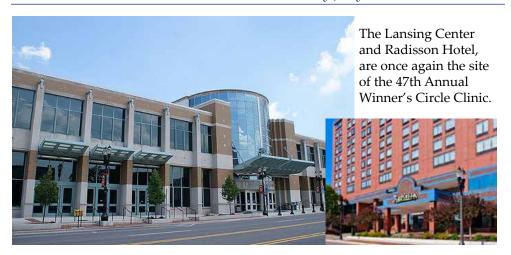
Volume 22, No. 3

SERVING MICHIGAN'S COACHES

October, 2018

47th Annual Winner's Circle Clinic

by Jerry Rabideau, Clinic Chair



he Michigan High School Football Coaches Association cordially invites you and your staff to the 47th Annual Clinic in Lansing, Michigan. Our clinic will begin Thursday Evening January 17 and continue through Saturday early afternoon January 19, 2019. Our clinic known as the "Winner's Circle" has grown into one of the largest attended football clinics in the midwest!. Each year that Lansing has hosted, our attendance has grown significantly with in state and out of state football coaches and staffs. Our 47th clinic promises to be even bigger and better this year.

Our clinic committee strives to bring the best speakers from our state and country to share the latest trends and information about high school and youth football. Speakers include the greatest and successful coaches from the high school and colleges ranks. Equally important we bring in expert speakers to share information about the safety of our game and how you as a coach can promote and keep our game safe.

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MHSFCA

Membership runs
January - December

visit: MHSFCA.com

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MHSFCA

Meetings & Important Dates

Board of Directors Fall Meeting

Indigo Hotel, Traverse City

November 29 - 30, 2018

47th Winners Circle Clinic

Lansing Radisson at the Capital

January 17 - 19, 2019

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.

NEWSLETTER Encourages Contributors

Deadline for Submissions for **December** Newsletter

— **November 15**—

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Stop by the MHSFCA

hospitality room at Ford Field during

Friday and Saturday

contests!

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

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Apparel Tony Ceccacci, Ortonville-Brandon

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Clinic Jerry Rabideau, Spring Lake

Ethics Gus Kaploka, Cedar Springs

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Drake Wilkins '17

^{***} Region 18 includes all 8-Man football teams.

47th Annual Winner's Circle Clinic

continued from page 1

his year, we have adjusted/lowered our staff registration rate to make it more affordable and easier to registar. Please visit our website at www.mhsfca.com and take advantage of this rate and get as many of your coaches involved, including your youth staffs. I strongly encourage you to consider bringing your whole staff including your youth coaches to this clinic. This is a great opportunity for all head coaches to bring your staff together and hold your own mini meetings building the foundation of your program. More importantly you can build comradery with your group and meet hundreds of other colleagues doing the same. Lansing is a great environment and this clinic is top notch with information for all.

8 Man Football? Get ready because our clinic will be more packed this year with information than any year we have ever had!

Our sessions and breakouts are always packed with information that can help your game. We include speakers that discuss offense, defense, special teams, in season and out of season training, safety, and much more. Our clinic staff ensures that every facet of the game is covered at our clinic.

Major highlights about this years clinic include:

- 3 sessions of live/interactive demonstration of football drills in Exhibit A that includes Rogers equipment, Active high school head coaches and players in full Addix gear.
- New lower/affordable staff rates
- Updates of speakers shared on line at www.mhsfca. com and twitter
- Awards Banquet featuring honored guests and recipients
- In state and out of state College recruiting coaches
- Expanded Saturday format for all levels of coaches
- "MHSFCA Coaches" All State Team and Dream Team recognition banquet
- Huge number of vendors for all your team needs

Clinic Staff Rates

Class	Fee	
A	\$630.00	(7 or more coaches)
В	\$540.00	(6 or more coaches)
C	\$450.00	(5 or more coaches)
D	\$270.00	(3 or more coaches)
8-man	\$270.00	(3 or more coaches)

2018 MHSFCA Scholarship Thank You's



Terry Rose Memorial Scholarship Winner Allison Lipovsky Harrison High School

"Thank you for allowing me to receive the Terry Rose Memorial Scholarship. I really enjoyed watching the game as it took me back a few years to when I played in the softball all star game for the state. Good luck in this upcoming season!"

