



MENTOR

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION, INC.

Vol. XVI No. 1

New School Sports Season Underway; Rules Changes Include Sportsmanship Emphasis

Promotion of sportsmanship at school sporting events is a point of emphasis in all sports for the 2001-02 school year, which began with August practices in eight sports for student-athletes at member schools of the Michigan High School Athletic Association.

The fall season is generally the most popular participation season, with over 115,000 youngsters taking part. Football practices commenced on Monday, Aug. 6 for all schools wishing to begin regular season games the weekend of Aug. 23-26. All football schools were to conduct three required conditioning days of practice before beginning contact. Practice also began that week on Aug. 9 for schools sponsoring boys golf in the Lower Peninsula, with competition in that sport beginning Aug. 13.

The remaining fall sports started their practice schedules on Aug. 13.

The sportsmanship emphasis, a constant in Michigan, is getting additional national support in 2001-02, as the rules-making

body for high school sports, the National Federation of State High School Associations, is asking game officials to address proper conduct prior to the beginning of a contest with coaches and participants.

In Michigan, officials are being provided with a wallet-sized card from which to read a sportsmanship statement during pregame meetings with coaches and captains. The card says: "The Michigan High School Athletic Association requires and expects officials to enforce all rules regarding unsportsmanlike conduct by coaches and student-athletes. There will be no tolerance for negative statements or actions between opposing players or among team members and coaches – especially trash talking, taunting or baiting of opponents or casual use of vulgarities. If such comments are heard, a penalty will be assessed immediately!"

"The best sportsmanship efforts are proactive," says John E. "Jack" Roberts, executive director of the MHSAA. "The short statement our staff developed to read prior to games will provide an emphasis that sportsmanship is an important part of our games, and that even minor deviations, such as

casual cursing, are no more appropriate in the athletic arena than in the academic classroom."

Rules changes in **football** for the coming season include: Players legally blocking below the waist must be on the line of scrimmage and in the free blocking zone at the snap of the ball; a penalty of five yards has been added for running into the kicker or holder; clothing and arm covers or pads manufactured to enhance control of the football are prohibited; and the automatic declaration of fouls committed by the opponents of the team scoring a touchdown have been eliminated.

In **basketball**, the major change permits a team to run the baseline on a throw-in when the scoring team, immediately following a made basket or during the ensuing throw-in, commits either a violation or a foul. Other changes include a prohibition on noise makers of all types at basketball games, and places conditions on the playing of music and sound effects by bands or over the public address system during play; a requirement that all players shall remain standing during a 30-second time out; and counts as a three-point goal, any thrown ball from beyond the

— Please see "New Season" on page 2



**FALL 2001
ENTRY DUE DATES**

- LP Boys Golf – Sept. 28
- UP Girls Tennis – Sept. 28
- LP Girls Tennis – Oct. 5
- Boys Soccer – Oct. 5
- UP Cross Country – Oct. 12
- Girls Basketball – Oct. 17
- LP Cross Country – Oct. 17
- LP Girls Swimming – Nov. 13

ELIGIBILITY ADVANCEMENT REMINDERS

School administrators, counselors and coaches are reminded to present advanced eligibility opportunities to over-age junior high/middle school students. MHSAA Regulations prohibit seventh and eighth-grade students who become 15 years of age before Sept. 1 to participate in interscholastic sports competition at their respective grade level. The same is true of 16-year-old 9th-graders in a 10-12 high school system if the birthday occurs before Sept. 1.

If the local school administration and parents can agree and arrange, these over-age students can be advanced athletically and participate in the 9-12 program, even if it is in a separate building.

The students will be limited to four years of high school eligibility and must maintain the requirement to be passing work in at least four full credit courses.

Eligibility Advancement Application forms are available on the MHSAA web site at mhsaa.com and are also included in the *MHSAA Handbook*.

New Season

— Continued from page 1

19-9 arc on the court. Previously, the official had the latitude to not count anything that was not considered a legitimate field goal attempt (such as an alley oop pass) from beyond the arc. Michigan will not participate in a NFHS rule modification which allows states the option to extend the coaching box on the sideline to



14 feet in length.

In **soccer**, a team in possession of the ball for a throw-in may substitute, and if the team in possession of the ball chooses to substitute at that time, the opposing team may also substitute, provided all substitutes are at the scorer's table at the time of the throw-in. Teams electing or required to play with fewer than 11 players for reasons other than misconduct may have the player(s) re-enter the game during a stoppage of play. The most visible change occurs when the goalie takes possession of the ball within the penalty area, that the ball must be released back into play within six seconds.

The 2001 fall campaign culminates with championships beginning with the Upper Peninsula finals in girls tennis on Oct. 5, and wrapping up with the girls basketball finals on Dec. 1.

The most visible soccer rules change for 2001-02 is that the ball must be released back into play within six seconds after the goalie takes possession of the ball within the penalty area.

