such as eliminating kick/punt returns and banning the three-point stance. Instead, we expect this evolution....

There will be no contact football below age 14/ninth grade. But flag football will be a rage – the most popular youth sport ever, far outstripping soccer, baseball and contact football in their peak years. And boys won't have all the fun; girls' flag leagues will boom. Injury risk is low, engagement is high, every player is an eligible pass receiver, everybody touches the ball. In the words of Archie Manning, "What a great game flag football is."

Boys who intend to play contact football in high school will begin preparing in 7th and 8th grades. They'll have mandatory, supervised weight training, particularly neck strengthening. They'll learn the fundamentals of tackling in a limited-contact format, wearing only shorts and T-shirts, no helmets. To avoid high-speed collision, these no-pads drills will begin with players just 18 inches apart.

The universally accepted tackling technique at all levels of football will be rugby-style tackling, aka, Seahawks Tackling, as introduced by Seattle Seahawks Coach Pete Carroll and taught superbly by his assistant head coach, Rocky Seto.

High schools will offer both contact and flag football. To play contact, boys must demonstrate sufficient strength, conditioning and thorough understanding of blocking/tackling. Their pre-season physical exams will more be rigorous, including intensive heart screening.

Flag football will be an exciting addition to high school sports. The game will be wide open, high scoring. There will be no stigma to playing flag versus contact football. The flag game will be thrillingly fast and skilled. Players, parents and fans will come to recognize, without apology, that contact football is not for everybody.

Coaching of tackle football will be fully revolutionized. There will be no full-contact practice in spring/summer/off-season. And none during the season. Other than games, the only full-contact will be in pre-season, when coaches will be permitted ten minutes of live hitting in a two-hour practice. All pre-season scrimmages will be played in limited-contact formats.

High school coaches will learn this approach from our own Buddy Teevens, the only Division 1 college coach

who never allows his team to tackle in practice. Never. His squad goes full-contact only 10 days per year – on their 10 gamedays.

What? In a game of torn ligaments and spilt blood, his players don't hit each other in practice? Is he successful? Dartmouth's record in the past 23 games is 20-3. In the season just finished, the Big Green won the Ivy League title for the first time in 19 years. Its defense -- the defense that never tackles in practice -- finished top-6 in all defensive categories among 125 FCS college teams.

Litigation in the next 10-to-15 years will be fierce. Personal injury claims will target not just school boards but also coaches, individually named as defendants for wrongful death and conscious pain and suffering.

Football science in the next decade will feature a study of neuro-catastrophic injury at the high school level. The past three seasons have produced an alarming 20 contact-related deaths and dozens of permanent physical disabilities. We've learned virtually nothing from these tragedies. Some of these boys were buried without so much as an autopsy.

The suspicion is that many of them were victims of second-impact syndrome in which an injured brain, still bleeding and swelling from a first concussion, suffers another blow. If we can secure funding for this project, two of the nation's top neuro-scientists, Dr. Ann McKee and Dr. Robert C. Cantu, have committed to execute the research.

Another scientific advance, long awaited, is an objective test for concussion. It's a blood test that will identify certain proteins present only in a concussed brain. This break-through will allow doctors, finally, to declare a decisive diagnosis. Without an objective test, take it from the parent of a college football player: Impetuous young men will hide symptoms in order to stay on the field.

But here's the headline: Friday night and Saturday afternoon will be approximately the same as you see today. No rules changes are forthcoming to reduce danger any further. Injury risk will be correctly quantified, labeled and accepted by participants -- no longer denied by administrators -- but it will be limited to gameday. In order to preserve itself, high school football, and maybe the college game, too, will concede practice-field reforms outlined above.

But that's years ahead. Meanwhile, Practice Like Pros continues touring the country to show high school coaches – not tell them, show them on video – how to practice with less contact. Rocky Seto tours with us. And Dr. Bob Cantu. And Warren Moon, Anthony Munoz, Mike Ditka, Tony Dorsett, Leonard Marshall, Cornelius Bennett, Sam Wyche and many others – all appearing for no fee -- because they've seen the future of football.

Michigan High School Football Coaches Association 2016 Hall of Fame Banquet Ticket Order Form

When: Saturday, March 12, 2016

Where: Crisler Center (Crisler Arena), University of Michigan

Times: Social: 5:30 p.m. Dinner: 6:30 p.m. Induction: 7:30 p.m.

Price: \$38.00 per Ticket

Order tickets by contacting:

Mr. Gandalf Church H: 269 - 983 - 0865
Hall of Fame Banquet C: 269 - 449 - 6553
1223 Hillcrest Ave. e-mail:
St. Joseph, MI 49085 gchurch@sjschools.org

A Vegan Meal is available
upon request.
Please indicate how many
when ordering tickets

Make Checks Payable To: M.H.S.F.C.A.

**Please send a self addressed stamped envelope.

**Please order all tickets by Saturday, March 5, 2016

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MHSFCA

Membership Benefits

Did you know that:

One of the benefits of MHSFCA membership is liability insurance through the MHSCA and NOCAD.



GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the Michigan High School Coaches Association and its members.

CARRIER

Houston Casualty Company

POLICY PERIOD

August 1, 2015– August 1, 2016

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$1,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 25,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.

CAMP COVERAGE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

PARTICIPANT/ACCIDENT COVERAGE

In addition, Participant/Accident Coverage is available for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage could help offset the loss suffered by families affected by such accidents.

CERTIFICATE OF INSURANCE

- ❖ If a member has a camp and requires proof of insurance, certificates are at no additional charge.
- ❖ If a member has a camp and requires a certificate of insurance naming an Additional Insured on the General Liability Policy, the cost is \$125.00.
- ❖ Participant/Accident Coverage must be in place for all participants prior to the issuance of a certificate of insurance naming an Additional Insured on the General Liability Policy.
- ❖ Certificates of Insurance and Participant/Accident request forms are available on our website: www.loomislapann.com

INSURANCE ADMINISTRATOR



www.loomislapann.com

(P) 800-566-6479 | (F) 518-792-3426

Greg Joly
Lori George
Karen Boller

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lgeorge@loomislapann.com
kboller@loomislapann.com

Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.



LIFETIME MEMBERSHIP

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 a MHSFCA Member.
3. Retired from coaching.
4. Pay a one-time fee of \$100

Send to: Steve Wilson
3010 Elm St.
Fruitport, MI 49415

Membership Application Form



Send to: Steve Wilson
3010 Elm Stret
Fruitport, MI 49415

Join MHSFCA / MHSFA / NHSCA (\$30)

Name: _____

School: _____

Coaching Position: _____ Total Years Coaching: _____

Home Address (Street): _____

City, State, Zip: _____

Phone (H): _____

Email: _____

Membership runs January - December
MHSFCA Clinic Registration includes membership.
MHSFA / NOCAD insurance coverage coincides with your membership term.

AFCA

The MHSFCA encourages you to also become a member of the national football professional organization for football coaches, the *American Football Coaches Association*.

Find out more and join online at:
www.AFCA.com

NEWSLETTER DELIVERY

Member Newsletters are available online only. If we have your email address, we will notify you when the current newsletter is available online at:

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Contact Steve Wilson with your email address at: MHSFCA.website@gmail.com