2018 Scholarship Winner

Brady Beckhusen Coldwater High School



"Thank You for selecting me for your scholarship. I will be using it to study at Hope College."

MHSFCA What's happening?

On the front burner:

- 1. All State Teams: Last season the MHSFCA selected its first All State Teams. We will do that again this, 2018 season. The process, however, has been changed to make it more objective and reflect an increased knowledge of the players considered. How? Committees of volunteers from each of the eight 11-player and two 8-player divisions have been formed from the ranks of coaches in each of those divisions. The committees of between five and seven coaches have been tasked with "watching/keeping track of" top performers from teams in their (expected) divisions. As happened last year, nominees will be submitted by head coach members of the MHSFCA. The committees - in each division - will vote on those nominations using the information from the nomination forms and their own observations over the course of the season to make their decisions.
- **2. Dream Team:** The MHSFCA has been asked and has agreed to be the organization that will choose the National Football Foundation and College Hall of Fame Dream Team for the State of Michigan. The selection will happen during the State Finals for 11-man football at Ford Field. MHSFCA Board members with assistance from the "Division Committees" that will have previously selected All State Teams in each of the 11-man and 8-man divisions will select the team.
- **3. Playoffs:** Playoff Proposal: The "Strength of Schedule" playoff proposal that was very narrowly defeated last Spring by the Representative Council of the Michigan High School Athletic Association is under further study and conversation this fall, which includes multiple survey questions at the fall MHSAA Update meetings. This data and information will be used by both the MHSAA and MHSFCA in determining the next steps for possible reconsideration by the Council.

Longer Range Planning: Combines/Recruiting

*Premise: College recruiting should include the college coach, the high school coach, the prospect and the prospect's parents. Every high school player who aspires to play at the next level should have an opportunity to "get a look."

How can we strengthen the relationship between high school and college coaches and prospects and their parents?

The MHSFCA has, for many years, conducted Recruiting Nights (see this year's schedule in this newsletter), which give college coaches an opportunity to talk with high school coaches about their prospects and to talk with the prospects and their parents.

We have begun to explore with the MHSAA and the NCAA the possibility of producing a series of four or five "seminars/combines" in different geographical regions of the state. Thinking, at this point, is that these events would:

- •Occur on Sunday's in April and May.
- •Be hosted at D2, D3 and/or NAIA schools
- Include a "seminar", where admissions and financial information would be presented by college officers in those areas.
- Include physical testing and drills determined by college coaches and conducted by high school coach members of the MHSFCA. *The 4-man off-season rule would need to be waved to allow this.
- Culminate in an electronic booklet containing the data derived and distributed to all of our college partners.



Tuck's Guide to Sleeping Well in a Dorm

How to Fall Asleep When You're Stressed

Why Sleep Makes You More Productive and Focused

Tuck is a community devoted to improving sleep hygiene, health and wellness through the creation and dissemination of comprehensive, unbiased, free web-based resources. Tuck has been referenced by Well+Good, Shape, Smithsonian Magazine, Harvard University and by many sleep organizations across the web.

At Tuck, their primary mission is promoting awareness of sleep health, and as part of that, they've been getting the word out about how students can set themselves up for success by getting the right amount of sleep. Check out the links to a few of the guides they've put together.

THE SEMPER FIDELIS ALL-AMERICAN PROGRAM Presented by THE UNITED STATES MARINE CORPS.



This program will honor 96 elite high school juniors selected nationwide with an all-expenses paid trip for the student and a mentor of their choosing, like yourself, to attend the Battles Won Academy in Washington, D.C. in July 2019. The Academy experience includes

To qualify, the athlete must:

- Be a Junior in High School
- Have a 3.5 or higher GPA on a 4.0 scale, or equivalent
 - Be active in community service
 - Play a competitive team sport
 - Hold a student or community leadership position
 - And most importantly, embody a fighting spirit

APPLICATION DEADLINE IS DECEMBER 31, 2018.

the chance for a student to win scholarship funding, behind-the-scenes tours of our Nation's Capital, an immersive Marine Corps experience, the opportunity to hear from influential speakers across a variety of life paths and industries, and more.

NOT JUST PLAYMAKERS. DIFFERENCE MAKERS.

Do you know a high school junior who has what it takes to earn the Title Semper Fidelis All-American?

