



Michigan High School Sport Association Coaches Clinic Events

Baseball: January 11-12, 2019
@ Soaring Eagle, Mt. Pleasant

Basketball: BCAM Clinic - 2018. Oct.
6 & 7. Oakland Univ.

Bowling : October 2018 TBA

MITCA; Cross Country:
November 8 —10, 2018
@ Comfort Inn, Mt. Pleasant

Competitive Cheer: October 2018
Crowne Plaza Lansing

Football: January 2018 @
Lansing Center & Radisson Capitol,
17, 18 & 19 January 2019

Golf: Fall Clinic: TBA
Spring Clinic: May 11 & 12 @ Trav-
erse Resort

Gymnastics : October 21, 2018

Men's Lacrosse: Hall of Fame Game
May 5, 2018 @ Detroit Catholic
Central HS in Novi

Skiing: October 2018

Softball: January 25 & 26, 2019
@ Causeway Bay, Lansing

Swimming: September 2018 TBA

Tennis: February 1st & 2nd, 2019
Site: TBA

Track & Field: January 31, Feb. 1, & 2
2019
Site: Crowne Plaza, Lansing

Volleyball: March 9-10, 2018 at Har-
per Creek HS. All-Star Match will be
at Harper Creek HS on Friday, July
13

Wrestling: TBA

MIAAA: March 15, 2019
@ Traverse City

NHSACA Convention: June 22,-27th,
2018 @ Sioux Falls, SD



KEEP THEM HYDRATED, KEEP THEM SAFE

5 TIPS TO HELP ATHLETES STAY HYDRATED

- 1 KEEP HYDRATION TOP OF MIND**
 - Remind athletes to check their urine color before practice. If it's the color of pale lemonade, that's a sign of being hydrated.
 - Take weather into account and give athletes opportunities to drink during practice.
 - Teach athletes to pay attention to how they feel, including their thirst and energy levels.
- 2 KEEP FLUID LEVELS UP**
 - Athletes should drink enough fluid to maintain hydration without over-drinking.
 - Flavored, cold, lightly salted sports drinks like Gatorade® Thirst Quencher are important, because sodium helps maintain the athlete's desire to drink and retain the fluid consumed.
- 3 KEEP THE BODY COOL**
 - Remind athletes to drink cool fluids to help maintain their body temperature.
 - If your athletes experience heat illness, help them lower their body temperature by laying them down in a cool place with their legs elevated, applying cool, wet towels to their body and having them drink cool fluids.
- 4 KEEP HYDRATED BEFORE, DURING AND AFTER ACTIVITY**
 - Athletes need to think about their entire athletic schedule when it comes to fueling (not just when they are competing).
 - Encourage them to drink plenty of fluids throughout the day to replace the fluids lost through sweat.
- 5 KEEP A RECOVERY SCHEDULE**
 - Rest and recovery are an essential part of avoiding heat illness.
 - Ensure your athletes have time for breaks during practices.
 - Encourage athletes to get 6-8 hours of sleep each night in a cool environment if possible.

THE EFFECTS OF DEHYDRATION:

- DECREASED PERFORMANCE
- DECREASED FLUID ABSORPTION
- DECREASED MENTAL FUNCTION
- DECREASED TOLERANCE TO HEAT
- DECREASED MOTOR SKILLS

THE SYMPTOMS OF DEHYDRATION:

- NAUSEA
- FATIGUE/EXHAUSTION
- LIGHT-HEADEDNESS
- HEADACHE
- LOSS OF MUSCLE COORDINATION/
- VOMITING
- POOR CONCENTRATION/
- WEAKNESS
- DECREASED PERFORMANCE
- PAINTING
- ALTERED MENTAL STATUS

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Michigan High School Coaches Association Insurance Program



CAMP INSURANCE PROGRAM

Take advantage of your association's membership benefit!

- General Liability coverage
\$1,000,000 Each Occurrence
\$1,000,000 General Aggregate (per member)
- Participant Accident coverage (purchase optional)
\$5,000 Accidental Death & Dismemberment
\$25,000 Accident Medical Maximum
\$500 Deductible

Please refer to policy for terms and conditions.

