We all know that nothing compares to the experience and values taught through education-based school sports programs. Since March of 2020, we have heard just how important our programs are to so many individuals in our state.

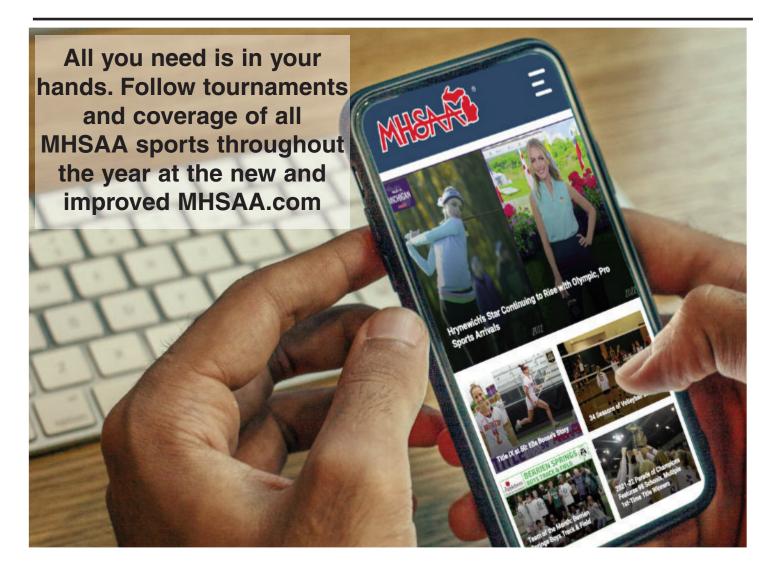
School sports was the one thread of normalcy in many school communities over the past 29-plus months, and it provided the important opportunity to remain physically active. Even more critical, it offered an in-person avenue for personal connections and relationships with a student's coaches, teammates and even opponents during a time that was so virtual and distant in most other ways.

One of my favorite quotes is "the comeback is always better than the setback." There have been many setbacks for all of us since March of 2020, and we look

forward to working with your school and school community in finding normalcy for our kids in this year of the great comeback.

Let's continue to come together and support our young people during a time where school sports are needed now more than ever.

Enjoy the games.



Living each day with an "attitude of gratitude" is a daily pursuit that is worth chasing for us all.

As we move from the regular season into MHSAA tournaments, let's take a moment to thank those working on the "athletic front lines" who have found ways to make athletic activity happen during these past few years. These athletic leaders in each of our school communities continue to work hard for our kids and are worthy of our respect.

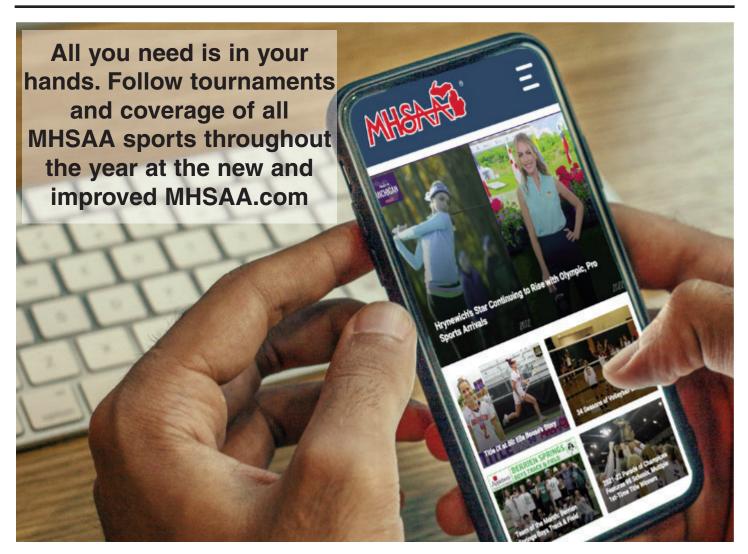
At this event, the front-liners are the school administrators creating a safe environment, our coaches teaching kids about the game, and more importantly

life lessons, and officials applying the rules impartially for fair competition. It also includes those working behind the scenes in athletic department offices and in sports medicine that make our games happen and happen safely.

Let's remember and be thankful for the efforts of these people and many others behind the scenes for making today's contest possible.

Enjoy the game!





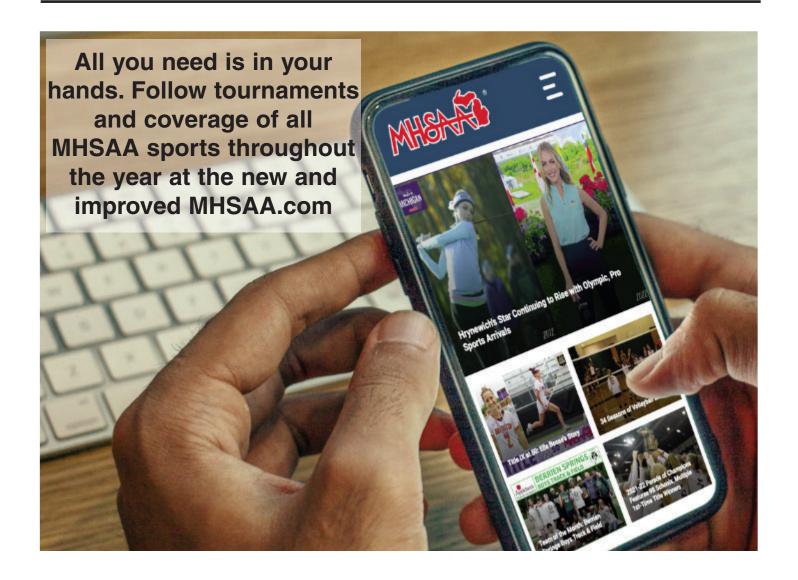
As we move down the tournament trail, we need to appreciate the opportunity to play these games while realizing the end result is not an all-or-nothing proposition. The sun will come up tomorrow for all participants and teams, and one of the lasting lessons of school sports is the outcome of a game or competition is never life-defining.

