



Michigan High School Football Coaches Association

Newsletter

Volume 13, No. 3

SERVING MICHIGAN'S COACHES

October 2009

In Scoring Frenzy* West Defeats East 43-22

***Most Total Points Scored in All Star Game in 29 Years**



Above: The West celebrates their victory by raising the Don Lessner All Star Game Trophy.

Right: An important All Star Game sponsor, the US Army, provided the tunnel for pregame introductions.

More on the All Star Game page 12



Membership Report Jim Clawson, Membership Chairman MHSFCA Membership

2,040 TOTAL

September 15, 2009

Membership runs September-August

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MHSFCA **Meetings &** **Important Dates**

Board of Directors Fall Meeting
Doherty Hotel, Clare
Friday, 4 December, 2009

All Star Selection Meeting
East - Allen Park HS, 8 Jan 10
West - Okemos HS, 9 Jan 10

38th Winners Circle Clinic
McCamly Plaza, Battle Creek
21-23 January 2010

58th Coach of the Year Clinic
Soaring Eagle Hotel, Mt. Pleasant
5-6 March 2010

EVEN REGION
Board of Directors Election
at
Winners Circle Clinic
Battle Creek
21-23 Jan 2010

See Page 4

All Star Videos
See Page 6

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, Bob Rowe of address changes.

Bob Rowe
MHSFCA Membership Chairman
8020 Tulane
Taylor, MI 48180
Rower@taylor.k12.mi.us

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 **Ford Field Championship Games Hospitality**

MHSFCA Members stop by the MHSFCA hospitality room at Ford Field during Friday and Saturday contests! (See NOTES, page 3, for details)

**Winners Circle
Battle Creek
January 21-23, 2010**
New schedule!
See page 9

MHSFCA OFFICERS 2009

PRESIDENT

Brad Grayvold, Norway

1ST VICE-PRESIDENT

Steve Wilson, Fruitport

2ND VICE-PRESIDENT

Jack Wallace, Fowlerville

CHAPLAIN

Loren Willey, Clio

PARLIAMENTARIAN

Dave Woodcock

EXECUTIVE DIRECTOR

Larry Merx, Dexter

DIRECTORS

Region 1

North - Paul Jacobson, Negaunee
East - Pat Maloney, Rudyard
South - Rico Meneghini, Norway

Region 2

Fred Davis, Johannesburg-Lewiston
Ed Schindler, Elk Rapids

Region 3

Tim Parker, Muskegon Oakridge
Jerry Rabideau, Spring Lake

Region 4

Kelly Luplow, Clare
Andrew Pratley, Ogemaw Heights

Region 5

Craig Healey, Flushing
Jim Neumann, Flint Powers Catholic

Region 6

Noel Dean, Lowell
Ralph Munger, Rockford

Region 7

Mark Blaesser, Gull Lake
Jeff Terpenning, Centreville

Region 8

Doug Bess, Battle Creek Central
Ed Greenman, Battle Creek Harper Creek

Region 9

Jack Fairly, Jackson
Rob Zimmerman, DeWitt

Region 10

Scott Farley, Leslie
Tom Walentowski, Ida

Region 11

Dennis Hopkins, Linden
Mike Ryan, Swartz Creek

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, Carleton Airport

Region 15

John Goddard, Royal Oak Shrine
Mike Boyd, Our Lady of the Lakes

Region 16

Andre Harlan, Frederick Douglass
Eric Smith, Detroit Central

Region 17

Gary Griffith, Troy
Keith Stephens, Pontiac Northern

Region 18

Mike Powell, Warren Cousino
Jim Venia, Marysville

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

COMMITTEE CHAIRS

Academic All State

Al Boydston, Caro

All-Star

Gus Kapolka, Manistee

Assistant Coach Award

Dick McGinness, Lake City

Clinic

Al Slamer, Battle Creek Central

Combine Committee

Rod Baker, Dearborn Fordson

Ethics

Wes Wishart, Belleville

Jim Crowley Award

Larry Sellers, Traverse City St. Francis

Finance

Brad Bush, Chelsea

Hall Of Fame

Chuck Ritter, Ann Arbor Pioneer

Historian

Jack Carlson, Holland West Ottawa

Honorary Membership

Roger Bearss, Millington

Leadership

Dave Lawrence, Dexter

Membership

Bob Rowe, Taylor Truman

Placement

Marcus Dukes, Hartland

Parliamentarian

Dave Woodcock

Playoff

Tom Barbieri, Dexter

Political Action

Eric Redmond - Carlton Airport

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

Past Presidents

Dave Driscoll, Jackson Parkside '72-'73

Dutch Schrotenboer, Alpena '74

Bud Breed, Portage Northern '75

Ron Holland, North Farmington '76

Ivan Muhlenkamp, St. Joseph '77

Jeff Smith, East Lansing '78

Harley Pierce, Sturgis '79

Walt Braun, Marysville '80

Jim Ooley, Traverse City '81

Tom Fagan, Ypsilanti '82

Dick Harris, Harrison '83

Arnie Besonen, Owen-Gage '84

Dick Look, Tawas '85

Terry Rose, Stevensville-Lakeshore '86

Mark Covert, Fenton '87

John Dean, Detroit Northern '88

Dan Lauer, Benton Harbor '89

Jim Ahern, Ithaca '90

Tom Moshimer, Plymouth Salem '91

Bob Knight, Portage Central '92

Dave Woodcock, Jenison '93

Dennis Zbozen, Romeo '94

Bill Tucker, Flint Powers '95

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, Taylor Truman '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

NOTES

State Final Games Hospitality @ Ford Field

MHSFCA members are invited to stop by the 7th floor *Rooftop Suite* hospitality room at the State Final games 27-28 Nov. (You must be a member for admission - membership will be available in the Atrium.) Take the Beaubien elevators from the main concourse (near section 105/106 to level 7). Limited refreshments will be available and the room overlooks the playing field. We look forward to seeing you there.

2008 State Champions! Memorabilia Request

If you win your division's state championship game, Ah! MOORE'S, Herman Moore's café at Ford Field, would like to display memorabilia from your team in their large display case at the café. Delegate the job of collecting and transporting materials (helmets, pennants, photos, jerseys, etc.) to your booster club. When you win contact Chris Sanders at Ah! Moore's: 734-788-4398.

Newsletter Delivery

STARTING WITH THIS

October 2009 issue

MEMBER NEWSLETTERS WILL

ONLY BE AVAILABLE ON THE INTERNET

WE NEED YOUR EMAIL ADDRESS!

If we do not have a current email address for you or if there is any question, send your address to

**Membership Chair,
Bob Rowe: Rower@taylor.k12.mi.us**

Paper copies will continue to be mailed ONLY to head coaches, newspapers and colleges.

NEWSLETTER

Encourages Contributors

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

*Deadline for Submissions
for December Newsletter*

— November 15 —

Larry Merx

39 West Judd Rd.

Milan, MI 48160

(734) 604-0765 (C)

Lmerx@MaxPreps.com

MHSFCA Regions & Board Elections - EVEN Regions

In January 2010 at the Battle Creek Clinic, Regional Directors in EVEN numbered regions will be selected. If you are interested in running as a director in an EVEN numbered region, you should contact Larry Merx in writing at 39 Judd Rd., Milan, MI 48160 or by email at Lmerx@Maxpreps.com to have your name placed on the ballot.

If you have changed conference affiliation and it will change your region please contact Dave Woodcock: 8927 Lake St., Newaygo, MI 49337, 616-450-9295 OR Doug Bess: dbess@battle-creek.k12.mi.us.

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

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

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

State of the Association – 2009



*Brad Gayvold, Norway
2009 President, MHSFCA*

The Michigan High School Football Coaches Association's primary goal is to promote high school football in the Michigan. This year we celebrate 37 years of dedication by our many members to achieve this goal. Our membership of over 2,000 coaches continues to expand annually and the association has expanded its base and commitment to include coaches of all levels throughout the state.

This year the 37th Annual "Winner's Circle Clinic" was held in Battle Creek in January. This clinic is one of the most well-attended clinics

in the country. Clinic Director, Al Slamer, once again had an outstanding line-up of coaches including: Rich Rodriguez Head Coach at the University of Michigan, Mark Dantonio Head Coach at Michigan State University, Kirk Ferentz Head Coach at the University of Iowa, and Chris Peterson Head Coach at Boise State. Speakers at the clinic also focused on playoff football, various offensive and defensive schemes, developing winning programs, and numerous experiences to share with others. Also, during the clinic the annual banquet was held to salute State and Regional Coaches of the Year, Assistant Coaches of the Year, Honorary Lifetime Membership, Woman of the Year Awards, Fraser Community Service Awards, Jim Crowley Award, and Steve Spicer Team Leadership Awards. All recipients of these awards were honored for the significant contributions they made. In addition, student-athletes and teams were recognized for their academic achievements through the MHSFCA's Academic All-State program. The MHSFCA has a commitment to recognizing those who place an emphasis on athletic participation and academic achievement.

In the spring the MHSFCA holds its annual Hall of Fame Banquet at the University of Michigan. The Hall of Fame began in 1982 and inducts nominated coaches who have coached a minimum of 20 years and have reached 100 victories. These coaches have had a great impact on their players and communities, and have helped touch the lives of many beyond the gridiron.

