



media information



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FOR IMMEDIATE RELEASE

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Six Conferences Take Part In Captain's Clinics

EAST LANSING, Mich. – Jan. 12 – To provide sophomore and junior grade level student-athletes the tools to become better equipped team captains, the Michigan High School Athletic Association will again provide a series of student leadership workshops for entire leagues and conferences during the month of February.

This is the second year that the Association, working with the Michigan Association of Secondary School Principals, and the Youth Sports Institute at Michigan State University, will provide multiple clinics. Last year, Captain's Clinics were conducted for the Capital Area Activities Conference in mid-Michigan and the O-K Conference on the West side of the state. The first such conference took place during 2004-05 with schools from the Wolverine Conference.

Captain's Clinics will be conducted this year for six conferences according to the following schedule:

- Macomb Area Conference schools at the Macomb Intermediate School District building, February 5
- Kensington Valley Conference schools at Novi High School, February 8
- Detroit Catholic High School League schools at the Sacred Heart Major Seminary in Detroit, February 13
- Jack Pine Conference schools at Houghton Lake High School, February 15
- Southwestern Athletic Conference schools at Watervliet High School, February 22
- Cascade Conference schools at the Davis Convention Center in Jackson, February 28

Keynote speakers will vary by location, and will include Flint Powers Catholic High School girls basketball coach Kathy McGee, and MHSAA Executive Director John E. "Jack" Roberts. Students will then be grouped by their sport to share ideas in a roundtable format, and will also take part in a number of breakout sessions during the day to help become better prepared to lead their teams. Upwards of 1,000 students from over 90 schools are expected to attend this year's Captain's Clinic series.

Breakout session titles include: Sports nutrition; leadership tactics and tools; team building; conflict resolution; stress management; communication strategies; sports psychology; effective time management; celebrating competition and rivalries; character; coach-player liaison lessons; and being a positive peer role model.

(more)

2-2-2 – Captain’s Clinics

Activity begins at each Captain’s Clinic at 8:45 a.m., and each workshop will conclude by 1:15 p.m. Each school may bring up to 10 representatives including an administrator, with total registration at each site limited by facility size. Registration is \$20 per person and the fee includes lunch and all materials.

A registration form can be found on the Student Leadership page of the MHSAA Web site. The registration deadline is January 26. For more information, contact Andi Osters at the MHSAA office at 517.332.5046

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.

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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 Andi Osters (aosters@mhsaa.com) at the MHSAA office for more information.

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