All too often, the immense pressure of winning or losing is brought to bear on kids and coaches – and that's just not fair. There's no doubt we all want to win, but in sports – just like in life – you can't win all the time.

Many times, the most valuable lessons in sports and in life don't come after wins and success. It's getting back up after you have been knocked down, knowing that a temporary setback never defines a person in the long-term. That is what is important. That is what's life-defining. Enjoy the game- and remember what's most important today.

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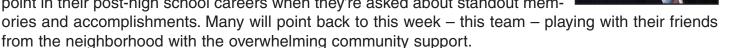
— Mark Uyl MHSAA Executive Director



Deep tournament runs are the canvas that paint lifelong memories for all involved- the players, coaches, the families and school community. Congratulations to all on reaching the final stages of this MHSAA tournament.

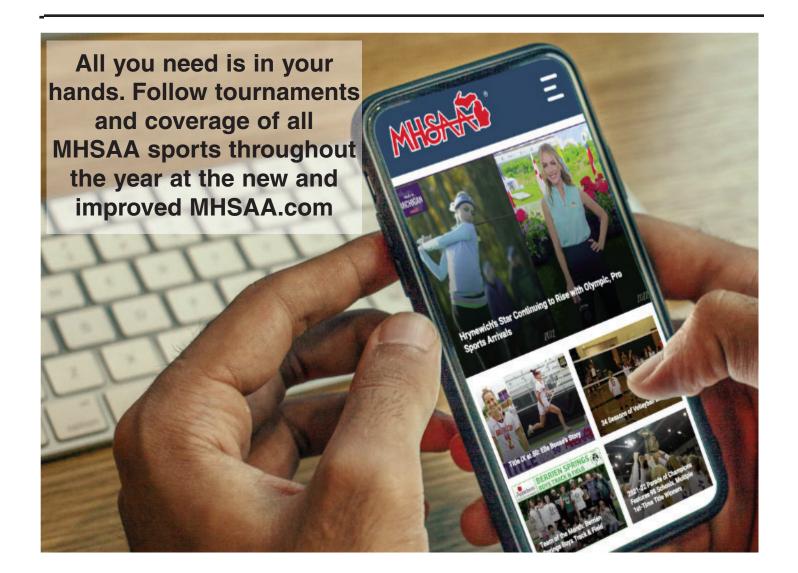
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For that incredibly small group that will be blessed enough to continue playing competitive athletics beyond high school, the day will come at some point in their post-high school careers when they're asked about standout mem-



That doesn't happen anywhere but in high school sports. Good luck to all involved today- you will be making memories that will last a lifetime!





### (For Use in REGULAR-SEASON PROGRAMS Only)

# Let The Games Begin!

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(For Use in QUARTERFINAL/SEMIFINAL TOURNAMENT PROGRAMS)

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ories and accomplishments. Many will point back to this week - this team - playing with their friends from the neighborhood with the overwhelming community support.

That doesn't happen anywhere but in high school sports. Good luck to all involved today- you will be making memories that will last a lifetime!

## Sportsmanship Extends to Online Behavior

ith the changes that have occurred in college sports the past couple of years, high school sports is truly the last level of pure amateur competition in our country – and the NFHS and its member state associations want it to remain that way.

As football, volleyball, soccer, cross country and other sports begin this fall, high school coaches and athletic/activity directors will be involved in preseason meetings to emphasize the expected outcomes of education-based sports, as well as speech, debate, music, theatre and other programs.

Among those fundamental values of educationbased activities that must be discussed is sportsmanship, or good sporting behavior. More than winning, more than learning the skills of a sport, a focus on sportsmanship has been one of the defining elements of high school sports and other activities for more than 100 years.

Along with maintaining the sound traditions of sports and minimizing the risk of injury, NFHS playing rules encourage sportsmanship, and the first page in all NFHS rules publications includes a statement noting that "each athlete is responsible for exercising caution and good sportsmanship."

In the past, with an emphasis on conduct on the playing field or court – or in the auditorium or rehearsal hall – sportsmanship has been defined as those qualities of behavior that are characterized by generosity and genuine concern for others. More so than preparing students to play sports or another activity at the next level, one of the significant goals of education-based high school sports and activities is helping the 12 million-plus individuals in these programs to become responsible citizens.

And in today's online world dominated by handheld devices, that goal has become more challenging. Now, messages to students in high school sports and other activities about sportsmanship must be communicated before they hit the practice field or court because one inappropriate post, tweet or message could alter their lives forever.

At the recent virtual National Student Leadership Summit hosted by the NFHS, Christina Jontra of Neptune Navigate, one of the newest NFHS corporate partners, discussed the need for good sportsmanship online as much or more so than on the court or field.

In the digital age in which we live, participants in high school activity programs need to be aware that their character and respect for others should be the same, whether in the sport or activity itself, or online.

As the popularity and influence of social media continues to surge, it is imperative that student-athletes, as well as coaches, administrators, parents and everyone involved in education-based athletics, are aware of the ways they can endanger themselves with their online behavior and understand the techniques they can employ to prevent that from happening.

In her recent presentation, Jontra noted five characteristics of good sportsmanship online – honesty, compassion, respect, responsibility and



KARISSA NIEHOFF



courage. Just as a student would respect an opponent on the field or in the debate room, the same must occur online.

At preseason meetings this fall, coaches and athletic/activity directors should encourage students in their programs to be mindful of online contact with individuals on opposing teams – particularly any bantering that could be perceived as cyberbullying. As Jontra mentioned in her message during the NSLS, hurtful words can ruin a person's life forever.