Nominate them at:

https://sfaap.marines.com/?utm_source=Glazier+Clinics+Part_ner+Communications&utm_campaign=acb1b4e82c-EMAIL_CAMPAIGN_2018_08_28_06_36&utm_medium=email&utm_term=0_5c06322ebe-acb1b4e82c-199170121

2018 All Star Game Summary

By Jim Sparks, All Star Game Chair

June 23, 2018: Saginaw Valley State University

his year's edition of the All Star game was one for the books. With two rosters filled with 35 of the finest players from around the state the fans were treated to a hard fought game that wasn't settled in a normal regulation game. For the first time in the 36 year history of the game over-

For the first time in the 36 year history of the game overtime was necessary to crown a winner.

Early in the game the East squad was imposing it's will on the ground possessing the ball for pretty much the entire first quarter and jumped out to a 7-0 lead. The West squad answered back with a quick strike and when the team headed to the locker room at halftime the East led by 8 points. The second half featured some tough physical play that found the West in the endzone to pull within 2 points late. The stage was set for a dramatic finish and after the West converted on a 2 pt conversion the stage was set for an epic finish.

The East added to the drama with a tremendous kick return deep into the West territory. With 3 seconds left the East attempted a FG to win but it was blocked and as the clock expired the West was heading downfield with the ball to score and end the game. The East managed to tackle the ball carrier and send the game into OT. In OT the East kicked a FG to take a 3 point lead. On the

West's possession they scored a TD to end the game and end the East side's 3 year win streak.

The game wias just the culmination of a tremendous week of working with outstanding people. It was a joy to work with the coaching staffs from both sides and watch them work. It is nothing short of miraculous to watch these coaches develop relationships with the players and create a true team atmosphere in such a short period of time. A special show of gratitude must be paid to the staff of SVSU. We are blessed to have Head Coach Jim Collins and Meaghan Markey of the convention center working with us to make sure our game is not only possible but a first class operation that we can all be proud of. To our partner in the game Jeff Corrion and the Dzone it was a pleasure having you on board and we look to working with you in the future. Finally I would like to personally thank MHSFCA members Drake Wilkins and Andre Harlan for working with UAW Ford who generously supported our game as a presenting sponsor.

With the 2018 All Star Game in the books it is time for us all to enjoy our summers, get ready for our seasons in the fall, and ultimately look forward to the 2019 All Star Game which will once again be hosted at SVSU. **West All-Stars**

Bryant Kieft



Quickie Statistics (Final)West All-Stars vs East All-Stars (Jun 23, 2018 at Univ. Center, Mich.)



	WEST	EAST
Score	20	17
FIRST DOWNS	11	15
RUSHES-YARDS (NET)	21-35	47-260
PASSING YDS (NET)	208	20
Passes Att-Comp-Int	24-14-1	11-4-1
TOTAL OFFENSE PLAYS-YARDS	45-243	58-280
Fumble Returns-Yards	0-0	0-0
Punt Returns-Yards	0-0	3-50
Kickoff Returns-Yards	2-16	3-79
Interception Returns-Yards	1-8	1-0
Punts (Number-Avg)	3-38.3	4-38.0
Fumbles-Lost	0-0	0-0
Penalties-Yards	2-12	10-73
Possession Time	18:16	29:44
Third-Down Conversions	4 of 9	5 of 14
Fourth-Down Conversions	0 of 2	2 of 2
Red-Zone Scores-Chances	2-2	2-4

East All-Stars

Rushing	No. (Gain L	oss	Net	TD	Lg	Avg	Rushing	No.	Gain I	Loss	Net	TD	Lg	Avg
Tariq Reid	7	32	0	32	0	10	4.6	David McCullum	11	102	1	101	0	37	9.2
C. Brooks	2	3	0	3	0	2	1.5	Alex Carter	12	81	0	81	1	22	6.8
Kentrell Ware	5	10	8	2	2	7	0.4	Sheldon Cage	17	76	6	70	1	20	4.1
Jaier Harden	2	2	0	2	0	2	1.0	Kavon Higdon	3	11	0	11	0	7	3.7
Passing	C-	A-I	Yds	s TD	Lor	ng :	Sack	Passing	C-	A-I	Yd	s TD	Lo	ng	Sack
Joey Bentley	7-1	.3-0	60) () ;	33	0	Bryce Bearss	3-:	10-1	1	5 C		7	1
Cade Peterson	7-1	0-0	148	3 1	. (67	0	David McCullum	1-	1-0		5 C)	5	0
Receiving	No.	Yard	ls T	D I	_ong			Receiving	No.	Yar	ds 1	ΓD I	_ong		
Jaier Harden	3	14	ŀ3	1	67			Kavon Higdon	2		14	0	7	7	
Koenigsknecht	3	2	22	0	14			Derrick Corbin	1		5	0	5		
CJ Jefferson	3	2	20	0	11			James Schelke	1		1	0	1		