In July, the MHSFCA All-Star game is held at Michigan State University in East Lansing. The All-Star teams are

composed of eighty-eight of the finest players in the state to play in one of the premier contests held in our nation. The game is also an opportunity for representation from the Michigan High School Cheerleading Association to have selected squads perform at the game. At halftime the Academic scholarships, the Terry Rose Memorial Scholarship and Youth Football Alliance Award recipients are recognized. The All-Star game saw its 29th year in 2009 and is made possible through tireless effort made by many coaches and generous sponsorship from businesses and individuals.

As the competitive season unfolds and teams look to enter the playoff part of the schedule, MHSFCA Directors are preparing for Coach of the Year balloting, Academic All-State Teams, and the All-Star selection process. Currently, the playoff system which was established in 1975 has expanded to 256 teams in eight divisions. The state championship games are held at Ford Field in Detroit during Thanksgiving weekend.

We are constantly looking for new ideas and for ways to: increase membership, reach out to all parts of the state with more clinic offerings and meeting sites, recognize individuals and teams for their contributions to the game of football, and promote this great game in our great state. The Board of Directors, Committee Chairman, Past Presidents, and Executive Director give selflessly of their time and effort to make the MHSFCA one of the best coaches associations in the country. Although Michigan is a very geographically large and culturally diverse state, we will always do our best in the MHSFCA to keep everyone informed, updated, and included in the promotion of high school football. Please contact our Executive Director Larry Merx if you want to become more active in our association. Together, we can all make a difference in young people's lives and have a positive impact on others through the game of football.

2009 All Star Game Video

A DVD of the 2009 All Star Game produced by Michigan State University is now available.

For a copy, send your check for \$10 made to MHSFCA to:
Larry Rueger, 227 W. Byron
Muskegon, MI 48441.



All Star Game Message:

Fletcher IV, our son, participated in the All Star game last weekend. Following the game, we asked him for his thoughts about the week prior with his teammates and the game itself. He responded, "Mom and dad, it was a life changing experience".

We want to thank you for such a wonderful experience for our son. Please know that we are supportive of your program and would be more than happy to support/help you in the future.

Thanks to the program and, especially, the coaching staff from the West.

Sincerely, Fletcher III & Karen Spears

2009 Hall of Fame

Read what MHSFCA - NATS Director, Rod Baker, Riverview, has to say about several high school football issues on his induction into the MHSFCA Hall of Fame at the NATS website:

<http://nats.us/news/93/237/Coach-Rod-Baker-Inducted-into-MHSFCA-Hall-of-Fame.html>



**Partners
with
MHSFCA**



MaxPreps Sponsors MHSFCA

**Community Service Reading Awards
and the**

Ford Field Finals Hospitality room

The more Michigan Coaches Participate, the higher the level of sponsorship!

Enter Season-to-Date Stats Now

MaxPreps is the most efficient way to keep track of your stats and communicate with

Players • Parents • Media

& IT'S FREE!

If you don't have your Coach Login contact:
Lmerx@maxpreps.com or 845-837-9438



2010 All Star Game Nominations

Nomination Forms will be mailed separately to head coaches

***Selection Committees will use MaxPreps.com for your player's stats. Enter them at MaxPreps.com.**

Game Date TBD (Late June or early July), 2010

Class A schools may nominate three (3) players

Class B schools may nominate two (2) players

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

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

NOTE: Washtenaw, Livingston and Lenawee Counties will join the **EAST** Team for 2010. Coaches mark the appropriate county on the nomination form.

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 essential. Nominate players who will reflect positively on your school and on your community.
3. BEFORE NOMINATING A PLAYER, check with him to be sure that, if selected, he will play in the game.
4. Do NOT nominate players who are considering the service academies (Army, Air Force, Navy, Coast Guard). Because of summer requirements at the academies they 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**. *Do not send video with the nomination form!

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 5** or they may be replaced by an alternate at their position.

If your team does a reading program in one or more of your elementary schools, be sure to submit an application for this award!

CBS MaxPreps.com/MHSFCA Community Service Reading Award

The CBS MaxPreps/MHSFCA Community Service Reading Program is a community service project in which high school student athletes are matched-up with elementary teachers and their students. The high school football players sit-in on the elementary classroom one class period per week, at least during the football season and read to the students.

CBS MaxPreps.com has pledged to fund the Community Service Reading Award. The rate of funding to be based on the percentage of Michigan's football programs that regularly participate in the company's free online stats management and communications services. In the 2008 season, 40%

of our teams submitted stats to CBS MaxPreps. This provided us with two \$500 dollar grants for award winning programs. The grants, to the elementary schools that participated in the reading programs are for the purchase of library books.