Client Testimonial

"Loomis & LaPann understood what I needed as a football coach and was able to provide great coverage at a reasonable price. The people are also great to work with!"

Pat Lilac, Glens Falls High School Football Coach

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Questions?

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sports@loomislapann.com

Loomis & LaPann, Inc. is the Insurance Administrator for your coaches association.

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INSURANCE SINCE 1982

The importance of favorable news coverage cannot be overemphasized.

The importance of favorable news coverage cannot be overemphasized. Recently the Michigan High School Coach Associations, Rich Tompkins Multi-Sport Athlete Chairperson, Mr. Larry Merx, received a note from Mrs. Jessica Lamp, parent of

"Good Morning Mr. Merx,

I wanted to reach out an express my appreciation for the MHSCA support for multi-sport athletes. My daughter (Averi Lamp) was informed yesterday that she will be her school's nominee (Saranac High School) for this year and of course as parents, my husband and I are very happy for her to receive the recognition for her dedication the last 4 years.

As you know being a multi-sport athlete opens up so many doors and opportunities in the future. With my daughter's own story on being a multi-sport athlete and having general athleti-

cism it will allow her to continue her collegiate athletic career in a completely new sport at MSU (article link below).

<http://sentinel-standard.com/sports/20180202/both-oars-in-water>

I just wanted to share her story and the benefits she has seen as a multi-sport athlete, maybe a "they did you know this was a possibility" message. Instead of having one or two areas of areas to pursue (volleyball, basketball, etc.), she left her options opened and developed as an all-around athlete that opened a whole new area for her.

I appreciate your time and the work MHSCA does to encourage athleticism, I know from an employer standpoint, give me an athlete or former athlete over a non-athlete any day. Their ability to work in a team setting is ingrained and natural, it is one less thing you have to try to train someone on.

Sincerely,
Jessica Lamp

BOTH OARS IN THE WATER By Jeannie Gregory / Sports Editor

Saranac's Averi Lamp, a three sport athlete, is prepared to row for MSU after signing her

LOI.

SARANAC – You never know. Most high school athletes have a dream to play at the next level. They've put in the time on the field or on the court, and, if their eye is truly on the future, also in the classroom. If someone would have asked Saranac senior Averi Lamp not that long ago what she saw in her future she would have told you she was looking at NAIA and some NCAA D3 colleges for volleyball. Never in her wildest dreams did she picture herself in the water – and rowing – as a Michigan State University Spartan. Yet, that is what she will be doing next fall. Averi signed her National Letter of Intent with MSU in November for crew. Pretty impressive, considering Averi has never dropped an oar in the water competitively. But there's a reason this wonderful story has happened. Lamp is a three-sport athlete for Saranac. Last spring she played softball. In the fall she played volleyball, and for the winter season is currently playing basketball as a Redskin. As a matter of fact, Saranac doesn't even have a crew team. So, what did Averi have that drew the notice of the MSU crew

coaching staff?

"Averi was identified at a volleyball tournament by my assistant coach, Samantha Sarff," shared MSU head crew coach Matt Weise. "We are looking for athletic players that can make a transition to a new sport. This requires them to be dynamic movers with the capacity to play at a high level in multiple games. Rowing is a sport built on fitness and leverage so a long frame is also a requirement." The Spartan coaches were convinced, but was Averi? After all, she was an athlete who had never even rowed before. In actuality, she admits she didn't know one thing about crew. Did it take her some convincing? "A little....," she shared. "My first thought was no, I've never done it, I don't think I want to. However, my parents told me I should keep my options open and at least do a phone call to learn more." And learn more she did. "Most college rowers had never rowed in high school, I believe it's close to 80 percent that had never rowed," she said. "Most high schools do not have a rowing team, and if recruiters were only able to recruit from that pool they would have limited resources. Recruiters typically look for taller athletes, typically multi-sport athletes that have a general athleticism that allows them to pick up another sport easily." Averi had actually talked to Indiana University first, but settled on MSU as the perfect choice for herself. "After three unofficial visits to universities in the BIG 10, I was hooked, and I wanted to be compet-