Fortunately, during the season, the millions of high school students involved in sports and performing arts have less free time to spend online on a daily basis, but the time spent must be done in a positive manner. Not only could damaging words on social media affect a student's chances for an athletic scholarship, inappropriate messages could also negatively impact future job possibilities as employers are more actively auditing social media.

Whether the setting is before hundreds of people at an actual game or event, or a private experience alone online, positive and respectful behavior should be the choice every time.

- Karissa Niehoff, NFHS Executive Director

### Title IX at 50 a Celebration of Achievement

o say that American female athletes dominated the recent Olympics in Tokyo would be an understatement. Among the 66 medals earned by American female Olympians – most by any country in the history of the Games – were gold-medal performances by the U.S. basketball, volleyball, water polo and beach volleyball teams. Eighteen medals were earned by the U.S. women swimmers, female track and field athletes claimed 15 medals, and the U.S. women's softball and soccer teams won silver and bronze medals, respectively.

In the past 30 years of the Olympic Games, the United States has dominated the women's team sports of basketball (nine golds), soccer (four golds, one silver, one bronze) and softball (three golds, two silvers) — not to mention the untold number of medals in track and field. And this past summer, the U.S. women's volleyball team claimed its first gold medal.

These performances by some of our nation's most skilled female athletes never would have been possible without the passage of Title IX and the offerings of these sports through our nation's schools. With the chance to play afforded by the landmark Title IX legislation in 1972, girls participation in several high school sports skyrocketed in the years that followed.

When the NFHS conducted its first participation survey in 1971, basketball and outdoor track and field were the primary girls sports, comprising about two-thirds of the 294,000 total. However, with the opportunity to play additional sports, girls flocked to volleyball and softball first, along with cross country and eventually soccer.

Soccer, in fact, has had the most remarkable growth. In 1971, only 700 girls were playing high school soccer. Twenty-five years later, that number had climbed to almost 210,000; and as the 50th anniversary of Title IX approaches, there are now almost 400,000 girls playing high school soccer – a staggering 56,200 percentage increase in 50 years. Soccer now ranks fourth in popularity among girls high school sports – all because of that opportunity in 1972.

There are many other success stories, however. The pre-Title IX survey in 1971 indicated that 1,719 girls were participating in cross country. With increases every year until 2015, today, there are 219,345 girls competing in high school programs and the sport ranks sixth in popularity.

Although participation numbers have leveled a bit the past 10 years, fast-pitch softball is another sport that flourished after the passage of Title IX. With fewer than 10,000 participants in 1971, the numbers quickly rose to 220,000 by 1985 and 343,000 by 2000, and softball is currently fifth among girls sports with 362,038 participants.

Since track and field and basketball were the primary sports in the early days of girls sports programs, increases in those sports have not been as dramatic; however, they remain the first and third most-popular sports, respectively, today. Volleyball, however, much like soccer, continues its upward climb.



In the 50 years since the landmark Title IX legislation, girls around the nation have had plenty to celebrate.

Without a doubt, volleyball has seen the steadiest increases among girls high school sports the past 50 years. After starting with 17,952 participants in 1971, the numbers jumped to 300,810 by 1990 and 409,332 by 2010 and 452,808 by 2018. During its climb, volleyball surpassed basketball as the No. 2 girls sport.

And among the top six girls sports from 2010 to 2018 (numbers are not available the past two years due to the pandemic), volleyball has gained the most participants (43,476), followed by soccer (32,549). And all of this has occurred thanks to legislation passed in 1972 that was not fundamentally meant to address opportunities for girls to participate in high school sports.

The NFHS is leading a yearlong celebration of the 50th anniversary of Title IX, which officially occurs on June 23, 2022. "Title IX at 50 – Celebrating and Growing Opportunities" is highlighting the law's impact by celebrating the inspirational individuals and landmark moments in the history of Title IX, and continuing to grow the educational and competitive opportunities for the future.

The MHSAA is concluding this fall a year-long celebration with regular installments on its website, Enjoy reading about the key people who helped build and promote opportunities for female student-athletes in Michigan.

— Dr. Karissa Niehoff NFHS Executive Director

Dr. Karissa L. Niehoff is in her fourth year as executive director of the National Federation of State High School Associations (NFHS) in Indianapolis. She is the first female to head the national leadership organization for high school athletics and performing arts activities and the sixth full-time executive director of the NFHS. She previously was executive director of the Connecticut Association of Schools-Connecticut Interscholastic Athletic Conference.

# **Student Advisory Council Aids MHSAA**

ight student-athletes who are now juniors at their schools have begun their two-year terms on the Michigan High School Athletic Association's Student Advisory Council.

The Student Advisory Council is a 16-member group which provides feedback on issues impacting educational athletics from a student's perspective, and also is involved in the operation of Association championship events and other programming. Members of the Student Advisory Council serve for two years, beginning as juniors. Eight new members are selected annually to serve on the SAC, with nominations made by MHSAA member schools. The incoming juniors will join the group of eight seniors-to-be appointed a year ago.

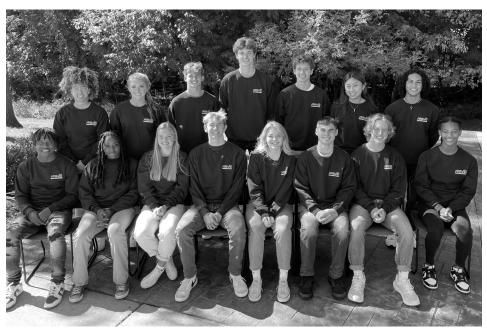
Selected to begin serving on the Student Advisory Council in 2022-23 were: Kannon Duffing, Manchester; Claire Gorno, Gaylord; M'Khi Guy, Muskegon; Dawsen Lehew, Marcellus; Christian Sanders, Detroit Renaissance; Ben Sytsma, Grand Rapids Christian; Madeline Werner, Bay City All Saints; and DaNia Womack, Dearborn Advanced Tech Academy.

