

MENTOR



The Michigan High School Athletic Association Newsletter for Coaches and Officials

COACHING THE COACHES

What are the key components to a successful fundraising campaign? What are the proper medical emergency procedures during an athletic contest involving your team? What precautions should you be aware of to avoid potential litigation? Are you in compliance with MHSAA regulations?



**COACHES
ADVANCEMENT
PROGRAM**

The Xs and Os of your sport might be second nature to some of you, but today's coaching responsibilities spill well beyond playing boundaries and practice time. How well equipped are

you to handle the legal, medical and administrative responsibilities demanded by the coaching profession?

Chances are that you – the coach – could use some coaching. Fortunately for you, the MHSAA and the Institute for the Study of Youth Sports at Michigan State University have teamed up to provide extensive professional development for coaches at all phases of their careers through the Coaches Advancement Program, now in its second full year.

Through CAP, coaches can receive instruction on subjects ranging from philosophy and sports medicine to communication and legal responsibilities. At just \$60

per course, it is the best educational bargain available to coaches today.

The Fall issue of *MENTOR* included an editorial from MHSAA Executive Director John E. "Jack" Roberts addressing the vital role coaches play in educational athletics. As of mid-December, 657 coaches have completed a CAP 1, 2, 3 or College Level course. It is a significant number, but it is not high enough. If you are serious about the coaching profession, and – more importantly – developing the character of our student-athletes in an educational setting, enroll in a CAP course at your earliest convenience.

An enrollment form and course schedule can be found on the coaches page of the MHSAA Web site, mhsaa.com. A complete course outline appears on the next page.



**INSTITUTE FOR THE STUDY OF
YOUTH SPORTS**



Inside: Hall of Fame Coaching Tips

Coaches Advancement Program

Continued from page 1

COACHES ADVANCEMENT PROGRAM OUTLINE

CAP 1 6 Hours

- 1 ½ hours: Coaches Make the Difference: MHSAA Philosophy and 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 Progression
- 2 hours: Effectively Working with Parents
- 1 ½ hours: The Coach as a Performer: Managing Your Time and 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

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.

NOTE: A coach who has completed Level 1 of the former "PACE" program may advance to Level 2 in CAP. A coach who has completed Level 1 and 2 from the PACE program may advance to Level 3 in CAP.

CAP Attendees Say:

- *"I would love to go to more courses!"*
- *"Great fun!"*
- *"Very knowledgeable presenter!"*
- *"I am an educator and this information really mirrored what I need to do in the classroom – it was very refreshing!"*
- *"The open discussion is most beneficial!"*
- *"Best speaker on the subject that I have ever heard!"*
- *"Great program! Extremely valuable material that I will no doubt utilize in the future!"*
- *"Great session with excellent material!"*
- *"Wonderful enthusiasm!"*

MHSAA Coaches Advancement Program Value Added Benefits

INSURANCE: Liability insurance coverage 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.

For the most updated CAP Schedule consult mhsaa.com
Click on "Coaches" from the left-hand nav bar

MENTOR,

I was very disappointed with the *Behind The Headlines* editorial in the August 2005 MHSAA MENTOR. The comments appear to be reinforcing an ever-increasing attitude of status quo and mediocrity. The message has a clear tone of: If you can't beat them, ridicule their efforts, criticize their dedication, claim poor sportsmanship and put the blame on others for what might be your lack of effort in providing a quality athletic offering.

Since when do we need to protect our children from competition? You bet we need to re-orientate and reinforce the basic beliefs that our school athletic programs were founded upon. These beliefs include hard work, commitment, dedication, teamwork, pride, loyalty, sacrifice and yes playing and striving to win. I agree that playing with integrity and honor, always within the rules established are uncompromising ideals and at no time are we to circumvent these standards to promote individual gain at the price of others.

When quality programs work within well-defined standards lead by qualified, compassionate coaches who are highly motivated to pursue excellence, we should never undermine the goal of winning. Students need to be challenged and exposed to competition to prepare for many of life's future challenges. Society is full of people who want something for nothing. Those who have sacrificed to push for excellence know first-hand that if it was easy to be a champion everyone would be one.

Average is great and exciting when you achieve it by performing at your individual best. Intentionally cultivating a laissez faire atmosphere because you are afraid to become involved in a competitive environment will never allow individuals to reach their potential. When we make the move to reduce the rewards and recognition for high achievement we will begin to undermine the very principles that make athletic competition a valuable tool for student learning and achievement.

The programs we promote will never apologize for trying to win. Winning will always be a goal of each and every team we field. We will play by the rules, being conscious of our opponents' needs while working diligently to promote the goal of winning.

Joel Bronkema
Athletic Director
McBain High School

MENTOR,

Being both an official and a high school coach, I have a unique view of athletics. During games, I am able to empathize with the persons I am discussing plays and fouls with. However, I was bothered by the statement made in *The Bigger Threat to School Sports*. It was stated the biggest threat was, "...it's not cheating if you don't get caught attitude...[and THE] antidote for it; the coach." While the article acknowledges that there are coaches who stay on the straight and narrow, we as officials need to realize that we play a major part in that attitude as well.

Much like police officers that enforce a maximum speed limit above that of the one posted, we as officials are guilty of allowing players to get away with what the article refers to as cheating. For example baseball umpires, such as myself, and the "phantom double play" basketball referees allowing kids to move their pivot foot, hockey linesmen allowing obstruction/hooking to occur, or football officials allowing players to hold, so long as it stays between the shoulders. What message is this sending to players? What can the coaches do to remedy this?

As a coach, I can honestly say coaches can do a lot to be a positive influence on players. On the staff I'm a part of, we have "character coaches" who walk the sidelines Thursday and Friday night. However, we as coaches should not be alone in this endeavor. We are all grown men and women who know the difference between right and wrong. There are good reasons for why most of us wear black and white vertical stripes. Let's remember those reasons, no matter who thinks poorly of us. The most important thing is not who thinks it's a good call, but whether or not it's the right call.