Applications

Due: 15 November

Include:

- Your name, school, email, phone and address
- A letter of recommendation from a school administrator in a participating elementary school
- A description of qualifying activities



2009 Football Finals

Finals Preferred Ticket Order Form For Members of the MHSFCA Only

Michigan High School Athletic Association
2009 Football Finals Schedule



Friday, Nov. 27, 2009

Division 8 10 am
Division 2 1 pm
Division 6 4:30 pm
Division 4 7:30 pm

Saturday, Nov. 28, 2009

Division 7 10 am
Division 1 1 pm
Division 5 4:30 pm
Division 3 7:30 pm

MHSAA standard ticket prices are \$10 per day or \$10 per exit and reentry. The MHSAA will extend to the Michigan Football Coaches Association members two options for purchasing tickets at a reduced price. This order form and payment must be received in the MHSAA office no later than Mon., Oct. 26, 2009. Tickets will be mailed to the school for which you coach.

OPTION 1: INDIVIDUAL TICKETS

Friday, Nov. 27, 2009

Division 8
Division 2
Division 6
Division 4

$\left. \begin{array}{l} \text{Division 8} \\ \text{Division 2} \\ \text{Division 6} \\ \text{Division 4} \end{array} \right\} \text{ ______ X \$8 = ______}$
 # of tickets

Saturday, Nov. 28, 2009

Division 7
Division 1
Division 5
Division 3

$\left. \begin{array}{l} \text{Division 7} \\ \text{Division 1} \\ \text{Division 5} \\ \text{Division 3} \end{array} \right\} \text{ ______ X \$8 = ______}$
 # of tickets

OPTION 2: TEAM PURCHASE OF 25 OR MORE TICKETS

Friday, Nov. 27, 2009

25 OR MORE TICKETS ONLY

Division 8
Division 2
Division 6
Division 4

$\left. \begin{array}{l} \text{Division 8} \\ \text{Division 2} \\ \text{Division 6} \\ \text{Division 4} \end{array} \right\} \text{ ______ X \$5 = ______}$
 # of tickets

Saturday, Nov. 28, 2009

25 OR MORE TICKETS ONLY

Division 7
Division 1
Division 5
Division 3

$\left. \begin{array}{l} \text{Division 7} \\ \text{Division 1} \\ \text{Division 5} \\ \text{Division 3} \end{array} \right\} \text{ ______ X \$5 = ______}$
 # of tickets

Total Amount Due: _____

(School check for total amount due payable to MHSAA must accompany order)

Coach Name: _____

Coach Signature: _____

(Coach must be a member in good standing with the Michigan High School Football Coaches Association. Membership will be verified.)

School Name: _____ **School ID:** _____ **Athletic Director Signature:** _____

DEADLINE FOR ORDERING: Mon., Oct. 26, 2009

MAIL TO: MHSAA - 1661 RAMBLEWOOD DR, EAST LANSING MI 48823



Winners' Circle Clinic
January 21-23, 2010

**MICHIGAN STATE
UNIVERSITY**
TBD March, 2010

SAVE \$\$\$ REGISTER EARLY FOR 2010 CLINICS

M UNIVERSITY OF MICHIGAN
8-10 April, 2010

nike
COACH OF THE YEAR CLINIC
March 5-6, 2010

FRANK GLAZIER
MEGA CLINIC™
Multiple Dates

The 2010 clinic package offered by the MHSFCA includes the Winner's Circle Clinic in Battle Creek, The Nike Coach of the Year Clinic in Mt. Pleasant, The University of Michigan Clinic in Ann Arbor, the Michigan State University Clinic in East Lansing and the Frank Glazier Mega Clinics (See page 10 for Glazier Clinics offer to Michigan coaches).

Register early for any combination of clinics listed below For 2010 Glazier clinics' discount to MHSFCA member see page 10. For UM clinic contact michiganfootball@umich.edu to register.

*NOTE: The Winners Circle Clinic will "officially" start on Thursday with Paul Alexander from the Cincinnati Bengals.
On-site registration will begin at 4:00 pm Thursday. Look for more details in the December newsletter!

EARLY-Registration Dates / Cost:

- ☐ MHSFCA, Nike, MSU by Dec 19 \$195
☐ MHSFCA & Nike by Dec 19 \$160
☐ MHSFCA & MSU by Dec 19 \$125
☐ MHSFCA only by Dec 19 \$80
☐ '10 Nike Clinic Manual (Not included in any package) \$22

LATE-Registration Dates / Cost:

- ☐ MHSFCA Winners' Circle Clinic only AFTER - Dec. 19..... \$90

After 19 December

Register directly with Nike, Glazier, MSU & UM

- Nike Coach of the Year Clinic Dec 19-Feb 26 \$95
 Glazier clinics see page 10
 MSU Clinic \$45

**All packages that include the MHSFCA Winner's Circle Clinic
also include membership in the MHSFCA.**

SAVE \$\$\$ - Register EARLY

One coach per registration form! Reproduce this sheet for your staff.

