



**media
information**



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FOR IMMEDIATE RELEASE

February 10, 2006

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Captain's Clinic Series Launched

EAST LANSING, Mich. – Feb. 10 – A new series of student leadership workshops, targeted specifically for team captains, will be rolled out next week by the Michigan High School Athletic Association.

Student-athletes participating in Spring sports from the O-K Conference in Grand Rapids and the Capital Area Activities Conference in Lansing will be the first participants in the new Captain's Clinics. A workshop is scheduled at the Prince Conference Center in Grand Rapids on Tuesday (Feb. 14), and at Okemos High School on Feb. 23. Approximately 225 students are expected to attend each conference.

MHSAA Executive Director John E. "Jack" Roberts will open each clinic with a keynote address, and students will then be grouped by their sport to share ideas in a swap-shop session. Participants will also take part in a number of breakout sessions during the day to help become better prepared to lead their teams during the upcoming season. Breakout session titles include:

- I'm Freaking Out! Keys to Managing Stress Effectively
- Resolving Conflict: Effective Tools for Team Leaders
- Communicating Effectively as a Team Leader
- Do You Have What It Takes? Mental Toughness in Sport
- Sports Nutrition: Fuel for Performance
- It's Not Just a Game: Team Building Tools
- Qualities of an Effective Team Leader

The workshops are the culmination of efforts between the MHSAA, the Michigan Association of Secondary School Principals, and the Institute for the Study of Youth Sports at Michigan State University. Upon completion of the two February workshops, plans are to offer the same clinic to other leagues and conferences on a seasonal basis throughout the state in 2006-07.

Activity begins at each Captain's Clinic at 8:45 a.m., and each workshop will conclude by 1:30 p.m. Each school may bring up to 10 representatives including an administrator, with total registration at each site limited to 250 participants. Registrations are still being accepted for the Okemos clinic.

(more)

2-2-2 – Captain’s Clinics

The MHSAA is a private, not-for-profit corporation of voluntary membership by over 1,800 public and private senior high schools and junior high/middle schools which exists to develop common rules for athletic eligibility and competition. No government funds or tax dollars support the MHSAA, which was the first such association nationally to not accept membership dues or tournament entry fees from schools. Member schools which enforce these rules are permitted to participate in MHSAA tournaments, which attract approximately 1.6 million spectators each year.

The Michigan Association of Secondary School Principals, founded in 1911, is the statewide society representing middle level, high school and vocational center principals and assistant principals. With over 2000 members, including 96 percent of public high school principals, the association's mission is to improve secondary education in Michigan through leadership, research, and promotion of standards of excellence.

The Institute for the Study of Youth Sports is part of the Michigan State University, a leader in scientific outreach and engagement. The mission of the ISYS is to provide leadership, scholarship and outreach that “transforms” the face of youth sports in ways that maximize the beneficial physical, psychological, and social effects of participation for children and youth while minimizing detrimental effects.

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MEDIA ADVISORY – Members of the media – either sports or education reporters – are welcome to attend a Captain’s Clinic at no charge. You may contact Andy Frushour at the MHSAA office for more information.

RL06-031

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