Aaron K. Simmons
MHSAA Official
Lansing

Please submit your views and opinions to: mentor@mhsaa.com. The MHSAA welcomes viewpoints from member school personnel and contest officials. We thank you for your readership

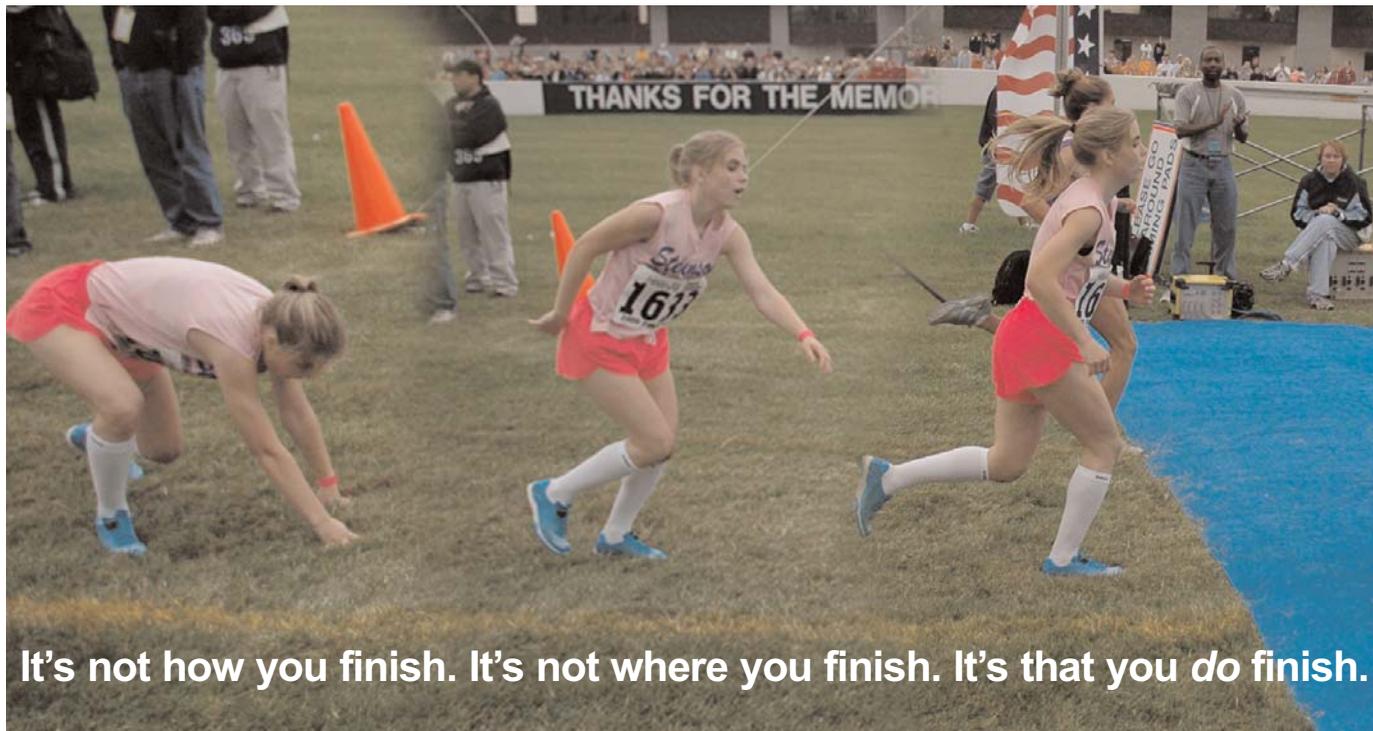
**It takes strength
to lift this.**



**It takes a
strong person
to lift this.**

**Help Recruit
School Coaches
and Officials.**

From the Editor



It's not how you finish. It's not where you finish. It's that you do finish.

photos by John Johnson, Okemos / composition by Rob Kaminski, Lansing

Catch Weekly *MHSAA Perspective* and More via EZStream.com

One of the more popular features on the MHSAA Web site is the weekly *MHSAA Perspective*, delivered via the MHSAA Internet Broadcast Network and EZStream.com.

Launched this Fall, mhsaanetwork.com also is the Internet audio home for MHSAA Finals in a variety of sports, and provides MHSAA member schools the opportunity to broadcast audio of their athletic events.

The weekly *Perspective* can be heard and downloaded by clicking *MHSAA This Week* in the upper left corner of the MHSAA Home Page at mhsaa.com. A sample segment appears at right.

EZStream archives the *Perspectives* as well as Internet broadcasts of Finals, providing visitors with on-demand audio.

We encourage you to visit the site frequently for commentary addressing current topics relating to educational athletics.



• [MHSAA Website](#) | [MHSAA FAQs](#) | [MHSAA Record Book](#) | [MHSAA Network](#) | [Join The Network](#)

“We hear stories at times of acts of honesty on the part of our student-athletes; students who point out such wrongs and try to make them right. But we also hear stories of reaction and retaliation by teammates and their parents, schoolmates, and community members who criticize and abuse such individuals for making the right choice, because it cost the rest of the team a victory or an opportunity to advance in a tournament.

“Let’s put it in real life terms – what do you do when the cashier at the grocery store or the teller at the bank gives you back more money than you’re supposed to receive? I think everyone knows what you should do, and everyone would applaud you for doing the right thing.

“Why should it be any different in sports? Especially school sports?”

MENTOR is published three times per year by the Michigan High School Athletic Association, Inc., 1661 Ramblewood Drive, East Lansing, MI 48823 (Phone 517-332-5046). Edited by Rob Kaminski. **MENTOR** welcomes contributions of articles, information or photos which focus on coaching and officiating in Michigan. Send them to mentor@mhsaa.com, or the above address.

2005-06 Scholar-Athlete Award Applicants Announced

The applicants for the Michigan High School Athletic Association's Scholar-Athlete Award for the 2005-06 school year have been announced.

The program, which has been recognizing student-athletes since the 1989-90 school year, will honor 32 individuals who represent their member school in at least one sport in which the Association sponsors a postseason tournament. Farm Bureau Insurance underwrites the Scholar-Athlete Award, and presents a \$1,000 scholarship to each individual.

"It is amazing to see the number of young people who are proven achievers in academics and activities," said John E. "Jack" Roberts, executive director of the MHSAA. "At a time when our educational system is coming under fire, the Scholar-Athlete Award is something that proves how important athletics are to the development of a well-rounded person."

The program saw a major change in its structure this year, the work of an ad hoc committee which sought to make the program better reflect the MHSAA membership. The result was an increase in the number of scholarships from 28 a year ago to 32; scholarships being awarded proportionately by school classification and the number of student-athletes involved in those classes; and the addition of at-large honorees to assure minority representation among the scholarship recipients.

Under the restructured program, 12 scholarships will be awarded to Class A student-athletes, six female and six male; eight scholarships will be awarded to Class B student-athletes, four female and four male; six scholarships will be awarded to Class C student-athletes, three female and three male; and four scholarships will be awarded to Class D student-athletes, two female and two male. The two at-large recipients may come from any classification, and are designated by their school at the time of entry.