11

Punting	No.	Vdc	Δνα	Long	Tn 20	TD	Punting	No	Vdc	Δνα	Long	In20	TD
Punting	NO.	Tus	Avg	Long	11120	<u> </u>	Punting	140.	tus	Avg	Long	11120	<u> </u>
Joel Wilson	3	115	38.3	43	0	0	Jermaine Roemer	4	152	38.0	47	2	1

Punt Returns	No.	Yards	TD	Long	Punt Returns	No.	Yards	TD	Long
				_	Kavon Higdon	3	50	0	32
Kick Returns	No.	Yards	TD	Long	Kick Returns	No.	Yards	TD	Long
CJ Jefferson	1	10	0	10	Sheldon Cage	1	32	0	32
Jaier Harden		_	_	_	Nick Cotton		4.0	_	4.0

Tackles	UA-A	Total	Sacks	TFL	Tackles	UA-A	Total	Sacks	TFL
C. Bolthouse	3-10	13	0.0	0.0	Brendan Madigan	3-3	6	0.0	0.0
Andrew Campbell	4-8	12	0.0	0.0	I. Darkangelo	2-4	6	0.0	0.0
Sam Shugars	2-7	9	0.0	0.0	Chaise Ford	1-4	5	0.0	1.0
Ryan Pummel	3-4	7	0.0	0.0	Jack Morris	1-3	4	0.0	0.0

Qtr	Time	Scoring Play	V-H
1st	00:10	EAST - Sheldon Cage 1 yd run (Jermaine Roemer kick), 10-42 5:54	0 - 7
2nd	10:27	WEST - Jaier Harden 67 yd pass from Cade Peterson (Cade Peterson kick failed), 5-80 1:43	6 - 7
	02:48	EAST - Alex Carter 16 yd run (Jermaine Roemer kick), 9-64 5:29	6 - 14
4th	02:20	WEST - Kentrell Ware 7 yd run (Kentrell Ware rush), 7-76 2:52	14 - 14
OT	12:00	EAST - Jermaine Roemer 19 yd field goal, 4-0 0:00	14 - 17
	12:00	WEST - Kentrell Ware 3 yd run, 2-10 0:00	20 - 17



Key HS Football Rule Differences from NCAA/NFL Rules

- Most HS games are officiated by five officials: referee (white hat), umpire (behind the
 defensive front 7), head linesman (sideline with chains), line judge (sideline on press box side)
 and back judge (deep behind defense). In 2017, all Semifinal and Final games will be worked
 by 7 officials, adding a side judge and field judge. Some regular season games will also use 7
 officials.
- Play clock gives the offense 25 second to snap the ball from the referee's ready for play whistle; this is kept by the back judge and he will visually swing his arm to count down the last five seconds.
- There is no such thing as a "tackle box" under HS rules. A QB attempting to throw the ball away must do so with an eligible receiver in the general area. Just because the QB is out of the pocket and the ball reaches the line of scrimmage does not eliminate the QB from being flagged for intentional grounding.
- There is no such thing as an "uncatchable" ball under HS rules in light of pass interference. If there is illegal contact, whether or not the ball was catchable, it is a foul. For pass interference, there must be contact for a foul to occur; face-guarding with no contact is no longer a foul.
- On extra point plays, if the defense gains possession, the try is over. The defense cannot return the ball for 2 points. Also, if the holder is to throw and flip the ball to another play on an extra point play, he must rise so that his knee is off the ground.
- On a free kick (kick off), the kicking team may not gain possession on a "pooch" kick off where
 the ball is popped up directly into the air and first touched/caught in the air by a member of the
 kicking team. For the kicking team to recover the ball, it must first be touched by R or must
 first touch the ground (and travel 10 yards) to be legally recovered by K. An onside onebounce "pop-up" kick that is driven directly into the ground and bounds high into the air is also
 illegal.
- The only fouls that result in automatic first downs are as follows: roughing the passer, roughing the kicker, roughing the snapper and roughing the holder. IN GENERAL, PERSONAL FOULS DO NOT RESULT IN AUTOMATIC FIRST DOWNS UNDER HS RULES! Remember that defensive pass interference does not result in an automatic first down....only a 15 yard (or half the distance) penalty.
- Punts and field goal attempts are treated the same way under HS rules.....if a long field goal attempt comes up short and goes out of bounds at the 10 yard line, the defense gets possession of the ball, 1st and 10 at the 10 yard line.
- Under HS rules, whenever a kick (kickoff, punt or FG) breaks the plane of the goal line, the ball is dead immediately. No kick of any kind can be returned once the ball breaks the plane of the goal line.
- Like NFL and NCAA rules, the HS game has a "horse collar" foul (15 yard penalty). The runner must be pulled down backwards or to one side for there to be a foul.

