

# MENTOR



The Michigan High School Athletic Association Newsletter for Coaches and Officials

## 2005-06: A CELEBRATION OF PARTICIPATION

Think about the numbers. A year ago, **754** high schools in Michigan had rosters totaling **304,568** students who participated in the **28** sports in which the MHSAA sponsors postseason tournaments. The games and meets were arbitrated by **12,003** registered officials. A small percentage of schools emerged with championship trophies; a smaller ratio of students walked away with individual titles, and a smaller group of officials worked Final events. Those teams, athletes and officials were the exception; the minority. The accomplishments are to be applauded, but not more loudly than the rest. Like any team, it's the sum of the parts that makes the whole. It's *every* participant – student, coach, official, administrator, support staff – that makes interscholastic athletics work.

When the seasons ended a year ago, what did you dwell on? The District loss to end the year? Not getting that postseason assignment as an official?

Let's change that this year. Remember the first time you addressed a team as its coach; the first time you put on a striped shirt; the first time a reserve on your team contributed; the first time a former player came back and said, "Thanks;" the first time you made that tough call correctly during the heat of the game.

Focus on the privilege you have in being a part of the staggering numbers above, and make those around you feel the same way. That's our mission this year.

Thank you for your *participation*.





inform their constituents – coaches, students and parents – about the signs and dangers and ethical issues involved in steroid use, while keeping the issue in perspective. While steroids is this year's hot issue on the health front for sports, its place is a modest one in the real issues for those who care about the health of youth and the integrity of school sports.

Behind the headlines on the steroid issue is the same fundamental issue which is at the core of the concussion management concern, namely, an improper perspective about sport, at least at our level. In youth sports, and especially in programs sponsored by educational institutions, **the emphasis must not be on winning at any cost but learning at every opportunity.** Taking shortcuts to success and putting the health of student-athletes at risk and to rush them back into practice or competition are the antitheses of what we stand for.

It isn't education, much less testing, that we need to protect our children from steroids, but rather reorientation or reinforcement of our basic beliefs and operating principles. It is preserving the educational ethic of school sports and, where necessary, restoring that culture. It is getting America to judge school sports by standards other than winning, records and scholarships.

The MHSAA has examined itself and identified some ways it may be unintentionally contributing to the problem. Some may be beyond our ability to change – for example, elimination of state tournaments will not have the support of our schools or their publics. But possibly there are ways to use those events more effectively for a greater good. Perhaps there are ways to change those events to do more good, or at least less harm.

Here are some other changes we can and will make:

1. We will discontinue publication – at least for a time – of the *Book of Champions* which lists the previous years' MHSAA team and individual champions. Instead, we'll publish a perspective on the purer purposes of school sports.

2. We will discontinue publication in the *MHSAA Bulletin* of the previous year's MHSAA champions. Instead, we'll publish by student-athletes and others essays about the benefits of school sports.
3. To complement our long-time efforts to have participants pursue academics before athletics, and display good sportsmanship at all times, we will investigate additional promotions that emphasize the core values we have long believed in and must pursue now with increased enthusiasm. For example:
  - a. The California Interscholastic Federation conducts two awards programs that help get to the heart of things: its "Model Coach" program and a "Spirit of Sports" award for students.
  - b. North Carolina honors four students annually in its "Heart of a Champion" award program intended for those who are unlikely to be found on any awards stand or in any record book and, while solid students, are not valedictorians. They simply embody the best of what school sports stand for.

There is much more for us to examine and resolve. Perhaps state records should be eliminated from our tournament programs and Web site. Perhaps we shouldn't sell "champions" shirts at Finals venues. Maybe we can modify presentations of awards at District, Regional and Final Tournaments to better emphasize core values.

Coaches associations, leagues and conferences, schools and individual programs within schools all have the same opportunity to review what they are doing and why, to remember our core values and revitalize our pursuit of those values.

— John E. "Jack" Roberts  
MHSAA Executive Director

## MICHIGANDERS FILL POSITIONS WITH NFHS



**Mazzolini**

National Federation of State High School Association Committees are taking on a distinctive Great Lakes look this year, as Michiganders are prevalent among appointees.

In her second year of a four-year term as chairperson of the Volleyball Committee is MHSAA Assistant Director **Gina Mazzolini**, while Assistant Director **Nate Hampton** will begin a four-year term as the Basketball Committee chairperson in April 2006. Hampton also currently serves on the NFHS Football Committee, and Assistant Director **Randy Allen** is a member of the Softball and Ice Hockey Committees, and serves on the USBC High School Bowling Advisory Committee.

MHSAA Representative Council member **Kathy McGee** of Flint Powers Catholic High School serves on the Basketball Committee as an NFHS Coaches Association Representative.

**Andy Weidenbach**, hockey coach at Bloomfield Hills Cranbrook-Kingswood, is an NFHS Coaches Association Representative to the Ice



**Hampton**

Hockey Committee.

As the MHSAA enters its second year of Boys and Girls Lacrosse sponsorship, expertise in the state is plentiful. Jackson Northwest A.D. **Rich Kimball** and Detroit Country Day girls coach **Patricia Hayes** have been invited to serve on the Boys and Girls Lacrosse Rules Committees, respectively, and **John Kenny**, Detroit Country Day boys coach, is the U.S. Lacrosse Representative to the Boys Lacrosse Committee.

## From the Editor

**E**ntering just my seventh year as a registered official, I'll be the first to admit that I am light years away from being an expert in the field in any sport, and an indefinite number of years and contests away from becoming as accomplished as I'd like to become.

However, being an official *and* a member of the MHSAA staff, I have become well versed in the affection many of my colleagues have for our ratings system. After a couple years, I just added the subject to my pregame (I've got more time now, since I can delete: "When are we going to three officials in Basketball Districts?").

I hear the following all the time: "The losing coach will give me a 4 and the winner will give me a 2;" "As soon as I get my ratings, I throw them out;" and, "Coaches don't know the first thing about mechanics, coverage, positioning."

If any or all of the above statements are true, then why do some officials obsess about it? Is a postseason assignment the singular purpose for officiating? Sure, it's a nice reward, but so is recognition from my partners, observers and assignors for doing a solid job. Coming to the game prepared, interpreting a tricky rules situation correctly, hustling, being a good partner and controlling a highly competitive contest feels pretty darn good as well.