A school could submit as many applications as there are scholarships available in their classification. Of 470 schools which submitted applicants, 80 submitted the maximum allowed. This year, 2,145 applications were received. All will be presented with certificates commemorating their achievement. Additional Scholar-Athlete information, including a complete list of scholarship nominees, can be found on the "Recognition" page of MHSAA Web site, mhsaa.com. Once there, click "Scholar-Athlete Award."

The applications were judged in January by a 76-member committee of school coaches, counselors, faculty members, administrators and board members from MHSAA member schools, from which the 120 finalists and 32 scholarship recipients will be selected. Finalists



appear on the same page of the Web site as the nominees.

To honor the 32 Scholar-Athlete Award recipients, a ceremony will take place during halftime of the Class C Boys Basketball Finals at the Breslin Student Events Center in East Lansing on March 25.

To be eligible for the award, students must have a cumulative grade point average of 3.50 (on a 4.0 scale), and have previously won a varsity letter in at least one sport in which the MHSAA sponsors a postseason tournament. Students were also asked to respond to a series of short essay questions, submit two letters of recommendation and submit a 500-word essay on the importance of sportsmanship in educational athletics.

Farm Bureau, a long-time supporter of MHSAA activities, also sponsors other educationally oriented programs. Executive Vice President Jim Robinson notes the company's pleasure with the awards program.

"All of us at Farm Bureau Insurance are proud to reward special, well-rounded young people who have developed both physical and academic skills," Robinson said. "To accomplish both while giving themselves to their schools and their communities are outstanding traits that must be recognized and rewarded."



Presentation of the annual Scholar-Athlete Awards highlights a busy weekend of activity surrounding the MHSAA Boys Basketball Finals each March. This year's event takes place on March 25 at halftime of the Class C title game.

A Hall of Famer's Perspective

In 2003, Joe Delamielleure was inducted into the professional football Hall of Fame. A multi-sport athlete in high school, Delamielleure played football, baseball, was all-state in basketball and ran the 100-yard dash and threw the shot in track. An all-Big 10 player for three seasons in a row at Michigan State, he was selected in the first round of NFL draft and played 13 seasons with the Buffalo Bills and Cleveland Browns.

Delamielleure was a six-time Pro Bowl selection, started in 182 of the 185 NFL games his teams played, and was the leading rush blocker in O.J. Simpson's record-setting performances with the Buffalo Bills.

The following interview focuses on how coaches helped Delamielleure in his playing days and what he learned about effective leadership from them. Key questions and selected excerpts from the interview follow:

What were your high school coaches like and how did they affect you?

I had great high school coaches and from early on I learned to take one play at a time. That sounds so ridiculous because it is so basic, but that's what I did. I never looked forward and I never looked back. I was motivated to perform to my best on each play. Whatever happened, happened. I could really, really focus and zero in on the play at hand. Doing that led me from high school to college, and from college to the pros.

So your coaches had a big influence on you?

Oh yeah. I always say that coaches can make or break players, no doubt. And I have had great coaches. My line coach in Buffalo, Jim Ringo, is a Hall of Famer, and coached four Hall of Famers.

What did Coach Ringo do that helped you?

He put all his energies into coaching. He started to make me think like that and I became better. He had the whole offensive line thinking like that. We broke all types of records: most yards rushing, least number of sacks allowed, most total first downs,



INSTITUTE FOR THE STUDY OF
YOUTH SPORTS

Mike Sollie

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and

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*Professor and Director
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Michigan State University*

most points in a 14-game season. That was because of Jim.

Were your coaches very demanding—acting in a more command style or were they more cooperative with the players?

No, not at all in a commanding style. You could barely hear Jim Ringo talk, very soft-spoken. They were not very demanding of the players (in the sense of yelling and being autocratic). They got a lot of player input, which is totally different from most coaches and what you see today on television. That is why I was successful. I had coaches who were above average. They cared for you so much that if you played bad or lost, you were disappointed in yourself because it was like you let the coach down. They were great. They would talk to you. As a coach, I was part of a program that was bad, and all it was was a bunch of screaming and yelling. There was no confidence. Every time a kid played a down he looked over his shoulder at the coach wondering if he was going to get ridiculed. You can't do that. You have got to let the kid play the game. Jim Ringo had an unbelievable gift of finding out what

you're good at, and he would expose that. If you were a good trap blocker, guess what, you were doing that and increasing your confidence. That in turn made you feel good about what you were doing and increased your confidence.

Did you feel that approach to coaching made you more relaxed while playing?

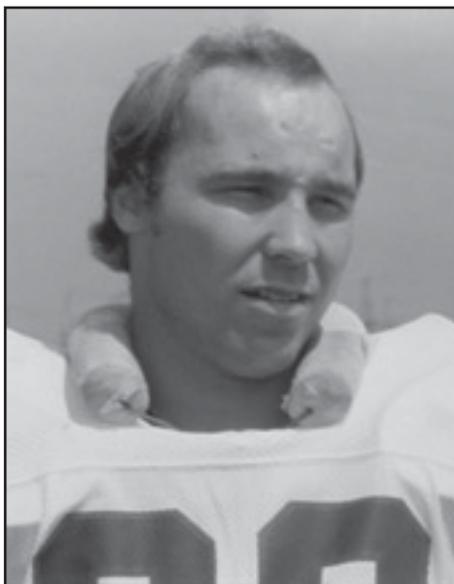
Absolutely, and that made me better. Today's coaches, with all their yelling, make it worse.

You mentioned how coaches instructed you on proper technique and that helped you correct mistakes. Do you view coaches as teachers?

Absolutely. That is what they are. See, back when I played, if you coached, you had to teach a course. It is amazing how teaching relates to coaching. If a kid comes to you with a math problem and cannot figure it out, what do you do? Do you brush him off and tell him to try harder? No, you help him through it. You do this through good communication. The best teams have an open-door policy with their players. They can come in and talk about anything. Teaching and communicating make good coaches, which make good teams.

What do you believe are the crucial components of coaching leadership?

Being direct, caring and communicating. People will respect you if you are straight up with them and don't pull any punches. But you can't be direct in a way that comes across as being cruel. There is a time to be direct if a kid makes a mistake. You don't want to play games with him and make him think he is doing a good job when he is not. But you also have to show you care. Ask how their classes are going, what classes they are taking, how their parents are. You find out this information and show you care by communicating. Having an open-door policy will make kids feel comfortable talking to you. They feel relaxed, and you are best when you are relaxed.



“You also have to show you care. Ask how their classes are going, what classes they are taking, how their parents are. You find out this information and show you care by communicating.” — Joe Delamielleure

His coaches built trust adopting an open-door approach that allowed them to get to know their players. These coaches were honest and direct when communicating with their athletes while at the same time showing that they cared. They were not demeaning in their communication. They modeled high energy and in so doing instilled commitment in their athletes, and were excellent teachers. And what they taught was not necessarily complicated but important fundamentals like focusing one play at a time.