ing athletically in the NCAA BIG 10 Conference. I felt strongly that the opportunities that the universities could provide were the best fit for me academically and athletically. I continued to stay in touch with Coach Sam and was invited for an official visit in September along with several other recruits. After the visit, I really felt a connection to the team, the coaches, and the campus." On November 8, 2017 Averi signed her NLI with MSU to compete in the oldest intercollegiate sport. Along with her signature, comes the opportunity to pursue a major in biology and genetics, and a minor in another yet another science at MSU. "I was excited to hear that Averi was going to attend Michigan State and be a part of their crew," said Averi's current basketball coach Steve Tompkins. "Averi is a fun-loving, energetic, and athletic young lady; participating in three varsity sports, volleyball, basketball, and softball. Because of her participation in so many activities, she has had to learn to manage her time. This skill will be an asset next year when she is away at college. Her speed, endurance, and explosiveness are keys to her success. They will serve her well in her venture into rowing. She brings enthusiasm and excitement to every team that she is a part of. Averi also serves as the 'unofficial' DJ for

all of the road trips and locker room dance parties." Saranac volleyball coach Amy McElvain has no doubts Averi will do just fine in her new sport. "She's never done it before, but attended her first rowing clinic recently and loved it. She is a 'go-getter' kind of girl with a ton of natural athleticism, so I am sure she'll bring a lot to their crew team, too." Weise sees the same gifts Averi's high school coaches do. "We are looking for athletes with high character, an excellent academic record and an ability to put the team first," he said. "Averi fit all of these categories and we are looking forward to working with her next fall." Despite her initial doubt, Averi has now committed fully to her future, due to keeping her options open and a willingness to embark on a new journey. "I'm very excited," Averi shared. "Competing athletically at an NCAA D1 university, I think, is what every competitive high school athlete hopes for, and ultimately what made the decision easier to try something new." Tompkins says Averi is ready. "She and I spoke today about college orientation, roommates, and being on the crew team. She was excited when she signed her letter, but today her face lit up and she talked faster than normal. You can tell that she is eager to start her endeavor into college rowing."



April 2018

Wow, what a spring! The weather sure gives us a lot to talk about. It sounds like there will be a few more baseball double headers played in the majors this summer. Remember, May is right around the corner, and sunny bright skies are ahead. Finish this year strong.

We had our spring executive meeting in Sioux Falls, SD. in March, and yes it snowed when we were there. President, Dave Dolan, with Jerry Miller, Jim Dorman and Virg Polak continue work on an outstanding convention. Leadership classes, general session speakers, social functions, and sport specific sessions will again be a part

of the schedule. If you have not registered, it is time to do so. Go to the website: hscoaches.org. Once there click on the National Convention tab at the top of the page and proceed with your registration. You will also be able to make hotel reservations on this page.

The convention runs from June 23 to June 27. Leadership classes will be held on June 23 and 24. Sport specific sessions will run from June 25 to June 27. Check into the graduate credits for being involved in these sessions. A board dinner/social will be held on Sunday, June 24. The Hall of Fame luncheon is on Tuesday, June 26, and the Coach of the Year banquet is on Wednesday

June 27. There will be socials held on both Monday and Tuesday evenings. On Monday, a new program called 40 under 40 awards will be held in conjunction with the Board of Directors, Coach of the Year, Hall of Fame social. South Dakota Night will be held on Tuesday with Dueling Pianists as the entertainment.

Sports Chairs need to be assisting your finalists and their guests with last minute arrangements. Past presidents, please talk to the finalists from your states and let them know what a great experience it is to attend the convention and awards banquet. Please let the coaches at your school and in your state know the dates of the convention and try to get them involved. There are several quality presenters who could give them a piece of information to

take their teams to the next level.

The executive board continues to work on improving the National High School Athletic Coaches Association. Many thoughts and ideas have been discussed. Awards are a key part of this association, but as we continue to grow and become financially sound, we are working on ways to help coaches improve. Ted Schroeder posed this question in his newsletter last April: "Have you ever wondered what the coaching profession will look like in twenty or more years?" Every day something new or more advanced is coming out or being added to our sports. We need your thoughts about what the NHSACA can do to help coaches. You may email

me your ideas, and I will discuss them with the board so that we may help make decisions that affect you as a coach. Email me at:

rockyruhl@gmail.com

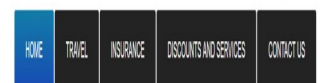
Hope to see you all in Sioux Falls! Finish strong.

