

# Executive Committee Meeting Minutes

## Doubletree Hotel, Wednesday, September 17th @ 10:00 AM

### I. Call to order- R. Stolski

### II. Attendance:

**Present:** Marc Bachman; Jim Dotseth; Jeff Ferguson; John Gross; Paul Lemke; Dave Nelson; Dave Nigon; Gary Sloan; Ron Stolski; Rick Sutton; Scott Tschimperle; & Jeff Weiland. **Absent:** Claud Allaire; Dave Fritze; Beau LaBore; Flint Motschenbacher; & Will Wackman

### III. Approve 5/4/14 minutes

- a. Minutes approved - Jim indicated that the minutes were reconstructed minutes, as a result of loss of the original

### IV. Additions/deletions to agenda

- a. None

### V. Reports

#### A. Financial Report (Dotseth)

- Approved – future income and expenses will need attention as expenditures have exceeded income the past two years.

#### B. President's Project (Ferguson)

- Other states are ahead of Minnesota in establishing acclimatization & summer practice restriction guidelines. Jeff is working with the MSHSL to establish guidelines for both.
- A survey was sent out to all the MN head coaches.
- **Coaches Survey – what we hope to accomplish in a new policy:**
  - a. Provide an acclimatization period before full pads / full contact can occur
  - b. Allow players to wear and adapt to their protective gear
  - c. Allow adequate time to teach safe and proper techniques
  - d. Limit the total number of days of summer practice
  - e. Limit the length of each individual practice
  - f. Prescribe adequate rest between practices if more than one practice is held in a day
  - g. Define “Contact Practice\*” (i.e, full contact blocking & tackling as simulated in a game, wearing full pads)
  - h. Define, “Restricted Contact Teaching Period\*” (i.e, teaching safe & proper block, shed, tackle techniques while wearing helmets & shoulder pads for protection. Contact above the hips only; no cut blocking or tackling or use of the head)
- **Survey question #1 - At least 1 day of practice with helmets & mouth guards only, followed by at least 2 days of restricted contact practice\*, BEFORE practice in full pads with full contact\* is allowed.**
  1. **Results of Question #1 (166 respondents out of 380)**
    - a) Very satisfactory – 38%; satisfactory – 45%; unsatisfactory – 17%. A motion was made to support the statement. For – 12; Against – 0
- **Survey Question #2 - A maximum of \_\_\_ practice days is allowed. This would include days spent at a “Team Camp”.**
  1. **Results of Question #2 (166 respondents out of 380)**
    - a) No more than 11 days – 56%; 11 is too many – 27%; 11 is not enough – 17%. A motion was made to support a limitation. For – 12; Against – 0
- **Survey Question #3 - Restricted to 2 hours or less including warm up and conditioning. At least 2 hours of recovery between practices. (The 2 hours DOES NOT include strength training.)**
  1. **Results of Question #2 (166 respondents out of 380)**
    - a) Very Satisfactory – 23%; satisfactory – 40%; unsatisfactory – 37%. A motion was made to support the statement. For – 12; Against – 0.