Finally, they were good teachers, and looked for player strengths in an effort to build confidence.

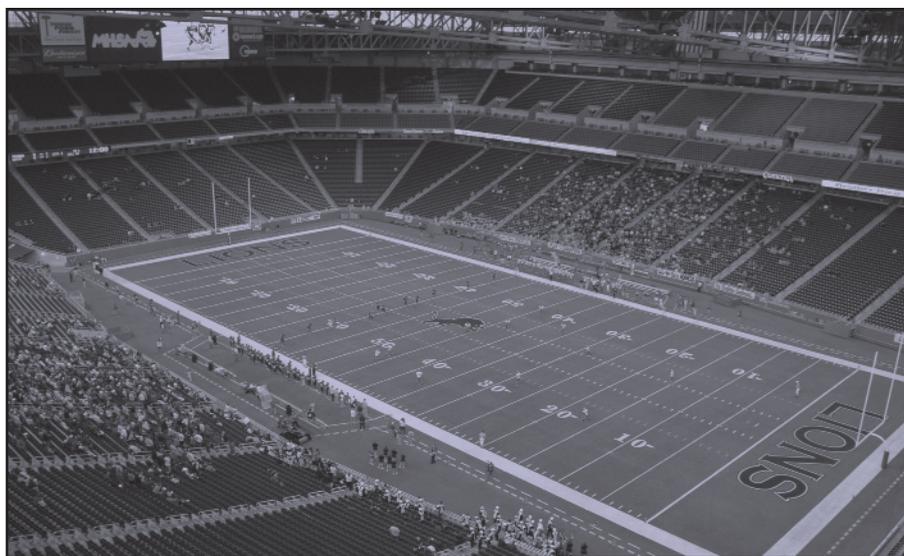
Joe Delamielleure played his sport at the highest level for many years and credits much of his success to his coaches from high school to the pros. Unlike the stereotype of the yelling football coach barking out constant commands to his players, Delamielleure felt the best coaches were teachers—even at the highest levels of the game.

Do You Measure Up?

How do you rate on Delamielleure’s Hall of Fame criteria for coaching success? How would your athletes rate you?

1. I know my sport and I am a good teacher of skills?
2. I build trust by developing an open-door environment and work to get to know my players as individuals?
3. I am honest and direct in my communications with players while consistently demonstrating that I care about them as individuals?
4. I model high energy and commitment?
5. I focus on my player strengths—not just their weaknesses?

New MHSAA Football Finals Home is Super



John Johnson, Okemos

When Crystal Falls Forest Park kicked off to Mendon to begin the Division 8 Football Final on Nov. 25, it marked a new era for the MHSAA Football Finals. Following 29 years at the Pontiac Silverdome, the Finals moved to Detroit’s Ford Field, home of the Detroit Lions and site of Super Bowl XL between the Pittsburgh Steelers and Seattle Seahawks held on Feb. 5. The MHSAA Finals weekend drew rave reviews, as well as 67,540 fans over the eight-game, two-day event.

PLAY BALL! Henry Ford Museum hosts *Baseball as America*

With Spring upon us, thoughts turn to the popping of leather and cracking of the bats as Major League Baseball spring training sites throughout the south come to life.

Baseball enthusiasts around the state can get a jump on the season by visiting Dearborn’s Henry Ford Museum®, presenting *Baseball As America™* from March 11–Sept. 5, 2006.

The exhibit features more than 500 artifacts, many never previously displayed and many more which for the first time have left their permanent home of the National Baseball Hall of Fame and Museum in Cooperstown, N.Y.

Visitors to the exhibit will receive 50 percent off admission to an upper deck box seat for any Monday–Thursday Detroit Tigers home game throughout the season.

For admission prices and further info visit TheHenryFord.org, or call 313-982-6056.

Honors and Awards

Legendary Tennis Coach Bob Wood is Fifth Michigander in the NFHS Hall of Fame

Bob Wood, long-time tennis coach at Grosse Pointe Woods University Liggett, became the fifth Michigander and first-ever tennis coach to be inducted into the National High School Hall of Fame at its ceremonies last June.

Wood joins former MHSAA executive director Charles Forsythe, River Rouge basketball coach Lofton Greene, Harper Woods Regina softball and basketball coach Diane Laffey, and Fennville multi-sport athlete Richie Jordan as the state's representatives in the national hall.

As the boys tennis coach at University Liggett School (his alma mater) from 1966 to his retirement in 2002, Wood's teams won 27 MHSAA championships and finished second eight other times in his 37-year career. His teams won 51 invitational tournaments, 30 regional championships and compiled a 328-206 dual-match record. Wood's teams posted 13 consecutive MHSAA titles from 1972 to 1984, good for fourth all-time nationally in the National High School Sports Record Book. Including seven titles won before Wood's arrival, University Liggett ranks second all-time nationally with 34 state championships.

Wood also coached girls tennis for two different periods (1987-91 and 1994-2001), guiding those teams to 12 championships and 13 regional titles. His girls teams compiled a 131-32 dual-match record and won 22 invitational tournaments. His 1989, 1990 and 1991 teams were undefeated.

Overall, Wood's boys and girls teams won 73 invitational tournaments, 43 regional titles and 39 MHSAA championships and had a combined dual-match record of 460-238.

Beyond the wins and championships, Wood did much to promote the sport of tennis in Michigan. In 1977, he founded the Michigan High School Tennis Coaches Association (MHSTeCA), which has a current membership of more than 320 coaches, and was instrumental in changing the Michigan high school tennis state tournament format from individual to team concept.

Wood is past president of the National High School Athletic



NFHS Photo

Bob Wood displays his National High School Hall of Fame plaque with MHSAA Assistant Director Gina Mazzolini at the summer meetings last June.

Coaches Association (NHSACA) and also served on the boards of the Michigan High School Coaches Association and Michigan High School Athletic Administrators Association. He received numerous coach-of-the-year awards and was inducted into the NHSACA Hall of Fame in 1997 and the Michigan High School Coaches Association Hall of Fame in 1989. He received the Allen W. Bush Award from the Michigan High School Athletic Association in 1993.

Former MHSAA Assistant Director Martin Honored

Former MHSAA Assistant Director Suzanne Martin received the prestigious National Federation of State High School Associations Citation Award on July 5 at the NFHS Summer Meeting in San Antonio, Texas. The Citation is one of the highest awards presented by the NFHS and is given annually to individuals who have made exemplary, significant and lasting contributions to high school sports and activities.