OFFICIALS RATINGS DUE

November 30, 2001

Football • Girls Basketball • Boys Soccer



Peggy Lintemuth - Comp. Cheer
115 Bay Circle Drive
Holland, MI 49424
(616) 786-1030 - Business

Kernie Gillian - Cross Country
Gladwin High School
1400 N. Spring Street
Gladwin, MI 48624
(517) 426-7341 - Business
(517) 426-8648 - Residence

Donald G. Lessner - Football
2903 Riverside
Trenton, MI
(734) 671-6072 - Residence

Larry Judson - Golf
Bay City Western High School
500 W. Midland
Auburn, MI 48611
(517) 662-4481 - Business
(517) 271-9086 - Residence

Jeanne Caruss - Gymnastics
524 W. Houstonia
Royal Oak, MI 48073
(248) 553-3824 - Business
(248) 585-5184 - Residence

Andy Weidenbach - Hockey
Cranbrook-Kingswood High School
P.O. Box 801
Bloomfield Hills, MI 48303
(248) 645-3638 - Business

Bill Miilu - Ski
5010 Mountain Watch
Harbor Springs, MI 49740
(231) 526-8115 - Business
(231) 582-3843 - Residence

Bob Bolinger - Soccer
Kalamazoo Central High School
2432 Drake Road
Kalamazoo, MI 49006
(616) 385-1125 - Business
(616) 349-3803 - Residence

Sue Barthold - Softball
East Kentwood High School
6230 Kalamazoo Ave., SE
Kentwood, MI 49508
(616) 698-6700 - Business (VM 759)

Brian Bollone - Swimming
Northview High School
4451 Hunsberger NE
Grand Rapids, MI 49505
(616) 363-4857 - Business

Tiger Teusink - Tennis
52 E. 30th Street
Holland, MI 49423
(616) 395-4965 - Business
(616) 392-1285 - Residence

Jerry Lasceski - Track
Akron-Fairgrove High School
2800 N. Thomas Road
Fairgrove, MI 48733
(517) 693-6112 - Business
(517) 693-6068 - Residence

Claire Gentile - Volleyball
Grand Blanc High School
12500 Holly Road
Grand Blanc, MI 48439
(810) 591-6350 - Business
(810) 233-7217 - Residence

Mike Garvey - Wrestling
Delton Kellogg High School
327 N Bender Rd
Delton, MI 49046
bus: (616) 623-9285
res: (616) 375-0519

Jack Johnson - Contact person for Coaches Association
35445 Hathaway
Livonia, MI 48150
(734) 422-3569 - Residence (Winter)
5727 Hilltop Way
Williamsburg, MI 49690
(231) 938-9422 - Residence (Summer)

Mark Krzysiak - Baseball
1624 Columbus Ave
Bay City, MI 48708
(517) 893-9541 - Business
(517) 895-1436 - Residence

Tom Hursey - Basketball
P.O. Box 2063
Midland, MI 48641
(517) 832-1777 - Business

2001-02 NATIONAL TESTING DATES ADMINISTRATION - COUNSELORS - COACHES

Please advise students of the 2001-02 test date schedule. Your student should be aware of athletic tournament dates and should attempt to schedule their respective test date away from tournament dates of the sport or sports in which they are interested and participate.

**Following are test dates for 2001-02
and possible MHSAA Tournament conflicts:**

ACT ASSESSMENT DATES	SPORT CONFLICTS
Test Dates	
September 22, 2001	None
October 27, 2001	Football, Soccer Districts
December 8, 2001	None
February 9, 2002	None
April 6, 2002	None
June 8, 2002	Girls Soccer, Baseball, Softball Regionals
SAT TESTING DATES	
SPORT CONFLICTS	
October 13, 2001	LP Boys Golf, LP Girls Tennis Regionals
November 3, 2001	Football Districts, Boys Soccer Regionals, LP Cross Country Finals
December 1, 2001	Girls Basketball Finals
January 26, 2002	None
March 16, 2002	Volleyball Finals, Boys Basketball Districts
May 4, 2002	None
June 1, 2002	Girls Soccer, Baseball, Softball Districts, Track Finals, LP Girls Golf Finals, LP Boys Tennis Finals

AP EXAM DATES	SPORT CONFLICTS
May 6-17, 2002	Boys Tennis, LP Girls Golf, Track Regionals

(Advanced Placement Exams are administered over a five-day period each week. Consult school counselors for daily schedule of examinations.)

Attention to Detail Helps All Involved

As an official, I would like to request that league and conference commissioners and schedule-makers coordinate the starting times of contests with the school athletic directors.

Often, a game time will be listed as 4 p.m., and visiting teams roll in saying their schedule says 4:30 p.m., etc.

Five times last spring I was assigned to softball games that did not start at the listed times, and this is just one official. All over the state, officials are racing to be on time for contests that don't start at posted times. More consideration and communication would be appreciated.