Rocky Ruhl

3rd Vice President

National High School Athletic Coaches Association

MEMBER BENEFITS



<http://www.hscoachesbenefits.org/>

MHSCA SPONSORSHIPS PROGRAM @ HOF & COTY EVENTS

Sponsor a Hall of Fall or Coach of the Year inductee:

- 1 Sport \$2000.00
- 2 Sports \$3,500.00
- 3 Sports \$5000.00
- 4 Sports \$6000.00
- (Buy 3, get 1 Free)

All 15 Sports \$30,000.00
(\$10,000.00 savings)

- Presentation of the Hall of Fame or Coach of the Year Award at the banquet
- Two (2) Complimentary tickets to the Awards Banquet
- Sponsor banner (2'x4') hung on wall in Banquet Room during Awards Banquet
- Recognition/Advertising in Coach of the Year Awards Program
- Complimentary exhibit booth during the awards day banquets
- Active link on MHSCA website

Sponsor a MHSCA Service Awards Station: \$3000.00

- Company signage promoting your company as the sponsor of this award at HOF & COTY banquets.
- Presentation of the Service Award at the Coach of the Year Awards banquet
- Placement of your company's Logo on award certificates and plaques.
- Recognition ad in the MHSCA Hall of Fame & Coach of the Year Program Booklet
- Placement of your company's marketing materials on table in serving area
- Complimentary exhibit booth during the awards day banquets
- Active link on MHSCA website

Sponsor a Hospitality Station (assessable to all registrants and guests): \$300.00

- Company signage promoting your company as the sponsor of this event
- Recognition ad in MHSCA Hall of Fame & Coach of the Year Program Booklet

- Placement of your company's marketing materials on table in serving area

Active Link on the NHSACA Website: (July 1-June 30) \$1,000.00

- Your company's web page linked to the MHSCA website's homepage
- Name of company, logo and short description of products/services

Full page ads in MHSCA Hall of Fame or Coach of the Year Awards booklets:

- Newsletter Booklet (10 times a year) \$250.00
- Newsletter Booklet and Coach of the Year Awards Program or Hall of Fame Induction Ceremony Program Booklet \$400.00
- Newsletter Booklet, Coach of the

Year Awards Program and Hall of Fame Induction Ceremony Program Booklet \$500.00

MHSCA Board of Directors meetings or Hall of Fame or Coach of the Year table display or registrants' packet stuffer: \$100.00/page

- Your company's product/service information document (8.5"x11"), provided by the sponsor included in each registrant's packet

MHSCA Contact Information:

Mark Holdren, Executive Secretary

517.526. 4575

Mailing Address: 845 Marshall St.
Portland, MI 48875

Do you follow proper National Anthem Etiquette?

How to follow National Anthem Etiquette – What to do when someone is singing the Star Spangled Banner

Do you know how to follow National Anthem etiquette? What are you really supposed to do while someone is singing the Star Spangled Banner? Many people don't follow flag etiquette procedure – Make sure you don't fall in that bucket!

The United States Flag Code is a set of guidelines that lays forth proper [American Flag](#) etiquette for just about every scenario you can think of, including how to act during the singing of the National Anthem. Specifically we'll look at Title 36 of the US Flag Code, Section 301.

Proper conduct during a rendition of

the National Anthem, when the **US flag is displayed**:

Everyone present, except those in uniform should stand at attention facing the American flag with the right hand placed over the heart.

Those not in uniform should always remove their headdress (or anything on their head, such as a hat) and hold it at their left shoulder, with their right hand still over their heart. Men and women in uniform should give the military salute at the very beginning of the anthem and hold the position until the very end.

But what about if the National Anthem is being played but the **US flag isn't being displayed**? If this is the case, then everyone should face toward the music and still follow the guidelines

listed above, as if a flag were flying.