Martin retired in December 2002 after 25 years with the Association. While at the MHSAA, Martin established the nation's first, largest and longest running conference to promote the role of females in interscholastic athletics, the Women In Sports Leadership Conference.

Martin also spearheaded the movement of girls competitive cheer as a tournament sport, one which continues to grow at a rapid rate today.

She is pictured at the NFHS Summer Meeting in San Antonio last June with NFHS Executive Director Bob Kanaby, then-President Dave Stead of Minnesota and current President Dan Washburn of Alabama.



NFHS Photo

Melanie Miller Receives 2006 WISL Award

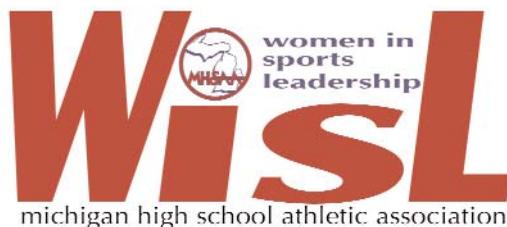
Melanie Miller, who taught, coached and served as an athletic administrator in the Lansing Public Schools for 33 years, has been named the recipient of the 2006 Women In Sports Leadership Award by the Representative Council of the Michigan High School Athletic Association.

Each year the Representative Council considers the achievements of women coaches, officials and athletic administrators affiliated with the MHSAA who show exemplary leadership capabilities and positive contributions to athletics. The award will be presented during a banquet at the 2006 Women In Sports Leadership Conference on Feb. 12, in Lansing .

Miller was part of a group of female coaches that was literally on the ground floor when girls sports began booming in the early 1970s; an early pioneer as a female athletic administrator in the late 1970s; an overseer of unprecedented growth for girls and boys athletic opportunities through the next two decades; and also a statewide leader in athletic administration circles, completing a stint as president of the Michigan Interscholastic Athletic Administrators Association (MIAAA) as she retired from her duties at Sexton High School at the conclusion of the 2004-05 school year.

A graduate of Comstock High School where her father, Larry Pickett, was the athletic director for 32 years, Miller earned Bachelor's Degrees in Physical Education and Biology in 1972, and later received her Master's in Exercise Physiology in 1983. At a time when girls sports were coming on the scene and when Lansing had four high schools, Miller coached four sports at Hill High School on the city's Southwest side.

In 1978, Miller became the assistant athletic director in charge of girls sports at Sexton High School , where she also served as a teacher. She became the



PAST WISL RECIPIENTS

- 1990 – Carol Seavoy, L'Anse
- 1991 – Diane Laffey, Harper Woods
- 1992 – Patricia Ashby, Scotts
- 1993 – Jo Lake , Grosse Pointe
- 1994 – Brenda Gatlin, Detroit
- 1995 – Jane Bennett, Ann Arbor
- 1996 – Cheryl Amos-Helmicki, Huntington Woods
- 1997 – Delores L. Elswick, Detroit
- 1998 – Karen S. Leinaar, Delton
- 1999 – Kathy McGee, Flint
- 2000 – Pat Richardson, Grass Lake
- 2001 – Suzanne Martin, East Lansing
- 2002 – Susan Barthold, Kentwood
- 2003 – Nancy Clark, Flint
- 2004 – Kathy Vrugink Westdorp, Grand Rapids
- 2005 – Barbara Redding, Capac

ues as a life member of the organization.

Miller is also active as a treasurer of two golf leagues in the Lansing area, a member of the Greater Lansing Sports Hall of Fame selection committee, a board member of the Downtown Coaches Club, and a member of the Michigan State University Varsity S Club.

school's athletic director in 1987, where she served as tournament director for over 200 MHSAA events at all levels, and was a member of numerous Association committees.

Through the MIAAA, Miller was recognized as a Regional Athletic Director of the Year in 1991, and received five Dedicated Service Awards. And for as much as she received, she gave back – serving on various MIAAA committees, as a regional representative, and finally as president of the organization. Her work with MIAAA contin-

“The generation of women of sports leadership which ushered girls athletic opportunities into our high schools is one to which we owe much gratitude. Even more is owed to those who helped blaze the trail and then stayed to nurture the nature of school sports for all of its young participants,” said John E. “Jack” Roberts, executive director of the MHSAA. “In Melanie Miller, we honor a true leader; a leader who worked hard, who was gracious, and who helped develop the next generation of sports leadership.”

Go to the Recognition page of mhsaa.com for Awards Nomination Forms and Information

It's Not the Heat . . .

We've all heard it a million times: "It's not the heat, it's the humidity." To a point that's true, but, there is a better way to determine how uncomfortable the air feels. It's by looking at the dew point.

Let's start with the relative humidity. By definition, according to the Glossary of Meteorology, the relative humidity is "the ratio of the actual vapor pressure of the air to the saturation vapor pressure". Basically it's just the amount of water vapor in the air compared to the amount of water it can hold at a given temperature. Warmer air can hold more water vapor.

The dew point is defined as the temperature to which a parcel of air must be cooled for the humidity to be 100 percent. So, when the temperature and dew point are close the humidity is high. The farther apart they are, the drier the air.

Looking strictly at the humidity can be very misleading. Remember that warm air can hold more water than cool air. So, a 50 percent humidity at 60 degrees feels a lot different than a 50 percent humidity at 90 degrees. The difference is in the dew point.

The next time you watch the weather, look at the dew point. If the dew point is below 60 the air is generally dry and comfortable. When the dew point reaches 60 it begins to get a little uncomfortable and more so as it climbs through the 60s. When the dew point reaches 70 or higher it's very uncomfortable and very difficult to cool down. On the rare occasions the dew point reaches 80 it's almost difficult to move. It's literally "air you can wear."

Going back to the above examples, a 60 degree day with a humidity of 50 percent will give us a dew point of 41. That means the air is quite dry and comfortable. A 90-degree day with a humidity of 50 percent will yield a dew point of 69. That's well into the uncomfortable range.

How does the dew point affect the body, especially that of the athlete? The body produces heat and must find a way to cool down to keep from overheating. One way it cools down is by sweating. We are always losing water but it's most noticeable when we're active or when it's very warm. Since water needs heat to evaporate, the skin is cooled during the evaporation process.

sweat to evaporate. Consequently the athlete does not cool down properly. If he or she is not able to cool down and overheats instead, the results can be serious.

It's important for us, as officials, to know the weather conditions and understand how they can affect the athlete. It is also important for coaches and officials to know the symptoms of heat related problems such as



20-20photo.com

Game administrators, coaches and officials need to be wary of warm, humid weather conditions and allow for plenty of water breaks.

When the air is dry, or the dew point is low, more water evaporates and the cooling process is greater. When the air is moist, or the dew point is high, the evaporation process is slowed down considerably and it's difficult for the body to cool down.