— *Rich Gauthier*
Royal Oak

2001-02 PACE SCHEDULE

(Remaining Conferences)

One-day seminars, 9 - 4 p.m.
Two-day seminars, 6:30-9:30 p.m.

Level I

Mon.-Wed., Sept. 10,12 - Holland-West Ottawa HS
Wed., Sept. 19 - Farmington Training Center
Mon.-Wed., Sept. 24, 26 - Marysville HS
Friday, Oct. 5- BCAM, Lansing Holiday Inn South
Saturday, Feb. 2, 2002 - WISL, Lansing Sheraton
Mon.-Wed., Feb. 4, 6, 2002 - Flint, Genesee County ISD
Saturday, March 16, 2002 - MIAAA, Traverse City
Saturday, April 13, 2002 - Kalamazoo Loy Norrix

Level II

Mon.-Wed., Sept. 17, 19 - Holland West Ottawa HS
Wed., Sept. 26 - Farmington Training Center
Mon.-Wed., Oct. 1, 3 - Marysville HS
Friday, Oct. 5 - BCAM - Lansing, Holiday Inn South
Saturday, Feb. 2, 2002 - WISL, Lansing Sheraton
Mon.-Wed., Feb. 11, 13, 2002 - Flint, Genesee County ISD
Saturday, March 16, 2002 - MIAAA - Traverse City
Saturday, April 20, 2002 - Kalamazoo Loy Norrix

PACE ENROLLMENT FORM

Name _____

Home Address _____

City: _____

State _____ Zip _____

Bus. Phone: (____) _____

Res. Phone: (____) _____

School Affiliation: _____

School ID # _____

Program Level & Date: _____

Amount Enclosed \$ _____

Make checks payable to MHSAA
Level I - \$50 Level II - \$50

Mail to: **Leanne Moore/Jerry Cvengros**, Associate Director, MHSAA, 1661 Ramblewood Drive, East Lansing, MI 48823

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MENTOR welcomes contributions of articles, information or photos which focus on coaching in Michigan.

Five Honored With 2001 Bush Award

The five recipients of the Michigan High School Athletic Association's Allen W. Bush Award for 2001 include four athletic administrators, and an individual who annually coordinates more MHSAA post-season tournament games in one sport than any other site manager.

Bush served as executive director of the MHSAA for 10 years. The award honors individuals for past and continuing service to prep athletics as a coach, administrator, official, trainer, doctor or member of the media. The award was developed to bring recognition to men and women who are giving and serving without a lot of attention. This is the 10th year of the award, with the selections being made by the MHSAA's Representative Council.

This year's recipients are: **Dave Durkin**, faculty member at Lapeer East High School; **Don Edens**, athletic director of Kingsford High School; **Bob Gershman**, athletic director of Berkley High School; **Thomas Rashid**, director of physical education, athletics, health and safety for the Archdiocese of Detroit; and **John Sonnemann**, citywide athletic director of Traverse City Public Schools.

The recipients of this year's awards will be recognized at ceremonies in their communities this fall.

Here are brief biographical sketches of the 2001 Bush Award recipients:

Dave Durkin – In his 29 years as a teacher-coach-administrator, 24 of them in the Lapeer School District, Dave Durkin has been involved in six sports, but perhaps has made his biggest contributions to the interscholastic athletics community in ice hockey. Durkin's resume in high school ice hockey includes 12 years as a head coach at three Flint area schools -- Flint Powers Catholic, Lapeer West and Goodrich; and a larger contribution to his area as long-time commissioner of the Genesee County High School Hockey League. On the statewide level, Durkin has served as the tournament manager for the Regional, Quarterfinals and Finals of the MHSAA Ice Hockey Tournament for 14 years, a labor of love where Durkin coordinates a volunteer group to run four separate Regional tournaments involving 27 teams playing 23 games in a one-week period, followed by hosting three Quarterfinal contests, six Semifinal and three Final games the following week. Few tournament managers coordinate 35 postseason games in a year, let alone that number in a two-week period. Durkin has also served on the MHSAA and National Federation of State



High School Association's Ice Hockey Rules Committees, has been a rules meeting presenter for the MHSAA, and a program director for USA Hockey. In the Lapeer School District, he has coached ice hockey and softball at West High School, has served on the district's North Central Accreditation Committee, and is still a faculty member at East High School. He was presented the Dick Powers Memorial Award by the Michigan Hockey League in 1996, was named Michigan Hockey Magazine's Person of the Year for 1994-95, and has received a five-year award from USA Hockey. A recipient of a Bachelor's degree from the University of Detroit, and Master's Degrees from the University of Michigan and Central Michigan University, Durkin was nominated for the Bush Award by Steve Winn of the Greater Flint Hockey Referees Association.