- For a completed catch, one foot must be inbounds by a player who is in firm control of the ball. The one foot must physically come down in bounds.....there is no "force out" rule where the officials can award a catch if they believed the receiver would have come down inbounds if they had not been forced out of bounds.
- Know that HS football has a targeting rule. Any player guilty of a targeting foul can also be ejected if the act is judged to be flagrant. Targeting under HS rules does not require an automatic ejection; officials determine whether or not the act was flagrant.

Overtime Procedures:

- Following regulation, a 3:00 minute intermission will take place.
- Each team gets 1 timeout per OT....no carry-over from the 2nd half or previous OT periods.
- Once the 3:00 expires, the coin toss is conducted at midfield. The winner of the toss has three options: offense first, defense first, or end of the field. The loser of the toss has the remaining options.
- To start each OT, the offensive team will ALWAYS start out first and goal to go. The starting point will be the 10 yard line unless moved from a penalty on the previous play in regulation or earlier OT period. If the ball has been moved by penalty, it is still first and GOAL TO GO.
- If the defense gains possession at any time, the ball becomes dead immediately. The defense may not return the ball for a score.
- There will be only 1 coin toss. If additional OT periods are needed, then the loser of the coin toss to start OT will have the three options for all even OT periods (2nd OT, 4th OT, etc).
- If additional OT periods are needed, there is a 2 minute intermission between those periods in which the options are given to the appropriate teams.
- No try for point will be attempted if the winner of the game has been determined.
- A team can get a first down via an automatic first down foul by the defense (roughing fouls, for example).
- At no time is the offense required to go for 2 points.....different than the NCAA rule.

35-Point Running Clock Rule:

- If one team is ahead by 35 points or more (35 during the second half, the clock will run continuously except:
 - 1) During a timeout .
 - 2) During an injury.
 - 3) To administer a penalty.
 - 4) After a score.
- If during the second half the point differential is reduced to less than 35 points, we revert back to normal timing procedures.

50+-Point Running Clock Rule:

• If one team is ahead by 50 points or more during the second half, the clock will run continuously except during an injury timeout. If the point differential is reduced under 50, timing reverts back to the timing rules when the lead is 35-49 points.

MHSFCA Recruiting Nights

he MHSFCA College Recruiting Nights can help your athletes, their parents and college recruiters find a match that fits. Recruiting Nights give you the opportunity to get to know one another - in a relaxed atmosphere - minus the inherent in the school day.

MHSFCA College Recruiting Nights provide opportunities for you to network with college coaches and to open opportunities for your student-athletes to continue their education and athletic career. Some of the opportunities you uncover at the Recruiting Night will be programs at schools that neither you nor your athlete had previously considered. We invite you and/or a member of your coaching staff to attend one or more of our Recruiting Nights in locations across the state. The agenda will start with Coaches session (5:30-6:30) during which you will have access to college coaches from Michigan and around the mid-west. Host high schools will provide a table for you

to meet with and exchange materials and information with college coaches. *Bring copies of player profiles, transcripts and Hudl/video/links with you!

Your prospects and their parents are encouraged to attend at (6:30-7:30)! Following your block with the college coaches, your athletes, their parents and you will have time to meet with the college recruiters.

There is no charge for you or your athletes to attend the Recruiting Night events. This is a benefit of your membership in the MHSFCA. If you are not a current member, please complete the online membership form at MHSFCA.com.

To help us plan facilities, please contact Marcus Dukes to let him know which Recruiting Night/s you plan to attend and give us a rough estimate of how many of your prospects you will ask to attend:

Marcus Dukes: marcus.dukes@csredhawks.org or mskbdukes@yahoo.com 313-623-0860

2018 Recruiting Nights

Host School	Day	<u>Date</u>	Time
Flint Carmen-Ainsworth	T	4-Dec	5:30-7:30
Jackson	T	4-Dec	5:30-7:30
Grayling	W	5-Dec	5:30-7:30
Edsel-Ford	W	5-Dec	5:30-7:30
Grandville	Th	6-Dec	5:30-7:30
Walled Lake Western	F	7-Dec	5:30-7:30
Negaunee	T	11-Dec	5:30-8:00

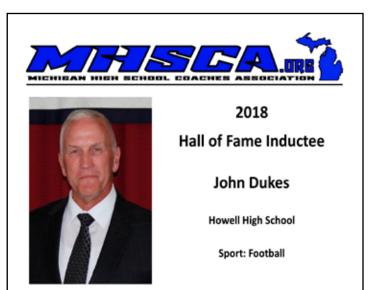


2017 Recruiting Night at Edsel Ford High School

MHSCA Hall of Fame

hree football coaches, John Dukes (Howell)
Tim Gale, (Onsted) and Tom Masserang,
(Bishop Gallagher), were inducted into the
MHSCA Hall of Fame at Central Michigan
University at a banquet and ceremonies

on Sunday, 26 September. In addition John Herrington, MHSFCA President (Farmington Hills Harrison) and winningest football coach in Michigan history received the Distringuished Service Award in recognition of all he has done for Michigan High school sports.











Michigan High School Football Coach of the Week

courtesy of Detroit Lions Football Education / Coach of the Week

ach week throughout the nine-week Michigan High School football regular season, one coach that best develops his players' character, discipline, and football skill in addition to emphasizing player health and safety in their program, will be recognized for his commitment to the team, school, and community. Each weekly winner is selected by a panel of high school football media members - Mick McCabe (Detroit Free Press), Hugh Bernreuter (Saginaw News), Bret Bakita (WOOD Radio-106.9 FM, ESPN 96.1 FM-Fox 17/Grand Rapids), James Cook (Traverse City Record-Eagle), Scott DeCamp (MLive-Muskegon Chronicle) and the Lions Director of Football Education, Chris Fritzsching.

The 2018 program will award \$22,000 to aid in the development and promotion of high school football in the state of Michigan, thanks to contributions from the Detroit Lions, the NFL Foundation, Farm Bureau Insurance of Michigan and Gatorade.

Each winning coach during the regular season receives a \$2,000 donation to his school's football program. At the conclusion of the Michigan High School Football season, the Lions select the High School Football Coach of the Year. The Coach of the Year receives a \$4,000 donation to his school's football program in addition to being the Lions' nominee for the Don Shula NFL High School Football Coach of the Year. All weekly and yearly winners receive a certificate signed by Lions' head coach Matt Patricia

and National Football League (NFL) commissioner Roger Goodell, and a personalized game ball as well as recognition at a 2018 Lions home game.

Currently in its' 22st year, the Detroit Lions High School Coach of the Week/Year program has awarded \$411,000 to high school football programs throughout the state of Michigan.

For more information on the Detroit Lions High School Coach of the Week/Year program, contact Chris Fritzsching, Lions' Director of Football Education, at 313-262-2248.