One of the most common places the [National Anthem is sung is at sporting events](#) – football, baseball, hockey, basketball, soccer games, etc. All the above rules apply while listening to the Star Spangled Banner as those various games. However, there are several other events where it's critical to follow National Anthem Etiquette.

How familiar are you with the lyrics to the National Anthem, also known as the Star Spangled Banner? Here is a refresh on [National Anthem Lyrics](#) and some history behind the historic song.



MHSLCA HOF EVENT May 5, 2018

Congratulations to 2018 Hall of Fame inductees for MHSLCA. The ceremony will take place on May 5, 2018 at Detroit Catholic Central HS in Novi Time 5:00 p.m. See the Michigan High School Lacrosse Coaches Association web site for ticket information,

Dave Wilson, Detroit Catholic Central

Mike Costello Ann Arbor Greenhills

Gregg Gustafson, Brighton

Adam Vincent, East Grand Rapids

Playoff Plan

Read about the MHSFCA Playoff proposal, There are 1, 2, & 3 as separate documents. Important that this was a joint (MIAAA and MHSFCA) committee's product. It *Passed FB committee 17-2., the MIAAA 71-19. And will be presented to the MHSAA Representative Council for decision in early May.

Why Another Football Playoff Plan? SCHEDULING!

Background

Scheduling six wins, the current basic requirement to qualify for the state football tournament, has caused an annual scheduling nightmare as Michigan football teams, who are traditionally successful, struggle to find teams that will agree to play them often travelling excessive distances, breaking-up traditional rivalries and causing conference re-alignments.

Last spring and again last December a joint committee composed of MHSFCA playoff committee members and members of the MIAAA met to consider alternatives to the "Win six and you're in" plan currently in place - alternatives that would have the potential to make scheduling football games less of a "challenge" for all involved. This committee thoroughly discussed several alternatives including:

Every team competing in 11 man football would qualify.

The MHSAA would do the scheduling for all teams.

Implementing the "Strength of Schedule" from 2013.

Implementing the Strength of Schedule (SOS) plan from 2013 with a "Conference Multiplier" to equalize conferences that include member schools of different sizes (Division 1 and Division 3, Division 4 and Division 6, etc.). The joint committee unanimously supported a plan that "adjusted" the original point values of the Strength of Schedule proposal from 2013.

The Joint MHSFCA/MIAAA Committee

Barbieri, Tom	MHSFCA	Playoff Chair/Jackson	Kalbfleisch, Daniel	MIAAA	Gibraltar Carlson
Bush, Brad	MHSFCA	Past President/Chelsea	Lattig, Greg	MIAAA	President/Mason
Copeland, Curt	MIAAA	GR 5. Christian/OK Conf	Merv, Larry	MHSFCA	Executive Director/Chelsea MS
Dunn, Bill	MIAAA	Saugatuck	Nummerdor, Jack	MIAAA	Holton
Evoy, Mike	MIAAA	Detroit Catholic League	Pratley, Andrew	MHSFCA	Playoff Committee/Holland
Farley, Scott	MHSFCA	2nd VP/Jackson	Vaughn, Greg	MHSFCA	Playoff Committee/TC West
Griffith, Shawn	MHSFCA	Reg 5/Constantine			

Adjusted Strength of Schedule

At the request of the joint committee, the MHSAA evaluated the results of the 2016 season for each 11-man team competing in that year's schedule using the original SOS point system. After analyzing the numbers and how they affected tournament qualifiers, the points system was re-evaluated and adjusted.

The MHSAA then ran the results of the 2017, 11-man season using the "adjusted" point values.

The joint committee discovered that schools that played competitive schedules would continue to qualify for the tournament without regard to the number of wins they had. A very few schools that qualified in 2017 with six wins would not have qualified under the SOS plan - because many of their wins were against very weak opponents.

On January 25, 2018 the MHSAA Football Committee met and considered the adjusted "Adjusted Strength of Schedule" plan for calculating football playoff qualifiers. The adjustment consisted of different numbers used to reward schools for playing teams who are: larger (Bonus Points) and/or more successful (Win Points) than their own team. The plan was approved to bring to the Representative Council by a 19-2 vote.