Don Edens – An all-state football player at Kingsford High School who returned to give his school district 32 years of service, Don Edens has helped direct a recent renaissance of athletic facilities as Kingsford's athletic director. Edens was a four-sport performer at Kingsford, where he graduated in 1963. He went on to receive both his Bachelor's and Master's Degrees from Northern Michigan University. He returned to Kingsford to teach business and math, and serve as a head coach in football, basketball and track. He moved into administration, first as a middle school assistant principal from 1975 to 1979, and since 1987, has served as the school district's athletic director, where he helped established cooperative programs between Kingsford and neighboring schools to provide additional competition opportunities for youngsters; served as tournament manager for numerous MHSAA post-season events; developed an at-risk program for student-athletes in his county who violate school athletic codes of conduct; and in the development of an upgrade of athletic facilities when Kingsford recently built a new high school. He has also been involved on the statewide basis as a member of the MHSAA Upper Peninsula Athletic Committee, serving on different MHSAA sports committees, and with the MIAAA, where he has been honored as a regional and a two-time Upper Peninsula Athletic Director of the Year. Locally, Edens volunteers his time to work summertime Gus Macker tournaments; is a lay reader at the American Martyrs Church; a blood donor for the Red Cross; and an organizer for a



local cancer Walk-A-Thon, the Camp Sanford Work Bee, and the Great Eight Winter Games. He was nominated for the award by Robert Usitalo, principal at Kingsford High School.

Bob Gershman – For the past 16 years, Bob Gershman has served as director of health, physical education and athletics for the Berkley School District, where he has been a role model at the local, regional and statewide levels. The owner of Bachelor's and Master's Degrees from Wayne State University, Gershman has been a tournament manager for numerous MHSAA events, served on several MHSAA sports committees, been very active with the Oakland County Athletic Directors Association and the Oakland Activities Association. He has also served as a host and presented for the Program of Athletic Coaches Education, sponsored by the MHSAA and the Youth Sports Institute at Michigan State University since its inception in the late 1980's, and is active with the Michigan Interscholastic Athletic Administrators Association as a regional representative, and has earned a Certified Master Athletic Administrator title from NIAAA. In physical education, Gershman has directed a program in his school district, which had been named an Exemplary Physical Education program by the Governor's Council on Physical Fitness, and he is a member of the Michigan and American Association of Health, Physical Education, Recreation and Dance. In his community, Gershman has served as a recreation advisory board member and Fourth of July committee member for the City of Oak Park; and as a board member and youth commission chairman of Temple Emanuel. He was nominated for the award by Dewayne Jones, district athletic director for West Bloomfield Schools.



Tom Rashid – Devoted to the value of interscholastic athletics and the mission of Catholic education, Tom Rashid has served as an administrator for 23 years with the Archdiocese of Detroit, the last 14 as its director of physical education and athletics. During that time, the Detroit Catholic League has added additional sports championships, saw the development of having its championships televised locally on a cable channel operated by the archdiocese, and



increased its efforts to educate its coaches, athletic administrators and officials. He has emerged as a leader on the statewide level of athletic administration, serving as president of the MIAAA, and being honored with a state Award of Merit from the National Interscholastic Athletic Administrators Association. He co-authored a publication, Elements of Effective Athletic Administration for the MIAAA. He has also served the private and parochial schools of the state, being elected to represent them on the MHSAA Representative Council, a position he has served in for the past 14 years. Rashid also currently serves as secretary-treasurer of the MHSAA, and a standing member of its Executive Committee, which meets monthly during the school year to review requests for waiver of eligibility rules. A graduate of Eastern Michigan University, where he earned his Bachelor's Degree, and the University of Michigan, where he earned his Master's, Rashid was nominated for the Bush Award by Dan

McShannock, athletic director at Midland Dow High School.

John Sonnemann – After serving as wrestling coach at Traverse City High School for 20 years, John Sonnemann moved into the athletic director's position at the school, overseeing a transformation where the district established two high schools, built a new facility at one and improved the athletic physical plant at the other school, and currently serves as athletic director at Central High School. His many hats worn in the district range from providing supervision of the booster clubs at both schools, to serving for over 30 years as the voice of Central athletics as a public address announcer for events from the high school to the elementary level of competition. His impact in sports reaches beyond the Traverse City community



through involvement in the MIAAA, where he is a regional representative and a co-host for the organization's annual winter meeting in Traverse City; a tournament manager for various MHSAA tournaments; a member of different MHSAA committees; and as a primary force in the recent creation of the Big North Conference. His school district work has also included being a department chair for Social Studies, a pep club advisor, president of the Traverse City Education Association, the United Way chairperson for old Traverse City High School, president of the local chapter of the Michigan board of directors American Heart Association, an involvement with his church as a speaker and as a member of its administrative council. A graduate of Michigan State University, where he earned his Bachelor's and Master's degrees, Sonnemann was nominated for the Bush Award by the MHSAA Staff.