High dew points are especially hard on the athlete. Even though he or she may be sweating profusely, the amount of water already in the air makes it difficult for the

exhaustion and stroke. Schools must also make sure enough water and shade is available for the competing teams on warm and muggy days.

— Dennis Hodges
Meteorologist, Hodges Weather Services
MHSAA Track & Field Official



Softball Facemasks Mandatory In 2006

A new National Federation playing rule has been adopted that will affect equipment purchases for softball programs. **Effective in 2006**, NOCSAE approved facemasks/guards will be required for batting helmets in girls fast pitch softball. The new standard went into effect as of Jan. 1. Member schools need to purchase new helmets with facemasks, or obtain facemasks to attach to current helmets. The facemasks must have the phrase "Meets NOCSAE standards" printed directly on them. The standard will apply to all levels of competition beginning with the 2006 season.

2006 RULES MEETING SCHEDULE

The 2005-06 Rules Meeting schedule can be found on the Web at 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 for exact times and locations.



HANDBOOK NOTES AND CLARIFICATIONS: OUT-OF-SEASON COACHING

The following specific penalties were added by the Representative Council for violation of out-of-season coaching Regulation II, Section 11 (H):

Depending on the severity and frequency of out-of-season coaching violations a coach or member school may be subject to any or all, but not limited to the following:

1. **Censure.** Further restrict coach/player contact out of season.
2. **Probation.** Prohibit out-of-season coach/player contact including at otherwise permitted conditioning programs, open gyms, summer competitions and three-player coaching situations.
3. **Probation.** Restrict coaches' attendance at in-season practices, scrimmages and/or games including regular season and/or MHSAA tournament.

Regulation V, Section 4 may also be applied.

The following are clarifications and points of emphasis from Interpretation 216:

216. Out of season during the three-player limitation period, **coaches shall not coordinate, officiate at, or in other ways assist with out-of-season school or non-school athletic events** which involve more than three students from the same school in a sport they coach that is sponsored by that school in grades 7 through 12 in the district in which they coach. This applies to coaches on all levels (varsity, junior varsity, etc.), for either gender, whether paid or volunteer. Violations of the three-player rule are likely, and allegations of violations are inevitable if coaches fail to heed this precaution. Administrators should work with coaches to keep them above suspicion, avoiding even the appearance of violations at out-of-season athletic events.

Generally Prohibited Under Interpretation 216:

1. A coach may not book, schedule, or make other arrangements for more than three players to participate in an out-of-season activity (for example: batting cages, for tennis lessons, indoor soccer or lacrosse leagues, indoor track, fall ice time, etc.).
2. A coach may not post or distribute a time or event schedule designed specifically for more than three players to attend out-of-season activities.

3. A coach may not arrange for a parent or other non-staff person to act as coach in an out-of-season coaching activity. A coach may not arrange for a parent or non-staff person to do that which the coach is prohibited from doing under the regulation.
4. A coach may not arrange transportation nor provide transportation on a regular basis to more than three individuals so they may be part of an out-of-season activity.
5. The three player limitation period applies to all out-of-season environments during the school year including club and AAU teams, camps, clinics, combines, leagues, profit or non-profit facilities or enterprises.

Generally Permitted Under Interpretation 216:

1. A coach may be a spectator at an out-of-season activity but should have no contact with the athletes in competition.
2. A coach may be present as an employee of a facility where sport coaching is taking place and where they are not providing coaching directly to more than three players from their district but are providing coaching to other players from other school districts.
3. A coach may be present as a school employee or volunteer at school-sponsored competition as an administrator or contest worker (scorer, timer, announcer, etc).

BCAM Invites Coaches to Hospitality Room During Boys Basketball Finals

The Basketball Coaches Association of Michigan (BCAM) would like to invite officials and coaches in attendance at the MHSAA Boys Basketball Finals to its hospitality room. The room will be open on Saturday throughout the day. Come on down for refreshments and hospitality. There will be a table in the hallway of the Breslin Center across from the main ticket lobby. You will need some proof of your BCAM or official's status to receive a pass that will allow you to leave the arena and return. The members of BCAM hope coaches and officials statewide take advantage of this opportunity.

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.

Sportsmanship

Spring Good Sports Are Winners! Award Recipients Tabbed

Over 650 teams representing over 400 schools have been selected to be recognized for displaying outstanding sportsmanship during selected Fall Michigan High School Athletic Association postseason tournament competitions through the Good Sports Are Winners! Program, and all will receive awards ranging from framed certificates to commemorative banners and crystal trophies from MEEMIC Insurance, the Association's corporate partner in sportsmanship efforts.

The program is conducted in team sports, with schools being evaluated by tournament management at District, Regional and Final Round sites. This Fall, a

total of 657 teams were selected from 426 schools in tournaments conducted in girls basketball, football and boys soccer. At the District, Regional, Quarterfinal and Semifinal levels of MHSAA tournaments, all schools which meet a set of high sportsmanlike standards are recognized. Those schools will be presented framed certificates from MEEMIC Insurance. Those teams will also 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 school year, over 1,500 teams will be recognized in 15 activities for their sportsmanship efforts during MHSAA tournaments.

At the Finals in those tournaments, schools judged to have met those standards are presented a



crystal trophy and commemorative banner. **Cheboygan** in girls basketball and **Muskegon Oakridge** in football were selected by the tournament management at their respective Finals for displaying the exemplary sportsmanship by their coaches, student-athletes and spectators. No team was

selected from the Finals in boys soccer. Presentation dates at Cheboygan and Oakridge will be announced at a future date.

Cheboygan was a Semifinalist in the Class B Girls Basketball Tournament; while Oakridge was the champion in the Division 5 Football Playoffs. It is the first time either school has been named a recipient of a Finals award.

Numerous schools will receive more than one award from Fall tournaments, with Muskegon Orchard View and Saginaw Nouvel heading the list with six each. Flint Powers Catholic, Kingsley and Macomb Dakota will each have five teams recognized.



20-20photo.com

Cheboygan and its fans took Good Sports Are Winners! Award honors during the MHSAA Girls Basketball Finals, while Muskegon Oakridge and its following displayed excellent sportsmanship during the Football Finals to claim the award in the Fall. The teams will be honored in ceremonies at their schools later this school year.



20-20photo.com

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

Evaluation/Report Forms for Tournament Managers may also be found on the Good Sports Are Winners! Award page, as well as the Administration page under Tournament and Event Management.

Quick Whistles

Online Registration Building Momentum

Beginning with this school year, all current and first-time officials were able to register online through the MHSAA Web site, mhsaa.com.