That's not enough for some. MHSAA staff handles volumes of calls following tournament assignments in all sports, and volumes more once the ratings are sent in the summer. To that end, the MHSAA does listen, and changes are in progress.

First, to be tournament eligible in a growing number of sports, an official must be a member in good standing of an **Approved Association**. This will increase postseason opportunities, because **Approved Associations** are now being requested to submit lists of qualified officials to the MHSAA. Become involved with an Approved Association. Go to meetings and clinics, and actively participate.

The key to effecting change at the statewide level is to first do it at the local levels. The most frequent suggestion we receive is to have officials rate officials, in addition to the coach's rating. The MHSAA cannot oversee 300-plus games statewide on a given night during basketball season, but Association leaders can observe games in their Zones, get feedback from within their officiating crews and act accordingly when the time comes to submit lists to the MHSAA for tournament selection committees. This is how membership in Approved Associations can work for you.

And, for Approved Association leaders, make the meetings worthwhile. Simply posting a meeting schedule for the sake of being an Approved Association won't enhance officiating in your area. Here in Lansing, the Capital Area Officials Association conducts video sessions, holds coaches panels and offers scrimmage opportunities with observers present, among its many training sessions and meetings.

The second improvement addresses the most legitimate complaint regarding officials ratings: the low number of ratings an official sometimes receives. Too often, officials work a full schedule of games, and upon receiving ratings discover that only a handful of coaches bothered to submit ratings. This negligence on the coaches' part is being addressed via the opportunity to submit **ratings online**. So far, it's working. After a test period during the 2004-05 Winter seasons, the online ratings system was fully implemented last Spring and was met with positive results. The number of ratings submitted increased 25 percent over the Spring ratings from 2003-04. A total of 12,989 ratings were submitted online for the Spring season just completed.

Other measures are on the horizon. There is movement toward a "**ranking**" system rather than a "rating" system, by which officials will be ranked among peers within their zones, rather than having an arbitrary number place value on their performance. In other words, coaches will place officials above or below one another. In August, **standardized observation reports** were being drafted to provide Approved Associations with a tool for evaluating their officials in future years.

It is a work in progress, and always will be. No coach, no official and no system for ratings and postseason assignments will ever be immune to second-guessing. It's the nature of what we do. And, if you aren't receiving the desired reward, re-define *reward*.



# Celebration of Participation

## Michigan Participation Figures Top 300,000 for First Time

All-time records for participation in high school sports were broken by Michigan High School Athletic Association member schools across the state during the 2004-05 school year, topping the 300,000 mark for the first time.

Among all student-athletes, a total of 304,568 participants in sports in which the Association sponsors postseason tournaments during the past school year took part, smashing the 294,012 record set in 2002-03. The girls numbers were record-setting for the third straight year – the total of 127,890 topping last year's mark of 124,978. Boys participation was also its highest ever, the 176,678 figure surpassing the previous high of 169,619 in 2002-03. The totals count students once for each sport in which he or she participates, meaning students who are multiple-sport athletes are counted more than once.

The participation figures in MHSAA tournament sports for girls are up 22 percent since the 1994-95 school year. Boys are up 14 percent over the same time period, and overall participation is up 17 percent.

Volleyball continues to be the most popular sport for girls, with 21,564 participants in 2004-05, the sports' third-highest total ever. Girls sports hitting their all-time highs in participation last year for the second straight year were competitive cheer and soccer, while cross country, swimming and diving, and tennis all set new participation records.

The most popular boys sport continues to be football, with 44,253 participants last year. Ice hockey set a new participation record in 2004-05 for the second straight year, and also setting marks were soccer and tennis.

Lacrosse, the newest MHSAA postseason tournament sport, had 3,032 male and 1,435 female participants. Bowling saw increases in both genders in its second year, with 2,350 boys and 1,955 girls – a total addition of nearly 1,000 participants.

Results of Michigan survey from the 2000-01 school year to the present may be viewed on the MHSAA Web site – [www.mhsaa.com](http://www.mhsaa.com) – and clicking on Administrators.

### 2004-05 Sports Participation

The following summaries indicate participation in MHSAA tournament sports for 2004-05.

(A) The second number indicates the total number of schools that sponsored the sport in MHSAA tournaments, including secondary schools in cooperative programs, as of May 27, 2005. The third number indicates the number of schools that had girls playing on teams consisting primarily of boys

(B) The second number indicates the number of additional girls playing on teams consisting primarily of boys and entered in boys competition.

Sport	BOYS & GIRLS TEAMS		GIRLS ONLY TEAMS	
	Schools (A)	Participants	Schools (A)	Participants (B)
Baseball	638/643/2	19,268		0/6
Basketball	734/0/2	23,996	720	20,544/3
Bowling	203/205/4	2,350	194	1,955/13
Competitive Cheer			187/190	4,628
Cross Country	580/586/3	7,962	560/565	7070/7
Football	622/642/30	44,253		0/32
Golf	561/566/44	7,878	312/317	3,740/63
Gymnastics	5	45	84/119	860
Ice Hockey	207/265/10	3994	16	308/14
Lacrosse	71/96	3,032	43/55	1,435
Skiing-Alpine	87/108/3	882	88/110	796/6
Soccer	453/461/34	14,418	409/419	13,819/144
Softball-Fast Pitch	3	56	613	16,658
Swimming & Diving	251/302/10	5,126	258/306	6,954/75
Tennis	350/351/15	8,723	340	9,439/89
Track & Field-Outdoor	642/652/1	23,374	633/642	18,189/1
Volleyball			698/700	21,564
Wrestling	459/471/113	11,422		0/188



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**Boys and girls lacrosse made its debut as an MHSAA postseason tournament sport in 2005, while boys and girls bowling was in its second year, helping to propel participation numbers to record highs.**



Shawn Ellis, Detroit

# Lessons Learned from a Legendary Coach

Most coaches know of John Wooden, the legendary UCLA basketball coach who over 27 years guided his teams to a record 10 NCAA Basketball Championships, four perfect 30-0 seasons, and was named ESPN's Greatest Coach of the 21st Century. What may be even more amazing than Wooden's highly successful record on the court were his accomplishments off of it. Almost all of his players graduated and today these players talk more about the life lessons he taught them than their All-America status and national championship teams. He was known for his impeccable record of sportsmanship and was even named California Father and later Grandfather of the Year. Finally, he won the Bellamine medal for humanitarian efforts, the only sports figure to ever do so, joining notable figures such as Mother Teresa.