Jordan Inducted into NFHS Hall of Fame

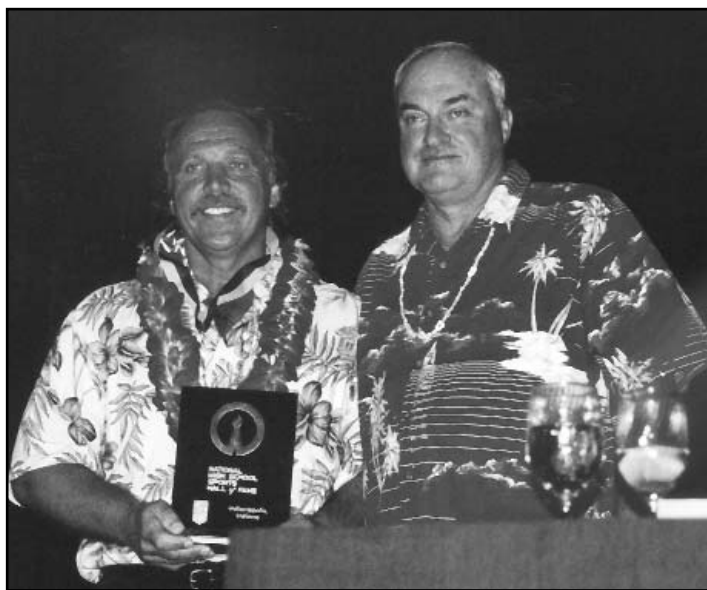
Fennville's Rich Jordan was inducted into the National High School Sports Hall of Fame at ceremonies during the 2001 NFHS conference in July. He is shown here (left in photo) at the induction ceremony with MHSAA Representative Council member Norm Johnson of Bangor.

Jordan earned 16 varsity letters during his prep career, including four in football, basketball, baseball, and track and field from 1962 to 1965. He is just the fourth Michigander to enter the National Hall, and the first Michigan athlete to gain the accolade. Harper Woods Regina coach and administrator Diane Laffey entered the Hall in 2000, while former MHSAA executive director Charles Forsythe (1983) and long-time River Rouge basketball coach Lofton Greene (1986) are the other two Michigan inductees.

In each sport he left his mark in the state record book. In football he set the state record for most career rushing yards with 5,132, a mark that stood until 1991. A three-time all-state performer, Jordan rushed for 1,246 yards on just 86 carries.

Jordan became the first basketball player to top 2,000 points in a career and his 2,210 points still ranks seventh all-time. His single-season point total of 888 in 1964-65 set a state record that stood until 1978. That year he was named to the Coach and Athlete Prep All-America basketball squad. Only 5-foot-7, Jordan could dunk a basketball, a skill he took to Michigan State, where he helped the Spartans win the 1967 Big Ten Conference championship.

As a baseball player, Jordan hit .550 as a senior, which set a state single-season record, and hit .360 for his career. The switch-hit-



Bill Bupp, DeWitt

ter went on to play baseball as a Spartan as well and spent two seasons with the Pittsburgh Pirates farm system.

In track he was a conference and regional champion three times in the pole vault, high jump and long jump.

Keep tabs on MHSAA News and Information at

www.mhsaa.com

2001-02 MHSAA Winter Sports Rules Meetings

Following are the Rules Meetings for Winter Sports 2001-02. For a complete list, please consult the web site at mhsaa.com

By Representative Council Action:

- (1) It is necessary for officials to attend rules meetings if they wish to be considered for tournament play in that sport.
- (2) Each school sponsoring the sport should be represented at one of the meetings for that sport.
- (3) Head coaches must attend or pass a rules examination for the sport.

BOYS BASKETBALL MEETINGS

(All meetings 7 p.m. except where noted)

MARQUETTE (High School) - Tuesday, September 25, 2001
GAYLORD (High School) - Wednesday, September 26, 2001
FLINT (Luke M. Powers Catholic High School) - Monday, October 1, 2001
GRAND RAPIDS (Forest Hills Central High School) - Tuesday, October 2, 2001
LATHRUP VILLAGE (Southfield-Lathrup H.S.) - Wednesday, October 3, 2001
LANSING (Holiday Inn South) - Friday, October 5, 2001 (5 p.m.)

COMPETITIVE CHEER RULES MEETINGS

(All meetings 7 p.m. except where noted)

GRANDVILLE (High School) - Monday, October 22, 2001
LAPEER (Lapeer East High School) - Wednesday, October 24, 2001
HOUGHTON LAKE (High School) - Tuesday, October 30, 2001
CCCAM Conference (Okemos High School) - Saturday, Nov. 3, 2001 (9 a.m.)
LIVONIA (Ladywood High School) - Monday, November 5, 2001
KALAMAZOO (Loy Norrix High School) - Tuesday, November 6, 2001
MCCA Conference (Grand Rapids Amway Grand Hotel) - Friday, November 9, 2001 (5:30 p.m.)
EAST LANSING (MHSAA Office Building) - Monday, November 19, 2001

GYMNASTICS RULES MEETINGS

(All meetings at 7 p.m. except where noted)

GRAND RAPIDS (Kenowa Hills H.S.) - Thursday, November 1, 2001 at 7 p.m.
CENTRAL MICHIGAN UNIVERSITY (Indoor Athletic Complex) - Sat., Nov. 3, 2001 at 1 p.m.
MICHIGAN STATE UNIVERSITY (MIGCJA Clinic) - Sunday, November 11, 2001 at Noon
FARMINGTON (Farmington Training Center, 33000 Thomas Road) - Wed., November 14, 2001 at 7 p.m.
EAST LANSING (MHSAA Office Building) - Tuesday, November 20, 2001 at 7 p.m.

ICE HOCKEY RULES MEETINGS

(All meetings 7 p.m.)

GAYLORD (High School) - Tuesday, October 2, 2001
TELECONFERENCE ORIGINATING AT SAULT STE. MARIE (Lake Superior State Univ.) - Wednesday, October 3, 2001 teleconferencing to Houghton-MTU and Marquette High School
KENTWOOD (East Kentwood High School) - Tuesday, October 9, 2001
FLINT (Southwestern Academy High School) - Wednesday, October 10, 2001
REDFORD (Detroit Catholic Central High School) - Thursday, October 11, 2001
EAST LANSING (MHSAA Building) - Tuesday, October 16, 2001

GIRLS AND BOYS SWIMMING AND DIVING RULES MEETINGS

(All meetings 7 p.m. except where noted)

COACHES OF GIRLS LOWER PENINSULA TEAMS MUST ATTEND THE AUGUST MEETINGS

KENTWOOD (East Kentwood High School) - Monday, August 13, 2001
DEARBORN (High School) - Tuesday, August 14, 2001
SAGINAW (Heritage High School) - Wednesday, August 15, 2001
PORTAGE (Portage Northern High School) - Monday, August 20, 2001
FLINT (Powers Catholic High School) - Tuesday, August 21, 2001
WARREN (Warren Woods-Tower High School) - Wednesday, August 22, 2001
EAST LANSING (MHSAA Office Building) - Thursday, August 30, 2001

BATTLE CREEK (McCamley Plaza - MISCA CLINIC) - Friday, Sept. 21, 2001 (12:45 p.m.)

MARQUETTE (High School) - Tuesday, October 23, 2001 (5 p.m.)
EAST LANSING (MHSAA Office Building) - Monday, November 19, 2001

VOLLEYBALL RULES MEETINGS

(All meetings 7 p.m. except where noted)

ALMA (High School) - Monday, October 22, 2001
U.P. Videoconference Meetings originating at Lake Superior State University on Wed., Oct. 24, 2001; 6 p.m. at St. Ignace-LaSalle, Newberry, Marquette and Gladstone High Schools & at 7:15 p.m. at Houghton, Ewen-Trout Creek, Iron River-West Iron County and Wakefield High Schools
CADILLAC (High School) - Wednesday, October 24, 2001
ANN ARBOR (Huron HS) - Monday, October 29, 2001
JACKSON (Lumen Christi HS) - Monday, October 29, 2001
WARREN (W. Woods-Tower HS) - Mon., November 5, 2001
GRAND RAPIDS (Forest Hills Cent. HS) - Mon., Nov. 5, 2001
DAVISON (High School) - Tuesday, November 6, 2001
ESSEXVILLE (Garber HS) - Wednesday, November 7, 2001
GAYLORD (HS) - Wednesday, November 7, 2001
DEARBORN (HS) - Monday, November 12, 2001
PAW PAW (High School) - Monday, November 12, 2001
BATH (Middle School) - Wednesday, November 14, 2001

WRESTLING RULES MEETINGS

(All Meetings 7 p.m. except where noted)

MICHIGAN CENTER (High School) - Tuesday, October 9, 2001
RIVERVIEW (High School) - Wednesday, October 10, 2001
SCHOOLCRAFT (High School) - Thursday, October 11, 2001
WYOMING (Wyoming Park High School) - Monday, October 15, 2001
DAVISON (High School) - Tuesday, October 16, 2001
WARREN (Warren Woods-Tower High School) - Wednesday, October 17, 2001
LEROY (Pine River Area High School) - Monday, October 22, 2001
ESCANABA (High School) - Tuesday, October 23, 2001
GAYLORD (High School) - Wednesday, October 24, 2001
NORTHVILLE (High School) - Monday, October 29, 2001
BAY CITY (John Glenn High School) - Tuesday, October 30, 2001
MICH. WRESTLING ASSN. CONFERENCE. (Lansing) Friday, Nov. 2, 2001 (2 p.m.)
DEWITT (High School) - Wednesday, November 7, 2001

WRESTLING REFEREES' CLINICS

(All Clinics 10 a.m.)

CLIO (High School) - Saturday, November 17, 2001
GAYLORD (High School) - Saturday, November 17, 2001
GLADSTONE (High School) - Saturday, November 17, 2001
GRANDVILLE (High School) - Saturday, November 17, 2001
HAZEL PARK (High School) - Saturday, November 17, 2001
SPRINGPORT (High School) - Saturday, November 17, 2001

Educate Staff, Students on the Dangers of Smokeless Tobacco

Reprinted with permission from the Iowa High School Athletic Association

The use of smokeless tobacco among youth has risen to an alarming level. Nationwide, 20 percent of males between 12 and 18 years of age use smokeless tobacco at least once a week. In Iowa, about 1 in 10 males between the ages of 12 and 18 use smokeless tobacco regularly, while about 13 percent of Iowa high school seniors use regularly.

Some people use smokeless tobacco because they believe it is a safe alternative to smoking cigarettes. This is not true! While smokeless tobacco use is not associated with lung cancer, it is associated with other health hazards. Youth often cite peer pressure as the main reason they began to use. No matter the reason for beginning to use smokeless tobacco, many people continue to use because it is addictive. Students, parents, and educators must realize the use of smokeless tobacco is not safe and is very hazardous to one's health.

Smokeless tobacco is used in two common forms. "Chewing tobacco" is coarsely ground tobacco mixed with sugars and molasses. It is usually packaged in a pouch. A "chew," "quid," or "plug" of this tobacco is placed between the cheek and gum. "Snuff" is a more finely ground, moist, tobacco. It is usually flavored with mint, wintergreen, menthol, or other flavoring. It is packaged in round cans. A "dip" of snuff is placed between the cheek and gum, or lip and gum.

Smokeless tobacco has been associated with sports, especially baseball, for many years. When professional baseball was getting its start, the fields were dirty, dusty, and dry. Many players "chewed" to help produce spit and keep their mouths moist. When people became concerned about the spread of tuberculosis, many players switched to smoking cigarettes off the field because smoking was considered to be a safe alternative to chewing tobacco!

In recent years, many sports organizations have discouraged the use of smokeless tobacco. **All high school and collegiate sport rules prohibit the use of any type of tobacco during participation.** Recently, Major League Baseball banned the use of all tobacco products for all minor league players. Little League Baseball has a policy prohibiting the use of tobacco on the field or bench, or in the dugout. USA Baseball also prohibits the use of tobacco products at its games.

Smokeless tobacco causes some of the same social drawbacks as cigarettes, such as stained teeth and bad breath. In addition, it causes one to spit which is often socially unacceptable and is also unhealthy.

The possible health hazards related to smokeless tobacco use are:

HEALTH HAZARD No. 1 - ADDICTION

Smokeless tobacco in any form contains nicotine. A can of snuff contains about the same amount of nicotine as 60 cigarettes. **Holding an average size dip or chew in ones mouth for 30 minutes provides the same amount of nicotine as smoking 3 cigarettes in the same amount of time!** Nicotine is at least as addictive as heroin or cocaine. The more finely ground the snuff, the higher the concentration of nicotine. Once a person's body becomes addicted to a drug, it craves the drug and the person experiences withdrawal symptoms when the drug is not in their body. Withdrawal symptoms include irregular heartbeat, irritability, and an inability to concentrate. **Addiction to nicotine can begin during the first few months of use.**

HEALTH HAZARD No. 2 - TOOTH DECAY/GUM DISORDERS

Smokeless tobacco contains abrasive grit which causes long-term users to experience a wearing away of tooth surfaces. This causes teeth to be more sensitive to hot and cold, and more vulnerable to decay. **The sugar and other chemicals found in smokeless tobacco can cause the gums to become**

damaged and recede from the teeth. Gum recession and loss of the underlying bone tissue can cause teeth to loosen, drift from their original position, and fall out or need to be removed. This damage can occur in as little as 3-4 months with daily use of smokeless tobacco. Much of this gum and tooth damage is permanent.

HEALTH HAZARD No. 3 - HEART & CIRCULATORY SYSTEM DISORDERS

The nicotine in smokeless tobacco can cause heart and circulatory system disorders. **Nicotine causes blood vessels to constrict increasing the heart rate and the blood pressure to rise.** An elevated heart rate and increased blood pressure increase the risk of heart attack and stroke. **Constricted blood vessels lead to slower reaction time detrimental to athletic performance.** Research has proven the use of any form of tobacco does not enhance athletic performance and does cause health problems.

HEALTH HAZARD No. 4 - CANCER

The tissues in the mouth are easily irritated from the hundreds of chemicals found in smokeless tobacco. **After several months of smokeless tobacco use, the location on the cheek and gum where the tobacco is held will become white, wrinkled, hardened, and thick.** This is called leukoplakia. **This area has an increased chance of becoming cancerous.** People who dip snuff, versus chewing tobacco, are more likely to have leukoplakia because snuff is held in one spot and chewing tobacco is generally moved around in the mouth. Snuff also contains a much higher amount of carcinogens than loose leaf, plug or twist tobacco. About seven percent of the cases of leukoplakia are cancerous. Smokeless tobacco is also related to an increased risk of cancer of the tongue and throat. As with all cancers, oral cancer does have serious consequences. About 50 percent of people with oral cancer survive.

