



# Michigan High School Coaches' Association

Founded: August 15, 1955

The Michigan Coach

Visit Our Website at: [www.mhsca.org](http://www.mhsca.org)

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## May 2017

### Special points of interest:

- *NHSACA Convention June 17-22 Embassy Suites, East Peoria, ILL*
- *MHSCA, NFHS & NHSACA 2018 Nomination for Coach of the Years Due July 1*
- *BOD Fall Board Meeting & HOF Inductions Sept. 19, 2017 @ CMU Mt. Pleasant*

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### The Rich Tompkins Multi-sport Athletic award sponsored by Addix 2016-17 STATE WINNERS

The Michigan High School Coaches Association (MHSCA), the professional organization of high school coaches and athletic directors, has recognized an Senior Athlete in your school as one of state nominees of the MHSCA's Rich Tompkins Multi-Sport Athlete Award winners. Thank you for nominating your athletes.

The Rich Tompkins Multi-sport Athletic award sponsored by Addix recognizes the accomplishments of student athletes who have excelled in a variety of athletic, academic, school and community endeavors. These many student athletes were nominated by school administration based on her three seasons of interscholastic

athletic participation in four years of high school and their accomplishments as a scholar and as an active participant in additional school and community activities.

The 2017 student-athletes that were selected as the State winner for the Rich Tompkins MHSCA Multi-Sport Athlete Award Honors were:

Female finalist Class A Katelyn Jones, of Owosso, Class B Layna of Vicksburg, Class C Marissa Payne of Concord, and Class D, Linnea McDonough of Pentwater.

Male Finalist; Class A, William Fealko of Port

Huron Northern, Class B Brendon Fraser, Notre Dame Preparatory School & Marist Academy, Class C, Gabe Calley of Traverses City St. Francis, Class D Jacob Martin of Athens Jr./Sr. High School.

THANK YOU to Coach Merx for working on selection of award winners and to Trisha Williams for creating the nomination form. Since the implementation of the program in 2015, we have received robust feedback on the impact of the program.

THANK YOU Larry, Patti and Trisha

### Sponsors & Partners with the MHSCA



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# MICHIGAN INTERSCHOLASTIC GOLF COACHES ASSOCIATION

## MIGCA WINTER CLINIC RESUMES- HUGE SUCCESS!!

After many years of being off the schedule, the Michigan Interscholastic Golf Coaches in conjunction with the MSU men's golf program, once again held a Winter Coaches Clinic on February 18<sup>th</sup> at the Lasch Family Golf Center on the campus of MSU. Casey Lubahn, Head Golf Coach at MSU and Dan Ellis, Assistant Golf Coach at MSU along with Nick Pumford, Head Golf Coach at Oakland University and Gary Bissell, Head Coach at Grand Valley State were the guest presenters. Mark Dantonio, MSU Football coach was a special guest speaker. Coach Dantonio relayed some great advice telling coaches, "Have goals for your program, have philosophies that you believe in and be consistent. The High School coaches received great golf specific information along with team administration ideas and nutrition and fitness plans. Surveys were handed out and results all showed an overall extremely positive experience for every coach and appreciation of the great job the guest coaches did.

Article compliments of Debbie Williams-Hoak from Saline



## MICHIGAN HIGH SCHOOL FOOTBALL COACHES ASSOCIATION

### Promoting Michigan High School Football

The primary purpose of the Michigan High School Football Coaches Association is to "promote high school football in the State of Michigan". One of the ways we're doing this is a project we initiated a couple years ago, an educational outreach to prospective players' parents.

During the summer of 2015 we kicked off the project with a set of materials under the title, *Safer Than Ever*, (in partnership with the MHSFCA) explaining how the game: practices, equipment, drills, rules, etc. have changed to make the game safer.

Last fall we did a series of interviews with high school senior players, administrators, and coaches. We asked high school students and football players to think about how their participation in the game had made a difference in their lives/What they've learned "about life" by playing the game? We asked high school leaders and coaches and a couple college players to think about how football has made a difference in their life and in their school. The responses, of course varied - greatly - but consistent mention of community and team pride and loyalty, comradeship, improved discipline in the classroom and in life were recorded. These interviews were "un-coached, unedited" and all were included. They are still available at MHSFCA.com. Click on the "Find Us on Facebook" button.

This winter we did an internal survey asking members of our Board of Directors what their observations were about the reasons middle school and high school football numbers are decreasing.

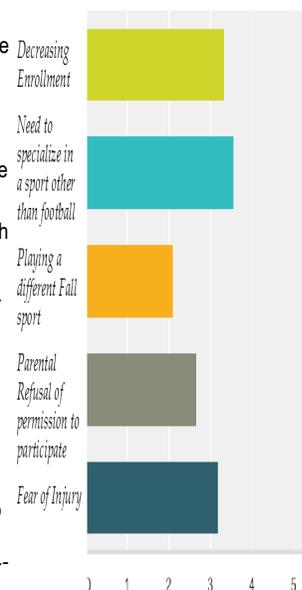
The top (perceived) reason for players not continuing to play football while in high school, the "perceived" need to specialize in a sport other than football, is revealing. This is despite ample research (as an example see: <https://www.nfhs.org/articles/the-importance-of-multi-sport-participation>) and statements by major college coaches about their desire to recruit athletes who have participated in a variety of sports and activities in high school (see: <https://brokenclipboard.wordpress.com/2016/03/13/the-benefit-of-being-a-multi-sport-athlete>). There is still that perception - by many - that specialization will improve opportunities to play at the next level.

The second (perceived) most important reason for decreasing participation, decreasing enrollment, is something we can't control as Michigan's school age population decreases.

To address the fear of injury (which most likely contributes to parental refusal of permission) we have partnered with Dr. Jeffrey Kutcher and the Core Institute to educate our coaches and, in turn, the parents of prospective high school players. Kutcher is a board-certified Sports Neurologist, specializing in sports related concussion and neurological disorders in athletes. Kutcher currently serves as the National Director of The Sports Neurology Clinic at The CORE Institute. (see <https://thesportsneurologyclinic.com/physicians-staff/jeffrey-kutcher>).

Our next step in the process of promoting our sport will be to convene a focus group of parents of middle school and high school students. This is scheduled to get started at the end of June. We hope the focus group will help us identify a "message" that will help to dispel the qualms parents have about allowing their kids to play high school football; that it will help us identify the most efficient method of getting that message out to parents and That it will suggest a creditable messenger.

The first meeting of the focus group is scheduled to happen in Chelsea. We have a core of volunteers for the group - but would like to sign-up a few more parents to participate. If you know someone in the Chelsea/Lansing/Jackson/Ann Arbor area who might be willing to volunteer for this project, please have them contact Larry Merx at [LarryMerx@gmail.com](mailto:LarryMerx@gmail.com), 734-604-0765 as soon as possible.



# Associations Clinic Updates 2017-2018

Baseball: January 12-13, 2018  
Site: Soaring Eagle, Mt. Pleasant

Basketball: October 14 & 15, 2017  
Site: Oakland University

Bowling : TBA  
Site: TBA

Cross Country: November 9-11, 2017  
Site: Comfort Inn, Mt. Pleasant

Competitive Cheer: TBA  
Site: TBA

Football: January 2018  
Site: TBA

Golf: February 18, 2018  
Site: MSU Golf Facility

Gymnastics : N/A

Ice Hockey:

Lacrosse: HOF: May 13 @ Northville  
Site: TBA

Skiing: N/A

Soccer: N/A

Softball: February 10-11, 2018  
Site: Causeway Bay, Lansing

Swimming: September 15, 2017  
Site: McCamly Plaza Hotel

Tennis; February TBA, 2018  
Site: Troy Marriott

Track & Field: February 2-4, 2017  
Site: Causeway Bay, Lansing

Volleyball: April 21-22, 2017  
Site: East Lansing High School

Wrestling: November 2017  
Site: TBA

MIAAA: March 16, 2018  
Site: Traverse City

## SUMMER CAMP LIABILITY INSURANCE

Planning a summer camp or clinic you can go to the web site and fill out an online request for give them a call for NOCAD Certificate of Insurance Request Form

If you have any questions or issues filling out the form, please contact us at 800-566-6479.