Given everything I heard about Coach Wooden, I recently jumped at the chance to fly to Los Angeles to meet him. Dr. Tara Scanlan, UCLA psychology professor and head of the International Center for Talent Development, hosts a John Wooden Day each year where Coach Wooden attends her sport psychology class; lectures on his famed pyramid of success; has lunch with a small group of faculty and visitors; and then proceeds to answer several hours of questions from students, faculty and visitors. Dr. Scanlan invited me to attend this year and I was able to spend most of the day listening to, and taking part in small group chats, with Coach Wooden.

My motives for attending Wooden Day were to learn as much as I could about the psychology of coaching, his coaching style and how he developed as a coach. I also wanted to gain material to write this article.

I had read about Coach Wooden and how he developed *people* as much as *players*, and after that day, I realize it was not just rhetoric. He is the "real deal" and really has life on and off the court figured out pretty well. Coach Wooden gets at the essence of things and is a great example of how a personal philosophy can be used to guide one's coaching and personal life. A humble man, you would know little of his many accomplishments from talking to him. However, by listening carefully you can garner considerable wisdom.

Although humble, Coach Wooden is a wealth of knowledge. Some of the lessons he conveyed are outlined below. I will begin by briefly discussing his philosophy of coaching (and life). Then I will summarize his responses to some of the questions posed to him. Finally, some general coach-

ing guidelines and guiding principles are discussed.

## Having a Philosophy of Coaching Really Matters

Coach Wooden's now famous "Pyramid of Success" model formed the philosophical basis of his coaching and life. It was initially developed when he was a high school English teacher and became frustrated because some parents could not understand why their children did not get A's. This troubled Coach Wooden, as he felt the students were working to the best of their ability and nothing was wrong with a B as long as you performed up to your potential. This made him think about the peace of mind that comes from satisfaction of working up to your own level of ability and over the next 14 years, he developed a model to guide his thinking about what it would take to develop this peace of mind in his students and athletes. For example, he indicated that any pyramid needs a strong foundation and a strong foundation starts with well-anchored cornerstones. For him, these cornerstones were industriousness and enthusiasm. You must work very hard to be good, and being enthusiastic really helps.

The remainder of the model focuses on a progression of characteristics such as self-control, team spirit, poise and confidence that leads to competitive greatness. Next, he used his well-thought-out philosophical model to guide his coaching—teaching and mentoring his players so that they learned how to develop their full potential on and off the court.

## Responses to Selected Questions

### ***What were the characteristics of your coaching style?***

- I felt it was important to be a leader versus a driver.
- My quiet confidence.
- I stayed calm and didn't lose composure.
- As the coach I did my work during the week at practice and then sat back and let my players execute without constantly directing them during the game (although I would have to intervene from time to time).

### ***What were your greatest "strengths" and "weaknesses" as a coach?***

- Strengths: (a) Very organized/very good at time management (When I was a high school teacher and coach I learned to do a lot at once so it taught me how to budget my time). (b) I was meticu-



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lous. (c) I did not feel pressure because my father taught me to make decisions based on preparation and hard work. If you do that and things don't work out you still made the right decision.

- Weaknesses: Not being patient enough when I was inexperienced.

### ***What were your motives for coaching?***

- I loved practicing and preparing for practice – In fact, I still miss this today.
- I loved working with players and developing rapport.

### ***What is the most important motivator for an athlete?***

- A pat on the back works best. However, some players need to be patted a little harder and lower.

### ***How do you keep a highly successful team motivated?***

- You must stress that players need to live in the present—they can learn from the past but must live in the present.
- Players must keep on an even keel. They must recognize that today is all that matters. They also must learn to make sure that the valleys are not too low and the peaks are not too high.

### ***How did you help your players control stress?***

- First, you need to control yourself as a coach.

***“I felt some of my teams which won the conference were more successful than other teams of mine which won the NCAA tournament. Why? They played closer to their potential.” — John Wooden***



johnwooden.com

- You must instill confidence in your players.
- Recognize individual differences and coach accordingly.

***How did you handle team rules?***

- I only had three rules.
- My three rules were: (1) Be on time (I was a stickler about that); (2) No use of profanity whatsoever; and (3) Never criticize a teammate.
- While I had three rules, I was careful not to identify specific penalties for breaking them. However, there were always consequences for rule infractions.

***How important is bonding of team members? How does team bonding affect performance?***

- Team bonding is very important, but is not always necessary. You want your team to bond, but it is always not necessary that they bond off the court.
- Players must "respect" each other, but they don't have to like one another.
- Players can disagree, but they must respect one another.
- It is critical that the rest of the team accept the eccentricity of your star player.

***How do you teach confidence?***

- As a coach you must show confidence in your player.
- Put them in pressure situations in practice so they can learn how to handle stress.

***What are some guidelines for selecting and working with assistant coaches?***

- I liked to recruit assistants who played for me.
- Never disagree with an assistant in front of your players.
- I did not want yes men – I looked for assistants who were not afraid to make suggestions.
- Give your assistants credit – but never blame them.

***How did you get players focused on academics?***

- I recruited players who put academics first.

- I studied incoming players' transcripts before they got to campus and got them help and support early.
- I stressed the fact that academics count.

***What are you most proud of in your career/life?***

- All but two of my players graduated.
- The close relationship I had with my players.
- I graduated from Purdue with a medal for scholarly achievement.
- My family—children and grandchildren.
- I was the only sports person ever to get the Bellamine medal of excellence (Mother Teresa got it the year before). Mother Teresa is my hero and I received the same medal as her.