SIGNS AND SYMPTOMS OF ORAL CANCER

- A sore in the mouth, or on the gum or lip, that does not heal
- Pain when chewing or opening the mouth
- Difficulty swallowing
- Persistent hoarseness
- Persistent pain in the ear
- Loss of smell, a bloody discharge from the nose or coughing up blood
- Persistent nasal congestion
- Persistent bad breath
- A lump or mass in the neck

If you notice any of these symptoms, see your doctor. Early detection and treatment are essential to cancer survival.

ADDITIONAL HEALTH HAZARDS

Large amounts of chemicals, salts, and sugars in smokeless tobacco cause a loss of sensitivity in the taste buds. As a result of a reduced sense of taste, many smokeless tobacco users add additional salt and sugar to foods. Both of these practices are unhealthy.

For additional information, Contact the American Cancer Society at 1-800-227-2345 or go to the American Cancer Society web site at www.cancer.org

Sources: American Cancer Society, "Oral Cancer Fact Sheet," May 1997; Herzog, Brad. "Just a Pinch?: The Dangers of Smokeless Tobacco," Athletic Management, Baseball/Softball Supplement, 1992; "If you're Dipping Snuff, You Should Know the Truth," American Cancer Society, 1987; Role Models Don't Dip or Chew - Do You?, National Federation of State High School Associations, 1995; "Smokeless Tobacco: Are You Feeling the Pinch?," The University of Iowa Cancer Center, Iowa City, IA; "Smokeless Tobacco Goes Up in Smoke," NATA News, Volume 4, Number 11; "The Cold Hard Facts About Dip" American Cancer Society, 1998; Wichmann, Susan & Martin, D.R. "Sports and Tobacco: The Smoke Has Yet to Clear," The Physician and Sports Medicine, Volume 19, Number 11, 1991.

Little Things Win Big Games

"Little things win big games."

I don't know how many times I said that as a coach, but it was many. So many times anyway that at an awards dinner at the end of one season, the players gave me a tiny plaque with just those words inscribed: "Little things win big games."

As the smallest player on an Ivy League football roster in 1967 (I was small, but I was slow), I learned that attention to little things – almost imperceptible advantages of alignment, rigorous adherence to conditioning and technique – gave me a chance to play and contribute to the team's success.

As a young coach (lacking experience in organization of practices and the motivation and discipline of players), I learned that attention to little things – rehearsing for team meetings, mentally walking through each minute of practice sessions before printing the final schedule, planning ways for each player regardless of ability to participate meaningfully in each practice – gave me a chance to see improvement in both teams and individuals.

As executive vice president of the Fellowship of Christian Athletes, I gave my top assistants a tongue-in-cheek (partly) list of "Roberts' Rules of Order." It was 17 ideas for staying sane on the job. Number 6 said this: "Be faithful in little things. Little things done with obsession are the keys to achieving big things done with compassion."

Now as an athletic administrator, I'm reminded of the importance of little things. Most forfeitures result from small details overlooked or "minor" rules forgotten or never read. Most frustrations with the MHSAA result from a basic service missed or delayed.

The 2001-02 school year will be improved for all – players, coaches, administrators, officials – if all will give the little details the great attention they deserve; in fact, that they demand because of the great problems they cause if ignored.

Little things do **more** than win big games.

— John E. "Jack" Roberts
MHSAA Executive Director

MHSAA FALL TOURNAMENT DATES



Girls Basketball

Districts -- Nov. 12-17
Regionals -- Nov. 19-21
Finals - Nov. 27, 29-30-Dec. 1

Boys & Girls Cross Country

U.P. Finals -- Oct. 20
L.P. Regionals -- Oct. 27
L.P. Finals -- Nov. 3

Football

Selection Sunday - Oct. 21
Pre-Districts - Oct. 26 or 27
District Finals -- Nov. 2 or 3
Regional Finals -- Nov. 9 or 10
Semifinals -- Nov. 17
Finals -- Nov. 23-24

L.P. Boys Golf

Regionals -- Oct. 12 or 13
Finals -- Oct. 19-20

Boys Soccer

Districts -- Oct. 22-27
Regionals - Oct. 30-Nov. 3
Semifinals -- Nov. 7
Finals -- Nov. 10

L.P. Girls Swimming & Diving

Diving Qualifications -- Nov. 13
Swimming/Diving Finals -- Nov. 16-17

Girls Tennis

U.P. Finals -- Oct. 5
L.P. Regionals -- Oct. 12-13
L.P. Finals -- Oct. 19-20

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