The following is a sample list of some major coverages and exclusions for coaches who are members of the MHSCA. For a complete description of the scope and

limitations of coverage, you must request a copy of the policy itself. Coverages Provided by this Policy Educators Professional Liability Participant Legal Liability for insured members Liability assumed underinsured written contract.

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 who coach at an All Star game that is not approved by a member state coaches association.

For any additional information please contact Loomis & LaPann, Inc. at 800-566-6479 or by Fax 518-792-3426

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## M.I.V.C.A. Mentorship Initiative

In the past several years there has been a tremendous turnover in our coaching ranks. Many new, young people have entered coaching. In order to welcome them and assist them in working with our young people, the Michigan Interscholastic Volleyball Coaches Association would like to pair our more experienced coaches with those new coaches. This would hopefully give young coaches an avenue to develop a positive relationship with a more experienced coach throughout the year. Coaches could talk volleyball, share ideas, give guidance, answer ques-

tions, assist in planning season activities, and provide ways to better communicate with parents and players. We see this as a way to encourage a positive relationship with coaches from around the state and actively engage them in their state association. Guidelines:

1. Current MIVCA member in good standing.
2. A one year commitment for mentor and mentee.
3. Complete mentoring application.
4. The availability to communicate with each other every two weeks.
5. Acknowledgment and confirmation from their ath-

letic director that they would like their coach to participate in the mentoring initiative.

6. Summary/evaluation at the end of the year will be completed by the mentor and mentee and submitted to MIVCA Board.

7. Coaches will be contacted by MIVCA President once application is received.

For application application form contact to: Angie Del Morone, MIVCA President, 7403 W. Coldwater Road, Flushing, MI 48433

## 2017-18 MHSCA Calendar of Events

NHSACA Annual Convention: **June 17-23, 2017**  
@ East Peoria, IL

MHSCA/NFHS & NHSACA COTY Nominations  
Due: **July 1, 2017**

Fall Board of Directors Meeting: Sunday, **September 17, 2017** @ 9:30 A.M. CMU - Bovee Center

Hall of Fame Induction Ceremony: Sunday, **September 17, 2017** @ 12:00 P.M. CMU - Bovee Center

Winter Board Meeting: Sunday, **November 12, 2017** @ 9:30 A.M. Lansing Area

Coach of the Year Ceremony: Sunday **November 12, 2017** @ 12:00 P.M. Lansing Area

NFHS & NHSACA announce COTY & HOF nominees. December 2017

MHSAA President's Meeting: Monday, **January 2018** @ 6:00 p.m. Site-MHSAA Office

MHSCA Hall of Fame Selection Meeting: Tuesday, **February 2018** @ 9:30 a.m. Site-MHSAA Office