***Guidelines and Core Principles Worth Remembering***

- Adversity makes you stronger when you accept it and learn from it.
- The biggest job of the coach is to get individual player goals to mesh with team goals.
- We must recognize that we are imperfect and will make mistakes. Both coaches and players must learn this.
- It is very important to give 'condensed' feedback. It is very easy to say too much as a coach and this is a common mistake.
- When I coached I held a rolled up program with reminder notes on it. For example, I always had notes on the opponents' good versus poor free throw shooters so I could refer to those during the game.
- To be successful your players must learn to execute fundamentals *quickly*.
- I felt some of my teams which won the conference were "more" successful than other teams of mine which won the NCAA tournament. Why? They played closer to their potential.
- Never criticize your players in front of the team.
- The great football coach Amos Alonzo Stagg was asked, "Is this your most successful season?" Coach Stagg answered, "I will tell you in 30 years." I

remembered that – changing lives matters most.

- Little things matter and attention to detail counts. For example, putting on your socks the right way to prevent blisters or not having long hair cuts down on perspiration that might get on the ball.
- Be patient – good things require time to happen.

***Final Thoughts***

At almost 95, Coach Wooden's once athletic frame is now brittle and he has arthritis in his hand and walks with a cane. However, he looks remarkably healthy for a man of his age and is mentally as sharp as a tack. He was exceptionally perceptive and at times quite funny. I can only imagine what he was like in his prime. While I did learn a great deal about coaching and the psychology of coaching from my day with Coach Wooden, I left feeling that I learned more about life from a man of great wisdom. I learned that this great teacher coach won by putting the development of his players as people first. He genuinely felt that developing character and helping players develop to their full potential was the most important thing in sport and life! We would all do well to model his lead.

***Read More about Coach Wooden***

Johnson, N. L. (2000). *The John Wooden pyramid of success*. Los Angeles, CA: Cool Titles.

Wooden, J., & Jamison, S. (1997). *Wooden: A lifetime of observations and reflections on and off the court*. New York, NY: Contemporary Books.

## Representative Council Action

# Three-Player Rule Waiver; Three-Person District Basketball Crews Highlight Spring Action

Establishing the use of three-person officiating crews for all levels of its basketball tournaments and the establishment of a waiver provision for its three-player out-of-season coaching rules in five individual sports were among the actions of the Representative Council of the Michigan High School Athletic Association at its annual Spring meeting, May 1-3, in Rothbury.

The Spring meeting of the 19-member legislative body of the Association's nearly 1,800 member schools is generally the busiest of its three sessions each year. The Council considered 65 committee proposals and also dealt with a variety of eligibility rule, postseason tournament and operational issues.

The MHSAA began the use of three-person officiating crews at the Final level of its tournaments in 1996 for Quarterfinal, Semifinal and Championship games. In 2001, the Regional level of play was added. The addition of the District level came only after careful consideration to the potential strain such a demand would place on a tight pool of tournament-qualified officials.

"As three-person crews became more and more prevalent for regular-season play," said John E. "Jack" Roberts, executive director of the MHSAA, "it was only a matter of time for District tournaments. However, while certain parts of the state could easily supply the needed tournament-qualified officials for three-person crews, others could not. We may still face the need to send officials great distances and make other adjustments to our practices and policies to cover these games."

During the school year when a sport is not taking place, the rules created by MHSAA member schools have allowed a coach to work with no more than three students during that off season. The advent of non-faculty school coaches in some individual sports who work professionally in non-school venues related to the sport they coach has posed some challenges that the Representative Council directed the MHSAA staff to address during the 2004-05 school year.

The input received from schools during the current school year opposed a rules change and supported clearer, tougher penalties, which were adopted. But in addition, the Council adopted a provision which will take effect on Aug. 1, that will allow the Executive Committee of the MHSAA to grant an exception in certain circumstances to the three-player rule for specific school coaches in the individual sports of bowling, golf, gymnastics, swimming and diving, and tennis who are also involved with those sports through their vocations away from the school program. Application must be

made in advance for the waiver, and the application must be based on circumstances which may include employment at a facility where the activity is routinely conducted and open to the public. The Executive Committee will evaluate each case individually and grant waiver as appropriate for a period of only one year.

"It is becoming more and more common for a school coach to also have involvement at a local club or sports facility which student-athletes often frequent outside of the school season," said Roberts. "In the affected sports, this waiver, when granted, will not restrict

students from being able to go to such public venues just because their school coach happens to be employed there."

Here is a summary of other sports actions taken at the Spring Representative Council Meeting:

### SPORTS MATTERS

- In **wrestling**, the Council adopted the Wrestling Committee recommendation to eliminate the requirement that the second wrestler entered in the Individual Tournament in a single weight class have a winning record in at least 12 varsity matches. Wrestlers, including those appealing their weight assessments, may begin their descent plan to their minimum weight immediately following their assessment. A representative from each



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**Three-person basketball crews will be in place for all MHSAA Tournament levels beginning with the 2005 girls season.**

wrestling school will be required to have a representative complete an annual online nutrition education examination covering MHSAA and National Wrestling Coaches Association nutritional materials. Investigation of opportunities for girls-only wrestling competition during the regular season was approved. A committee recommendation to seed Team District Tournament brackets was rejected.

- In **girls volleyball**, a scheduling recommendation was approved that allows for District tournaments to take place over two days if six or more schools are assigned to a site, as long as all Semifinal and Final matches are played on the same day. The Libero position – a defensive specialist – was also approved for the 2005-06 school year.
- In **tennis**, the Council approved the Tennis Committee recommendation to play all Semifinal and Championship matches on the second day of the Final tournament – generally Saturday – unless weather conditions are unfavorable. Recommendations to modify the seeding process for Regional and Final play were also adopted.
- In **soccer**, the committee recommendations to anchor the boys Finals to the first Saturday in November was approved, as was the reduction of the number of days between the start of practice and the first competition to seven for both girls and boys. Both changes take effect with the 2006-07 school year. Schools which have not competed on an artificial playing surface during the regular season may practice on the field hosting a District tournament if it is not a natural surface.
- Responding to requests from the **gymnastics** community that the MHSAA Girls Gymnastics Tournament be scheduled in the Fall, the Representative Council authorized a survey of student-athletes, coaches, administrators and judges during November. The results will be reported at the next Representative Council Meeting on Dec. 2.