All-Time Coach of the Year recipients:

1997-John Herrington, Farmington Hills Harrison, 1998-Thomas Mach, Detroit Catholic Central, 1999-Don Durrett, Saginaw, 2000-Herb Brogan, Jackson Lumen Christi, 2001-John Schwartz, Mendon, 2002-Mike Boyd, Waterford Our Lady of the Lakes, 2003-Scot Shaw, Three Rivers, 2004-Noel Dean, Lowell, 2005-Jack Pratt, Flint Powers, 2006-Tony Annese, Muskegon, 2007-Jim Reynolds, Detroit King, 2008-Peter Stuursma. East Grand Rapids, 2009-Rich Hulkow, Marshall, 2010-Chris Bell, Lake Orion, 2011-Thomas Wilcher, Detroit Cass Tech, 2012-Terry Hessbrook, Ithaca, 2013-Kurt Richardson, Clarkston, 2014-Dan Rohn, Grand Rapids West Catholic, 2015-John Shillito, Zeeland West, 2016-Elliot Uzelac, Benton Harbor, 2017-Mike Giannone, Warren De La Salle

Week 1 - Ron Glodich, Marine City

Detroit, MI—The Detroit Lions have named Ron Glodich of Marine City High School the week one recipient of the 2018 Farm Bureau Insurance of Michigan High School Football Coach of the Week Program. Glodich's Marine City Mariners kicked off their season with a 47-3 victory over Sterling Heights.

Glodich is in his 32nd season coaching at Marine City and 7th season as head coach. He has led Marine City to the playoffs five times as a head coach while winning the Division 4 state championship in 2013, defeating Grand Rapids South Christian 49-35. His career record is 50-16 (75.7%). This past spring, Glodich was inducted into the Michigan High School Football Coaches Association Hall of Fame. On Thursday, August 30, Glodich's Mariners host St. Clair Shores South Lake in a Macomb Area Conference-Silver Division battle.

Week 2 - Jeremy Miller, Pewamo-Westphalia

Detroit, MI—The Detroit Lions have named Jeremy Miller of Pewamo-Westphalia High School the week two recipient of the 2018 Farm Bureau Insurance of Michigan High School Football Coach of the Week Program. Miller's Pirates defeated the Saranac Redskins 42-14 in a Central Michigan Athletic Conference battle. Pewamo-Westphalia is currently ranked No. 1 in Division 7.

Miller has coached for 13 years and is currently in his 6th season as head coach at Pewamo-Westphalia. He spent 2 seasons at Lake Odessa Lakewood and 5 seasons as an assistant at P-W prior to him taking over the head coaching duties. Miller has led the Pirates to the playoffs each season and has played in the last three Division 7 state championships, winning the last two Division 7 state championships. Miller's career record is 62-7 (89.9%). On Friday, September 7, the Pirates host the Bath Bees (0-2).

Week 3 - Todd Kolster, Grand Rapids Catholic Central

Detroit, MI—The Detroit Lions have named Todd Kolster of Grand Rapids Catholic Central High School the week three recipient of the 2018 Farm Bureau Insurance of Michigan High School Football Coach of the Week Program. Kolster's Cougars defeated the Zeeland East Chix 17-13 to run their record to 2-1. Grand Rapids CC is currently ranked No. 3 in Division 4. On Friday, September 14, the Cougars travel to Sparta to take on the Spartans (2-1) in an Ottawa-Kent Conference Blue Division game.

Kolster is in his 8th season as a head coach and his 7th overall with Grand Rapids Catholic Central. He has guided the Cougars to two straight Division 4 state championships (2016 & 2017) while also leading the Cougars to the Division 4 state championship in 2010 during his first stint with the program. Kolster's career record is 66-20 (76.7%). Kolster spent one season as head coach at Jenison High School and was also the offensive coordinator and quarterback coach at Grand Valley State University for five seasons.

Week 4 - Ron Bellamy, West Bloomfield

Detroit, MI—The Detroit Lions have named Ron Bellamy of West Bloomfield High School the week four recipient of the 2018 Farm Bureau Insurance of Michigan High School Football Coach of the Week Program. Bellamy's Lakers defeated the Bloomfield Hills Black Hawks 50-7 to run their record to 3-1. On Friday, September 21, the Lakers host the Lake Orion Dragons (2-2) in an Oakland Activities Association Red Division game.

Bellamy is in his 10th season at West Bloomfield and 9th as a head coach. The Lakers have reached the MHSAA playoffs the last four seasons, having reached the Division 1 State Finals in 2017, losing to Clarkston 3-2. Bellamy's career record is 50-36 (58.1%). Bellamy also serves as a Master Trainer for USA Football, one of 105 Master Trainers nationwide who travel the country educating youth and high school coaches on player health and safety topics such as concussion recognition and response, heat preparedness, proper equipment fitting, sudden cardiac arrest, shoulder tackling and Heads Up Blocking.