Those eight new members were selected from 115 applicants. That applicant total was the second-most ever, with the last three years featuring the three highest totals.

The first Student Advisory Council was formed for the 2006-07 school year. With the addition of this class beginning this summer, members will have represented 129 schools from 48 leagues plus independent schools that do not play in a league. Combined, the new appointees have participated in nine MHSAA sports, and seven will be the first SAC members from their respective schools.

The Student Advisory Council generally meets seven times each school year, and once more for a 24-hour leadership camp. In addition to assisting in the promotion of the educational value of interscholastic athletics, the Council discusses issues dealing with the 4 S's of educational athletics: scholarship, sportsmanship, safety (including health and nutrition) and the sensible scope of athletic programs. There also is a fifth S discussed by the group – student leadership.

This school year, the Council presented



### 2022-23 Student Advisory Council

First Row: M'Khi Guy, Muskegon; DaNia Womack, Dearborn Advanced Tech Academy; Claire Gorno, Gaylord; Ben Sytsma, Grand Rapids Christian; Madeline Werner, Bay City All Saints; Dawsen Lehew, Marcellus; Kannon Duffing, Manchester; and Christian Sanders, Detroit Renaissance. Second Row: Zar'ria Mitchell, Saginaw Heritage; Keira Tolmie, Clarkston; Brandon Thompson, Petersburg Summerfield; Brady Leistra, East Grand Rapids; Sam Gibson, Plainwell; Caroline Li, Okemos; and Sam Matias, Lansing Catholic. Not Pictured: Carney Salo, Escanaba.

### **Student Advisory Council Belief Statement**

As the voice of Michigan's student-athletes, the Student Advisory Council's role is to convey the message of how high school sports are supposed to be played. We are responsible for helping the MHSAA maintain a positive and healthy atmosphere in which interscholastic athletes can thrive.

We believe **athletes** should be competitive, sportsmanlike and excel academically. We believe **students** in the stands should have fun, but not take the focus away from the game. We believe **coaches** should act as teachers, helping student-athletes develop while still keeping high school sports in perspective. We believe that **parents** should always be positive role models and be supportive of their child's decisions. We believe **officials** commit their own time to high school sports and respect should always be shown and given to them.

The most important goal for student-athletes is to enjoy high school sports while keeping a high level of respect between all those involved in the games.

at the 2022 Sportsmanship Summit series, helped create content for a new online Captains Course, handed out championship trophies at Finals events, and provided feedback to the MHSAA Representative Council on proposed rule changes.

The afore-mentioned members joined the Class of 2023 members who were selected a year ago: Sam Gibson,

Plainwell; Brady Leistra, East Grand Rapids; Caroline Li, Okemos; Sam Matias, Lansing Catholic; Zar'ria Mitchell, Saginaw Heritage; Carney Salo, Escanaba; Brandon Thompson, Petersburg Summerfield; and Keira Tolmie, Clarkston.

The next group of applicants will be selected in April. Visit the Students page of MHSAA.com for the application.

# **Get in the Game. We Need You!**

hey don't make the headlines, their names are not in the box scores and they don't make the all-star teams. But perhaps the most important individuals in high school sports are the contest officials.

These individuals are so important that, in fact, there would be no organized competitive sports at the high school level without the men and women who officiate these contests every day across the country. Subtract the dedicated men and women who officiate high school sports, and competitive sports would no longer be organized; they would be chaotic.

In some areas of our country, high school officials are retiring faster than new ones are being added. And junior varsity, freshmen and middle school games are being postponed – or even cancelled – because there are not enough men and women to officiate them.

Anyone looking for a unique way to contribute to the local community should consider becoming a registered high school official. For individuals who played sports in high school, officiating is a great way to stay close to the sport after their playing days have ended. Officiating helps people stay in shape, expands their social and professional networks and offers part-time work that is flexible, yet pays. In fact, officiating is a form of community service, but with compensation.

Another benefit of officiating is that individuals become role models so that teenagers in the community can learn the life lessons that high school sports teach. Students learn to respect their opponents and the rules of the game and the impor-



tance of practicing good sportsmanship thanks, in part, to those men and women who officiate. And the objectivity and integrity that high school officials display is an example that every young person needs to observe firsthand. In short, communities around the country will be stronger because of the life lessons that high school officials help teach the next generation.

Officiating is a great way to stay connected to sports and to give back to the local high school and community. We need dedicated men and women to become involved so that high school sports can continue to prosper for years to come.

Individuals interested in learning more about becoming a high school official, and beginning the application process, can do so at mhsaa.com/Officials/Begin-Registration





### Scholar-Athlete Class of 2022 Honored

he Michigan High School Athletic Association/Farm Bureau Insurance Scholar-Athlete Award has been recognizing the top student-athletes for 33 years. Applicants for the Scholar-Athlete Award must meet the following criteria: A minimum cumulative grade-point average of 3.5 on a 4.0 scale; and must have previously won a varsity letter. Applicants also show involvement in other school and community activities; submit two letters of recommendation and a 500-word essay on the importance of sportsmanship in educational athletics.

Recipients of the 2021-22 Scholar-Athlete Award receive a \$2,000 college scholarship to be used at the college, university, or trade school of their choice during the 2022-23 school year. A total of 1,434 applications from 407 schools were received for the 32 scholarships. Class A students were guaranteed 12 winners, Class B eight winners, Class C six winners and Class D four winners. Two at-large winners were also selected.

All scholarship recipients will be honored during the MHSAA Boys Basketball Finals at the Breslin Center in East Lansing this March.