Name

Home Address

City

Zip

Phone -

School Name

E-Mail

☐ # Years ☐ √ if Head ☐ √ if New ☐ √ if New
Coached ☐ Coach ☐ Address ☐ Member

Check #

Amount

Date

SEND TO:

Bob Rowe
8020 Tulane

Taylor, MI 48180

Make ALL Checks Payable to:
MHSFCA

*Registration and credit card payment is
available online @ MHSFCA.com



2010 Michigan Staff Season Pass...***Now only \$299!***

What does the Staff Season Pass include?

ALL THE CLINICS: Attend any or all of our 35 clinics! This includes clinics in Detroit and Grand Rapids plus regional clinics in Chicago, Cleveland, Indianapolis, Cincinnati, Pittsburgh, Minneapolis and more.

ALL YOUR COACHES: An unlimited number of coaches from your program, middle and feeder schools too!

ALL THE ONLINE CONTENT: Attend live online clinics, watch 100s of hours of instructional video, and access our database of clinic notes on every topic imaginable!

MICHIGAN CLINIC DATES

February 11-13 Sheraton Detroit Novi

February 18-20 Crowne Plaza Grand Rapids

DID YOU KNOW...

- 20 of the top 25 schools in Michigan attend Glazier Clinics
- There are **NINE** Glazier Clinics within driving distance of Michigan schools.
- Glazier Clinics have over 100 unique sessions, while most others have 50 or less.

"The Glazier Clinics are the best coaching clinics in the state of Michigan! The sessions are in-depth, the speakers are top notch and our coaching staff learns something new every year."

Elliot Uzelac, three losses in three years at Saint Joseph High School

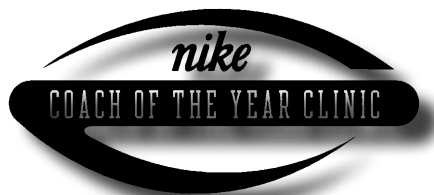
Glazier Clinics is committed to Michigan high school football and has agreed to donate all Season Pass Staff revenues from Michigan schools, beyond the first 220, to MHSFCA. Attend the Glazier Clinics and support the MHSFCA.

WWW.GLAZIERCLINICS.COM

Complete speaker schedules and registration information coming soon.

Nike Coach of The Year Clinic

5-6 March 2010 • Soaring Eagle Casino, Mt. Pleasant, Michigan



Featured Speakers:

Doug Marrone, Syracuse

Mark Richt, Georgia

Dave Wannstedt, Pittsburgh

Mark Snyder, Marshall

Jeff Tedford, California

SAVE \$\$ - Register EARLY

Use Form at Right to Register for the MHSFCA & NIKE Coach of the Year CLINICS!

EARLY-Registration Dates/Cost:

*MHSFCA Winners' Circle Clinic only BY – **Dec. 19**.....\$80

Nike Coach of the Year Clinic only BY – **Dec 19**\$80

09 Nike Clinic Manual (Not included with registration)...\$21

*Youth Coach Rate (Little League) - \$60

***Staff Rate:** Advance rate for six (6) or more coaches from same school - **\$70/each**

(To take advantage of this Staff Rate register directly with Nike Coach of the Year Clinics)

Room Reservations - Call the Soaring Eagle Hotel

(888) 7 Eagle 7 (888) 732-4537) for room reservations • Ask for special clinic room rate.

Nike Duffy Daugherty Coach Of The Year Clinic

Football Clinic Manual • Order Form

You can order your 2010 "COACH OF THE YEAR CLINIC MANUAL" by filling out the form below and sending it to: **Mary Mercure, 2091 Westfield Rd., Trenton, MI. 48183**. Checks should be made out to: "Coach of The Year Clinic. Any 1998-2008 manual will be sent to you immediately while the 2010 manual will be mailed out about May 14, 2010. Each manual contains lectures from the twenty "Coach of the Year Clinics" with some 250+ pages of football information. You may order manuals with your clinic registration.