#### C. MSHSL update (Merkle)

FOOTBALL ADVISORY COMMITTEE

September 10, 2014

MINUTES

1. The Activity Advisory and Representative Assembly processes were reviewed. The timeline for Activity Advisory Committee recommendations is – **October 15, 2014**. The same deadline is in effect for Representative Assembly Amendments.
2. The 6A seeding proposal that was submitted, but not approved last year was reviewed. With a unanimous vote the committee decided to re-submit this proposal. Kevin will check with Kelly Sherwin and Rick Sutton to see if there needs to be any updates before it is re-submitted. No other recommendations are being considered at this time.
3. The tournament format for 2014 and 2015 was reviewed. Quarterfinals same as in the past. Semifinals at metro sites and St. Cloud and finals at U of M. Plan is to rent headsets to use for sideline communications at U of M. According to feedback from the committee we will need up to six phones in both the press box and the sidelines.
4. The calendar for 2015 was reviewed. First practice on August 10, no scrimmages and first game can be played on Saturday, August 22. Games may not be played prior to the 22<sup>nd</sup>. The regular season will end on either October 8 or 9, with first round section games on either October 13 or 14. Section finals must be complete no later than October 24; State QF's October 29-31; Semi's November 5-7 and Prep Bowl November 13 and 14.
5. District Football was reviewed. All Districts have established sub-districts. Some have finalized schedules and others are a work in progress. Schedules should be final by mid to late October. There are some issues but overall cooperation has been good, and schools have worked together in making this system work. Although it was not the intent of this change, then new system is creating some opportunities for teams to have more competitive games than in the past.
6. The concerns with the Spalding Football were discussed. The balls available this year are better than last year, but there are still issues with the shape, and the ball not holding up – both from use and also from water. Spalding has developed a new ball for next year. A couple of coaches have seen this ball and the initial reaction has been good. The shape and design is different, however, we have no idea of how these balls will hold up. Kevin will check with Spalding to see if there is any way to use the new ball for the playoffs this year, but that is unlikely. As of now Spalding balls will have to be used for State Tournament games (beginning with the quarterfinals). Kevin will continue to communicate with Spalding and will communicate with the MFCA and/or all head coaches as is necessary in regard to this issue.
7. The issues surrounding safety were discussed – helmets, concussions and other safety issues. The media continues to keep these issues “on the front page.” Some of this attention is good, but it is also hurting. There is evidence that this has impacted participation at some schools. The MSHSL, MFCA, schools and individual coaches must continue to share the positive messages. Football is safer now than ever before; we are teaching and training students to play the game safer; when concussion do occur 95% of the time the symptoms do not last longer than 2 weeks; and that even Doctors say that the benefit of football far outweighs the risks. The MFCA will discuss this or at their Executive Committee Meeting, looking for ways to be more proactive in sharing the positive message. Video, media coverage during playoffs, talking points, etc.
8. Safety policies were reviewed. The limit on participation rule has been passed. A rule that limits what can occur during the summer has been passed and will be in effect for 2015. Kevin and members of the MFCA are looking at revisions to the policy in light of new information in regard to concussions and the information from the NFHS Concussion Summit. The MFCA would like to limit the total number of days that there can be practice and there will also be limits on the amount of contact. Biggest question is how far practices can be spread out, without having to repeat the acclimatization process. The impact this will have on summer camps at colleges was also discussed. **Policy will be in effect for 2015 with or without revisions.** The other policy that is being developed is in regard to pre-season practice in August. That will limit the number of two-a-days; length of practice and will likely require a period of rest between practices. Several coaches shared concerns about the amount of rest between practice as they bring their athletes in for one longer time frame, instead of two separate practices. Kevin will continue to work closely with Jeff Ferguson and other members of the MFCA and the Sports Medicine Advisory Committee as these policies are developed. The results of the recent survey done with coaches will also be reviewed and considered as policies are developed.

9. The committee discussed possible changes in the practice schedule for 2015, in light of the shortened pre-season timeline. Coaches were in favor of having the opportunity to practice on Saturday, August 15 – without pads (helmets only?). Also look at allowing extra time for walk-thru's during the first or second week. Coaches would like to get into shoulder pads sooner – to protect players. A suggestion was made to look at allowing some time in shoulder pads on the second day of practice, for a period of time – for example 30 – 45 minutes. Then increase that time as the week goes on.
10. Possible rule changes were discussed. There is concern with the Bunch Kick, but members of the committee have not seen the “pop-up” kick. Offensive holding behind the line of scrimmage continues to be an issue and concern. Was submitted as a change to the national committee by Kevin and several others, but does not receive enough support to pass. The possibility of eliminating the free blocking zone was discussed. Coaches are in favor of eliminating the free blocking zone when the QB is not under center. There is mixed feelings on eliminating altogether. They questioned how this would affect the defense and whether they would be able to continue to stay low and make contact low???
11. Other issues:
  - a. Coaches liked the improvements in the online meetings
  - b. Positive comments about the sexual harassment piece that was done and Why We Play.

#### **D. Ex. Director Report (Stolski)**

- **Six stages of a project:**
  - a. Enthusiasm
  - b. Dissolution
  - c. Panic
  - d. Search for guilty
  - e. Punishment of innocent
  - f. Praise & honor for the non-participating
- Ron emphasized #8, 9, & 10 above.
- **Need to check with Merkle about practice on Saturday, August 15<sup>th</sup>.**
- **Presently working with the Vikings and their Director of Youth Football, E.J. Henderson, to promote and enhance the image and benefits of participating in football.**
- **A Starting Point:**
  - Dr. Sandra Bond Chapman, founder of the Center for Brain Health at the U of Texas/Dallas stated, “the benefits of youth football to health and well-being exceed the risk of permanent brain injury. In most cases, concussions can be treated and cognitive function can be regained”. In her presentation at the 2014 AFCA convention, Chapman shared a number of important facts of which coaches should be aware. She mentioned the following factors coaches can use when discussing the values of playing football.
    - a. PLAYING FOOTBALL AND OTHER SPORTS PROVIDE RICH AND PROVEN OPPORTUNITIES THAT:
      1. Inspire youth to embrace and optimize their emerging potential.
      2. Prevent and mitigate risks of lifelong addictions to nicotine, alcohol, and drugs.
      3. Ward off depression by increasing dopamine through thrills of camaraderie and shared purpose.
      4. Expose young people to healthy role models, such as coaches and mentors outside the family circle.
      5. Strengthen a commitment connection to schoolwork and activities.
      6. Reduce addiction to gaming technology.
      7. Provide regular exercise to stay physically and mentally fit while elevating mood.
      8. Strengthen cooperation, social cognition, and friendship skills.
      9. Build leadership skills through actions and empathy.
      10. Maintain better sleep habits at a time of life when the sleep cycle is disturbed and more sleep is required.
- Suggested PSA's by players to state reasons “why I play football”.