Week 5 - Scott Cuthrell, Cass City

Detroit, MI—The Detroit Lions have named Scott Cuthrell of Cass City High School the week five recipient of the 2018 Farm Bureau Insurance of Michigan High School Football Coach of the Week Program. Cuthrell's Red Hawks defeated the Vassar Vulcans 54-12 to run their record to 4-1. On Friday, September 28, the Red Hawks host the Bad Axe Hatchets (3-2) in a Greater Thumb Conference -West Division game.

Cuthrell has coached high school football for 27 years and is currently in his 17th season as head coach at Cass City. He spent two seasons as an assistant at Muskegon Orchard View, two seasons as an assistant and four seasons as a head coach at White Cloud and two seasons as an assistant at Cass City before taking over as head coach in 2002. The Red Hawks have reached the MHSAA playoffs the past four seasons and seven seasons in all during Cuthrell's tenure. Cuthrell's career record at Cass City is 87-74 (54%).

Florida Research Affirms PLP Principles

courtesy of practicelikepros.com

indings published this month by University of Florida Health researchers in the Annals of Biomedical Engineering align with core principles of Practice Like Pros regarding practice-field contact. Here's the report from UF Health:

Shortening the time spent on the highest-risk football drills could reduce the equivalent of nearly a year's worth of head impacts over the course of a typical player's career, University of Florida Health researchers have found.

Using helmet-mounted sensors, the researchers recorded more than 32,000 impacts during Gator football practices and scrimmages in 2016 and 2017. Researchers estimated that shortening by a total of 15 minutes the time spent on the higher-risk drills could help players — especially linemen — avoid about 1,000 head impacts during their four-year college careers. The majority of these avoided impacts, about 80 percent, were concentrated within three drills identified as having among the highest impact rates, said James R. Clugston, M.D., UF Associate Professor of Medicine and a UF Athletic Association team physician. The findings were published recently in the Annals of Biomedical Engineering journal.

The research team, which also included UF Health neurology, neuropsychology and physiology experts, wanted to know if certain football drills had higher rates of head impacts.

"We thought we could design a better, safer football practice with minor adjustments instead of major changes such as converting an entire full-contact practice to a noncontact practice," Clugston said.

To establish their findings, players' helmets were fitted with six spring-mounted accelerometers to measure head impacts. Research assistants helped to log all of the players' specific drills during the 2016 and 2017 training camps and practices.

Linemen had the highest impact rates during the

study, which included spring, August training camp and regular-season practices. The researchers concluded that minor adjustments to the time spent on drills with high impact rates or live scrimmages would reduce the number of head impacts by almost 1,000 for linemen and 300 for other positions during their college careers.

Clugston theorized that once a coach knows which drills were the highest risk, substituting time spent on those with lower-risk drills could reduce the exposure. The study found three drills to be especially high-risk: "team run," a period of scripted running plays from scrimmage; "move the field," a scenario that spots the ball at different points on the field; and "team," a series of full-contact, scripted offensive plays. All three are 11-on-11 drills.

Reducing the time spent on those three drills by as few as three or four minutes per practice could significantly reduce head impacts, the researchers concluded. Overall, a different practice routine involving those three drills could reduce the equivalent of nearly a year's worth of head impacts over the course of a typical player's career, Clugston said.

"Realistically, most coaches are going to keep practices at the same length of time," he said. "This gives them guidance to hopefully pick less-dangerous drills or at least spread out the highest-risk drills to decrease 'impact density,' which has recently been described as important in concussion risk."

hile there are differences in the way college teams conduct practices compared with high school and youth football teams, Clugston said the findings also have potential use for younger athletes.

"It does show that you can look at the drills a team performs and figure out which ones are high-risk. It's a way of looking at which drills are the worst for head impacts and then designing practices that decrease time spent in these drills," he said.



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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, 2018 - August 1, 2019

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

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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)	
-mail	·
school Where Last Coached	
Total Years Football Coaching	
Send to: Steve Wilson	

Qualifications

*You must meet all FOUR!

- 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



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

3010 Elm St.

Fruitport, MI 49415

Join MHSFCA / MHSCA / 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. MHSCA / NOCAD insurance coverage coincides with your membership term.

AFCA

The MHSFCA encourages you to also become a member of the national 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:

www.MHSFCA.com

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