2010 Manual \$22 / \$32 after 5/14/10.....	<input type="checkbox"/>	2007 Manual \$15.....	<input type="checkbox"/>	2004 Manual \$15.....	<input type="checkbox"/>
2010 HS Manual \$22 / \$32 after 5/14/10.....	<input type="checkbox"/>	2007 HS Manual \$15	<input type="checkbox"/>	2003 Manual \$15.....	<input type="checkbox"/>
2009 Manual \$20.....	<input type="checkbox"/>	2006 Manual \$15.....	<input type="checkbox"/>	2002 Manual \$14.....	<input type="checkbox"/>
2009 HS Manual \$20	<input type="checkbox"/>	2006 HS Manual \$15	<input type="checkbox"/>	2001 Manual \$10.....	<input type="checkbox"/>
2008 Manual \$20.....	<input type="checkbox"/>	2005 Manual \$15.....	<input type="checkbox"/>	2000 Manual \$10.....	<input type="checkbox"/>
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Please add \$2.00 per manual to cover shipping. (In Canada please at \$7.00/manual) Number Ordered

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2009 Game Sees Record Number of Points, 65, (Combined) in the West's Win

by Gus Kapolka, All Star Chair

The 29th installment of the MHSFCA All Star Game saw the West defeat the East 43-22 in an exciting game that saw the implementation of the All Star Scoring rules (12 point deficit rule) for only the third time in the game's history. The 29th MHSFCA All Star Game was an enjoyable experience for the coaches, players, and support staff who spent a week preparing.

I would like to congratulate both teams for a well played game, and congratulate the West All Stars for their victory. Both coaching staffs did a tremendous job preparing throughout the year for the game, and their conduct during the week was exemplary.

I would also like to thank all MHSFCA regional directors, and All Star Committee Members who donated their time to make the game possible: Troy Nezki, Ricco Meneghini, Tim Baker, Larry Rueger, Tim Parker, Fred Davis, Dick McGuines, Keith Froleich, Jim Buttson, Craig Healy, Loren Wiley and Tom Barbieri. I would also like to thank MSU head coach Mark Dantonio, and High School Liaison Dino Folino for their hospitality.



For complete stats go to

MHSFCA.com

**After 29 Years
East Leads Series by 1
East 22 – West 43**

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
2007	WEST	9	East	7
2008	EAST	9	West	0
2009	WEST	43	East	22

Right: Half time awards included awarding the ten MHSFCA competitive scholarships and, pictured, Scholarship Chair Mike Wojda presenting the Terry Rose Memorial Scholarship to Chelsea Gilbert (Father, Steve Gilbert - Grosse Pointe South)



Box Score East vs West

July 19, 2008 At Lansing Michigan

Score By Quarters	1	2	3	4	Score
West	3	10	21	9	43
East	0	9	0	13	22

Series Record: East 15 West 14

Scoring Summary:

1st 00:43 West - Spears 37 Yd Field Goal, 9-25 3:56, East 0 - West 3
 2nd 08:10 West - Spears 42 Yd Field Goal, 7-18 3:41, East 0 - West 6
 05:18 West - Leister 1 Yd Run (Spears Kick), 4-53 1:27, East 0 - West 13
 01:59 East - Sturgis 33 Yd Pass From Hargraves (Muma Kick Blockd), 6-46 3:07, East 6 - West 13
 00:19 East - Muma 41 Yd Field Goal, 5-32 0:46, East 9 - West 13
 3rd 10:14 West - Kruzell 3 Yd Pass From Leister (Spears Kick), 3-6 1:29, East 9 - West 20
 05:10 West - Williams 50 Yd Run (Spears Kick), 5-66 2:20, East 9 - West 27
 00:00 West - Booker 3 Yd Run (Spears Kick), 7-64 3:21, East 9 - West 34
 4th 09:40 East - Hurst 3 Yd Pass From Copacia (Muma Kick), 6-55 2:08, East 16 - West 34
 09:23 East - Hurst 79 Yd Pass From Sturgis (Muma Kick Failed), 1-79 0:10, East 22 - West 34
 08:47 West - Gulvas Safety, , East 22 - West 36
 01:50 West - Hemphill 47 Yd Interception Return (Spears Kick), , East 22 - West 43

	WEST	EAST
First Downs	8	13
Rushes-Yards (Net)	21-5	61-185
Passing Yds (Net)	105	33
Passes Att-Comp-Int	24-8-1	9-5-0
Total Offense Plays-Yards	45-110	70-218
Fumble Returns-Yards	0-0	0-0
Punt Returns-Yards	1-14	1-18
Kickoff Returns-Yards	3-23	1-20
Interception Returns-Yards	0-0	1-0
Punts (Number-Avg)	4-47.8	4-31.0
Fumbles-Lost	2-2	3-0
Penalties-Yards	3-37	2-24
Possession Time	14:28	33:32
Third-Down Conversions	1 of 10	9 of 20
Fourth-Down Conversions	0 of 4	0 of 3
Red-Zone Scores-Chances	0-1	3-4
Sacks By: Number-Yards	0-0	2-10



Top Right: Ed Schindler, Elk Rapids, presents Mike Artley, Clarkston, with the Alliance Award for his contribution to Youth Football.

Lower Right: Game action between Matt Eacker, Muskegon Oakridge and an unidentified East player.