#### **E. Membership (Motchenbacher)**

- Currently at 940 – 85% of last year's total.

## **F. Mr. Football (Sutton)**

- November 30<sup>th</sup> at the Doubletree with a breakfast banquet in coordination with the Viking All-Star team introduction at the noon Viking game.
- Nomination deadline November 7<sup>th</sup>.

## **G. Scholarships (Wackman)**

- The scholarship committee thinks 16 scholarships is a great number. We would like to see more applicants. We hope the conference reps can promote this outstanding program. I will be working with Rob Nielsen to get it prominently posted on the website at an earlier date this year. We appreciate the work that Jim Dotseth does in terms of getting the scholarship money to the correct institutions.
- The scholarship of Jeff Fasching was returned by the U of M because he is on a baseball scholarship.
- No action taken on having 17 scholarships for 2015.

## **H. 2014 September All Star Report (Fritze)**

The 2014 game week was fantastic:

Players stayed and practiced at St. John's

No issues to report, and St. John's is a wonderful host

We have an agreement to conduct All Star week there again next year

Game day attendance was down a bit, I believe due to the weather (but not too much)

### **Tackle Cancer Kickoff**

The All Star Game has been designated as the official Tackle cancer kickoff to the fall season

Randy Shaver traveled to St. John's 3 times during the week

Wednesday with Dr. Yee from the U of M to speak to the players

Friday night he spoke at the banquet

Saturday he spoke at halftime

We raised almost \$1500 to kick off the Tackle Cancer season

The game was at St. John's for the first time

St. John's was a great host

The game/stadium was just fine

After careful consideration, the All Star Board decided to move the game back to St. Cloud St. for 2015

At our recent Board meeting, a decision was made to study the possibility of conducting the game in late November or early December.

Our Historian (Dave Giles) has researched other states across the country and found that there are 17 All Star games conducted during the school year

We appointed a sub-committee to study the feasibility of conducting our game shortly after the Prep Bowl

We hope to share that report with this committee at our next meeting

As always, if you have any suggestions that will make our game better, please share them with me.

Respectfully submitted,

Dave Fritze (651-230-1007)

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## **I. Hall of Fame (Tschimperle & Lemke)**

- No new nominations. Currently have a good pool of nominations

## **J. Awards Committee (Dotseth)**

## **K. Awards Banquet (Nelson)**

- Discussion about upgrading some of the awards
- Possible sub-district COY in the future

## **L. Tackle Cancer (Nelson)**

- 162 schools this year; 167 last year
- 20 colleges.....all of MIAC. Most of Northern Sun conference
- Tackle Cancer game at the U of M is on 10/20
- Tackle Cancer Viking game is on 10/28 – phenomenal support
- Nigon Recommended a presentation be made at the AFCA convention.

## **M. Recruiting Fair (Ferguson)**

### **N. MFC Clinic (Stolski)**

- Claud is lining up good people
  - a. Currently have Joe Glenn and South Dakota staff.
  - b. Joe Ehrmann will speak Thursday night.....cost is being shared with the A.D.'s
  - c. Andy Bischoff – Chicago Bears
- Contact committee member with ideas.

### **O. NFF (Nigon)**

- Motion to fund another \$2,000 scholarship - passed

### **P. Retired Coaches (Gross)**

### **Q. Community Service (LaBore)**

### **R. Concussion Awareness (Bachman)**

- SG helmets sales have gone way up (Simpson Racing Helmets)
- Possible sponsor

### **S. Everything but X's & O's Clinic (Weiland)**

- Haven't decided on a date – possibly on January 10<sup>th</sup>.....Hamline Clinic is on the 17<sup>th</sup>.

## **VI. Old Business**

### **A. Summer Football**

- a. See Ferguson and Merkle report above.

### **B. 6A Playoff Proposal**

- a. See Ferguson and Merkle report above.

## **VII. New Business**

### **A. 2nd Vice President (1A, 4A, 2A, 6A, 9M, 5A, 3A).**

- a. The committee will nominate John Clark, Jr., Mahnomen as 2<sup>nd</sup> Vice President

### **B. District Football/Conference Reps**

- a. How to transition from conference reps to a potential sub-district rep committee will be the project of Scott Tschimperle (2015-16 MFCA President).

### **C. “Leading By Example, a project to Enhance the image of our Game”**

- a. See Stolski report above

**Next Conference Reps meeting: Friday, November 21<sup>st</sup> at the Doubletree at 9:00 AM**

**Executive Committee Meeting: Friday, January 2, 2015 @ 9:30 AM at the Doubletree**