As of Jan. 17, 3,222 of 11,288 MHSAA officials registered online (28.5 percent).

While the early numbers are impressive, the MHSAA encourages all officials to use the online method of registration in the future, as the trend continues to move toward electronic files.

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: register@mhsaa.com.

E-mail Addresses Needed for all MHSAA Officials

Please be sure to update your personnel file online, paying particular attention to the e-mail field. In the very near future, e-mail will be the sole means of correspondence with the MHSAA office, including the notification of tournament assignments. Click "Officials" on the left-hand column of the MHSAA Home Page, then select "MHSAA Officials Services." You will need your ID number and password to access your information.

Officials Awards and Alumni Banquet set for April 29

The 27th Annual MHSAA Officials Awards and Alumni Banquet will take place April 29 at the Sheraton Lansing Hotel. The MHSAA will honor 20-, 30- and 40-year officials at the event, and also present the 2006 Vern L. Norris Award. Consult mhsaa.com and the *MHSAA Bulletin* for ticket information as the event draws near.

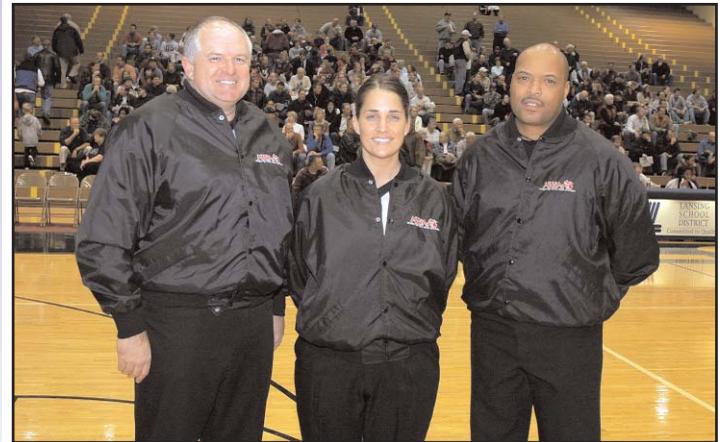
The MHSAA needs your help in creating a special multi-media presentation for the banquet. Officials celebrating their 20th, 30th or 40th year in the ranks are encouraged to submit officiating photos and videos to the MHSAA by April 1. Call Faye Verellen at the MHSAA office, 517-332-5046, for further details.

Summer Meeting Dates Set

The annual summer meetings for Approved Associations, Assignors and Trainers will take place Aug. 4-5 in the Lansing area at a site yet to be determined. Mark your calendars accordingly.



CAOA Trio Donates to Officials for Kids



John Johnson, Okemos

The officials for the Nov. 29 MHSAA Girls Basketball Quarterfinal game between Grandville and Benton Harbor at Lansing Eastern's Don Johnson Fieldhouse donated their game checks to Officials for Kids, an organization made up of mid-Michigan officials formed to assist in the construction and maintenance of a Pediatric Emergency Room and Waiting Room at the Sparrow Regional Children's Center in Lansing.

From left, the three Capital Area Officials Association members are: Jay Marcotullio, Okemos; Nichole Tilma, Holt, and Floyd Jones, Lansing.

Visit the mhsaa.com Officials page for information on OFK.

CRIMINAL HISTORY CHECKS FOR OFFICIALS IN STEP WITH SCHOOL EMPLOYEE STANDARDS

During 2005, a package of 18 bills intending to protect school children from criminals was signed into law. In essence, state law now prohibits public and nonpublic schools from hiring or assigning people whose criminal record checks indicate they have been convicted of a "listed offense" as defined in the Sex Offenders Registration Act. If the criminal history check reveals the employment applicant has been convicted of a felony other than a listed offense, school officials would be prohibited from employing that individual unless the superintendent/ chief administrator and the local governing board of the school/district specifically approve the employment or work assignment. The law extends to all individuals offered employment as well as those who work regularly and continuously under contract.

As the legislation was being discussed, MHSAA staff were assured by bill sponsors that the legislation did not intend to cover

the game and meet officials of athletic contests who are independent contractors and by definition and actual practice do not work "regularly and continuously" for a school or district. While implementing regulations or future litigation could stretch the intent, the new laws do not extend to most athletic referees, umpires and judges.

However, even before the 2005 legislation was conceived, the Michigan High School Athletic Association had adopted a policy of conducting criminal history checks of applicants seeking MHSAA registration. During 2004-05, criminal history checks were performed on more than 3,500 officiating applicants through the Michigan State Police System (ICHAT). During 2005-06, all 12,000+ applicants will be checked through that system, supplemented by cross-checks with the Public Sex Offenders Registry (PSOR) and the Offenders Tracking Information System (OTIS).

While the MHSAA is not requiring that applicants for registration submit fingerprinting information, the MHSAA has made a commitment to its member schools to deny or rescind the application of any person who has been convicted of a listed offense under SORA. For other criminal offenses, there is a process of review and appeal that involves the association's chief administrator.

School districts face a challenge in meeting the requirements of the new law with respect to the full- and part-time people they hire or assign. Most game officials are not their concern under the laws, not only because the laws do not extend to contest officials who are independent contractors and do not work regularly and consistently for any school or district, but also because the MHSAA is attempting to meet the same standards for contest officials as the law requires for school employees.

Beware the Pitfalls of Club Sports Programs

Every school year's beginning is full of promise, hope and excitement. New challenges pose situations where problem-solving skills are necessary for both students and faculty. It is from these experiences that meaningful education is accomplished – for in all of human existence daily problem solving is a must. Those who use good analytical skills to work through a dilemma often fare better than those who do not seek alternative solutions to preliminary failed attempts.

For school administrators, both the number and intensity of barriers increase each year. How do we fund mandates? How do we deal with an expanding (or declining) enrollment? How do we deal with irate parents and patrons? How do

aspire to eventually play on the varsity teams. But schools cannot offer places to large numbers of students in some varsity sports. Football is the exception because it can usually provide a spot for an undersized or underskilled player to contribute, but a volleyball or basketball varsity squad with 25 or 30 players cannot provide enough court time for that many players.

There is also a difference of opinion about the athlete's level of skill. In a recent case, an 11th-grade student was cut from the squad on the day of the first match. The school coach determined that her skill level was not appropriate. The parents had paid over \$4,000 in the previous year for her to play on a club (non-school) team. She had been ranked with excellent skills and was on an elite age-level team. Understandably, they were upset and perplexed that she was cut from the school team. There was much

time coming up with the money for non-school teams – except when their child is truly outstanding. Then, the club will “scholarship” the athlete. Club sports do not require a student to maintain scholastic standards. Flunk all your courses, be ineligible for school and still play for the non-school team. Sportsmanship? Definitely, non-school ball has a “me first” emphasis, which often is detrimental to school team sports. With local financial support through booster clubs being a necessity, club sports pull valuable resources that could go to schools.

There is only so much money to go around. Merchants are caught in a dilemma whether to donate for a club team going to California for six days and playing three games, or giving a contribution to the local school to print a schedule calendar for school sports.

The most notable difference in club and school teams is the professional level of the coaches. I'm talking about the stan-



How soon is too soon to start paying for club sports that kids might not even be interested in?

we continue to offer meaningful extracurricular activities to our students?

The school is expected to offer a plethora of course offerings and a rich, diverse menu of student activities for a large number of students. It is not uncommon for a high school to offer multiple sports teams at the middle school, 9th-grade and JV levels to accommodate a large number of aspiring athletes.

In addition, students are involved heavily in non-school sports on age- or grade-level teams. Parents sometimes organize and coach these outside teams. This means that many hopeful athletes

bad. Good, because it offers more opportunity for students to gain the benefits of competition. It provides a release from the frustrating task of making a 3,000-student high school varsity team. It allows parents to stay involved with their children into the high school years. And it permits some students the added benefit of trying out for positions they would not get to play in high school. Hey, if you are 6-3 and the tallest kid in school, you will play under the basket! But on a club team you could be a perimeter player or a point guard.

However, there are negative consequences. Low-income parents have a hard

Parents have to decide, many times too early in their child's athletic development, whether to allow their child to play more than one sport . . . Early efforts by parents usually lead to determining which sport offers the best opportunity for a varsity roster spot or even a college scholarship.

bitterness toward the coach and school.

Schools are no longer the only place for students to get athletic experiences. That is good, and that is

dards demanded of the school coach: full-time employee of the school, a regular faculty member joined in the academic mission of the school, pledged to enforce standards of eligibility, deportment, sportsmanship and integrity. School coaches do not receive money from the parents. Their salary is set at the beginning of the year, win or lose. They answer to codes of conduct and standards set by local trustees, elected by the voters of that district. They live and work as a part of the community fabric and are under the microscope at all times. Not that they always make good decisions, but the system of checks and balances is from an educationally based system.

This writer is not alleging that club coaches are devoid of positive motives, but their basis for evaluation and conduct is beyond the purview of local education authorities.

Colleges are caught up in the fray. While collegiate coaches realize the importance of school sports, they have to deal with the club coaches. Why? Clubs pull together the better athletes so that watching a player means evaluating performance against quality opponents. This is more accurate than assessing a player in a school game where the competition may be poorly skilled. Club coaches often take credit for developing great athletes. In reality, what they do is take the better players developed by school programs and claim them. Since college coaches see more club games, they become more acquainted with non-school coaches.

How does all this impact schools? Has it changed the mindset of parents and athletes? How could it not?

Athletes now realize their chances to make a school team (especially in larger schools) depend to a large degree on how much experience they get in club sports. It is not uncommon for the entire school team to be involved on non-school teams. And this produces further implications. Parents have to decide, many times too early in their child's athletic development, whether to allow their child to play more than one sport.

If I try to play basketball and softball, I will miss the offseason work in one sport while I am playing the regular school season in the other sport. If I choose to play fall and winter basketball, then I miss the preseason work in softball. Then what do I do in the summer? Do I play club softball or club basketball?

Early efforts by parents usually lead to determining which sport offers the best opportunity for a varsity roster spot or even a college scholarship.

Neither the school nor the club coach is helpful in this decision because each covets the athlete. The parents may encourage the athlete to try both for a while, but eventually many choose one sport. That is called "putting all your eggs in one basket." Amazingly, this selection process occurs before the 9th grade and no later than the 10th grade.

Today it is vitally important that school coaches stay out of the parent-student decision.

Even subtle comments or projections of ability assessment can make an agonizing difference in the future of a child. Athletic directors must demand staff adherence to strict codes of coach conduct. It takes only one possessive coach at the school to create a territorial recruiting war, which will eventually destroy an entire athletic program.

Let's not be naïve. Students will choose without coaches' help. The complexity of school sports, academic preparation, church, social, family and personal demands would make a juggler dizzy. Let the parents and students work it out.

Two good reasons: first, it is not your child; second, as coach you want all your athletes – whether single-sport or multi-sport – to want to be in your program, free from any pressures other than being the best they can be.

— Bill Farney
Director

Texas University Interscholastic League

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September 2005 UIL Leaguer

Good Call!



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Megan Heeder, a 7th-grader at McDonald Middle School in East Lansing, got the call to sing the National Anthem prior to the MHSAA Class D Girls Basketball Final on Dec. 3, and delivered an outstanding rendition. Megan's father, Bruce, knows something about being on the court too, as he is a veteran MHSAA basketball official.

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Winter Sport Dates

Visit mhsaa.com for Pairings and Ticket Information

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 - Boys	Nov 14	Dec 5	20C	Feb 8	Mar 24	Mar 6-11	Mar 14-18	Mar 21	Mar 23-24	Mar 25
Bowling - Boys & Girls	Nov 10(UP) Nov 17(LP)	Nov 26(UP) Dec 3(LP)	24D	Feb. 10			Feb 24-25			Mar 3-4
Competitive Cheer	Nov 7	Nov 21	12D	Feb 24			Mar 4			Mar 11
Gymnastics	Oct 31	Nov 19	15D	Feb 24			Mar 4			Mar 10-11
Ice Hockey	Oct 31	Nov 14	24C	Feb 8	Mar 24	Feb 27-Mar 4	Mar 7-8		Mar 9-10	Mar 11
Skiing - Boys & Girls	Nov 14	Dec 10	15C	Feb 10			Feb 16 or 17			Feb 27
Swimming - LP Boys	Nov 21	Dec 3	16C	Mar 7			Dive: Mar 7			Mar 10-11
Swimming - UP Boys & Girls	Nov 7	Nov 19	16C	Feb 10						Feb 18
Volleyball	Nov 17	Dec 10	18D	Feb 8	Mar 24	Feb 28-Mar 2 & Mar 3 or 4	Mar 10 or 11	Mar 14	Mar 16-17	Mar 18
Wrestling - LP Indiv	Nov 14	Nov 30	16D	Feb 8	Mar 24	Feb 18	Feb 25			Mar 9-11
Wrestling - UP Indiv	Nov 14	Nov 30	16D	Feb 8	Mar 24					Feb 17-18
Wrestling - Team	Nov 14	Nov 30	16D	Feb 8	Mar 24	Feb 15 & 16	Feb 22			Mar 3-4

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