Attention All Football Coaches! Wive's Club Initiated

Think about the numerous things your wife does to help make your football program successful. From cooking dinner, to organizing fundraisers, to working at football camp, to making highlight tapes, to cheering from the sidelines, your wives play many important roles.

To help football wives have a support system of women that understand the trials and tribulations and excitements and joys of being a football coach's wife, we are organizing a "club" within the MHSFCA.

Plans are being made now for an active group. Be sure to pass this information along!

For more information and to become a part of this exciting new group, please contact:

Erin Coon
erinjocoon@gmail.com
231-597-8541

We are open to any and all ideas and suggestions!

Northern Michigan Video Productions



Contact: Greg Wood
Phone: (989) 387-1643
email: gregwood@northernmvp.com
or



Check us out on the Web at www.northernmvp.com

MHSFCA Sale!

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How should you warm-up?

One of the most misunderstood and controversial areas in developing young athletes is how to warm-up for activity. When considering a warm-up, it is important to understand what the end goal is. A proper warm-up should consist of the following elements: elevation of muscle/body temperature, increase blood flow and respiration and enhance coordination, balance and movement efficiency (neuromuscular firing patterns). By completing these objectives, an athlete is ready to move into functional activities.

Several common mistakes are made when warming-up. The first is using aerobic conditioning prior to training, practicing or competing. While aerobic conditioning does increase body/muscle temperature, it fails several ways. Energy reserves may be diminished which in turn decreases the ability to produce speed and strength. Since aerobic conditioning is seldom done with concentration on form and technique, it does not require a proper stimulus to heighten activity in the neuromuscular system.

Static stretching is another common area that fails to improve performance. Pre-workout static stretching can actually reduce performance and predispose to injury by upsetting the body's ability to balance mobility and stability. The main purpose of muscle is to provide movement to joints (mobility) while dynamically protecting them from going beyond their natural limits (stability). By stretching past the normal limits of the muscle, the joint is allowed to go past the point that the muscle can protect.

A dynamic warm-up consists of activities designed to move joints throughout their natural range of motion while providing the neuromuscular system with progressively more complex stimulation that will "turn

on" muscle firing patterns and provide feedback to the muscles and joints to assist in injury protection. These activities prepare the athlete to train, practice and perform the assigned tasks more efficiently and effectively.

Here is an example of a dynamic warm-up that we use:

Toe walks	Heel walks
Forward lunges	Backward lunges
Crossover lunges	Lateral shuffles
Carioca	High Knees
Skiping	Retro runs
Forward lean sprints	

All of these should be performed for 10-15 yards while progressively increasing speed and intensity. With proper technique and coaching, functional mobility, strength, coordination and balance will increase while decreasing your athletes' chances of injury.

Kevin Westrick, ATC, Vice President of Operations,
FAST Physical Therapy/FAST Athlete
Traverse City & Elk Rapids, MI
Defensive Coordinator- Elk Rapids High School

**Available at
MHSFCA.com**

Alliance Award Nomination Form

Future Teachers/Coaches Information Sheet

MHSCA/Gatorade Coaching Service Award Certificates

Placement Bulletin Vacancy Form

Scholarship Application Forms

**Michigan High School
COACHES Association Hall of Fame**

Criteria for application: Only persons who have coached and/or directed a secondary school athletic program for 25 years or more and actively coached in Michigan for a minimum of 10 years are eligible for the Hall of Fame. The applicant must have been a member of the Association (MHSCA), in good standing and an active member of the Association two years prior to induction into the Hall of Fame.

Contact:
Rich Tompkins. 9 S Lighthouse Drive, Mears, MI 49436
(231-873-4498) Residence • (231) 873-5003 Fax
E-Mail: RTompkins@oceana.net

Nominations Due by November 15

Jim Crowley Award

The Jim Crowley Award is given in memory of the late, former head coach at Jackson Lumen Christi High School, a great coach and dedicated family man who was tragically killed at the height of his career. The award honors individuals who have made special contributions to the game of football and the Michigan High School Football Coaches Association.

If you would like to nominate an individual for this most prestigious award, please send a letter of nomination.

Send nominations to:

*Larry Sellers
4380 Ridgemoor Dr.
Traverse City, MI 49684*

Hall of Fame

100 Career Wins
and/or 20 Years Coaching!
If you are aware of deserving Michigan High School Football Coaches who meet either of these two criteria and are not yet members of the MHSFCA Hall of Fame nominate them now. Don't assume someone else has taken the initiative!

To nominate a coach for membership in the Hall of Fame a letter is required. It must be received by Jack Carlson, MHSFCA Historian, before November 15 so that the nomination can be confirmed and considered at the Winter Board of Directors Meeting.