What's Different

- The number of wins plays no part in determining who qualifies.
- Teams will know what Division they will compete in in the Spring preceding the football season.
- Playoff points will be calculated according to a team's Division. (Not their Class.)
- A team will receive points for each of its opponents' wins. (Whether they beat the opponent or not.)
- "Win" points are greater the larger the size of the opponent.
- Out of state opponents will be placed in a Division (Not a Class) dependent on their size.

Playoff Plan

Continued

Current FCA "Win Six and You're In" Compared to "Adjusted Strength of Schedule Plan"

	Current MHSAA	Adjusted Strength of Schedule (Nov 2017)
Playoff Divisions Set...	On Selection Sunday, after 256 team field has been determined	Equal Divisions set prior to the season. Total number of schools playing 11-man divided by 8. *In 2017: 555 schools = each division would have 69-70 schools
Points for a Win	Class A = 80 points Class B = 64 points Class C = 48 points Class D = 32 points	Division 1 = 60 points Division 2 = 55 points Division 3 = 50 points Division 4 = 45 points Division 5 = 40 points Division 6 = 35 points Division 7 = 30 points Division 8 = 25 points WIN POINTS
Automatic Qualifiers	6 wins or 5 wins with an 8-game schedule	None
To be considered for the playoffs	5 wins or 4 wins with an 8 game schedule	None
Bonus points for Opponents' wins & losses	Team A gets more points (8) for each win by an opponent Team A defeats, and fewer points (1) for each win by an opponent by which Team A was defeated by.	Team A gets points for each of its opponents wins regardless of whether or not Team A defeated the opponent.
Bonus points multiplier	The multiplier is 8 or 1	The multiplier changes depending on the size of each opponent. Div 1 = 6 points Div 2 = 6 points Div 3 = 5 points Div 4 = 5 points Div 5 = 4 points Div 6 = 4 points Div 7 = 3 points Div 8 = 3 points BONUS POINTS
Out of State Teams	Placed into a Class based on enrollment	Placed into a Division based on enrollment

Frequently Asked Questions - Adjusted Strength of Schedule Plan

What makes this different than the one that was proposed a few years ago?

After the last proposal was not approved by the Representative Council, we started asking why and began to address some specific team and league issues. We looked at many potential solutions but found that by changing the math for both the win points and bonus points we were able to solve the problems in the previous plan.

How is this different than what we had before we went to six wins and in?

Prior to the current system teams were selected by points, but that was done in predetermined districts. The problem of course is that some 8-1 and even 9-0 teams were left out simply by geography, not on quality of wins. The current, Adjusted Strength of Schedule, proposal selects the top 32 teams in each division of the state based on playoff points regardless of location.

Won't this cause some leagues to break up?

While nobody can predict the future, we do expect the pendulum to swing back in a different direction initially. Leagues have broken up due to football and trying to find six wins. If anything, we feel leagues might go back to a more geographical set-up and we believe the new proposal helps each school find games more easily by allowing for match-ups that might otherwise not take place.

When would this take effect?

The proposal, if passed, would go into effect starting with the 2020 football season. This will allow people to finish current contracts.

How would this plan affect seeding?

This plan does not address seeding. Seeding is a separate issue and this plan does not make any changes to it.

MICHIGAN HIGH SCHOOL COACHES ASSOCIATION

HALL OF FAME APPLICATION

Criteria for Application: Only persons who have coached and or directed a secondary school athletics program for 20 years or more and actively coached in Michigan for a minimum of 10 years are eligible for the MHSCA Hall of Fame. The applicant must have been a member of the association (MHSCA), in good standing, and an active member of the association two years prior to nomination into the Hall of Fame. In addition to the application, the nominee will need to have two letters of support sent to the address at the bottom.

Contact Information

Date of Birth: _____

Name of Candidate: _____ Phone: _____

Home Address: _____ City: _____ State: _____ Zip: _____

Candidate E-mail: (please print carefully) _____

School _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Athletic Director Name: _____ Phone: _____

E-Mail Address _____ FAX Number _____

Nominator's Name: _____ Phone: _____

Home Address _____ City: _____ State: _____ Zip: _____

E-mail: (please print carefully) _____

Coaching and/or Athletic Director Record (Please include all that you can on this form)

School	Sport	Years	# of Seasons	Won-Loss Record, Summary
Example Smithville HS	Basketball	1969—2008	48	600-20; 34 League, 20 Reg. 10 State Titles
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Number of years as a Coach: _____ Number of years as an Athletic Director: _____ Combined Total: _____

Coaching Honors Listed:

Service to Sports Associations and/or Community (sports associations, committees, leadership roles, service clubs, church organizations, etc.)