For information on the 2023 Award Application Process, visit MHSAA.com this fall!





32 student-athletes from around the state are honored during the MHSAA Boys Basketball Finals each year for academic excellence.

### 2022 Scholar-Athlete Award Winners

Cookie Estelleh Baugh, Ann Arbor Pioneer, Class A Megan Bennett, McBain N. Mich. Christian, Class D John Bungart, Orchard Lake, St Mary's, Class A Ella DeGraw, Rochester Hills Stoney Creek, Class A Derek Distelrath, St Clair, Class B Ryan Doty, Clinton, Class C Maggie Duba, Grand Rapids, West Catholic, Class B Whitney Farrell , Freeland, Class B William Goelz, Petoskey, Class A Klay Grant, Muskegon, Reeths-Puffer, Class A Joseph Hayes , Shelby, Class B Korah Honig , St Louis, Class C Curtis Knapp, Jonesville, Class B Colin Koot, Mason, Class A Jillian Koski, Ishpeming Westwood, Class C Ryann Locke , Springport, Class C

Alexis Maloney, St Johns, Class A Ashton McNabb, Three Oaks, River Valley, Class D Claire Meacham, Montague, Class B Michael A Meneguzzo, Kingsford, Class B Mert Oral, Ann Arbor Greenhills, Class C Jack Rellinger, Grand Rapids Catholic Central, Class B Mia Riley, Fowler, Class D Ty Ruddy, Ottawa Lake Whiteford, Class C Eli Shoup, Mason County Eastern, Class D Maeve Spicer, White Lake Lakeland, Class A Ella Spooner, Holland West Ottawa, Class A Rylee Tolson, Stockbridge, Class B Greta VanZetten, Holland, Class A Brady Wright, Birmingham Seaholm, Class A Neil Zhu, Detroit, Catholic Central, Class A Elzien Zomer, Holland, Class A

O say, can you see, by the dawn's early light,
What so proudly we hailed at the twilight's last gleaming?
Whose broad stripes and bright stars, through the perilous fight,
O'er the ramparts we watched, were so gallantly streaming?
And the rocket's red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there.
O say does that star spangled banner yet wave
O'er the land of the free,

# and the home of the brave.

recent Harris poll found that two out of three American adults don't know all of the words to "The Star-Spangled Banner" - and many don't even know which song is our National Anthem or why it was written.

The song of our nation was penned by Washington attorney Francis Scott Key at a dramatic moment during the War of 1812. On the night of September 13, 1814, Key watched as our country

was attacked by the British navy at Fort McHenry. After watching the rockets' red glare and bombs bursting in air throughout the night, dawn broke. Key was expecting to find Baltimore firmly under British control, but was stunned to

There has been a noticeable decrease in the respect given the National Anthem presentation over the last few years. Whether it is team members joining hands and swinging them back and forth during the anthem or a student body screaming for the start of a competition over the last few notes of the song, or the prevalent wearing of hats and talking on cell phones during the anthem, school sports provide us with the vehicle to remind

everyone of the manner in which we pay respect to the flag, our nation, and the competition that it precedes.

Students, participants and spectators are reminded that when the National Anthem is played, they should remove

they should remove their hats, stand at attention, face the flag, and place their right hand over their heart from the first note of the music until the last note.

Learn more about the National Anthem Program on the web at: nationalanthemproject.org



see a battered but still flying American flag waving in the sunrise. So inspired was Key that he wrote the poem, "The Star-Spangled Banner." Set to a tune attributed to John Stafford Smith, "To Anacreon in Heaven," it became America's national anthem in 1931.

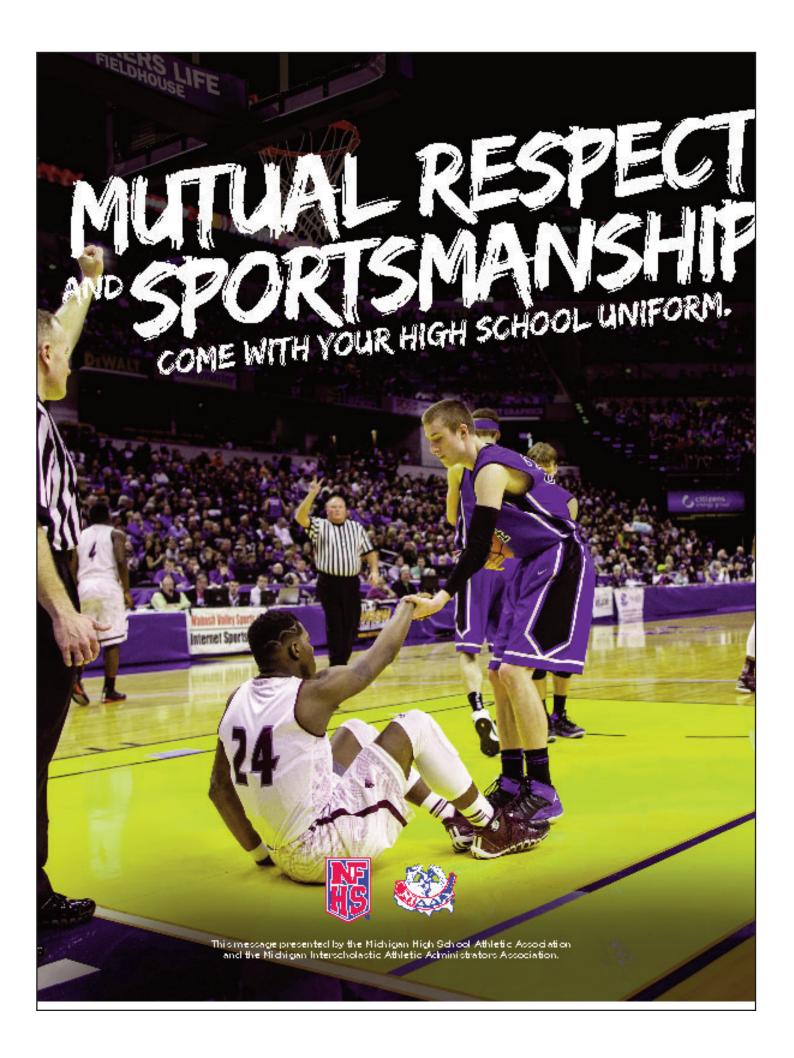


Join us in celebrating all the groups that make high school sports and performing arts programs possible!

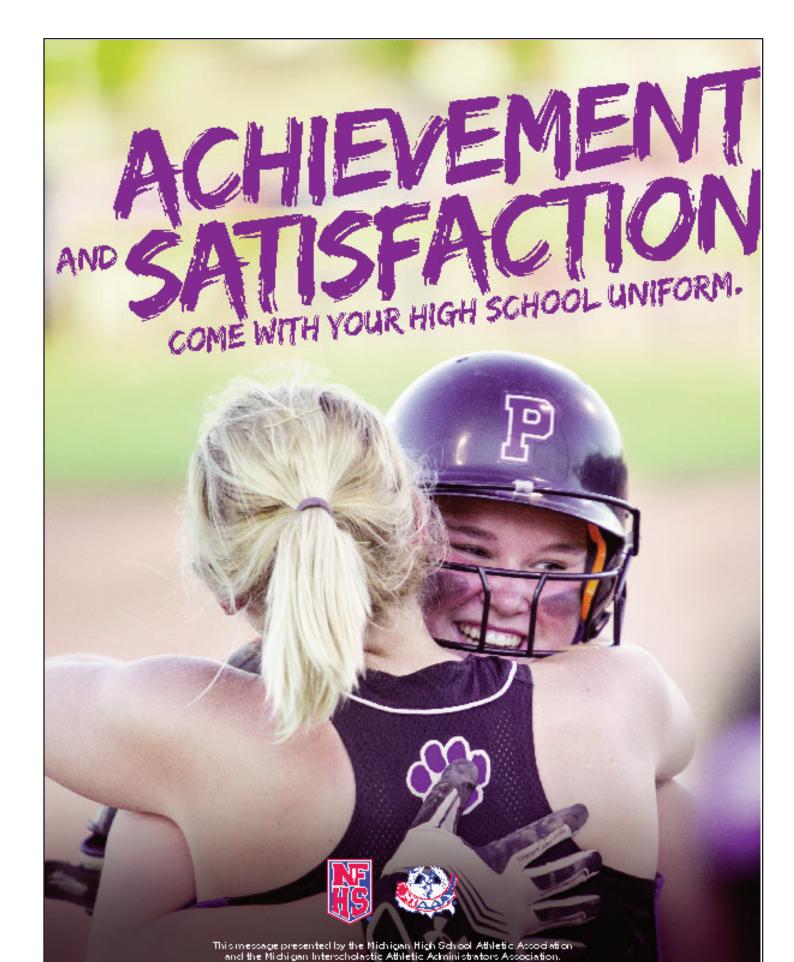
You can show your appreciation each week by using the hashtag #HSActivitiesMonth on social media.



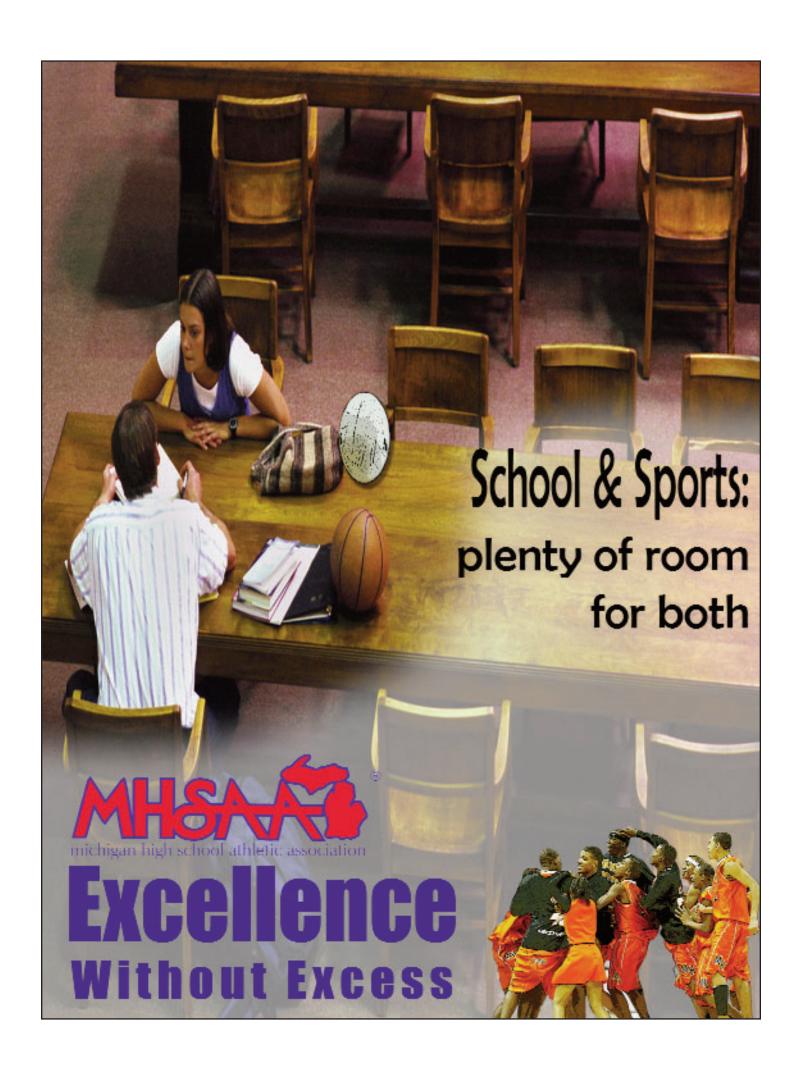
**#HSActivitiesMonth** 

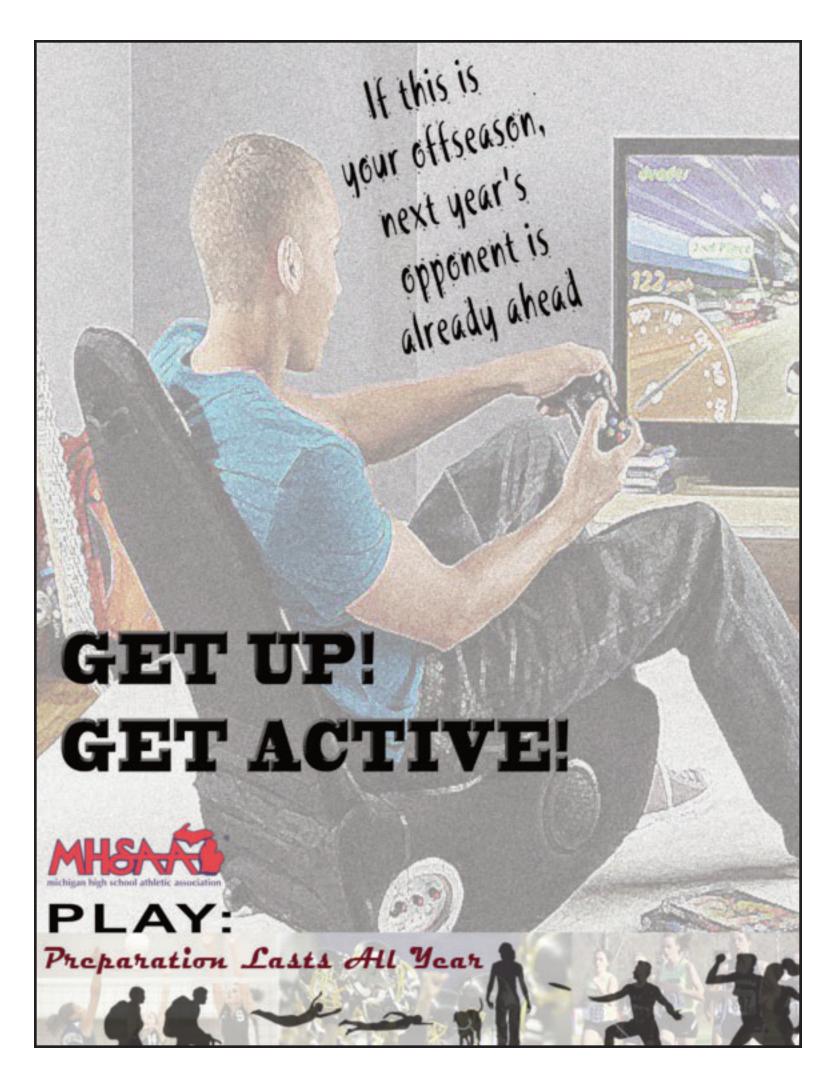












When you're dreaming of next season, your opponents next season, your opponents are preparing for it are preparing

# GET UP! GET ACTIVE!



PLAY:

Preparation Lasts All Year

# What Is Sportsmanship?

Sportsmanship is . . .



Sportsmanship is the practice of playing fair, of taking defeat without complaint or victory without gloating and treating opponents with respect, generosity, courtesy, etc.

- Sportsmanship is a demonstration of generosity and genuine concern for others. It is a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.
- Sportsmanship is a blending of cheers for "your team" and applause for the "opponents," observing the letter and spirit of the rules and showing consideration for others.
- Sportsmanship is respect. Respect for others and for one's self.
- Sportsmanship is all this and much more.
- For a coach, sportsmanship may be accepting a "questionable" call without protest.
- For an athlete, it may be extending a helping hand to an opponent who is down.
- For a spectator, it may be cheering for his team when it loses, and applauding the opponent when it wins.
- For an official, it may be showing restraint when verbally assaulted by coaches, athletes and spectators.
- Sportsmanship encompasses all that which is good in human nature.
- Sportsmanship is citizenship in action.



A Letter From An Official To Parents: This is something that I wanted to do for a long time. I want to talk to the guy that is up in the stands and as usual is yelling at the officials.

I want to make a statement about the noise you make. At every game you do your best to spoil it for every one. When you are not at a basketball game, you are a perfect gentlement about the spoil it for every one. When you are not at a basketball game, you are and accept the spoil it for every one. When you are not at a basketball game, you are a perfect gentlement about it is converted to tall you what most otherwise directors and accept the spoil and a state of the spoil at the spoil and a state of the spoil are the spoil and a state of the spoil are the to spull it for tell you. Refore the start it might be hetter to chare a ctory that hannened would like to tell you. Refore the start it might be hetter to chare a ctory that hannened. would like to tell you. Before we start, it might be better to share a story that happened Sir,

The time was last year at a tournament in Grand Rapids. One of the teams involved was called the Spartans, which had an outstanding player who was quite a treat to officiety and works also the spartans, which had an outstanding player who was quite a treat to officiety and works also the spartans, which had an outstanding player who was quite a treat to officiety and works also the spartans itself was not too over the spartans. vas called the Spartans, while that all outstanding player who was quite a freat to oillicate and watch play. The game itself was not too exciting. The Spartans were winning or total and watch play. The game itself was not too exciting that 24 hours my known and tone on wee low. This was my fourth dame in loss than 24 hours. ciate and watch play. The game used was not too excludy. The Spanans were withing easily and tension was low. This was my fourth game in less than 24 hours, my knees were highlighted and highly conditions are successful to the conditions and highly conditions are successful to the conditions and highly conditions are successful to the conditions are successful to me recently.

As the game progressed, a voice from the stands could be heard. This person was making one comment after another. The targets of course were the officials I was really were hurting and I just wanted to finish the game.

MS line yanne progresseu, a voice from the statios course were the officials. I was really making one comment after another. The targets of course were the officials. focused on the game and it didn't bother me. He presented nothing new so I made

Later in the game I called a routine foul and the girls lined up for the shot. As they did moving the game along a priority and tried to ignore it. Laier in the game I called a routine rout and the gins lined up for the short who the stands with another criticism. Again I ignored the voice. The so a voice came from the stands with another criticism.

so a voice came from the stands with another children. Again Figure une voice. The girls on both teams made comments about who that was up in the stands. You see, he One girl looked up and said to no one in particular, "That's my dad, I wish he would was spoiling the game for everyone.

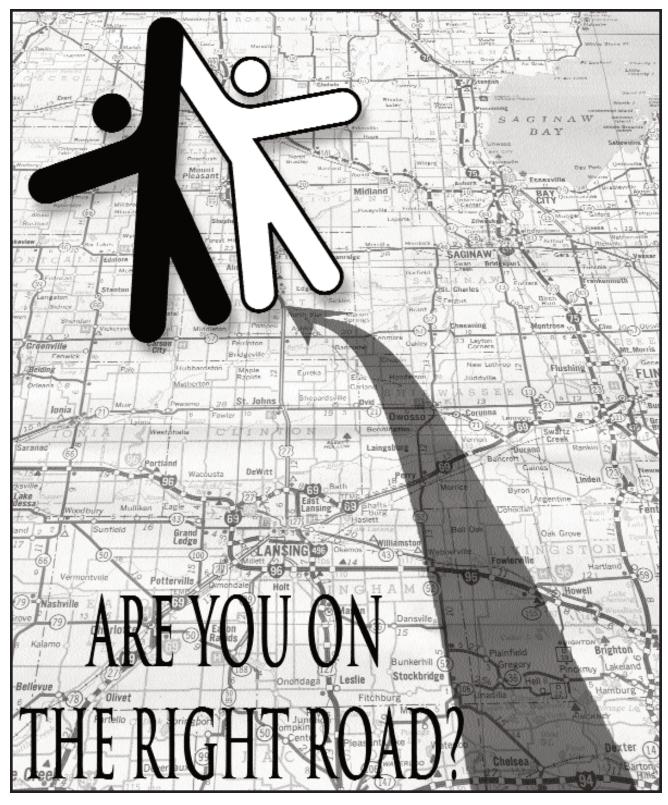
just go home." Her eye caught mine for just a brief second. She dropped her head עשו אין חייוויפ. רופו פאפ נימעקיונ חווויפ זטר זעשנ מ טוופו שפניטוע. אוויפ מוטאף שני זופר ז quickly and her hands went to both knees. The hurt in her eyes told the story.

I don't know what you're thinking or what you are trying to achieve, but all it does is distract the players. You are an embarrassment to your school and your team. The hurt you cause to your son or daughter cannot be measured. I am speaking to you for their sake. Relax, enjoy the game, cheer wildly for your team. If you want to make a criticism, do so quickly and then let it drop. The players want want to make a children, do so quickly and then let it drop. The players want to play and not listen to you the entire game. The game belongs to them. This

is their time. Let them play.



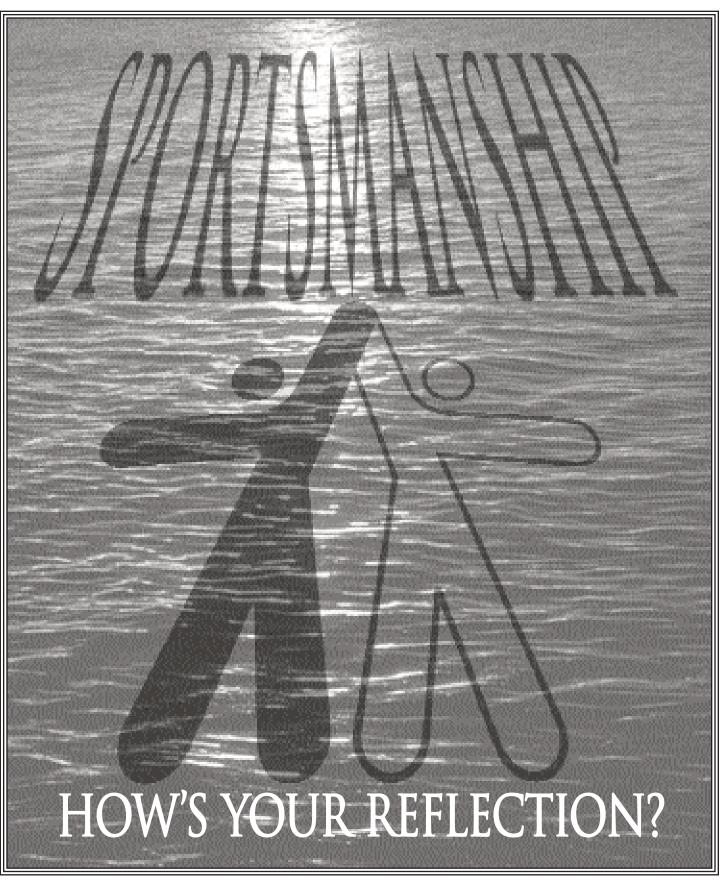




Sportsmanship: No Alternate Routes!

**Good Sports Are Winners!** 





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