Send nominations to:

*Jack Carlson
MHSFCA Historian
2195 Lakeridge Drive
Holland, MI 49423*

Assistant Coach of Year Award

The award for Assistant Coach of the Year now includes a category for a coach who has been a head coach, then returned to an assistant position in order to stay active in the sport. A nomination form, included in the school edition of this Newsletter points out the requirement of ten years experience as an assistant. Due November 15.

Nominees MUST BE MEMBERS of the MHSFCA!

Send nominations to:

*Dick McGiness
PO Box 663
Lake City, MI 49651*

Nominations for the Fran Herrington Woman of the Year Award

The Fran Herrington Award is presented in the memory of the late wife of John Herrington from Farmington Hills Harrison. Fran was a tremendous part of their foot-

ball program and school community who gave tirelessly of her time and energy. She helped in creating a successful football program in her community, and she also worked on a number of projects for the MHSFCA. This award is presented annually to recognize and honor those women who have contributed their time, energy and expertise in promot-

ing high school football in their community and the state of Michigan. We are currently looking for nominations for the 2008 award, to be presented in Battle Creek in January.

Nominations Due: November 15.

Send nominations to:

*Steve Robb
Milan High School
(734) 439-5060
robb@milan.k12.mi.us*

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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: Bob Rowe
8020 Tulane, Taylor, MI 48180
Lifetime Membership Fee \$100

MHSFCA Newsletter Delivery

Member Newsletters will be available on line only starting with the **October 2009 issue.**

If there is any question about whether we have your correct email address, send it to

Bob Rowe

Rower@taylor.k12.mi.us

MHSFCA Membership Benefits

Did you know that:

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



GENERAL LIABILITY PROGRAM

Coverage is provided to your State Association and Members through the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors.

CARRIER

Lexington Insurance Company
("A+" A.M. Best)

POLICY PERIOD

August 1, 2008 - August 1, 2009

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$1,000,000	General Aggregate
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 50,000	Fire Damage
Excluded	Medical Payments

NATIONAL ORGANIZATION OF COACHES
ASSOCIATION DIRECTORS

NOCAD



CAMP COVERAGE

Today, most coaches are involved in some type of sports camps. Coverages such as General Liability and Accident Medical for your participants are available to all member coaches through your State Associations master policies. Please note that our current General Liability Program follows all members while working at camps and/or conducting their own personal camp.

CERTIFICATE OF INSURANCE & PARTICIPANT ACCIDENT

- If you have a camp and require proof of insurance certificates are at no additional charge.
- If you have a camp and require a certificate of insurance naming an Additional Insured the cost is \$300.00.
- Participant/Accident Coverage must be in place for all participants prior to the issuance of a certificate of insurance naming an Additional Insured.
- Certificates of Insurance and Participant/Accident request forms are available through your State Association.

For any additional information
please contact your
State Association office
Greg Joly, Kevin Joyce or Karen Boller
Loomis & LaPann, Inc.
800-566-6479
gjoly@loomislapann.com
kjoyce@loomislapann.com
kboller@loomislapann.com
www.loomislapann.com

**MICHIGAN HIGH SCHOOL
FOOTBALL COACHES ASSOCIATION**

39 Judd Rd.
Milan, MI 48160

When Finished Please Route to:

- ☐ Superintendent
☐ Assist. Principal
☐ Athletic Director

Little Ceasar's Pizza Bowl

Kick-Off 1:00 • Saturday, December 26, 2009

Free Tickets for MHSFCA Head Coaches:

You will receive an email from the Little Ceasar's Pizza Bowl with details.
Bring Your Team to Ford Field for the 2009 Little Ceasar's Pizza Bowl!

If you do not receive an email from MotorCityBowlHStickets@gmail by 6 Nov 09,
Contact: Bobby Popp: 517-339-1888, 6218 Columbia St., Haslett, MI 48840. Deadline for requests - Dec 1, 2009.

MAC vs. Big Ten!



**MEMBERSHIP APPLICATION FORM
2009-2010**

Send to: Mr. Bob Rowe
Membership Chairman
8020 Tulane
Taylor, MI 48180

☐ Joint MHSFCA / MHSCA / NHSCA (\$25) ☐ No longer coaching

Name _____

School _____

School Address (Street) _____

School Address (City, St. Zip) _____

Position _____ Total Years Coaching _____

Home Address (Street) _____

Home Address (City, St. ZIP+4) _____

Phone (H) _____

E-mail _____

**MHSFCA
Newsletter
Delivery**

Member Newsletters will
be available to members on
line only starting with the
This 2009 issue.

If there is any question
about whether we have
your correct email ad-
dress, send it to

Bob Rowe

Rower@taylor.k12.mi.us

Membership runs September - August
Battle Creek Clinic Registration includes membership starting the following September