Please send application, photograph (5 x 7) and have 2 letters of support forwarded to:

Mr. Mark Holdren, 854 Marshall Street, Portland, MI 48875

For more information contact: mholdren@portlandk12.org or call: 517-526-4575

MICHIGAN HIGH SCHOOL COACHES ASSOCIATION/GATORADE

15/20/25/30/35/40/45/50 YEAR COACHING SERVICE AWARD

GENERAL REQUIREMENTS

- The candidate must have distinguished himself/herself with good coaching ethics and promoted good sportsmanship throughout his/her coaching career.
*The AD or principal's signature confirms this.
- Ten (10) years of coaching outside of the state of Michigan may be applied to the application.
- Coaching at any level may be applied as long as it is a school sponsored interscholastic sport. A maximum of ten (10) years may be allowed for coaching at the collegiate level.
- To receive a general coaching certificate the candidate must have been coaching at least one sport per year at any level for the requested number of years.
- To receive specific certificates for a single sport the candidate must qualify for the specified number of years in that sport. This can be at any level. You cannot however count more than one level or season for a sport in any one year. For example, coaching both boys and girls basketball during the same school year counts as "1" year; coaching both 7th grade boys and JV boys during the same school year counts as "1" year.

Awards for 30 years and more will have the sports that the candidate coached listed on the plaque. The coach will be presented only one award for each level of service after 30 years.

PROCEDURE FOR RECEIVING AWARD

- Complete the application forms (2) and mail to: Mike Jolly, Years of Service Awards,
- 20917 Parkplace Lane, Clinton Twp., MI 48036 or E-mail to: dlsathletics@aol.com
- Certificates will be sent to your home address. Please allow four (4) weeks for processing.

Plaques will be mailed to your home address. Please allow six (6) weeks for processing.

MHSCA APPLICATION FOR YEARS COACHING SERVICE AWARD

___ 15 Years ___ 20 Years ___ 25 Years ___ 30 Years ___ 35 Years ___ 40 Years ___ 45 Years ___ 50 Years

Name (as it is to appear on award) _____

Best Phone _____ Email Address: _____

Home Address _____

Home City _____ Home State _____ Home Zip _____

Michigan High School Sports Association: _____ (MITCA, BCAM, etc.)

MHSCA Membership Card #: _____ Year: _____

Signature of Coach _____

Signature of AD or Principal * _____ Phone Number: _____

Printed Name of Administrator: _____ Email: _____

Send Completed form to: Mike Jolly, Years of Service Awards, 20917 Parkplace Lane, Clinton Twp., MI 48036

or E-mail to: dlsathletics@aol.com. Be sure to include your Year-by-Year Summary Sheet.

The MHSCA Coaching Service Award is sponsored by GATORADE in cooperation with MHSCA

MHSCA Service Award Worksheet

NAME: _____						
COACHING SERVICE AWARD WORKSHEET						
School	School	Sport	School	School	Sport	
Year	Year	Year	Year	Year	Year	Year
(Example)	(Example)	(Example)	(Example)	(Example)	(Example)	(Example)
1 1990-91	MCHS	FB, BBSK, BSB	4 1993-94	MACOMB CC	BBSK	
2 1991-92	USAF	Active Duty	5 1994-95	TOLEDO ST. JOHN	BBSK	
3 1992-93	MACOMB CC	BBSK	6 1995-96	MCHS	BBSK	
1960-61			2000-2001			
1961-62			2001-2002			
1962-63			2002-2003			
1963-64			2003-2004			
1964-65			2004-2005			
1965-66			2005-2006			
1966-67			2006-2007			
1967-68			2007-2008			
1968-69			2008-2009			
1969-70			2009-2010			
1970-71			2010-2011			
1971-72			2011-2012			
1972-73			2012-2013			
1973-74			2013-2014			
1974-75			2014-2015			
1975-76			2015-2016			
1976-77			2016-2017			
1977-78			2017-2018			
1978-79			2018-2019			
1979-80			2019-2020			
1980-81						
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1999-2000						

Michigan High School Coaches Association Distinguished Service Award is one of our highest award for services and contributions sports in the state of Michigan.