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***Golf becomes one of the sports eligible for a waiver of the three-player rule under certain circumstances in 2005-06, while opportunities for girls-only wrestling competition during the regular season will be explored. Last winter, nearly 200 girls participated on boys wrestling teams.***



Diane Sherry, Addison

- The **Football** Committee recommendation was approved that if a member school forfeits a varsity football contest and it is alleged by the opposing school receiving the win that the forfeit is for reasons other than health, risk or other compelling issues but rather to avoid competition, school administrators will be required to appear before the MHSAA Executive Committee to show cause why other sanctions should not be applied to the forfeiting school. A survey of Region 1 schools in the MHSAA Football Playoffs was conducted following the May Council meeting to determine if those schools would favor continuing the use of Geographic Pairings for first-round games. The result favored the elimination of Geographic Pairings. The Committee recommendation to seed all eight teams in the MHSAA Playoff Regionals was defeated.

- In **girls competitive cheer**, recommendations of that committee to change a variety of scoring matters were adopted. Junior high limits were increased to eight days of competition per season.

- In **bowling**, there will be format changes affecting the Team Finals. The number of competition dates was increased to 24; the restriction of five days of competition over 14 days was eliminated, but the limit of three days of competition in a week was retained. Upper Peninsula schools will be allowed to begin practice and competition a week earlier than the Lower Peninsula.

- Another **Basketball** Committee recommendation was approved – to allow the use of a 14-foot coaching box at all levels during the regular season and postseason tournament play; but to rescind the action if Officials Reports show an increase in coaches conduct issues during 2005-06.

- In **baseball**, the Council acted on the Committee recommendation to assign an additional umpire to all Final round contests. Effective with the 2005 tournament, four umpires will be used for all Quarterfinal, Semifinal and Championship games. In addition, a Committee recommendation to play all four title games of the Baseball Tournament on the same field, weather conditions permitting, was approved, effective with the 2005 tournament.

# Coaches Education

## MHSAA Launches Coaches Advancement Program

Here's the **BIG IDEA** for 2005-06.

It is that we must get America to judge school sports by different criteria than sports on all other levels and by all other sponsors.

If competitive athletics are to have – and deserve to have – a place in schools, and if school sports is to have a place in society, this BIG IDEA will have to be pursued with more focus and passion and achieved with fewer exceptions and excuses in 2005-06 and beyond.

In school sports, educational athletics, we must be judged by participation numbers more than win/loss percentages; by academic scholarship in school, not athletic scholarships to college; by sportsmanship rather than gamesmanship; by life lessons like hard work and teamwork, discipline and dedication, leadership and citizenship.

If not in every detail, at least in essential direction, here's how we must go about making these the characteristics of successful programs.

First, we must recognize that the delivery system of almost all that is good in school sports, and a lot of what can be bad, is the coach. We cannot possibly spend too much time or money on coaches education.

Second, we must avoid distractions. For example: (1) A mandate by the Michigan Legislature that coaches be certified in sports safety training is nice in theory, but is not nearly enough

training for coaches and would interfere with schools' efforts to recruit and properly train coaches. (2) Conventions by coaches associations that focus only on Xs and Os are fine in theory but miss the point that what gets coaches fired is rarely the technical and tactical but far more often is the intangible, like motivating young people and dealing with their parents.

No, the best bet for advancing the BIG IDEA is for every school district and coaches association to provide voluntarily to every coach every year the kind of training provided through the MHSAA's Coaches Advancement Program.

The general outline of the program, and the added values for completing it (CEUs, insurance, etc.), appear below. The real value of course is that CAP tends to produce life coaches, and life coaches tend to redefine the meaning of success in school sports.

The BIG IDEA requires BIG EFFORT. The MHSAA is making this effort through redesign of its coaches education program to better meet the needs of coaches and especially the needs of the student-athletes they mentor. We invite every member school and each coaches association to utilize this service.



### COACHES ADVANCEMENT PROGRAM OUTLINE

- CAP 1      6 Hours**  
1 ½ hours: Coaches Make the Difference: MHSAA Philosophy & Regulations  
2 hours: Effective Instruction: The Coach as Teacher  
2 ½ hours: Sports Medicine and First Aid
- CAP 2      6 Hours**  
2 ½ hours: Effective Communication: Characteristics of Coaches Who are Great Communicators  
1 ½ hours: Legal Responsibilities of Coaches  
2 hours: Psychology of Coaching
- CAP 3      6 Hours**  
2 ½ hours: Teaching Technical & Tactical Skills/Effective Instruction  
2 hours: Effectively Working with Parents  
1 ½ hours: The Coach as a Performer: Managing Your Time & Energy Level
- CAP 4      6 Hours**  
2 hours: Strength and Conditioning  
2 hours: Administrative Responsibilities of the Coach  
2 hours: Resolving Conflicts that Occur in Athletics
- CAP 5      6 Hours**  
2 hours: Mental Preparation: Preparing for Success  
2 hours: Chemical Health Education  
2 hours: Current Issues in Educational Athletics
- CAP 6      6 Hours**  
2 hours: Teaching Emotional Toughness  
2 hours: Instructional Games in Athletics  
2 hours: Current Issues in Educational Athletics

### MHSAA COACHES ADVANCEMENT PROGRAM VALUE ADDED BENEFITS

**INSURANCE:** The liability insurance coverage is in the amount of \$1 million per occurrence. This protection extends to coaches' performance of duties for the school team during the interscholastic season. The coverage is good for the year that the coach successfully completes the program and the following year.

**NEWSLETTER:** GamePlans is an electronic newsletter that is sent six times a year to coaches who have successfully completed six hours of the Coaches Advancement Program. The GamePlans newsletter contains pertinent articles that will assist coaches in their daily planning. GamePlans also publishes a record of all coaches who have been certified through the MHSAA Coaches Advancement Program.

**STATE BOARD – CONTINUING EDUCATION UNITS:** State Board-Continuing Education Units (SB-CEUs) are available to coaches and can be used for the renewal of selected certificates issued by the Michigan Department of Education. Coaches who complete a six hour session are eligible to receive a .6 SB-CEU.

### Coaches Advancement Program Certification

CAP Beginning Certification	= 12 hours
CAP Intermediate Certification	= 18 hours
CAP Advanced Certification	= 24 hours
CAP Masters Certification	= 30 hours
CAP Masters Elite Certification	= 36 hours

**Certification would occur after the first 12 hours with subsequent increments of 6 hours for a total of 36 hours available. Additional units could be written and received after the first 36 hours have been completed.**

## Gather to Avoid the Test ...

### MHSAA Rules Meetings Mandatory for Postseason Coaching Eligibility

Again in 2005-06, the MHSAA will conduct a full series of required statewide rules meetings in all sports where officials are assigned, except swimming & diving. Last year was the first year that head coaches who missed a rules meeting and did not return a completed exam risked being barred from the MHSAA tournament. As last school year (2004-05) was the **first** year of the new test requirement, extensive efforts were made so that no coach was excluded from an MHSAA tournament. In the second year of the stronger rule, all head coaches should know, **“you must attend a rules meeting or pass the test with at least a 70 percent.”** The MHSAA will mail tests twice to the school and coach; if the test is not completed and passed with 70 percent or better, **the coach shall not coach in the tournament** and an administrator must supervise the participants. *Handbook Regulation II, Section 8* reads:

**SECTION 8 (B) – [Except for the sports of golf, tennis and swimming & diving] each head coach of a varsity team in a sport under MHSAA jurisdiction shall attend the MHSAA rules meeting for that sport for the current school year if meetings are held. If the head coach does not attend the meetings, an administrator or designee from that coach’s school shall attend.**

1. Any head coach who misses the meeting for any reason shall answer correctly 70 percent of the questions on the rules examination for the sport.
2. A head coach who fails to attend a rules meeting and then after two mailings from the MHSAA does not submit to the MHSAA examination results with at least 70 percent of the questions answered correctly, shall be prohibited from coaching in that season’s MHSAA tournament for the sport involved and shall not be present at the facility where the MHSAA tournament involving that coach’s team is being held. An administrator of that school shall be present with supervisory capacity over the school’s competitors.

Just as a coach must attend a rules meeting, it is also necessary for officials to attend rules meetings if they wish to be considered for tournament play in that sport. Swimming & diving officials must attend a Coaches and Officials Meeting if they wish to be considered for tournament assignment. Officials who are extended invitations to officiate MHSAA tournament contests in football, basketball and wrestling shall be members in good standing of an Approved Association.

Beginning with the 2005-06 school year, golf, tennis, swimming & diving **Coaches and Officials Meetings** (no longer called rules meetings) shall be held. Attendance will be kept as in years past but is not required for tournament participation (except for swimming & diving officials). The meetings will provide valuable, new sport-specific information designed to improve and inform those who attend. For professional growth, all coaches are encouraged to attend an MHSAA coaches meeting each school year. A school district may require their coaches to attend. It is strongly recommended that all schools send new coaches to these meetings to meet existing coaches from the same sport and region.



## 2005-06 NATIONAL TESTING DATES

### ADMINISTRATION - COUNSELORS - COACHES

Please advise students of the 2005-06 test date schedule. Your students 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 2006 and dates where tournaments would create conflict.

ACT ASSESSMENT DATES	CONFLICTS
October 22, 2005 .....	UP Cross Country Finals
December 10, 2005 .....	.None
February 11, 2006 .....	.None
April 8, 2006 .....	.None
June 10, 2006 .....	Girls Soccer, Baseball, Softball Regionals, Boys and Girls Lacrosse Finals

SAT TESTING DATES	CONFLICTS
October 8, 2005 .....	LP Boys Golf Regionals
November 5, 2005 .....	Football Districts, Boys Soccer Regionals, LP Cross Country Finals
December 3, 2005 .....	Girls Basketball Finals
January 28, 2006 .....	.None
April 1, 2006 .....	.None
May 6, 2006 .....	.None
June 3, 2006 .....	Girls Soccer, Baseball, Softball Districts, Boys and Girls Lacrosse Regionals, LP & UP Track & Field, LP Girls Golf, LP Boys Tennis Finals

AP EXAM DATES	CONFLICTS
May 1-5, 8-12, 2006 .....	.None

*(Advanced Placement Exams take place over a 5-day period for each subject)*

## 2005-06 RULES MEETING SCHEDULE

The 2005-06 Rules Meeting schedule can be found on the Web at [mhsaa.com](http://mhsaa.com). Start times are now 6 p.m. for single-sport meetings, 5 & 6:30 p.m. for two-sport meetings.

Always check [mhsaa.com](http://mhsaa.com) for exact times and locations.

# Sportsmanship

## Spring Good Sports Are Winners! Award Recipients Tabbed

The recipients of the Michigan High School Athletic Association's Good Sports Are Winners! Awards for the recently completed 2005 Spring sports season have been named, with each school to receive recognition from MEEMIC Insurance, the Association's corporate partner in sportsmanship efforts.

**Sterling Heights Stevenson** in baseball, **East Grand Rapids** in boys lacrosse, **Bloomfield Hills Academy of the Sacred Heart** in girls lacrosse, **Novi** in girls soccer and **Harper Woods Regina** in softball were selected by the tournament management at their respective Finals for displaying the most exemplary sportsmanship by their coaches, student-athletes and spectators. Each school receiving a Finals award will be presented a commemorative banner and crystal trophy at a venue of the school's choosing at a future date.

**Sterling Heights Stevenson** was the Division 1 champion in baseball, **East Grand Rapids** was a Division 2 finalist in boys lacrosse, **Bloomfield Hills Academy** was the Division 2 finalist in girls lacrosse, **Novi** was the Division 1 champion in girls soccer, and **Harper Woods Regina** won the Division 1 softball title. This is the first Finals level award for all five schools.

At the District, Regional and Quarterfinal levels of MHSAA tournaments, all schools which meet a set of sportsmanlike standards are recognized. Those schools will be presented framed certificates from MEEMIC Insurance. Numerous schools will receive more than one award from Spring tournaments, with Lake Orion



heading the list with six.

In all, 135 teams in baseball, girls soccer and softball are being recognized for their outstanding sportsmanship at Spring tournaments. Those teams will be recognized through the publication of their names in the MHSAA Bulletin, the MHSAA Finals program series, and on the

MHSAA Web site. During the course of the 2004-05 school year, 1,163 teams will be recognized in 13 activities for their sportsmanship efforts during MHSAA tournaments.

Good Sports Are Winners! Award Evaluation/Report Forms for tournament managers can be found on the Recognition page of [mhsaa.com](http://mhsaa.com). Please submit deserving teams at every tournament level.

### 2004-05 Good Sports Are Winners! Award Recipients

**Baseball** – Sterling Heights Stevenson  
**Boys Basketball** – Bellaire  
**Girls Basketball** – Portland St. Patrick / Lansing Christian  
**Girls Competitive Cheer** – Remus Chippewa Hills  
**Football** – Muskegon  
**Ice Hockey** – Davison  
**Boys Lacrosse** – East Grand Rapids  
**Girls Lacrosse** – Bloomfield Hills Sacred Heart  
**Boys Soccer** – Rochester Hills Stoney Creek  
**Girls Soccer** – Novi  
**Softball** – Harper Woods Regina  
**Girls Volleyball** – Leland  
**Team Wrestling** – Caro

*Complete lists of the Good Sports Are Winners!  
Award recipients can be found on the  
Recognition page of the MHSAA Web site*



20-20photo.com

*Bloomfield Hills Academy of the Sacred Heart took home the inaugural MHSAA Girls Lacrosse Division 2 title as well as the Good Sports Are Winners! Award in 2005.*

## Questions?

*The most efficient method of communication with the MHSAA on eligibility questions is through the athletic director or principal. Athletic Directors should gather all information necessary on a question and then call or write the MHSAA. Coaches or parents calling the MHSAA on eligibility matters can create confusion and delay. ADs or principals are encouraged to contact the MHSAA Office directly. Please follow this efficient path of communication.*

### Correction

*The Spring 2005 Mentor erroneously reported that a reunion of players from the 1994 Class A Boys Basketball championship game took place last March 19 in East Lansing. The year should have read 1945.*

## MHSAA Officials Summer Meetings Are Key to Education Statewide



The MHSAA conducted its annual series of Officials Summer meetings Aug. 5-6 at DeWitt High School. The weekend meetings included the leadership from all Approved Associations and Registered Assignors, as well as the Train-the-Trainer program in all sports.

Attendance continues to grow as added emphasis is placed on local leaders to achieve statewide excellence and consistency in officiating.

The Aug. 5 meeting of Approved Associations and Registered Assignors was attended by more than 150 representatives from across the state. MHSAA Executive Director Jack Roberts addressed the group on the vital role that leaders of officials associations play in high school sports, and answered questions regarding the ongoing sports seasons litigation. The attendees were then updated on the MHSAA Officials program. Highlighting the session were approved items from the Representative Council, including the use of three-person officiating crews for all District basketball games and the use of four-person umpiring crews at the Quarterfinal, Semifinal and Final levels of the baseball tournament series. In addition, issues of recruiting, retention, ratings and an observation program were presented and discussed at length.

The Train-the-Trainer program was conducted on Aug. 6 with more than 160 trainers in attendance. These trainers represented the sports of baseball, basketball, football, gymnastics, ice hockey, soccer, softball, volleyball and wrestling. The attendees received in-service training on local meeting organization and presentation skills, which included techniques for improved instruction and training. The trainers then attended sport-specific sessions for the rest of the morning and afternoon, learning new content and techniques to use in local training sessions.

Next year's meetings will take place Aug. 4-5, 2006, at DeWitt High School.



John Johnson, Okemos

**Trainers discuss strategies and topics to take back to their Approved Associations during the annual MHSAA Officials Summer Meetings in DeWitt on Aug. 6.**

## Officials Registration Goes Online

Beginning with this school year, all current and first-time officials are able to register online through the MHSAA Web site, [mhsaa.com](http://mhsaa.com).

While the early registration deadline of July 1 is past, new and renewing officials are free to register with the MHSAA any time during the year.

Online registration can be accessed by clicking "Officials" on the Home Page of the MHSAA Web site. For more information, contact the MHSAA at 517/332-5046 or e-mail to: [register@mhsaa.com](mailto:register@mhsaa.com).

## Officials For Kids



Andi Osters, Okemos

**The Capital Area Official Association, a Lansing-based Approved Association, recently donated \$1,000 to "Officials For Kids" to help in the fundraising efforts for a new pediatric emergency room for Sparrow Hospital. The check was presented to Jack Roberts (right), executive director of the Michigan High School Athletic Association and a local board member of Officials For Kids, at a CAOAA meeting at Holt High School on Aug. 1. Shown with Roberts are: CAOAA secretary Nichole Tilma (left), and CAOAA president Jeff Spedoske (center). The CAOAA was the first MHSAA-approved officials association in the state to make a contribution to the Officials For Kids cause, which branches out statewide this year to include work at other Children's Miracle Network Hospitals in Detroit, Flint and Grand Rapids. More information about Officials For Kids can be found on the Sparrow Foundation Web site at [sparrowfoundation.org](http://sparrowfoundation.org), or on the officials page of the MHSAA Web site, [mhsaa.com](http://mhsaa.com)**

## The Bigger Threat to School Sports

So much has been made recently of steroid use in sports. Some have taken all the activity started in professional sports and manufactured the perception that the same is true in school sports in epidemic proportions.

We do need to be concerned about the use of steroids by teenagers, some – but not all – of whom are looking for improved athletic performance. There's a health risk, and it is a show of incredible disrespect to the games. It's cheating.

But a little perspective is needed: steroids have been used at least once in the life of fewer than four percent of high school students, most of whom are not athletes or whose first use came after their high school sports careers ended.

There's a bigger threat to sports in general, and school sports in particular, and it reared its ugly head again this summer.



20-20photo.com

***Is the above unintentional, incidental contact, or a coached technique? The remedy for today's "just-don't-get-caught" climate begins with coaches who choose fundamentals and sportsmanship over rule-bending methods of play.***

During a crosstown inter-league series between two Major League Baseball teams, the always fiery accusation of spitballs being thrown got gasoline thrown on it when the manager of one of the teams said that cheating was OK as long as you didn't get caught. Here's a few quote samples as reported by different media sources:

- "If you're doing whatever you're not supposed to do and you don't get caught, keep doing it."
- "Everybody cheats. If you don't get caught, you're a smart player or pitcher. If you get caught, you're cheating. That's been part of the game for a long time."
- "Just don't get caught."

I asked my son, who recently finished his high school sports career, what represented the greater threat: student-athletes doing steroids, or the "it's not cheating if you don't get caught attitude?" Or were they joined at the hip in some manner?

"It's the attitude thing," my son responded. "So few people have access to steroids or want to hurt themselves by taking steroids that it's not ever going to be that big of a deal. But the attitude is something that kids get, that parents get – that's a bigger problem."

Kids already see some of this attitude in the gamesmanship that takes place around them. The pushing of the envelope one way leads to finding other ways to take their play beyond the rules, but still up to the edge. Those parents looking for an advantage for their child may do anything from turning their heads when they see it happen to teaching their kids how they can get away with certain things during competition. Other parents hold on for dear life hoping their child doesn't get infected by it.

There's one antidote for it: the coach.

In fact, the coach is also the antidote for the steroid issue, which pales in comparison to sportsmanship issues. A coach of character who will not ignore or condone gamesmanship or cheating of any type. A coach who demands that players, and their parents, respect the game and everything around it – even if the so-called competitive edge is lost in the process.

Some blow off cheating in sports because it's just sports. But never has what has been historically called the toy department of life reflected its ugliest realities any more than today. It can change, however. It can change in school sports because we have a different mission. A mission that is not dependent on developing winning teams, but rather winning people. Winning people of integrity who can play the games the way they were meant to be played, and who can in turn play the game of life the same way – with honor.

Fighting steroid use is necessary – don't get me wrong. But steroids will be one of those sports issues that come and go. Fighting attitudes that promote cheating and gamesmanship is something that never goes away. But day in and day out, high school coaches take on the task of promoting the value of participation, and the values behind the value. They take on the bigger threat and defeat it.

— John Johnson  
MHSAA Communications Director

### ***"Executive Summary" Breakfast at MASA***

On Friday morning, Sept. 30, 2005, the MHSAA will provide a breakfast during the Michigan Association of School Administrators meetings in Traverse City. MHSAA Executive Director John E. "Jack" Roberts will provide an "Executive Summary" of key issues involving school sports in Michigan.

# Football Finals Move to Ford Field This Fall

The Michigan High School Athletic Association enters into a multi-year agreement with Ford Field to host its Football Finals beginning with this year's event on Nov. 25-26.

The move to the 65,000-seat facility is only third in the 30-year history of the tournament. In the tournament's first year – 1975 – the Finals were split, with two classes of competition taking place at Waldo Stadium in Kalamazoo, and two at Perry Shorts Stadium in Mt. Pleasant. The event moved indoors in 1976 to the Pontiac Silverdome, the second year that facility was in business. The Silverdome hosted over 1.75 million fans for 176 title games in the last 29 years, and attendance is expected to grow at the new venue.

"It will be great to have our premier games played in one of the premier facilities in the country," said John E. "Jack" Roberts, executive director of the MHSAA. "Ford Field has much to offer our game's participants and spectators. They will enjoy the opportunity to begin playing the Finals at Ford Field this November, just two months before the venue will host the 2006 Super Bowl."

With the move to Ford Field will come other changes in the event, the most notable of which will be a single \$9 admission to watch four title games in a single day. "We always felt, our \$9 ticket for two games, which previously included on-site parking at the Finals, was a great bargain," said Roberts. "That same ticket will now allow a fan to watch all four games on a single day, and we feel that Ford Field has worked hard to provide parking that is in close proximity to the facility at a reasonable price."

Parking, at lots operated by Olympia Entertainment, will provide approximately 2,700 spaces adjacent to Ford Field or Comerica Park at a cost of \$6 for passenger cars. Because of Ford Field's location, accessible by freeway from all directions, housing options will be available downtown and on the perimeter of the city, all within a 30-minute drive. "Visitors to this event will be able to find the kind of lodging they want, with the amenities they want, at competitive prices, all within a reasonable distance, regardless of the direction they will be coming from."

The Association will also engage in promotional efforts for the event and seek corporate support for it with the assistance of the Ford Field/Detroit Lions marketing staff. "High school sports by their nature must keep a low commercial profile, but it has become necessary to engage the support of corporate partners to help underwrite the costs of these events," Roberts said.



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# MENTOR PLANNER

## Fall Sport Dates

SPORT	First Practice Date	First Contest Date	Days or Contests	Opt-Out Due Date	Ratings Due Date	MHSAA TOURNAMENT DATES				
						Districts	Regionals	Quarters	Semis	Finals
Basketball - Girls	Aug 15	Aug 29	20C	Oct 12	Dec 2	Nov 14-19	Nov 21-23	Nov 29	Dec 1-2	Dec 3
Cross Country - LP	Aug 15	Aug 15	15D	Oct 12			Oct 28 or 29			Nov 5
Cross Country - UP	Aug 15	Aug 15	15D	Oct 7						Oct 22
Football	Aug 8	Aug 26	9C	N/A	Dec 2	Oct 28 or 29 & Nov 4 or 5	Nov 11 or 12		Nov 19	Nov 25-26
Golf - LP Boys	Aug 11	Aug 15	16D	Sep 23		Sep 29 or 30 or Oct 1	Oct 6, 7 or 8			Oct 14-15
Soccer - Boys	Aug 15	Aug 26	18C	Sep 28	Dec 2	Oct 24-29	Nov 1-5		Nov 9	Nov 12
Swimming - LP Girls	Aug 15	Aug 27	16C	Nov 15			Dive: Nov 15			Nov 18-19
Tennis - LP Girls	Aug 15	Aug 15	16C	Sep 28			Oct 6 or 7			Oct 14-15
Tennis - UP Girls	Aug 15	Aug 15	16C	Sep 23						Sep 30

*Visit [mhsaa.com](http://mhsaa.com) for Pairings and Ticket Information*

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