MHSCA Spring Meeting: Sunday, **March 2017** @ 12:00 P.M. Site: TDA

Gatorade Delivery: **May 2018**



## The Rich Tompkins Multi-sport Athletic Award Sponsored by Stadium Trophy 2015-16 State Finalist

Terrion Hill-McKay	A	M	Muskegon High School	Perry Carter	B	M	Wayland Union High School	Derek Willis Colin Anschuetz	C	M	Boyer City High School Madison High School	Jordan Anderson	D	M	Bear Lake
Jack Korte	A	M	Gaylord High School	Andre Jones	B	M	Reed City High School	Chandler Peplinski Daniel R. McMichael	C	M	Vassar High School Bronson High School	Steven Waring	D	M	Athens High School
Liam Adams	A	M	Sturgis High School	Zachary Jon Schoon	B	M	Ludington High School	Seth Bruce	C	M	Union City High School St Mary Catholic Central	Savion Thompson	D	M	Muskegon Catholic Central
Max LeDuc	A	M	Owosso High School	Tate Ellifritz	B	M	Three Rivers High School	Joe McMillan Jason Russell	C	M	Nouvel CC Michigan Lutheran Seminary	Maurgan Lee	D	F	Southfield Christian
Vincent Bakerian	A	M	Garden City	Robert Mazzone	B	M	Marine City High School	Kyle Danks Dustin Carlson-Hicks	C	M	Pine River Hemlock High School	Miranda Zaremba	D	F	Mayville High School
Eduardo Gomez	A	M	Holland High School	Eric Price	B	M	Milan High School	Dan Gensmer Matthew Goodenow	C	M	Burton Bendle High School Shelby High School	Cheyenne Buckner	D	F	Bear Lake Schools
Brennan Brooks	A	M	Plymouth High School	Collin Steinhauer	B	M	Chelsea High School	Conner Herrington	C	M	Madison High School Bronson High School				
Breann Lung-hamer	A	F	Marian	Jacob Duplanty	B	M	Mt. Morris (EAJ)	Kendall Hudson	C	F	Manchester Hemlock High School				
Ashleigh Bicknell	A	F	Heritage High School	Ryan Ball	B	M	Fr. Gabriel Richard-Ann Arbor	Shelby Lisik	C	F	Shelby High School				
Breann Lung-hamer	A	F	Marian	Greta Wilker	B	F	Belding High School	Rachel Herin	C	F	Michigan Lutheran Seminary				
Teresa Diehl	A	F	Regina High School	Hanna Price	B	F	Reed City High School	Carissa Friebe	C	F					
Mallory Marshall	A	F	Gaylord High School	Erin Kalahar	B	F	Lumen Christi High School								
Madison Lefevre	A	F	Bay City Western	Katherine Maiville	B	F	Leslie High School								
Brooke Mazzolini	A	F	St. Johns High School	Jasmine Day	B	F	Mt. Morris (EAJ)								
Alexis Smith	A	F	Alpena High School												
Alexie Flaminio	A	F	HH Dow High School												
Hannah Wahmhoff	A	F	Holland High School												
Abigail Schreiner	A	F	Comstock												

## SPORTS NUTRITION FOR ATHLETES

Being a great athlete takes WORK, and part of an athlete's success comes from knowing that what goes in affects the work that comes out. It's time to get down to the basics and see how nutrition affects performance. It's GO time.



**FAST FACT**

Carb intake should match the level of activity. Higher Activity Day = Higher Carb Intake

You need more than protein after activity! You also need carbs!

# CARBS = ENERGY

Think of carbs like the gas that fills up your tank. Without it, you won't get very far. And, getting the right carbs at the right time affects performance.

	Before	During	After
<b>When To Eat</b>	3-4 hours before activity for energy	Every 15-20 minutes for staying power	Combine protein AND carbs as soon as possible after activity to replenish energy.
<b>What To Eat</b>	Banana Cottage Cheese Pasta Bread Berries	Sports drinks like Gatorade® Gatorade Thirst quencher Gatorade Prime™ Energy Chews	Turkey Sandwiches Pasta Fruit Smoothie Gatorade Recover™

## THE EXTRA MILE: PROTEIN

**MAKE GOOD PROTEIN CHOICES AFTER ACTIVITY:**



Protein after activity is essential. Your muscles rely on protein to rebuild what's broken down in activity. Research suggests that athletes get about 20g of protein as soon as possible after activity to help rebuild.\* And just like carbs, the type of protein you consume makes a big difference to your performance.

## REPLENISH & REHYDRATE

When you train and compete, you lose a significant amount of fluids. Hydrate regularly to replenish the fluids & electrolytes you lose in sweat. Without the right amount of fluids, your body won't perform at its best.

Replenish with fluids like Gatorade®

Rehydrate with fluids like Gatorade®