The MHSCA Distinguished Service Award:

MHSCA recognizes individuals and organizations who have provided extraordinary service to educational athletics, the advancement student athletes, coaches, or those who serve interscholastic athletics through its Distinguished Service Awards.

The Distinguished Service Award (DSA) is given to a person (or persons), either volunteer or staff, who have exhibited valuable professional service (within the MHSCA or among its association membership) including academically, supportive, service, or assistance distinction at any level of interscholastic athletics. These criteria are good measures of acceptable candidates and help to assure that recipients have a wide range of "service" that they provide to the profession of interscholastic athletics. Nominations should be submitted on an individual basis, not by a group or on behalf of constituent groups (conferences, affiliates, assemblies, committees, etc.).

The MHSCA Distinguished Service Award does not need to be awarded each year. This award should be bestowed only when the MHSCA Board of Directors committee decides that nominations warrant presentation of the award. This award may be given posthumously.

- Why nominate? Someone for the MHSCA Distinguished Service Awards:
- Represent an opportunity to steward high-impact on interscholastic athletics
- Recognize institutions for their affiliation with individuals who demonstrate the highest level of professionalism and commitment to interscholastic athletics.
- Are judged by peers and colleagues as a creditable nominee.
- Celebrate individuals who epitomize the profession's highest standards for interscholastic sports
- Focus attention on the exemplary, and by doing so, elevate the profession overall and establish a high standard of excellence in promoting, supporting or contributing to interscholastic.

Required information for completed application:

Name of MHSCA Distinguished Service Award Nominee:

School or sport affiliation:

Email:

Mobile Phone

Nominated by:

Email:

Mobile Phone:

I believe this nominee is worthy of receiving this award for the following reasons:

Completed application can be submitted to MHSCA1954@gmail.com



JIM OKLER, EXECUTIVE DIRECTOR
CELL: 734-223-8490

854 MARSHALL STREET, MI 48875
E-MAIL: MHSCT954@GMAIL.COM

MARK F. HOLDREN, EXEC. SECRETARY
CELL: 517-526-4575

MHSCA Sponsors



Meet Your New Medco Sales Representative

Mandy Estep MS, ATC

Valued customers in Louisiana, Oklahoma and Texas,

We're pleased to announce Amanda Estep (Mandy), has joined the Medco Sports Medicine sales team, serving our South Central Territory.

Living just outside of Cincinnati Ohio, Mandy will assume responsibility for our Midwest sales territory which includes the states of Ohio, Michigan, Indiana, Kentucky and West Virginia.

Mandy received her Bachelor's degree in Athletic Training from Eastern Kentucky University where she was a member of the women's varsity soccer team, and her Master's degree in Sports Medicine from Georgia State University in Atlanta. After working several years as an Athletic Trainer for high schools in Georgia, North Carolina and Florida, Mandy and her family returned to Cincinnati where she worked as an Outreach Athletic Trainer for Mercy Health. Mandy began her sales career working for Apex Medical Systems and DJO Global, where she's worked for the past 2 years.

Mandy will begin her Medco career on Monday (October 9th) and spend the first week getting acclimated in our Amherst NY office. Please join me in welcoming Mandy to Medco and wishing her great success in her new position!

Thank you for your continued support of Medco Sports Medicine!

MHSCA BOARD OF DIRECTORS & EXECUTIVE COMMITTEES CALENDAR

- Board of Directors Fall Board Meeting & Hall of Fame Banquet September, 16 2018 @ CMU
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- Board of Directors Fall Board Meeting November 1, 2018 @ Ramada Convention Center, Lansing
- Board of Directors Spring Board Meeting March 10, 2018 @ Ramada Convention Center, Lansing

PERFORMANCE HEALTH

Our Performance Health Family of Brands Include:

