

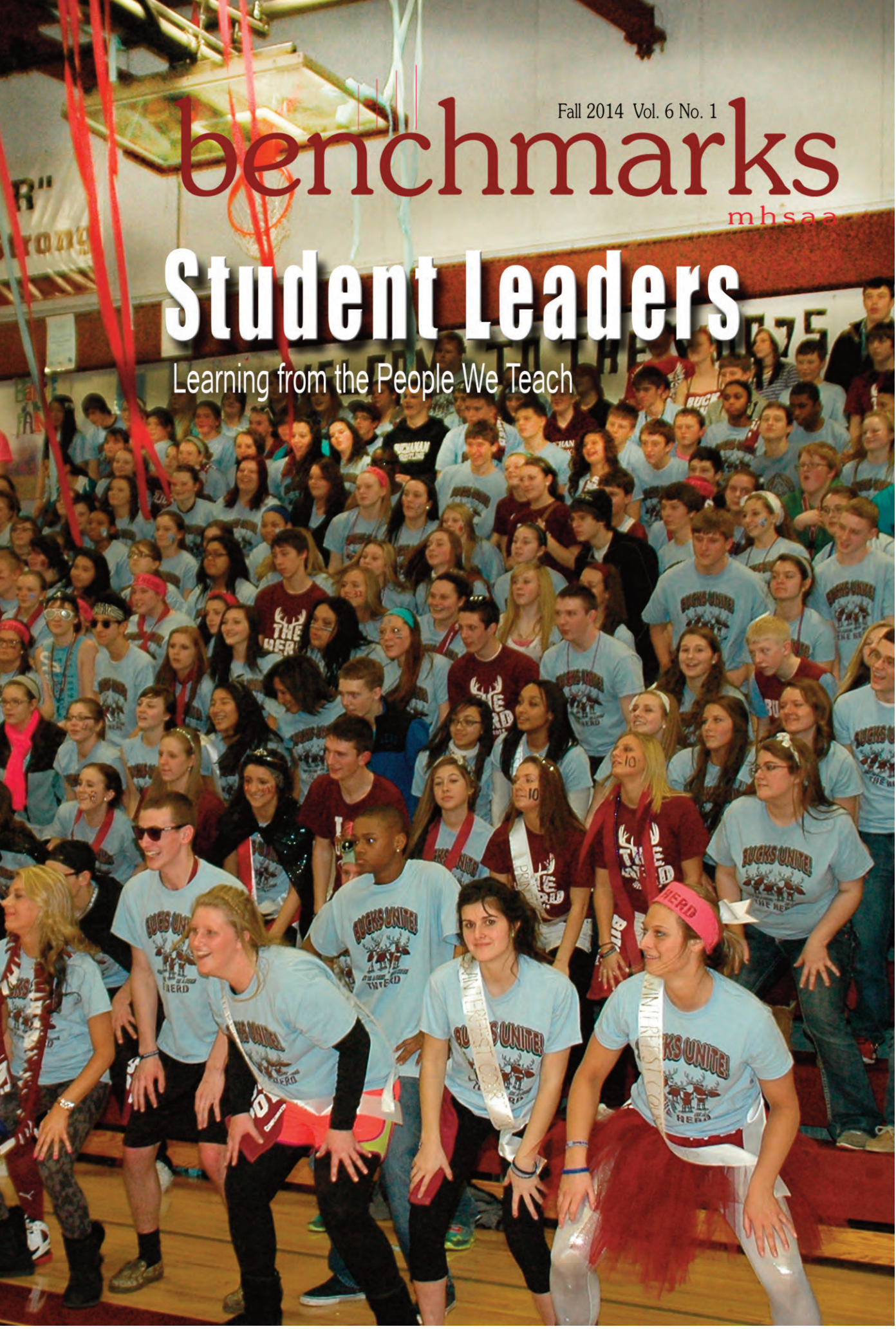
Fall 2014 Vol. 6 No. 1

benchmarks

mhsaa

Student Leaders

Learning from the People We Teach



Cover Story: Learning from the People We Teach



4 At the core of interscholastic athletics lies the most important sector: the students. While the mission of administrators and coaches is to teach these young adults, with proper facilitation and supervision the tables can be turned allowing student leaders to handle the teaching.

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The Vault - 26

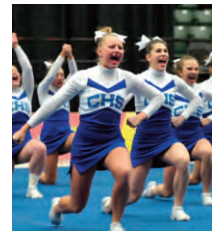
Faces of Leadership

Leadership comes in many forms and encompasses a variety of traits. Here are some of our favorite glimpses of leaders shining in recent years.



State of Play - 28

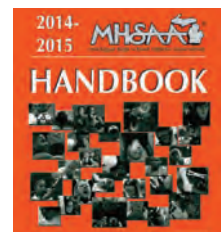
High school sports participation numbers for 2013-14 remained steady, as Michigan's participation stayed ahead of its population rank. Girls Competitive Cheer ranks fifth nationally.



Regulations Review - 36

Changes Abound in '14-15

It's a new school year! Here are some basic reminders of the premises and differences that separate school sports from other brands.



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Rules Enforcement Serves as “Tough Love” for Kids

When the agreed upon standards of eligibility or conduct are not met by a student who is then prohibited from play, it is not infrequent that a parent, coach or administrator will request that an exception be made, that the violation be overlooked, or the consequences of the violation be reduced or waived.

When that request is not approved, it is not infrequent that those applying the rules will be told: “You don’t care about kids.”

In fact, those who apply the rules realize that it is the presence of high standards of eligibility and conduct that contribute to the value of participation for students, their schools and the community. If we raise the standards, we tend to raise the value of the program; if we lower the standards, we tend to diminish the value of the program for participant, school and community.

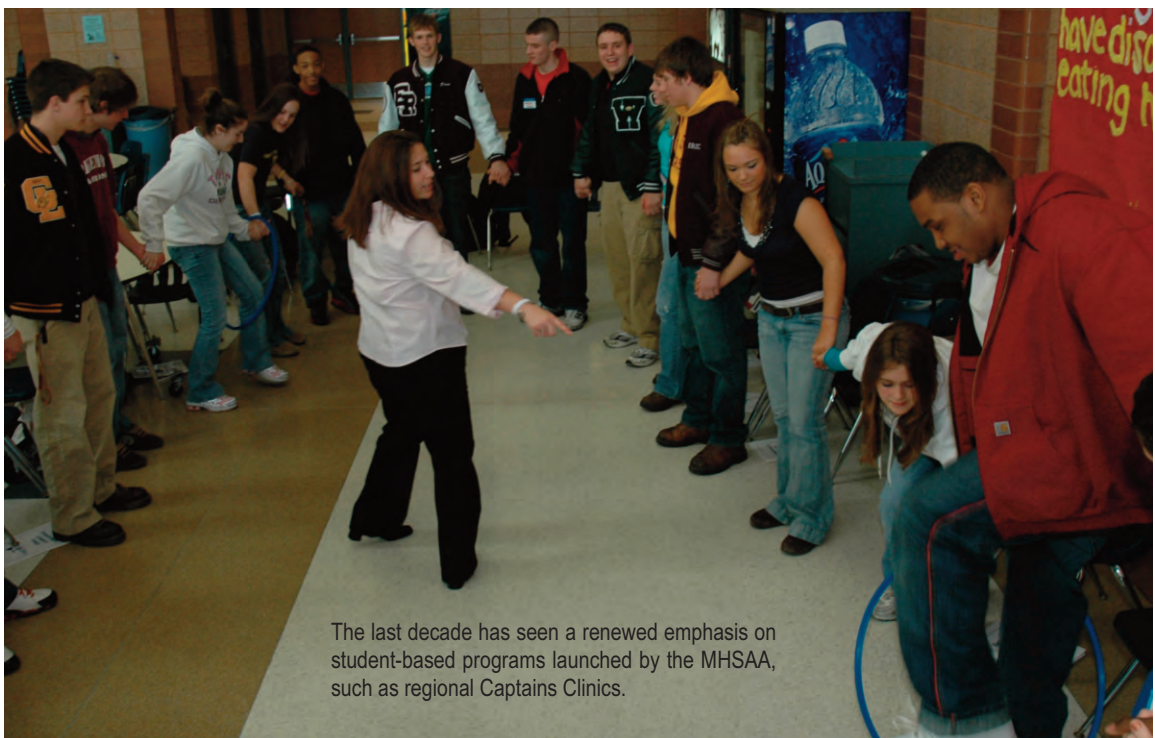
So, making and enforcing rules will always be the first and foremost way the MHSAA cares about kids. It’s our tough love.

But during the past quarter century and especially the last decade, the MHSAA has increased its direct interaction with student-athletes. This issue of *benchmarks* describes much of what we are doing. It’s another way we love kids.



John E Roberts

John E. “Jack” Roberts
MHSAA Executive Director



The last decade has seen a renewed emphasis on student-based programs launched by the MHSAA, such as regional Captains Clinics.

New Year, New Issues, New Opportunities

What’s Happening at the MHSAA? We’ll Tell You

There’s no better opportunity to stay in touch regarding new developments within the MHSAA and hone your administrative skills than to attend one of the annual AD In-Service/Update Meetings each autumn in a neighboring community. The gatherings also give members a chance to offer face-to-face feedback, and also provide the MHSAA with valuable data through the annual Update Meeting Opinion Polls.

Beginning Sept. 24 in Kalamazoo and ending Oct. 24 in Marquette, the month-long tour literally spans the state to keep constituents informed and educated.

The cost per person is \$12 for the In-Service only; \$20 for the Update Meeting only; \$30 for combined sessions. Following are the dates and locations. In-Services begin at 8:30 a.m., followed by the Update Meetings at noon, except for the Oct. 24 session as noted below.



- Wednesday, Sept. 24 – Kalamazoo (Pine West)
- Monday, Sept. 29 – Warren (DeCarlos Banquet/Convention)
- Thursday, Oct. 2 – Lansing (Best Western Plus)
- Monday, Oct. 6 – Comstock Park (English Hills Country Club)
- Wednesday, Oct. 9 – Frankenmuth (Zehnders) - Annual Business Meeting
- Monday, Oct. 13 – Gaylord (Otsego Club & Resort)
- Friday, Oct. 24 – Marquette (Superior Dome, 10 a.m. – Update Meeting only; no fee or meal)

Registration forms can be accessed from the Administrators page of MHSAA.com, or downloaded to your mobile device by scanning this code.



Officials Associations Benefit from NASO Membership

The MHSAA is proud to continue to provide the Platinum program of the National Association of Sports Officials (NASO) “Association Advantage” for all MHSAA Local Approved Associations (previously known as NASO-ON). The MHSAA is providing this Platinum program membership to all local Approved Associations in assisting these groups with association meeting preparation, association governance and effective, time-tested techniques on how to make good associations great.

“Approved Associations are the lifeblood of high school and middle school officiating,” said Mark Uyl, MHSAA Assistant Director. “So many critical elements of our officiating program that includes recruiting new officials, retaining current officials and training all officials happens at the local Approved Association level. Our overall program gets stronger when each Approved Association has all the tools possible to be an effective educational hub for all officials in those local areas. We are pleased to be providing this service to all Michigan Approved Associations with our trusted and valued partner, NASO.”



All Platinum Association Advantage member associations will receive the all-new monthly electronic newsletter *Click*, the revamped monthly printed newsletter *Advisor*, access to the Association Advantage website, a subscription to *Referee* magazine and a discount on supplies purchased from Cliff Keen. Groups may choose to upgrade their membership with additional options and levels to include additional insurance, member benefits and training options. Contact the MHSAA office or NASO (262-632-5448).

Youth is Served

Student Leadership Plays a Vital Role in the Health of Successful School Sports Programs

Fred Smith had a plan. Josh Money had no idea what it was, only that he was to report to the Buchanan High School athletic director's office in the morning.

In the fall of 2012, Smith was observing a student section of somewhere between a dozen and 20 kids during a volleyball game. At times the line between rooting *for* his school was crossed into the area of rooting *against* the opponents; nothing unruly, but not the behavior Smith would prefer to see in his gym.

"I asked one of the students, Josh Money, to come see me the next day," Smith recalls. "I said, 'You're not in trouble, I just want to meet with you about something.'"

Smith prepped for the meeting by queuing up the MHSAA Battle of the Fans video from the previous winter, in which Frankenthumth prevailed in a contest to reward the state's most innovative and entertaining student rooting section, and above all else, did so with the highest degree of sportsmanship on display.

"I was fortunate. You know the old saying, 'You can lead a horse to water, but you can't make them drink?' Well, I led them to the water, and they drank." — Buchanan Athletic Director Fred Smith

"I asked Josh, 'Why can't we do this?'" Smith recalled.

The meeting supplied the impetus for a full-court press to turn around the culture at the small school in southwestern Michigan. By the time the 2013 Battle of the Fans contest was underway just a few short months later, Money was one of the leaders of the section that would become the competition's next winner.

"I was fortunate. You know the old saying, 'You can lead a horse to water, but you can't make them drink?' Well, I led them to the water, and they drank," Smith said.

The first stop on trek to the oasis was to one of the MHSAA's Sportsmanship Summits, this one in Kalamazoo, where eight students gleaned valuable insight to creating positive, enthusiastic settings at their athletic events.

Instrumental in guiding the students was student council advisor and social studies teacher Stacey Carlin, along with fellow staff members Rachel Carlson, Jessica Cornelius and Lisa Holok.

"It takes a dedicated staff to get behind the effort," Smith said, pointing out that principal Sharon Steinke allowed the student council to hold school-wide "prep rallies" to allow "The Herd's" leaders to practice routines and give classmates instructions.



Photos by Geoff Kimmerly, MHSAA

In less than a full school year, the Buchanan student section went from sporadic to extraordinary with guidance from school administration and the assistance of student-based MHSAA leadership programs. At right, one of “The Herd” leaders, Josh Money, guides the group through another routine. Scan the QR code for more information on the MHSAA Battle of the Fans.

“We have good student leaders and a good teaching staff involved to lead the way, and now it’s become a culture; it’s a culture change,” Smith said. “We have sections for the middle schools and elementary schools at the games, and we are proud to include these kids because that’s where we leave our legacy. We include all grade levels.”

The Buchanan story is just one of many in which solid student leadership can assist not only an athletic program, but also boost the morale of a school and its community.

At the root of school sports lies the most precious commodity: students. Involving them in decision-making processes and thrusting them into supervised leadership roles can strengthen the health of the overall program.

In recent years, the MHSAA has put increased emphasis on the promotion of such peer-to-peer educational gatherings.

“Throughout its history, the MHSAA has done a tremendous job working directly with coaches, administrators and officials to make school sports a valuable part of the high school student experience,” said Andy Frushour, director of brand management, who also coordinates student programs for the Association. “While students have always benefitted from those efforts, there were few initiatives involving student-athletes directly.”

That has changed in the last decade.

While the MHSAA Scholar-Athlete program just last year enjoyed its 25th anniversary, and the Women In Sports Leadership Conference has long led the nation in its realm (see page 11), the MHSAA has introduced several student-based programs recently with the expectation that each will be just as successful as those endeavors.



Eight years ago, the MHSAA formed a 16-member Student Advisory Council, which meets several times annually with MHSAA staff, and serves as a student sounding board for the MHSAA’s Representative Council.

The group also assists in the planning of MHSAA Sportsmanship Summits (held regionally every other year) and Captains Clinics which take place annually in six to 12 locations in Michigan.

“All of these student-training programs, delivered directly to students, make up the overall MHSAA student leadership program,” Frushour said. “To have the voices of our students heard is invaluable in the development of targeted plans for the growth and preservation of school sports. Having students deliver our message to their classmates only helps to strengthen our product.”

Pete Ryan, athletic director for Saginaw Township Community Schools, is involved with two Captains Clinics for the Saginaw Valley League each year, and has understands the importance of student-led messages.

“Peer leadership works well when it is leadership and guidance, and not simply telling others how they have to do it,” Ryan said. “Setting the example is a priority and exemplifying behaviors that correspond to leadership plays a role.”

The Captains Clinics are geared to accommodate 100-150 students per session, and the bene-

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fits can be felt conference-wide.

“Our main goal is to learn and understand that all team members can affect the focus of ‘team’ in many different ways. We ask our students who have attended the Captains Clinics to take back one or two things and re-teach their teammates,” said Jim Conway, Mt. Pleasant High School athletic director and an active leader in the annual series.

“Peer learning is wonderful when taught using positive measures. Set examples, be early, respect all teammates, take care of yourself off the field. Also, there is strength in numbers. Student-to-student clearly out-numbers coach-to-student ratio.”

Ryan has noticed a change in environment during contests with some traditional rivals, adding that social media can play a productive role today

“The Captains Clinics have helped break down barriers between rival schools because there is name and face recognition now,” he says. “We have tried to use social media in a positive manner to invite schools for a tailgate or to create a friendly competition. It can become a negative tool when taunting comes into play. The Captains Clinics provide a great forum to educate our leaders about using social media in a constructive manner.”

“Constructive” is the key word. Properly supervised, social media can be a big help in getting positive messages out.

“Continued education toward social media is at the forefront of what we need to be discussing,” Conway said. “As the high school climate grows, students must understand how powerful social media has become. Captains Clinics teach that no reaction is the only reaction.”

The SAC is using technology to roll out an on-line Captains Course in the coming months, modifying the printed publication *Captains 101* which was published by members of the 2009, 2010 and 2011 Councils.

The MHSAA Scholar-Athlete Program sponsored by Farm Bureau Insurance long stood as the Association’s benchmark for student recognition. The formation of a Student Advisory Council, Sportsmanship Summits and Captains Clinics now provides students a prominent platform on which to display and share ideas.

Under the guidance of Frushour, with current SAC members Connor Thomas (Marlette) and Caycee Turczyn (Lapeer) leading the charge, the new format will prove a valuable resource for captains statewide (see page 24).

As one would expect, having been selected following a thorough process which includes recommendations, minimum GPAs, and a Q & A form, SAC members are enthusiastic and they revel in their opportunity to make a difference through communication with MHSAA staff and participation in the summits and clinics.

One of the many benefits is bringing students from diverse backgrounds and large and small communities together.

“I love sports and anything to do with sports,” said Jonathan Perry, SAC member from McBain Northern Michigan Christian. “I hopefully will make my career in sports, for example as an athletic director, and I thought this would be a great learning step. I also wanted to experience high school sports from a different perspective, because I only have a small-school perspective. It’s fun learning about all different school sizes, areas and sports that other SAC members participate in.”

Eliza Beird is also from a small school, Holland Black River. For her, the SAC appointment provided more than the opportunity to play a sport.

“I wanted to do something more with sports besides just participating,” she said. “I was motivated to apply for the SAC because I knew that it would give me an opportunity to expand the role that sports played in my life. Not only would I learn more about the rules and regulations of high school sports, but I would also get the chance to share other’s ideas and visions about high school athletics – along with my own – with the entire state.”

The ability to share ideas with local groups and spread them statewide is one of the foundations on which school sports is built, particularly in Michigan. The MHSAA preaches local leadership and local competition. When the proper messages and behaviors are cultivated in towns, cities and communities around the state, then statewide missions can be achieved.

Today’s students are impacting the culture more than ever simply because communication lines are more open than ever. More two-way streets are in place to provide opportunities for student input, with Captains Clinics and Sportsmanship Summits chief among those avenues.

“Training is priority one,” says Ryan. “We need more time to teach them the value in leadership and then we need more opportunities to do it. The Captains Clinics are great resources for training. There is a need for these clinics and I would like to see more available.”

Student role models can be pivotal not only on athletic teams, but in classrooms and hallways.

"I've found that being a teenager in high school is tough. It's every girl's dream to be in the 'popular group,' and when you're not, it makes those four years even harder," says SAC member Emily Starck (Remus Chippewa Hills). "When it comes to being a leader, it isn't necessarily about having the title of captain on your team, being president of student council, or the latest trendsetter. It's more about leading by example, and obeying the simple concept of treating others the way you want to be treated, whether that is helping an opponent up on the court, or making a conscious effort to smile and say hello to everyone you see in the halls."

It's that type of behavior and those types of students which make the job as a high school administrator, teacher and coach so rewarding. Not to mention, it can make the job easier.

"Student leadership benefits the coaches because they can rely on those students to assist with team issues," said Ryan. "It helps from an administrative standpoint because you know those leaders are buying into the program and will encourage others to do the same. I've also seen students set the tone by speaking at parent meetings. They can have a real impact on explaining expectations of the team and school to parents."

Ahh, the parent component. School sports are quite different in nature and purpose from community-based programs, which range from all-star travel teams to recreation leagues run by groups of parents. In most cases, winning and playing time supersede all other goals.

Educational, interscholastic athletics differ. Allowing students to help carry the mission only makes sense. MHSAA Sportsmanship Summits offer a major delivery vehicle.

In the instance relayed from Buchanan at the outset of this article, the Summits can make all the difference in the world. SAC members are heavily involved and interested in the potential of this fall's sportsmanship efforts.

"My goals for the Sportsmanship Summits this year is to get all of the students in my session to open up and talk about what is good, and bad, sportsmanship," said Thomas. "Also, I hope to gain personal knowledge, as well as having the other students gain knowledge, that we can bring to our own schools."

Each Summit has approximately 250 participants who are led through a series of breakout sessions designed to get kids talking about sportsmanship in their communities, as well as coming up with solutions to curb bad sportsmanship at school. One of the breakouts is developed and delivered by SAC members. A final session focuses on creating a school sportsmanship action plan.

"I hope we get kids to think more about sportsmanship at the Summits," Perry said. "Get them thinking more about sportsmanship and letting them figure some of it out on their own, and cause them talk about it with others. If a person at a Summit talks to five other people who were not at the

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A group of current Student Advisory Council members enjoyed a two-day retreat to Mystic Lake in June, where they shared ideas with MHSAA Staff and engaged in team-building skills. For more information on the SAC, scan the QR code below.





MSU ISYS

Michigan State University's Institute for the Study of Youth Sports helps to facilitate the MHSAA Captains Clinics. The workshops give basic leadership training to both current and future team captains. The gatherings give the students the basics of being a team captain, answering the question, "I was named a team captain, now what am I supposed to do?"

Summit, we still affect six people. We can have a huge impact on people's perspective of sportsmanship."

It's that "pay it forward" method that bodes well for future grades across the state in general, and perhaps even within the SAC more specifically.

"I hope that other student-athletes are inspired," added Beird. "I hope we can help motivate them to go and make a change in their school. I also think it would be pretty cool if someone wanted to apply for the SAC after attending one of the Summits."

The MHSAA is proud of its recent boom in student programming, and plans for the future include greater student content in the highly successful Coaches Advancement Program, and possibly a statewide Captains Summer Camp, potentially drawing 200-300 students to one of Michigan's picturesque lakeside settings.

Of course, a little outside assistance is always welcome, especially when the helping hand has the same goals in mind. Enter the Michigan State University Institute for the Study of Youth Sports (ISYS). The group helps to facilitate the MHSAA Captains Clinics, and SAC members also participate in a yearly focus group about the state of high schools sports for the ISYS (see page 14).

ISYS staff member Scott Westfall works diligently with Frushour at the MHSAA in creating a comprehensive program for captains.

"Adults often say and do the right things, thus, their leadership is often viewed as obligatory behavior," Westfall said. "However, student-led leadership is much more influential. This power is rooted in the peer-to-peer relationships and mutual empathy. Student-athletes are often very close in

age, so that leadership is often held with higher validity because the student leader is most likely experiencing many of the same adversities and temptations as the peers on his or her team."

That's not just clinician-speak. Several SAC members are living those situations each day and relate similar scenarios.

"In the hallway and on the field, students will see and be directly influenced by peers around them. Other students may be more likely to copy the ac-

"We can have a huge impact on people's perspective of sportsmanship." — SAC member Jonathan Perry

tions of those in student leadership," said Beird. "Because these actions are not being suggested by an authoritative figure, students are less likely to resist these ways and more likely to repeat them. Their peers are leading the way."

"Whether its student council or pep club, working with other leaders teaches one to step out of their comfort zone in order to get tasks accomplished," said Turczyn. "For example, the SAC has taught me to voice my opinions while also taking in to consideration the opinions of others, whether we are in agreement or not."

There are also instances when a school's best leaders are roaming the grounds and nobody— not even themselves—realize the potential within them.

— continued on page 10



2014-15 Student Advisory Council. Front Row: Trevor Trierweiler, Portland; Aaron Van Horn, Kingston; Katie Hartzler, Bridgman; Bekah Myler, Gaylord St. Mary; Emily Starck, Remus Chippewa Hills; Amanda Paull, Cheboygan; Caycee Turczyn, Lapeer; Eliza Beird, Holland Black River; Jordan Michalak, Birmingham Seaholm; Greta Wilker, Belding. Back Row: Jonathan Perry, McBain Northern Michigan Christian; Jared Pittman, Muskegon; Benjamin Kowalske, Livonia Stevenson; Connor Thomas, Marlette; Tucker Gross, Beal City; Grant Osborne, White Lake Lakeland.

SAC Application Process

To be eligible for the committee, candidates must:

- Complete the official application, including the three short answer questions.
- Have a cumulative GPA of at least 3.0.
- Be available for all scheduled meetings, and possibly available for other commitments.
- Submit a letter of recommendation from an athletic director, principal or other school administrator stating why the candidate should be selected to the committee.

In addition, candidates should:

- Show a history of leadership on athletic teams as well as with other extra-curricular activities, community service projects, or in the workplace.
- Show an understanding of the role of school sports, and have ideas for promoting a proper perspective for educational athletics.
- Applications for students in the graduating class of 2017 will be available this winter and due in mid April. Check back later for more information.

QUESTIONS? Contact Andy Frushour at the MHSAA – 517-332-5046 or afrushour@mhsaa.com.

SAC 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.

– Written by the Student Advisory Council, adopted by MHSAA Representative Council November 2007

Such was the case for Karen Leinaar, when lightning struck at two different schools.

Karen Leinaar, current Bear Lake and former Benzie Central athletic director, recalls the stories of Travis Clous (Benzie, 2012) and Emileigh Ferguson (Bear Lake, 2014), a pair of typical high school students who emerged as unexpected leaders through their experiences with the SAC.

“Travis was a kid who you thought was kind of a cut-up or class clown type; there was always that smile on his face,” Leinaar recalled. “But, you could tell there was more to him. He organized a cross country function, and from there would ask ques-

In Baker’s case, she finds herself in a familiar setting now as an adult but her role changes ever so slightly as she attempts to pass on the values that launched her career to current students.

“Leadership is something that never stops. As a student-athlete in high school and college, I shared my leadership through my passion of sports and competition,” Baker explains. “However, I was a unique leader play-

“On the SAC, I was able to connect with other students who shared similar beliefs with me, and also those who challenged my way of thinking. Being challenged and having to defend what you feel is important was a tremendous skill to learn.” — SAC charter member Andria Baker



tions about my job, about the Representative Council and what it did. He applied for a spot on the SAC, and it completely changed him. He began to understand that your voice can be heard if you back it up with rationale. That young man discovered that he was someone people would listen to.

“Emileigh was a decent student and good athlete,” Leinaar said. “She was taller and bigger than most of her classmates, always in front of the line, but unfortunately sometimes for girls, that’s enough. She was a follower, and didn’t always follow the right people. After serving on the SAC, she was able to make good decisions, she was accountable, and had a voice. She tried to show people the right way to do things, and if they didn’t, she stayed the course. She was no longer a follower.”

The two are now enrolled at Hope College, walking testimonials that dedicated student programs provide useful skill sets for those putting on a cap and gown each spring.

Maybe someday they’ll join Andria Baker, a charter SAC member from Constantine in 2007, who teaches and coaches in the St. Joseph school system after a year in Alma where she coached volleyball, basketball and track & field.

“On the SAC, I was able to connect with other students who shared similar beliefs with me, and also those who challenged my way of thinking. Being challenged and having to defend what you feel is important was a tremendous skill to learn,” Baker said.

College-bound former SAC member Coby Ryan also feels well equipped for the next stage of his life.

“Student leadership in high school prepared me quite well for the next chapter in my life,” Ryan said. “It taught me how to communicate with my peers, and it was vital for me to be able to handle the responsibilities given to me in high school. Learning how to act in pressure situations and think on my feet has helped me in the present.”

ing-wise because I wasn’t always on the court; I wasn’t the best player on the team, but I understood the importance of being a team player and every teammate is valuable and important. Transitioning that to my life as a professional has been different because I am now showing the athletes and students I work with how to be the next generation of leaders. I have to not only lead by example, but train them how to behave and act on and off the court. I have had many conversations with athletes about not being afraid of the leadership role. Although it is a big role, it will benefit them for the rest of their lives.”

Leadership can also be contagious. The key is harnessing what’s intrinsically good in people and finding a way to bring it to the surface.

Smith mentioned the cultural change at Buchanan, where staff and students have built on the Battle of the Fans momentum.

“Our cheering sections weren’t always the model, and at times had a reputation as not the most sportsmanlike,” Smith said. “But the Battle of the Fans experience has carried over to other areas of sportsmanship and behavior.”

Last year, Buchanan was named one of the five nicest schools in America by Mean Stinks, for its anti-bullying efforts and “ganging up for good.” Part of the honor included a pizza party, courtesy of the sponsors for the Mean Stinks campaign.

“You ever see 300 pizzas brought in from local pizza place?” Smith asked. “It’s quite a sight.”

So, too, are the images of hundreds of students gathered at Sportsmanship Summits, Captains Clinics, and cheering sections on a nightly basis. The MHSAA invites you to come out and have a look.

— Rob Kaminski
MHSAA benchmarks Editor

WISL: Historic Conference Still Going Strong



For all of the recent emphasis being placed on student-centered initiatives, it should be pointed out that the MHSAA also is one of the pioneers in the business of prepping its youth for future leading roles.

In 1990, the MHSAA introduced the first event of its kind nationally when it hosted the Women In Sports Leadership Conference, aimed to spotlight the many available avenues for females in athletics beyond their playing days.

Last year marked the 21st edition of the conference which seldom fails to attract its capacity, making it the longest-running workshop of its kind in the country. To use sports jargon, the event never rebuilds; it just reloads. The 2014 event drew a record crowd of more than 700, topping the previous high of 631 set in 2012. The event takes place in Lansing every other year, next scheduled for 2016.

“Young women and coaches of female athletes packed the Conference to hear from a wealth of expertise from authorities in the field of leadership and athletics,” said MHSAA Assistant Director Kathy Vrugink Westdorp, who coordinates the WISL efforts.

“I think the variety of workshops, along with the quality of speakers, are the chief draws to the Conference, and it seems to build momentum each year it is held. I see only a brighter future for the gatherings.”

The theme last year was #JustLead and there were considerable opportunities throughout the conference for attendees to gain a better understanding of the many responsibilities of leadership. Students interested in leadership and interscholastic athletics, as well as men and women who were responsible for recruiting, hiring, training and retaining women as coaches, administrators and officials were in attendance.

Coaches were able to hear from Dr. Marty Ewing, who spoke about “Coaching Today’s Millennial Athlete;” Ms. Michele Lewis Watts – “Coaching Girls, Why It’s Different, Why It’s Not;” and many more experts in the coaching arena. Female athletes had a variety of options in hearing about the “Benefits of Multi-sport Participation;” “How to be a Good Teammate,” and making good decisions about nutrition, sleep, hydration and a positive lifestyle.

The evening was filled with opportunities to participate in Aqua Zumba, Yoga, Zumba, Core Conditioning and Self-Defense and Michigan State University Head Women’s Basketball Coach Suzy Merchant kicked off the Monday morning breakfast session challenging participants to “find the leader in you” and focus on setting high standards in whatever you say and do.

“All participants left convinced that they had a rewarding time filled with many opportunities to learn more about leadership,” Westdorp said.

On the opposite year of the WISL Conference, there is the opportunity to apply for Women in Sports Leadership mini-grants. In 2014-15, the MHSAA has earmarked funding to assist in the development of programs for young women in sports leadership. Financial support is available to school administrators to provide professional development opportunities for student leadership programs.

See the process for the mini-grants on page 13.



The MHSAA Women in Sports Leadership Conference is among the Association’s longest-running programs geared for students, and its workshops continue to draw capacity crowds.

Leadership Opportunities Abound for 2014-15

SCHOLAR-ATHLETE AWARD APPLICATIONS

In 2014-15 we celebrate the 26th anniversary of the Farm Bureau Insurance sponsored MHSAA Scholar-Athlete Award. In 2014-15, 32 \$1,000 scholarships will again be awarded from a pool of the best and brightest high school seniors. Eligibility requirements and applications can be found at MHSAA.com on the “Students” page. Applications are due to the MHSAA on Dec. 5.



SPORTSMANSHIP SUMMITS

This fall the MHSAA's series of Sportsmanship Summits returns with four regional clinics spread across the state. These day-long summits will cover sportsmanship topics from a variety of perspectives, including from the viewpoints of athletes, coaches, officials and administrators. Most importantly, though, the summits will focus on sportsmanship in student cheering sections. School groups will review what makes great student sections tick, and then develop plans on how to make its own student section more loud, organized, positive and fun. This year's Summits are as follows: Gaylord, Nov. 3; Saginaw, Nov. 5; Grand Rapids, Nov. 10; Warren, Nov. 12.

BATTLE OF THE FANS

The fourth annual MHSAA Battle of the Fans competition will take place again during the winter season. The contest, organized by the MHSAA Student Advisory Council, seeks to find the loudest, most organized, more fun and most positive student cheering section in the state. Students should begin filming their student sections this fall in preparation for the video deadline in early January. Beaverton HS is the defending champion, while Buchanan HS won in 2012-13 and Frankenmuth HS in 2011-12. More details are available at <http://www.mhsaa.com/BOTF>.

STUDENT LEADERSHIP GRANTS

The MHSAA has earmarked \$20,000 to help students become better leaders. This fund originated from a gift to the MHSAA from student leadership training leader, the former W.B.A. Ruster Foundation. Scholarships are available to students to attend existing student leadership camps, and schools can receive grant money to create student leadership programs in their communities. Funding is available NOW. There is no deadline – applications are accepted, and money is distributed, year-round. Visit the “Students” page at MHSAA.com.

CAPTAINS CLINICS

The purpose of the MHSAA Captains Clinic series is to give basic leadership training to both current and future team captains. The training session is only four-and-a-half hours long, so there's no way these students can learn everything they need to become effective team leaders. Instead, we use this time as an opportunity to give the students the basics of being a team captain – we answer the question, “I was named a team captain, now what am I supposed to do?” We walk through the role of a team captain, we discuss common team problems, and we finish the day by making a “To Do” guide for all of each school's team captains. Several clinics will take place in the coming year, and the MHSAA would love to come to your league. If you can get your entire league on board, guarantee 100-150 participants, and suggest a good location (preferably a school on a professional development day), the MHSAA will do the rest. The Association will coordinate the registration process, negotiate with facilities if necessary, provide the curriculum and supplies, work with the caterers and bring facilitators to the clinic. Contact Andy Frushour to learn more about the Captains clinic program – andy@mhsaa.com.

Scholar-Athlete Program Rolls Into 26th Year

Thousands of students voluntarily extend their classroom day by taking part in extracurricular activities, often improving their academic achievements in the process. The value that such programs play in the total education of a high school student is highlighted through the MHSAA/Farm Bureau Insurance Scholar-Athlete Award, which will award \$1,000 scholarships to 32 top student-athletes and recognize over 2,000 other outstanding individuals in 2014-15.

Underwritten by Farm Bureau Insurance, the Scholar-Athlete Award is now in its 26th year, and presents scholarships to students in every MHSAA enrollment classification. The scholarships may be used at any institution of higher learning.

"It is amazing to see the number of young people who are proven achievers in academics and activities," said 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."

Students applying for the Scholar-Athlete Award must be graduating during the 2014-15 school year, carry a 3.5 grade-point average, and have previously won a letter in a varsity sport that the MHSAA sponsors postseason competition.

Applicants will also be required to show involvement in other school- community activities and submit an essay on the importance of sportsmanship in educational athletics.

Application materials can be found on MHSAA.com. Scan the code below to access the page.

Each MHSAA member school is allowed to nominate a number of student-athletes based on the size of the school. Class A schools can nominate six boys and six girls, Class B four boys and four girls, Class C three boys and three girls and Class D two boys and two girls. The first 30 scholarships will be awarded based on this graduated scale, with two additional scholarships intended for minority applicants.

A committee composed of school administrators from across the state will select regional and statewide winners.



Michigan's Insurance Company



Farm Bureau Insurance, 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."

The 32 scholarship recipients will be recognized at the MHSAA Boys Basketball Finals at the Breslin Student Events Center in East Lansing on March 28, 2015.



Mini-Grants Available for Women in Sports Leadership Initiatives

Are you interested in providing professional development opportunities for students, coaches and administrators of girls sports programs? Are you an administrator organizing a leadership event for female-athletes within your school? Are you interested in encouraging young women to consider a profession or an occupation in sports related fields?

The MHSAA has earmarked funding in 2014-15 to assist in the development of programs for young women in sports leadership. Financial support is available to school administrators to provide professional development opportunities and/or to create student leadership programs. Applications are accepted, and money is distributed, throughout the 2014-15 school year.

To apply:

1. Visit the education tab on the MHSAA Web site and find the Women in Sports Leadership link.
2. Download the application.
3. Send the application and appropriate documentation to the MHSAA.
4. Allow 30 days for processing.

If you have any questions, call Kathy Vrugink Westdorp at the MHSAA – (517) 332-5046.

ISYS Assists with MHSAA Leadership Efforts

Nothing strengthens a community like neighbors working together. The same can be said for organizations whose missions and goals are closely aligned.

Welcome to East Lansing, where the MHSAA and the Michigan State University Institute for the Study of Youth Sports share geographical boundaries *and* the same philosophies for educational athletics.

The ISYS mission, as stated on its website, is as follows: “The mission of the Institute for the Study of Youth Sports 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.”

That should sound familiar to athletic leaders within the MHSAA.

Key to the relationship between the MHSAA and the ISYS was the hiring of Dan Gould to the MSU faculty in 2004. Director of the ISYS, he helped to facilitate one of the first major initiatives between the ISYS and the MHSAA, which was to revamp the coaches education program, replacing the PACE program with the Coaches Advancement Program (CAP). Dr. Larry Lauer of the ISYS was heavily involved in creation of the CAP under the direction of MHSAA Assistant Director Kathy Vrugink Westdorp.

At the same time, Dr. Gould also led a study with athletic directors and coaches throughout the state to understand the greatest issues in high school sports. Additionally, to continue the ISYS mission to disseminate research findings, Dr. Marty Ewing, Dr. Gould, and a number of the ISYS graduate students have been presenters at the MHSAA Women in Sport Leadership Conference.

Such services have now become a natural fit into the development of the MHSAA’s student leadership programs, providing huge dividends to those in the ISYS program and the MHSAA.

“The mutually beneficial relationship led to a joint project to enhance student-athlete development with a specific focus on leadership development,” said Scott Westfall, one of two ISYS graduate students who works closely with MHSAA Director of Brand Management Andy Frushour.

Dr. Dan Gould is the director of the Institute for the Study of Youth Sports and a professor of kinesiology. Under his guidance, the bond between the MHSAA and ISYS has led to enhanced student-oriented campaigns.



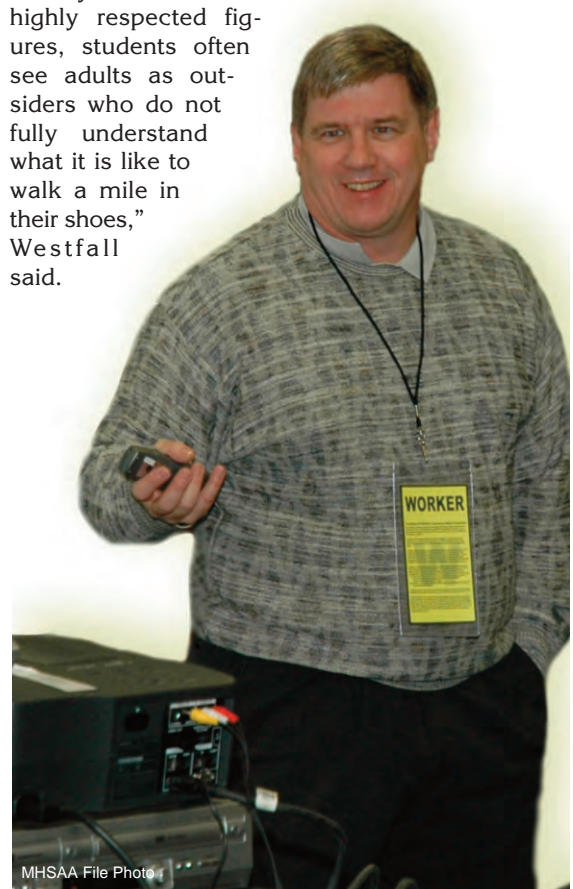
Frushour spearheads the student-based programs at the MHSAA with assistance from Andi Osters and Paige Winne. Among the first ISYS students to work with the MHSAA were Dana Voelker and Jed Blanton, who helped conceptualize the Captains Clinics curriculum. Today at the clinics, ISYS graduate students lead one-day seminars that provide student-athletes with insight on how to understand themselves as leaders, build key leadership skills, and handle tough situations on their teams.

Currently, Westfall and Scott Pierce are the ISYS members providing their time and expertise with the MHSAA Student Advisory Council, Captains Clinics, and a new Online Captains Course set to debut this school year (see page 24).

The Course is student-driven, with two SAC members serving as the faces of the program. Such peer delivery is vital to delivering the messages.

“Students often view leadership from teachers, coaches, and administrators as regular, everyday activity. While adults are highly respected figures, students often see adults as outsiders who do not fully understand what it is like to walk a mile in their shoes,”

Westfall said.



“The power is rooted in the peer-to-peer relationships and mutual empathy, as student-athletes are very close in age. Student-based leadership is often held with higher validity because the student leader is likely experiencing many of the same adversities and temptations as the peers on his or her team.”

Adding value and credence to the opinions of the ISYS staff is the fact that they are steeped in research. The ISYS can gear its efforts to surveys and field studies that the MHSAA, due to staff constraints, cannot. It’s what the ISYS does; it’s the forte of its staff, and the findings help to shape CAP, the SAC and Captains Clinics.

“Research tells us that when kids get to middle school and high school, peer comparison has a really strong influence on how students and student-athletes act and behave,” said Pierce. “Based on this, we believe that student leaders can, and do, act as important role models on the field and in the classroom.

“It is not always easy for students to stand up as leaders because often times this means standing up and being different. So while student-based leadership is vitally important, it doesn’t happen automatically. It needs to be talked about and developed over time.”

The MHSAA Captains Clinics and upcoming online course, it is believed, are examples of programs which can develop leaders.

“One of the leadership quotes we used in Tier 1 of the online student leadership course is from Vince Lombardi. It states: ‘Leaders are made, they are not born. They are made by hard effort, which is the price which all of us must pay to achieve any goal that is worthwhile,’” said Westfall. “This type of sentiment, combined with the joint belief between the ISYS and the MHSAA that leadership skills can be taught and cultivated, leads us to believe that leadership can be developed in an individual.”

Through such development, real inroads can be made to promote sportsmanship, teamwork and citizenship in school sports. It’s a worthwhile endeavor for the participants, both attendee and instructor.

“Our staff find the MHSAA Captains Clinics to be some of the most enjoyable and rewarding work that we do,” Pierce said. “The events focus on building leadership in the student-athletes, and gives us (ISYS) an ideal opportunity to put our research and scientific knowledge into practice with the students and have a lot of fun doing so.”

Throughout the year, Frushour works with schools and conferences to schedule dates and lo-



ISYS graduate student Scott Pierce guides students through a Captains Clinic session, providing students with direction and ideas to take back to their schools.

ocations for the clinics. For each day-long clinic, three to five ISYS staff lead a series of workshops for high school student-athletes. The workshops focus on building the four key pillars of leadership – motivation, communication, positive peer-modelling, and team cohesion – and have the students involved in discussions, group activities, journaling, and role plays.

“We are always trying to find new ways to integrate the new knowledge that we acquire about leadership and trying to reach as many students as possible,” said Pierce, alluding to the forthcoming Online Captains Course. “The online course aims to build off the great things the MHSAA and the ISYS have done with the Captains Clinics.”

A tremendous amount of enthusiasm surrounds the project, and for good reason. The track record of the MHSAA-ISYS partnership reflects a successful venture that might just be hitting stride.

“Over the past 15 years, the relationship between the ISYS and the MHSAA has blossomed. It is to the credit of the forward-thinking MHSAA staff members along with the ISYS faculty and graduate students that this relationship is stronger than ever,” Westfall said. “With the arrival of Dr. Karl Erickson to the ISYS this fall, the upcoming MHSAA coaching requirements for CAP courses, and the launch of the Online Captains Course, the future looks bright for the ISYS-MHSAA team.”

— Rob Kaminski
MHSAA benchmarks Editor



For more information on the MSU Institute for the Study of Youth Sports, scan the code.

Keeping Our Heads in the Games

For the third time in its history, the game of football is taking a brutal public relations bashing, only some of which is deserved.

Because of the unregulated violence of the game in its earliest years, the highly influential president of Harvard, a chronic critic of the game, almost had the game banned from that institution. In 1905, President Teddy Roosevelt, an enthusiastic fan of football, put key leaders of the new game together, including coaches Bill Reid of Harvard and Walter Camp of Yale; and they developed new rules that are widely credited with saving what is now the largest participation sport sponsored by high schools.

The introduction and gradual improvement of helmets, face masks and mouth protectors after World War II had the unintended consequence of changing the way players blocked and tackled, and this led to increasing catastrophic head and spinal cord injuries. This time the school and college football community combined their efforts to develop, teach and enforce new rules that banned blocking and tackling where players made primary contact with the front or top of the helmet. There was an immediate and dramatic drop in football's most serious injuries and in deaths.

Rates of severe injury have stayed so low in interscholastic football that it is now possible to argue that, for example, high school boys are eight times safer on a high school football field after school than they are driving a car. The game is freer of the cuts and bruises that plagued the sport during early years, and freer of serious head and neck injuries that spiked in the 1970s.

Currently, with a century of football to evaluate, football faces a different challenge. Critics now are questioning the cumulative effect of all the blows to the head of those who have played the game over a period of many years. This real medical issue, and the public relations nightmare it is creating for the professional football league which is alleged to have ignored incriminating evidence, tends to harm all levels of football.

Therefore, even though high school football players have very short playing careers and very few play a single down after their high school graduation, the broad brush of criticism for injuries from repetitive blows to the head negatively affects the high school level. Participation appears to be down at the earliest grade levels of school-sponsored football, and down even more in non-school youth football programs.

Whether there's a real threat to school-age players, or merely a perceived threat at this level, which is the last tackle football that 97 percent of high school players will ever play, it has been necessary for the interscholastic level to make voluntarily the kind of changes occurring at higher levels that intend to reduce the amount of head-to-head contact in football. The National Federation of State High School Associations is addressing the high school game's playing rules, and most state high school associations – including the MHSAA – are modifying football practice policies. In Michigan, this means collision practices are limited to once a day until the first game, and limited further to twice a week after the first game.

All the focus on head trauma in football is appropriate, to a point. But I have concerns for participant safety that go further and need a louder voice to be heard over the football concussion cacophony. My concern for head trauma is at least as grave in soccer where unprotected head-to-head collisions are causing obvious head injuries and much too frequent heading of hard soccer balls, especially on colder days, may be causing hidden injuries, especially to younger players.

School-based football has demonstrated very well the ability to identify and effectively address player safety issues; but I hope the current preoccupation with concussions will not cause us to overlook the most seriously injurious plays in football: the kickoff, punt return and interception return. I'm also hopeful that the current focus on football will not cause us to miss head trauma issues in other sports, especially soccer.

We would draw justifiable attention to both matters with playing rule changes the "purists" are certain to oppose: for example, reducing the number of kickoff situations in school-sponsored football, and reducing the number of legal situations for heading the ball in school-sponsored soccer. We should implement these changes at younger levels soon, and then gradually increase the age level where these safer policies rule both games and practices.

If students really do come first in school sports, we will see that these changes occur, and sooner rather than later.



With all the attention on football head injuries, we must be careful not to miss the ball on opportunities to take the risk out of other sports as well.

Pay-To-Play Trending Upward

Close to 60 percent of schools now charging participation fees according to 2013-14 survey



Nearly 57 percent of Michigan High School Athletic Association high schools assessed participation fees to help fund interscholastic athletics in 2013-14, according to the most recent survey taken by the MHSAA – indicating a slight increase in use of fees compared to the previous school year.

Of 405 high schools that responded to the 2013-14 survey, 229 – or 56.6 percent – charged fees last school year compared to 55.3 percent of member schools that charged in 2012-13. The percentage of member schools charging fees crossed 50 percent in 2010-11 and remained at 50.5 percent in 2011-12 before making a nearly five-percent jump two school years ago.

There were 758 senior high schools in the MHSAA membership in 2013-14 – the most recent survey generated a response rate of 53 percent. This was the 10th survey of schools since the 2003-04 school year, when members reported fees were being charged in 24 percent of schools.

The largest surge of charging fees in 2013-14 came at Class A schools, with 77 percent reporting fees after 71 percent reported using them in 2012-13. Class B schools saw a 1 percent increase to 62 percent with fees, and Class D schools saw a 2 percent increase to 39 percent. Class C schools, however, saw a 4 percent drop to 46 percent assessing for participation.

Charging a standardized per-team fee for each on which a student participates remains the most popular method among schools that assess fees, with 41 percent of schools that assess doing so in this way. The median fee among those schools was \$85 in 2013-14, an increase of \$20 from the previous year.

Building on a trend that emerged during the 2011-12 survey, the use of fees incurred by students who paid once for an entire year of participation increased for the third consecutive school year, this time to 33 percent of schools that charge – although, on a positive note, the median fee for

students paying once for a school year dropped \$25 from 2012-13 to \$100 in 2013-14.

The survey for 2013-14 and surveys from previous years can be found on the MHSAA Website by clicking on Schools – Administrators – Pay-To-Play Resources, or by scanning this code.

2013-14 Survey Results



Our View . . .

The following is excerpted from MHSAA Executive Director Jack Roberts' blog dated July 22, 2012:

- We don't think participation fees are the best business decision in an era of competition between school districts to enroll students and capture the accompanying state aid.
- We don't think participation fees are good for coaches who face different expectations from parents when they have paid for their child to be on the team.
- We don't think participation fees are good for students, especially winter and spring sport athletes and second, third and fourth children in families who sometimes get the short end of things when family budgets are tight.

Participation fees are an impediment to participation, which is an obstacle to student engagement in schools at a time when schools desperately need such investment. And such fees remove one of the defining differences between school-sponsored sports and community-run youth sports programs.

Preparation Takes the Field

All MHSAA high school assistant and subvarsity coaches must complete an online rules meeting in their sport or one of several approved health & safety courses beginning with this school year.



New with fall sports 2014, the athletic director or principal of each school must attest that all high school coaches (**subvarsity and assistant coaches, paid or volunteer**) have completed an MHSAA rules meeting in their sport or in the alternative, one of several online courses designated for this purpose on MHSAA.com. Rules meetings must be completed by the established deadline each season (fall, winter, and spring).

Each season, athletic directors or principals will inform the MHSAA through our website (school administrator services) that all of its high school **assistant and subvarsity coaches** (paid or volunteer) have completed a rules meeting or one of the designated online courses. It is expected that the school will not permit an assistant or subvarsity coach to be present at the MHSAA tournament in that sport if he or she did not fulfill this requirement.

For several years, only high school **varsity head coaches** have been required to complete a sport rules meeting as a condition of coaching in the MHSAA tournament. The head coach's requirement, email notification and MHSAA tracking **has not changed** and continues in 2014-15.

The deadlines for each MHSAA member high school to certify on its My MHSAA page of MHSAA.com that all of its assistant and subvarsity coaches (paid and volunteer) have completed this requirement are as follows:

- Fall Sports - Sept. 18
- Winter Sports - Dec. 18
- Spring Sports - April 16

Assistant and subvarsity coaches who have been registered in the MHSAA's system with an up-to-date email address may log in to MHSAA.com and complete the same rules meeting as the varsity head coach. In the alternative, there are seven free online alternative courses that the school may direct or permit assistant and subvarsity coaches. Regardless of the course and method utilized, the

administration of the school is responsible for attesting to the completion of the requirement by all fall sports team coaches by the deadlines listed.

Schools may fulfill this regulation for assistant and subvarsity high school coaches.

1. **Individual Coaches Completing a Rules Meeting for Credit:** Enter the names and email addresses into MHSAA.com of all sub varsity and assistant coaches so they may complete an online rules meeting. Currently, many schools only identify head coaches on MHSAA.com. **Only coaches whose names and emails are submitted by the school can complete a rules meeting for credit.**
2. **Individuals or Groups Completing Online Courses or Rules Meetings:** School administrators provide the opportunity in a group setting or individually and certify each season that all high school sub varsity and assistant coaches have completed a designated online course or rules meeting. Administrators may track this internally and record as they see fit or may show an online course to an entire group. For example, an assistant coach may view a rules meeting with a head coach and the assistant be given credit by the school administrator. **A head coach's completion must still be tracked through MHSAA.com for credit.**

This is an annual requirement, and an online course may only serve to fulfill one year of the requirement and may not be duplicated in subsequent years. Many coaches who completed an NFHS or CDC online concussion course in the past (as required in some cases by Public Acts 342 and 343) may use this course to fulfill the requirement in the first year (if the school allows). These courses remain among the possible courses available on MHSAA.com. among the approved list at the top of the next page.

Approved Courses for Credit

These are the seven courses which may be substituted for the sport’s online rules/risk-management meeting and will allow high school assistant and subvarsity coaches to fulfill the requirement for the 2014-15 school year (*found on **all** sport home pages of MHSAA.com, and on the Health & Safety page*):

- MHSAA Rules Meeting Concussion Information & Protocol Review
- NFHS “Concussion in Sports Course” – Info | Online Course
- University of Michigan Health Systems High School Coach Concussion Training – Online Course
- Heads Up to Clinicians: Addressing Concussion in Sports Among Kids and Teens – Online Course from the CDC
- NFHS “Creating a Safe and Respectful Environment” – Info | Online Course
- NFHS Course – A Guide to Heat Acclimatization & Heat Illness Prevention
- NFHS Course – A Guide to Sports Nutrition

Football Practice Policies Assist with Acclimatization

The first year of revised football practice policies intended to assist with heat acclimatization and reduce risk of injury has been implemented with fairly little resistance from schools around the state.

Silence might indicate that leaders in the sport understand the importance of change for the sake of the game’s health, and even its future.

“Every now and again, we’ll see an article with some criticism of the new structure, but overall it’s been very well received because people understand the necessity of limiting head-to-head contact in practices and drills,” said MHSAA Assistant Director Nate Hampton. “It’s welcomed and accepted.”

As for the heat acclimatization, Michigan’s cool summer made the return to gridirons and other sports fields a bit more pleasant this August, but proper preparation should always remain at the forefront.

“We’ve been blessed this fall with moderate temperatures and haven’t had to put into action our heat acclimatization protocols, but we are hoping coaches are still working with kids on hydration and hydration education so they are ready if the warmer weather should occur.”

Following is a review of the revised football practice policies.

1. During the first week of practice of the season, only helmets are allowed the first two days, only shoulder pads may be added on the third and fourth days, and full pads may not be worn until the fifth day of team practice.
2. Before the first regular-season game, schools may not schedule more than one “collision” practice in a day.
 - A “collision” practice is one in which there is live, game-speed, player-vs.-player contact in pads (not walk-throughs) involving any number of players. This includes practices with scrimmages, drills and simulations where action is live, game-speed, player-vs.-player.
 - If any part of a drill or scrimmage involves live game-speed player-vs.-player contact in pads, it is a collision practice even if players do not execute full tackles at a competitive pace that takes players to the ground.
 - During any additional practice sessions that day, players may wear helmets and other pads (neither is mandatory). Blocking and tackling technique may be taught and practiced. However, full-speed contact is limited to players vs. pads, shields, sleds or dummies.
3. After the first regular-season game, teams may conduct no more than two collision practice days in any week, Monday through Sunday. During other days of practice, players may wear helmets and other protective pads (neither is mandatory). Blocking and tackling technique may be taught and practiced. However, full-speed contact is limited to players vs. pads, shields, sleds or dummies.
4. No single practice may exceed three hours, and the total practice time for days with multiple practice sessions may not exceed five hours.
 - Warm-up, stretching, speed and agility drills and cool down are all considered part of practice. Neither strength/weight training activities nor video/classroom sessions are considered practice for the purposes of the three- or five-hour limits.





CAP Raising the Bar to Help Coaches Make a Difference

Gretchen Mohney has come to recognize coaches who think they already know it all. Then she begins a Coaches Advancement Program lesson by describing an orange banging around inside a fishbowl – a metaphor to explain the brain inside an athlete’s skull when he or she suffers a concussion.

Her most powerful lessons have moved pupils to tears. And it’s always gratifying to witness the “Aha” moments that make the CAP educational experience so powerful.

“My favorite is when they admit that they’ve done something wrong, and they want to know how to do something better,” said Mohney, a highly-respected trainer and strength and conditioning coach who also serves as an instructor for the athletic training program at Western Michigan University. “It’s a pretty awesome moment when they realize there’s more to learn.”

More current and aspiring coaches than ever before are taking advantage of that opportunity as the 2014-15 school year kicks off.

Since this training year began July 25 at Battle Creek Lakeview, 273 current or aspiring coaches have completed CAP sessions – nearly twice as many coaches as that point a year ago. That makes this the busiest start in CAP history, according to MHSAA Assistant Director Kathy Vrugink Westdorp, who joined the MHSAA staff in 2004, developed CAP for the 2004-05 school year and continues to oversee the program.

The first month numbers represent 33 percent of 818 total CAP units completed at high schools and the MHSAA office during all of 2013-14.

“I think the big thing continues to be word of mouth that this is a quality program,” said Hamilton Athletic Director Jerry Haggerty, a CAP instructor for nine years. “It’s good for all coaches of all experience levels.”

SETTING A STANDARD

Since the program’s inception, nearly 6,300 coaches have completed at least the first-level unit. More than 1,000 have advanced through CAP 4.

The CAP program is broken into six levels, each addressing a set of topics:

- **CAP 1:** Coaches Make the Difference, The Coach as Teacher, Sports Medicine and First Aid
- **CAP 2:** Effective Communication, Legal Responsibilities, Psychology of Coaching
- **CAP 3:** Additional Coaching Responsibilities, Effectively Working with Parents, The Coach as Performer
- **CAP 4:** Understanding Athletic Development, Strength and Conditioning, Preparing for Success
- **CAP 5:** Healthy Living, Teaching Emotional Toughness, Resolving Conflicts in Athletics
- **CAP 6:** Current Issues and Topics in Educational Athletics

“Individuals who go through this have a better understanding of their philosophy, their school’s philosophy, their role and responsibility as well as the meaning behind MHSAA rules,” said Westdorp, a former principal, athletic director, teacher and coach in the Grand Rapids area who was named 2013 Coach Educator of the Year by the National Federation of State High School Associations (NFHS) for her work with the program.

She trains and evaluates all presenters and instructors, including those who last school year administered 1,238 CAP sessions at seven universities and colleges across both peninsulas.

The non-college CAP sessions are taught by 20 instructors who pride themselves on being available anywhere there’s interest. CAP was presented at 10 Lower Peninsula schools this summer during the month preceding the start of school, with Upper Peninsula sessions planned for this fall. August 9

was particularly busy – units were taught at Jonesville, Pontiac Notre Dame Prep and Riverview Gabriel Richard – and Westdorp sees the possibility of presenting at up to five sites on the same day.

Flexibility also is an option; a group of mostly non-school coaches took CAP 2 in August and were able to complete the course over two days instead of one so as to not interrupt their fulltime jobs. For coaches working in schools, CAP units can qualify as continuing education credits with the State Department of Education.

Colleges and universities in Michigan are licensed to present up to five levels through their undergraduate or graduate studies, and the list of those who completed courses the last few years is filled with recognizable names of former high achievers on MHSAA courts and fields. Southwestern Michigan College in Dowagiac will offer courses for the first time this fall.

Certification in the program occurs after completion of CAP 1 and 2, and then after each subsequent unit, with those completing CAP 6 earning Masters Elite Certification.

The topics of CAP sessions “bleed” into each other, Mohney said, and come with plenty of first-person examples to make them relevant to coaches who realize they aren’t alone facing common issues.

“I talk to them because I’ve been there. ... (I say,) ‘Now, let’s talk real.’ I place them in a real situation,” Mohney said. “The biggest thing is you guys don’t have to know everything. You just need to coach, be aware of this, this and that. And these are some ideas to go about your plan so you can decrease your stress.”

“Any time a coach hears that, it’s a beautiful thing. Because I’m not sure what coach in high school is in coaching for the money.”

RAISING THE BAR

Certainly, some of this month’s heightened CAP participation can be attributed to an MHSAA Representative Council action last March. Beginning Aug. 1, 2016, varsity head coaches hired for the first time at an MHSAA member school must have completed CAP 1 or CAP 2. Westdorp said some who wish to become head coaches in that near future are getting a jump by completing CAP courses now.

But that’s only a slice of the success story.

Haggerty has directed Hamilton’s athletic department for 15 years and said all of his coaches have taken either CAP 1 or 2. Many coaches take the courses on their own; others are required to do so by their athletic directors.

The Capital Area Activities Conference will offer CAP 1 three times this school year, with 100-150 coaches from their 20 member schools expected for each session. Others leagues and conferences are designing similar arrangements.

Michael Roy coached boys basketball at Lawton and girls hoops at Vicksburg and was certified

under the predecessor to CAP – the MHSAA’s former Program of Athletic Coaches Education (PACE). He’s beginning his 13th year as Vicksburg’s athletic director, and after hosting several CAP classes over the years decided to begin the program himself this month.

“The need for knowledgeable and experienced coaches is greater than ever. I thought if I was going to make it mandatory for my coaches to become CAP certified, that I needed to get CAP certified and lead by example,” Roy said. “The heart of any athletic team or program is its coaching staff. CAP is the surest way for coaches to access everything they need to know how to be a good coach. The program is second to none.”

Haggerty has spoken with athletic directors who have completed the program and then recognize when their coaches employ strategies learned at CAP sessions. An increasing pool of coaching candidates are heading into interviews with CAP certification in hand, and Westdorp has seen coaches bringing their CAP binders to practices to have those lessons available for quick reference. She’s also watched many CAP graduates using their skills at the highest level – the MHSAA Finals.

“Any time a coach hears that, it’s a beautiful thing. Because I’m not sure what coach in high school is in coaching for the money.” – Gretchen Mohney, trainer and strength coach

A comment by Duke men’s basketball coach Mike Krzyzewski sits at the front of those CAP binders: “A common mistake among those who work in sport is spending a disproportional amount of time on Xs and Os as compared to time spent learning about people.” Haggerty starts each session telling his pupils, “I do this for two reasons; one because I think it’s important to look at the non-x and o coaching realms; and two, because this is great fun for me.”

And those coaches who come into CAP thinking they know enough? Mohney said most finish the first unit looking forward to beginning the next.

“CAP has a lot to do with understanding what you’re about, understanding your role and responsibility in athletics and your leadership role,” Westdorp said. “When I start programs, I talk about my work roles in life, and then (I tell coaches), ‘I want to tell you where I felt I was more influential, and that was as a coach.

“‘And don’t ever forget it..”

— Geoff Kimmerly
MHSAA Second Half Editor

COACHES: Login to MHSAA.com and register for 2014-15 CAP Courses Today! Scan the code at right from your mobile device.



Leadership Action Plans That Work

Student Advisory Council Members Discuss Real-Life Initiatives

The MHSAA's student-directed leadership programs provide participants with the knowledge and confidence to relay messages to classmates and conferences. The final step in the process is putting ideas into action.

Increasingly, such plans and events have had a trickle-down effect, and administrators can begin to sense a climate change at events.

"Student sections have become more positive and have slowly begun to focus on 'our' athletes as compared to criticizing the opposing team and players," Mt. Pleasant High School Athletic Director Jim Conway said. "It's not perfect, but many strides have been made."

Following are some examples of plans that reached fruition from MHSAA Student Advisory Council members present and past.



CONNOR THOMAS, Marlette, 2015

"For fall Homecoming, our whole high school takes off the last couple hours of the day to go decorate the field, school, downtown, and even paint the streets. This is organized by our student council and it really helps get the school and community pumped up for the game that night. Also, it shows our community that our students really care about our school spirit. We end this great afternoon with a pep assembly, where our whole school goes nuts! Not only does this get the students excited, it really pumps up the football players

waiting for 7 p.m. to finally hit."

ANDRIA BAKER, Constantine, 2008

"Last year (as a teacher in the Alma school district), I was able to be part of the Police Athletic League program that helps schools support their youth programs. As a first-year board member on this committee, I was able to voice my opinion on how important youth sports are to a community, and why we need to continue to implement these types of activities. I also served with Girls on the Run, where I taught a running curriculum and how to work with young girls on their self-esteem. Lastly, I was on the Reading Month committee where I assisted in creating videos to motivate students.



"While I attended Alma College, I was apart of their SAC and I really emphasized student involvement on campus. During my time at Alma (where I played volleyball), I noticed that the student-athletes didn't support one another; they tended to stay in their own group. So, our big project at Alma was hosting 'The Scotty Awards,' where all the student-athletes were invited, and we honored athletes for their accomplishments throughout the year. This was a big leadership role for me, but made a big difference in student-athletes noticing other student-athletes."



JONATHAN PERRY, McBain Northern Michigan Christian, 2015

"The best leadership campaign were the ones when we got students involved with activities so they were not just there being lectured. I think the most important thing we did was we taught *how* to think like a leader. It's great to talk about what a great leader is, but to be a good leader you have to know how leaders think and come to decisions."



ELIZA BEIRD, Holland Black River, 2015

“The most successful leadership campaigns that I have helped facilitate at Black River was probably the organization of our Homecoming soccer game in 2013 and our Snowcoming basketball game in 2012. I helped organize and plan these two events with about five other people who were also on the committee. Another is probably the Blood Drive that our National Honors Society program put on. I volunteered for it and it was run very smoothly.”

COBY RYAN, Manistique, 2014

“My most influential leadership activity was through MyLead, or Michigan Youth Leadership. At that conference, I learned how to be strong, communicative, respectful, and enthusiastic as a leader. The campaign to help teens in Michigan learn these skills is effective and contagious, and made me want to return as a volunteer the next year to help out future classes (and in turn, improve these traits in myself).”



EMILY STARCK, Remus Chippewa Hills, 2015

“As a three-year section leader in band, this final year for band camp I decided to try something new. The night before camp I invited the flute section over to my house as sort of an ice breaker geared specifically for the incoming freshman so we could all get to know each other. I feel it really helped all of us, as we gelled as a group and became more comfortable around one another, and we were ready to go come Monday morning. We had a fantastic start to the season as we worked together wonderfully and even became section of the week for the first time.”

CAYCEE TURCZYN, Lapeer, 2015

“One of the most successful leadership campaigns I have been a part of was pep club. In fact, the MHSAA Battle of the Fans inspired me to get my own school’s student section going. Many of my peers liked the idea of having a more put-together student section and thus formed the “Panther Pit.” In one year we may not have changed the culture of a high school student section, but we did focus more on cheering for our own team and less on bad mouthing our opponents.”



MHSAA Sportsmanship Summits Calling

Sign up a group of students from your school at one of the following Sportsmanship Summits this fall and change the culture at your school and conference.

- Gaylord, Nov. 3 – Treetops Resort**
- Saginaw, Nov. 5 – SVSU Conference Center**
- Grand Rapids, Nov. 10 – Crowne Plaza**
- Warren, Nov. 12 – DeCarlos Banquet Center**

Call Andy Frushour at the MHSAA, 517-332-5046, for further information.

Boundless Web Perfect Space for Captains Course

Getting I.T. offers helpful hints and instructions pertaining to information technology as it relates to the MHSAA and school sports in general.

Staff, space and budgetary constraints put limitations on the best of organizations, and the MHSAA feels the squeeze like any other association.

Technology, fortunately, provides an infinite number of belt loops to loosen as programs expand. Think online vs. in-person rules meetings, for example. In order to achieve mass appeal, an association's message at times needs to shift from face-to-face to desktops, laptops, tablets, and smart phones.

Especially when the target audience comprises those in their late teens, for whom the objects above are never out of arm's reach.

Thus is the impetus the MHSAA Online Captains Course, set to launch later this fall.

"Our in-person Captains Clinics programs are still a great way to deliver leadership lessons, and to get students from rival schools to interact with each other in a fun and worthwhile way," said MSHAA Director of Brand Management Andy Frushour. "But we can only do so many in-person clinics per year. With the online version, we can deliver the same message, albeit through a different format. And we can do it 24 hours a day, at the user's convenience, using a medium that kids use like the rest of us use oxygen, and potentially delivering our captains message to exponentially more students than the in-person version; even to students outside of Michigan!"

The ambitious plan is expected to come to fruition this fall, with plenty of support from the Michigan State University Institute for the Study of Youth Sports (ISYS), and, of course, the MHSAA Student Advisory Council.

The faces of the Captains course, quite literally, will be SAC members Connor Thomas of Marlette, and Caycee Turczyn of Lapeer.

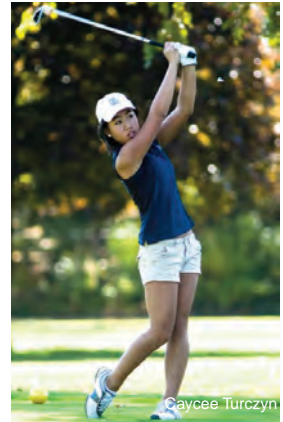
"The idea for the Online Captains Course came to be when we were evaluating the *Captains 101* books," said Thomas, referring to a printed guide published by members of the first three SAC classes. "When it was decided there would be an online course, our committee decided to do a revision of the book to go along with our online sessions. The course will be open to all who want to gain knowledge on how to be a better leader. The first session is a series of videos, personal interviews, and leadership activities."

Having Turczyn and Thomas serve as hosts fits into the peer-to-peer model that is so effective in student leadership campaigns.

"The main goal is to reach out to team captains or student-athletes," Turczyn said. "With the two of us as speakers leading other students through the course, it will make it seem less like homework and



Connor Thomas



Caycee Turczyn

MHSAA Student Advisory Council members Connor Thomas of Marlette and Caycee Turczyn of Lapeer will temporarily trade in their athletic uniforms for broadcasting gear as the on-camera hosts of the Captains Course. They appear below with MSU ISYS staffer Scott Pierce (far left) and MHSAA Director of Brand Management Andy Frushour (far right), and also on the next page.

more like a friend trying to encourage another friend to become they best they can be."

This first version will be an introductory course, with plans for two more advanced leadership courses that will be facilitated online, but with activities and discussions to take place offline in local communities. The goal for this "hands-on" portion of the training is for leaders to conduct interviews with coaches and administrators, write short answers and interact with teammates for a more transformational learning experience.

Working closely with Frushour, the ISYS team of Scott Pierce and Scott Westfall have spent the past year designing the program curriculum and they, too, are anticipating a highly interactive and



MSU ISYS



well- received product (See page 14 for more on the MSU ISYS program).

“It’s a three-tiered program that will provide high school student-athletes information that leaders ‘need to know.” Westfall said. “Topics that will be covered include understanding motivation, team cohesion, positive peer modeling, and communication. Additionally, the programs will provide captains with structured activities and experiences to promote self-reflection and opportunities to grow as young leaders.”

The first course is made up of 10, 10-minute segments, so it should take about two hours to complete. The short “bite-sized” segments make it easier for the students to digest all of the information that is being given to them.

Frushour and the MHSAA are grateful to have supportive, expert leaders in the field as neighbors.

“All of the lessons are based on research conducted by MSU’s Institute for the Study of Youth Sports,” Frushour said. “Dr. Dan Gould and his doctoral students are rock stars in the field of youth and leadership development, and we are lucky to have them as partners on this project “

For Pierce and the ISYS team, it’s a natural fit.

“The ISYS strives to provide these MHSAA initiatives with the most relevant and applicable scientific knowledge to put the organization in the best position to develop strong student-athlete leaders,” Pierce said.

Announcements for the launch of the Captains Course will be forthcoming at MHSAA.com.

— Rob Kaminski
MHSAA benchmarks Editor

Battle of the Fans is a “Social” Gathering

In just a few short years, the MHSAA Battle of the Fans has become one of the most constructive and popular student campaigns across the state.

Launched in 2012 under the guidance of the MHSAA Student Advisory Council, the contest aims to spotlight the top student cheering sections during basketball season each winter. The focus is on sportsmanship; cheers that pump up the atmosphere without disrespecting those involved in the sporting event. A mixture of school spirit and positivity within student cheering squads is a must.

In today’s world of instant access to everything and no bounds to social media, it should come as no surprise that innovative and creative students often take the “battle” outside the gymnasiums.

Social media plays a huge factor in gaining notoriety, and support, for a school’s entry into the competition each year.

“The most successful Battle of the Fans applicants and finalists incorporated robust social media engagement within their respective communities. Student-athletes that liked and shared voting photos on Facebook benefitted greatly from parent, fan and media support via social media,” said MHSAA Social Media & Brand Coordinator Andi Osters.

On Twitter, the use of the BOTF hashtag (#BOTF) allowed users to easily tag their tweets about their Battle of The Fans campaigns, making them searchable and easy to find online. Student groups used “#BOTF” to tag tweets, Instagram photos and video, YouTube clips and Facebook posts – all related to their Battle of The Fans efforts.

“Social media has become a must-have tool for BOTF applicants,” Osters said. “Student sections that spread the word about the program, their application video, and the voting process have been our most engaged and excited. That type of widespread involvement further proves their pride in both the school and the value of sportsmanship within their student section.”



MHSAA File Photo

The Many Faces of Leadership

The “MHSAA Vault” features stories from past publications and other correspondence in the MHSAA Library. This issue takes a look at the many faces of leadership, and recent examples as told by MHSAA Second Half Editor Geoff Kimmerly.

A variety of leadership styles are effective. Many leaders talk. Others save their voices, instead showing the way by walking the walk.

Similarly, a variety of characteristics serve as building blocks for those who will their teams to success. Leaders can be created equal – but from different combinations of pieces.

Covering MHSAA athletes from all over the state over the last three years for our Second Half site, we’ve had plenty of opportunities first-hand to watch the best of these traits shine through.

Following are some of what we’ve seen make champion leaders:

VISION

“I don’t really think anybody in Michigan besides these 19 guys, our four coaches, the trainers and obviously our parents believed we could do this. We knew all along that if we caught fire at the right time, some bounces would go our way ... and we all just busted our butts the whole six games.” – Farmington goaltender John Lethemon, in March, after his team finished an unanticipated (by most) run by winning the Division 3 hockey title with a 2-1 victory over Sault Ste. Marie.

Vision, for a leader, includes seeing possibilities when others fail to see potential. Farmington had never won an MHSAA hockey title – and found itself facing 16-time champ and heavy favorite Bloomfield Hills Cranbrook-Kingswood in a Quarterfinal. But Lethemon put his skills behind his vision, carrying his team with a combined 110 saves over Quarterfinal, Semifinal and Final victories.

ENCOURAGEMENT

“When our team saw it, we thought, ‘That’s just Allie.’ With Allie, it doesn’t matter if you’re the slowest person or just started (running), she wants to cheer you on. Her thought is everybody should be cheered on, no matter what.” – Ann Arbor Huron girls cross country coach Tim Williams, describing his athletes’ reactions when they saw teammate Alexandria Cell running with Dearborn Divine Child’s Mariah Fuqua during a 2012 race as Fuqua worked to finish for the first time.

Cell closed her high school cross country career last season with a strong 35th place in a competitive Lower Peninsula Division 1 Final. But she’ll likely be remembered more by both Huron and Divine Child supporters for the leadership she showed in a regular-season race – when she guided home a runner from another team. Cell, then a junior, had finished at the Detroit Catholic Central Invitational and was jogging for a cool-down when she noticed Fuqua approaching the course’s midway point. Fuqua planned to end her race there – she’d been

building stamina since trying the sport for the first time the year before, but had never completed a course – but Cell, first running circles around her and then next to her, encouraged Fuqua to keep going past the 2-mile marker and past the finish line for the first time.

KNOW-HOW

“(Jason) Alessi’s ... a guy who comes around once every 15, 20 years. You’ve got to take advantage of him when you have him. He’s been awesome for us, and today he was a big-time leader for us.” – Birmingham Brother Rice boys lacrosse coach Ajay Chawla, on June 7, after the Warriors defeated Detroit Catholic Central 23-7 to win the Division 1 championship.

An athlete’s knowing how to win is nearly as difficult to describe as it is to learn. But there’s no question it pays off when titles are on the line. Alessi helped the Brother Rice boys lacrosse team to four MHSAA championships and the football team to three more, and not just playing bit parts – he’s listed twice in the MHSAA lacrosse record book and three times in the football records for accomplishments in championship game play. It’s tough to know how to win until an athlete does so – but that knowledge is invaluable in leading others to do the same.



EMPOWERMENT

“Everyone looks up to the seniors. The seniors are just like top dogs. They lead the younger ones, and they try to keep that motivation through them and keep the enthusiasm to keep the tradition going.” – Battle Creek St. Philip hitter Sierra Hubbard-Neil after leading the Tigers to a three-set win over Waterford Our Lady on Nov. 23 to secure an eighth straight MHSAA title.

It was tough to believe the St. Philip contingent at last fall’s Finals as it explained how some outsiders doubted the Tigers would remain atop Class D in 2014. But it’s a fact that St. Phil tied the MHSAA record for most consecutive volleyball

championships despite only one returning starter from 2013 – four-time all-state hitter Sierra Hubbard-Neil. Obviously she provided a good starting point – she had 19 kills in the Final match – but it was up to her and new senior leaders to bring an inexperienced team back to championship level.



SACRIFICE

“Jonathan (Gurnee) is the All-American kid who fought for the success of his team. Along the way, he broke a few records. Of course, we will miss his ability next year. But what I am going to miss most is his presence. He led by action and deed. He was the consummate captain. He epitomized Dow High tennis.” Midland Dow boys tennis coach Terry Schwartzkopf, in 2011, after Gurnee finished his final high school season with the most wins in MHSAA boys tennis history.

Gurnee played No. 4 singles his first two seasons, moving to No. 3 as a junior before earning the opportunity to challenge for the top flight as a senior. He faced junior teammate John Templeman in a No. 1 singles challenge match and lost by such a small margin that Gurnee could’ve asked for a rematch. Instead, Gurnee recognized that Templeman at No. 1 was best for Dow, which would win the third of what has become five straight MHSAA Lower Peninsula Division 2 team titles. Gurnee tied the MHSAA single-season record with 41 victories that fall and also set the career wins record of 141.

DRIVE

“I’ve never had somebody who works harder than this girl. We’d get to the range at 2:45 and leave at 6 o’clock, and she’d be there until 7 o’clock every single night. It would be dark, and she’d be using street lights to putt and chip. She was grinding it out, not leaving any stone unturned. And the thing about it is all the other girls felt they needed to stay too.” – Plymouth girls golf coach Dan Young, about top player Kelsey Murphy after Plymouth won the 2012 Lower Peninsula Division 1 title and Murphy finished first in the individual standings.

Murphy had led the individual race with four holes to play at the 2011 LP Division 1 Final, but finished in third place. Plymouth as a team also finished third that year while in pursuit of the first girls championship in school history. Murphy returned to the Finals the following fall after playing all season with one goal in mind – to deliver that team title, which Plymouth won by 11 strokes. And she

held on to a one-stroke lead after the first round to claim the individual title by the same margin.

FORTITUDE

“I don’t think anybody’s been in more big games than he has in football and basketball. He’s a tough leader. He makes sure everyone is doing what they’re supposed to do and holding themselves accountable. To have a leader on your team like that, everybody else follows.” –Muskegon boys basketball coach Keith Guy, describing senior guard and football team quarterback Deshaun Thrower after Thrower helped Muskegon to a 91-67 Class A Final win over Bloomfield Hills to earn the school’s first boys basketball title since 1937.

It’s not so much that Thrower scored 21 points, second-most on his team, or ran and passed the football team back to Ford Field and within a win of the Division 2 championship the previous fall for the second straight season. Those on-field contributions surely made differences – but so did his ability to guide his team after disappointment – be it the football team after the 2012 Final loss, or this season’s basketball team as it worked to rebound from a close Quarterfinal loss the year before and another football setback in the fall.

‘RALLY’

“She knew she wanted to play today. She is one of the most focused kids I know, and she was coming in here big and focused. It’s just amazing what that girl can do and what she can endure. She is a rally girl out there and got the troops ready in the seventh inning.” – Gladstone softball coach Ashley Hughes, speaking of pitcher Tinner Sharon, after the latter struck out the side in the seventh inning of the Division 3 Final in June to secure for the Braves a 2-1 title-clinching win over previously-undefeated Unionville-Sebewaing.

It’s difficult to find one word to describe the act of being clutch – raising one’s game to another level with everything on the line. But Sharon personified it. In her team’s Semifinal win, she gave up back-to-back homers in the seventh inning to force Gladstone to win the game in the eighth. That brief letdown no doubt keyed Sharon’s rise again with the team’s third MHSAA title on the line. A leader certainly doesn’t have to be the best athlete on a team – but teammates will follow a player who takes his or her game to a championship level when it matters most.



Michigan Above Population Rank on Participation List

For the sixth straight year, Michigan ranked seventh nationally in high school sports participation, according to statistics for the 2013-14 school year released recently by the National Federation of State High School Associations. That level of participation continued to best Michigan's national ranking for total number of residents of high school age, which remained ninth for the second consecutive year.

Michigan's participation ranking was based on a number of 299,246, with 127,275 girls and 171,971 boys taking part, and included sports in which the Michigan High School Athletic Association does not conduct postseason tournaments. The totals count students once for each sport in which he or she participates, meaning students who are multiple-sport athletes are counted more than once.

The state's girls participation remained seventh nationally for the third consecutive year, while the boys participation figure continued to rank sixth. According to the latest U.S. Census Bureau figures from 2013, Michigan ranks ninth in both females and males ages 14 through 17.

Michigan's participation rank continues to rate above its population status nationally. Girls Competitive Cheer was one of the key factors, as Michigan's numbers are fifth nationally.

Michigan ranked ninth or higher nationally in participation in 26 of the 28 sports in which the MHSAA conducts a postseason tournament (not counting separately 8-player football), and 14 sports bested the state's overall national participation ranking, placing sixth or higher on their respective lists.

Boys cross country participation improved for the second straight year, up one spot to seventh nationally. Eight-player football also jumped, three spots to 11th, while 11-player football fell only one spot to sixth on its national list despite the shift of some teams to the 8-player format.

Seven Michigan boys sports joined 11-player football in falling slightly in national rankings, although none placed lower than ninth on their respective lists. Boys basketball fell from fourth to sixth, boys ice hockey from third to fourth, boys lacrosse from seventh to eighth, boys soccer from eighth to ninth, boys swimming and diving from seventh to ninth, boys track and field from sixth to seventh and wrestling also from sixth to seventh. Baseball (seventh), boys bowling (second), boys golf (sixth),

boys skiing (fourth) and boys tennis (fifth) held constant to their 2012-13 national rankings.

Twelve of 14 girls sports also ranked the same as a year ago – girls basketball at seventh nationally, girls bowling at fourth, competitive cheer fifth, girls cross country fifth, girls golf sixth, gymnastics 12th, girls lacrosse 13th, girls skiing fourth, girls soccer ninth, softball seventh, girls swimming and diving ninth and girls tennis fourth. The two remaining girls sports fell in ranking, but only slightly – track and field from seventh to eighth and volleyball from fourth to fifth nationally.

National participation in high school sports in 2013-14 set a record for the 25th consecutive year with 7,795,658 participants – an increase of 82,081 from the year before. Girls participation also set a record for the 25th straight year, increasing this time 44,941 participants to 3,267,664 total. Boys



MHSAA File Photo

participation rose above 4.5 million for the first time with a total of 4,527,994 – 37,140 more participants than in 2012-13. Part of the boys record total can be attributed to a jump in 11-player football participation, which grew by 6,791 players over the 2012 season – the first increase in national 11-player participation in five years.

Football (1,123,852 participants including 6, 8 and 9-player teams) remained the top sport for boys participation and top high school sport overall, with baseball the largest gainer among the top 10 boys sports. Girls track and field topped the girls national participation list, with volleyball the biggest girls gainer moving to third on that list behind also basketball. Outdoor track and field (1,059,206 boys and girls combined) was the second-most participated in sport nationally, followed by basketball (974,398 boys and girls combined).

Complete 2013-14 Participation Numbers



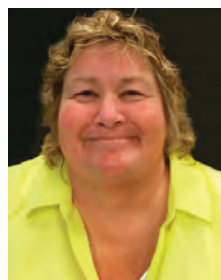
Leinaar, Smith Honored with 2014 Bush Awards

A pair of administrators who combined have served high school athletes for more than 60 years on local, state and national levels – Bear Lake Athletic Director **Karen S. Leinaar** and Buchanan Athletic Director **Fredrick J. Smith** – have been named recipients of the Michigan High School Athletic Association's Allen W. Bush Award for 2014.

Al Bush served as executive director of the MHSAA for 10 years. The award honors individuals for past and continuing service to prep athletics as a coach, administrator, official, trainer, doctor or member of the media. The award was developed to bring recognition to men and women who are giving and serving without a lot of attention. This is the 23rd year of the award, with selections made by the MHSAA's Representative Council.

This year's honorees have much in common. Both have served multiple school districts during careers each stretching more than three decades. Both have hosted a variety of MHSAA tournament events at multiple levels, including Leinaar managing MHSAA Volleyball and Competitive Cheer Finals.

Both also have been registered MHSAA game officials for 29 years and continue to serve as elected members of the Representative Council – Leinaar since 2000 and Smith since 2005.



Karen Leinaar

“One quality that both Karen and Fred share is their willingness to serve others,” said John E. “Jack” Roberts, executive director of the MHSAA. “No local athletic administrator has worked at more MHSAA Finals venues than Karen, and no one has conducted more leadership training for athletic administrators than Fred.”

A multiple-sport standout while attending Delton-Kellogg High School, Leinaar joined that school's staff in 1982 and served as athletic director and recreation director during a tenure stretching more than 16 years. She later served as athletic director at both Gaylord and then Benzonia Benzie Central before taking her current position in 2010 at Bear Lake schools, where she organizes athletic programs for students grades 5-12.

Leinaar has been a member for 30 years of both the Michigan Interscholastic Athletic Administrators Association (MIAAA) and National Interscholastic Athletic Administrators Association (NIAAA), and has served as chairperson of the MIAAA Annual Conference and awards chairperson for both the state and national bodies. She's also served as chairperson of the MIAAA's Exemplary Athletic

Program and in various leadership roles as part of the MIAAA Board of Directors including as Assistant to the Executive Director.

Leinaar received the MHSAA's Women In Sports Leadership Award in 1998, a citation from the NFHS in 2000 and was named MIAAA Athletic Director of the Year in 2001. She also served four years on the Board of Directors for the National Federation of State High School Associations (NFHS).

“Karen continues to serve as a voice for high school athletic departments throughout Michigan, and for Michigan high schools at the national level,” Roberts said. “She's a go-to person on a variety of issues who understands the challenges of schools small and large, north and south. Karen Leinaar is a deserving recipient of the Bush Award.”

Smith began his career as a teacher, coach and athletic director at St. Joseph Lake Michigan Catholic High School, served as athletic director at Comstock for 16 years beginning in 1985 and joined Buchanan as athletic director for grades 7-12 at the start of the 2007-08 school year.



Fred Smith

He's presented at 12 MHSAA New Athletic Administrator In-Service programs and also presented at the first statewide MHSAA Sportsmanship Summit. He's also a certified instructor for the MHSAA's Coaches Advancement Program. Smith has been involved in the NIAAA Leadership Training Program at both the state and national levels, instructing Leadership Training Institute classes in eight states as well as at the MIAAA state and NIAAA national conferences.

Smith has been a member of the MIAAA since 1985 and has served as its president and the co-chairperson of its Professional Development Committee; he earned its Athletic Director of the Year award in 2000 and George Lovich State Award of Merit in 2007. Smith also has been a member of the NIAAA since 1985 and earned both the Thomas E. Frederick Award of Excellence in 2004 and Frank Kovaleski Professional Development Award in 2012.

“Fred Smith understands – and has taught to administrators all over the state and country – the value of educational athletics. His Buchanan program provides an outstanding example for others to follow,” Roberts said. “Professional development is of high importance to Fred; he works to help others improve just as he seeks to grow himself. We are pleased to present Fred Smith with the Bush Award.”

2014 Norris Award to Hugh R. Jewell

West Bloomfield's Hugh R. Jewell, a high school official for four decades and member of Halls of Fame for both the Detroit Public School and Detroit Catholic High School Leagues, was selected to receive the Michigan High School Athletic Association's Vern L. Norris Award for 2014.

The Norris Award is presented annually to a veteran official who has been active in a local officials association, has mentored other officials, and has been involved in officials' education. It is named for Vern L. Norris, who served as executive director of the MHSAA from 1978-86 and was well-respected by officials on the state and national levels. Jewell appears at right with Norris (left) and MHSAA Executive Director Jack Roberts.



Jewell was feted at the Officials' Awards & Alumni Banquet on May 3 at the Kellogg Center in East Lansing. He is in his 40th year as an MHSAA-registered official and has worked mostly in football, boys and girls basketball. He has received eight MHSAA championship game assignments over three decades and also been a frequent contributor to MHSAA and Detroit-area officials training efforts.

"I'll never forget certain people who saw something in me even back then, in the 1970s and early 80s, when I was getting on my feet," Jewell said. "Especially as you get older in this, you have to take on the mentality that whatever it is you learned over the years, there's reason to give back and pass it to younger (officials). Now, reaching the point that I have, I think that's why a lot of younger guys look forward to games (with me). They see my name, and they know I'm going to give them something to take home with them, even if it's nothing more than a little bit of advice."

Jewell officiated MHSAA Boys Basketball Finals in 1986, 1989, 1990 and 1997, and Football Finals in 1991, 1995, 2000 and 2006 in addition to a number of Semifinals and earlier-round tournament games. He's also a member of the Basketball Coaches Association of Michigan and Highland Park Community High School Halls of Fame, and officiated college basketball up to the Division II level for more than 20 years.

A 1966 graduate of Highland Park High School, Jewell was decorated with the Combat Infantryman Badge, Bronze Star with Valor Award, Air Medal Award and Vietnam Campaign Ribbon while serving in the U.S. Army from 1968-70. Jewell then served as a Highland Park police officer from 1970-78, receiving numerous unit and individual citations, and continued as a police/liaison and security officer at the high school and adjoining community college and adult education center.

Jewell earned a bachelor's degree in secondary education from Wayne State University in 1979 and took his dedication into the classroom two decades later after earning a teaching certificate in social studies in 2001. He taught from 2001-04 at Highland Park Alternative High School, 2004-06 at the Wayne County Juvenile Detention Center's Ben Carson Academy and from 2006-10 at the Life Skills Center of Metropolitan Detroit.

He also has mentored officials, students and coaches at Detroit community and neighborhood centers, and taught volunteer officiating classes at Highland Park Community College from 1980-88.

"Hugh Jewell is highly-respected not only as a top official who has worked a number of Finals events, but also as a positive influence who appreciates the value of giving back to his community," Roberts said. "He's passed on his expertise to countless colleagues and students as a clinician and mentor. We are pleased to recognize Hugh Jewell with the Vern L. Norris Award."

Jewell also has served as an active member of his church and the Highland Park Men's Forum. In addition to multiple Detroit area officials organizations including the Metro Detroit Officials Association, Jewell is a member of the NAACP and American Federation of Teachers.

He also has served as deputy director of the city of Highland Park's Parks and Recreation Department, deputy superintendent of the city's Water & Public Works Department and as a substitute teacher/security specialist for Southfield Public Schools.

**Norris Award History
and Nomination Form**



Getting the Message Out and Recruiting Officials

Officials have heard it time and time again on every level, in every venue around the country. “That’s uncatchable.” “Three seconds.” “That’s a balk.”

The people voicing those opinions are rarely correct.

Contest officials put in hours, days, and even weeks of time off the field each season to learn the rules, review video, and understand the application of the rules. Parents, players, fans and – often times – coaches do not.

In an effort to educate the general public on rules nuances and gain a more positive understanding of the role officials play in interscholastic sports, the MHSAA has launched *Be The Referee*, a 1-minute radio segment which first aired in August.

“So many people sit in front of their TVs and consume hours and hours of college and pro sports programming, and then attend just a couple high school games and don’t realize there are different rules,” said MHSAA Assistant Director Mark Uyl, who heads up the Association’s officials program. “This leads to frustrations for our men and women who put in so much time – unpaid time – during the year to prepare themselves for those moments. This initiative will hopefully serve to educate and inform various parties.”



The first *Be The Referee* segment aired in August and focused on the new targeting rule in high school football.

The Referee interview on the program, featuring Uyl or other officials from around the area. The MHSAA will also get television time from this arrangement on Ebling’s Sunday night program on WSYM.

Additionally, MHSAA.com includes a *Be The Referee* page where weekly messages are archived, both in audio and text format. Stations around the state are encouraged to download the audio and air the program.

“This will give us additional legs, and we’re hoping stations will use the spots if they have a minute they’d like to donate during local sportscasts,” Johnson said.

Uyl adds that the shows could attract new officials in the process.

“We hope the broadcasts can call to light some individuals who have never considered registering to become an official before, or perhaps lure back some people who left us,” Uyl said. “The exposure could attract some recruits among the listeners.”

Scan the code here for access to the *Be The Referee* home page.

Be The
Referee

The MHSAA continually seeks platforms on which to give officials their due. It’s an avocation, not a career, and the majority of the MHSAA’s officials take on officiating in their “spare” time.

“We’ve been talking for some time with local radio programs about promoting officiating in a way people would better understand the role of officials, and better understand rules differences between high school, college and professional sports,” said MHSAA Communications Director John Johnson.

“As we went down the road, we decided to try a 1-minute spin-off of the *You make the Call* type of segment that is sometimes on television,” he added. “We decided to use that as our vehicle.”

The program airs weekly on *The Drive With Jack Ebling* on WVFN-AM, East Lansing. These messages can be heard on Mondays, Wednesdays and Fridays during the school year, and part of the arrangement calls for a weekly *Be*



Rules of the Games

Sharpen your skills with the following rules questions/case plays for volleyball, soccer and football. Answers appear in red on page 36.

Football

- Fourth and 10 at team K's 20-yard line. K1 is in deep punt formation to receive a snap. At team K's 6-yard line, K1 muffs the ball. To prevent team R from recovering, K1 bats the ball backward. It goes into the end zone and over the end line.
 - Illegal bat.
 - Legal bat.
 - If the penalty is accepted, it's team K's ball, fourth and 27 at its own 3-yard line.
 - Safety only if the penalty is declined.
 - Safety under any circumstance.
- On a field goal attempt, the snap is muffed and the ball is rolling near the 10-yard line. The kicker, who also plays soccer, kicks the rolling ball off the ground and through the uprights. The correct ruling on the play is...
 - Successful field goal; score 3 points.
 - Foul for an illegal kick; if the penalty is accepted, penalize 15 yards from the previous spot and replay the down. If the penalty is declined, the field goal is good, score 3 points.
 - Foul for an illegal kick; if the penalty is accepted, penalize 15 yards from the previous spot and replay the down. If the penalty is declined, the result of the play is a touchback by virtue of the illegal kick.
 - None of the above
- R1 has one foot out of bounds behind his own goal line when he touches K2's free kick, which is otherwise untouched and is rolling at team R's 2-yard line.
 - Touchback.
 - Safety.
 - Team R's ball, first and 10 at its own 2-yard line.
 - Free kick out of bounds.
- With 14 seconds left in the first half and the clock running, quarterback A1 takes a hand-to-hand snap. The ball rolls up his arm, but A1 is finally able to control it. Once he controls it, he throws it to the ground in front of him.
 - No problem.
 - Illegal forward pass.
 - The penalty is 5 yards from the spot of the pass and loss of down.
 - The penalty has the option of a 10-second runoff.
- First and 10 for team A from its own 20-yard line. A1's legal forward pass is intercepted by B2 at team A's 43-yard line. B2 advances to team A's 30 yard line, where he fumbles. A3 recovers there and throws a forward pass to A4, who advances for a touchdown.
 - Legal play.
 - Illegal only because A4's pass was thrown from beyond the original line of scrimmage.
 - Illegal because no forward pass can be thrown after a change of possession.



Listen to “Be The Referee” on [MHSAA.com](https://www.mhsaa.com)



Volleyball

1. At the end of the final set of the match, the second referee shall:
 - a. Verify the score of the set
 - b. Verify the result of the match and initial the score sheet
 - c. Exit the playing area with the first referee
 - d. All of the above
2. It is legal for a setter:
 - a. To step completely over the centerline
 - b. To step on the centerline with one or both feet
 - c. To touch the net with any body part while setting
 - d. To touch the floor completely across the centerline with her hand
3. Play continues when a player blocks a ball entirely on the opponent's side of the net:
 - a. On a served ball
 - b. When the opposing team has completed its first allowable hit
 - c. When an opposing team has had the opportunity to complete its attack
 - d. When the opposing setter is jumping to set the ball to her teammate
4. After receiving a yellow card, the head coach:
 - a. Shall remain seated during play for the rest of the match
 - b. May continue to stand when receiving only a warning
 - c. Must sit at the end of the bench
 - d. May direct an assistant coach to stand and assume that privilege
5. It is legal for the libero replacement to take place:
 - a. In front of the attack line extended
 - b. After the whistle/signal for serve but before the ball is contacted
 - c. During a dead ball prior to the whistle/signal for serve
 - d. All apply



John Johnson, Okemos

Soccer

1. At the taking of a throw-in, A9 throws the ball directly to A1 (goalkeeper), who handles the ball within team A's penalty area. The referee should:
 - a. Allow play to continue.
 - b. Award a penalty kick to team B.
 - c. Award an indirect free kick to team B.
 - d. Award a throw-in to team A (retake).
 - e. Award a throw-in to team B.
2. Team A was awarded a penalty kick. A9 took the penalty kick, but the ball did not go in the goal. The referee ruled that B5 entered the penalty area before the ball was properly put into play and B5's entry had an effect on play. What is the proper restart?
 - a. Team A will be awarded an indirect free kick.
 - b. A9 must retake the penalty kick.
 - c. Any team A player on the field at the time of the first kick may retake the penalty kick.
 - d. Any team A player, including a player who had just substituted in at the stoppage for the penalty kick, may retake the penalty kick.



Hockey Weekly Action Photos

– continued next page

3. Under which of the following conditions would a referee drop the ball?
 - a. To resume play after an injury.
 - b. To resume play after an injury only when there was no clear possession by one team.
 - c. The ball bursts or becomes defective during dynamic play on the field of play.
 - d. A parent or spectator enters the field and interferes with the playing action.
 - e. The referee is undecided as to which team should be awarded a throw-in because of simultaneous touches on the ball.

4. A8 shoots the ball toward team B's goal. The ball strikes B7 in the hand, denying team A's goal. In the opinion of the referee, that was not a deliberate act by B7. The referee should:
 - a. Award a goal to team A.
 - b. Award a penalty kick to team A.
 - c. Award an indirect free kick to team A.
 - d. Restart play with a dropped ball.
 - e. Allow play to continue

Football Answers: 1. a., c., d. (8-5-2b, 9-7-2); 2. c. (9-6-4); 3. d. (6-1-8, 6.1.8 c); 4. b., c. (7-5-2 e Penalty, 7.5.2 B); 5. c. (7-5-2 a)

Volleyball Answers: 1. d. (5-5-3b(18) and Official's Manual); 2. b. (9-5-7); 3. c. (9-6-4); 4. a. (12-2-6); 5. c. (10-4-1f.)

Soccer Answers: 1. c. (12-7-4). 2. c. (3-3-3b4, 14-1-2, 14-1-3 and Chart). 3. b., c., d., e. (9-2-1). 4. e. (12-2).

Fruit Belt Officials Host Booth at Youth Fair

The Fruit Belt Officials Association once again hosted an interactive recruitment booth at the Berrien County Youth Fair, staffed by volunteers the membership.

Freddy Krieger, who coordinated the project for the FBOA, says the outreach effort enabled the group to connect with people outside the athletic community, who otherwise likely wouldn't have known the organization existed.

"There are a lot of people in our area who said, 'I always wanted to (officiate) but I didn't know how to start,'" he says. "I heard it from people when I manned the booth myself."

A longtime basketball official, Krieger, who has also worked soccer and baseball, believes it's vital that officials associations actively search for new members, rather than waiting for prospects to come to them.

"The average age of officials in the state of Michigan is 48," he says. "There are a number of us in the association who say, 'We've got to replace ourselves.'"

The display includes flat screen TV monitors with video loop of games in a variety of sports; "Ask the Official" opportunities for the public to find answers to their rules questions; FBOA and MHSAA logos, and an "interest box" where prospective officials can leave contact information.

The booth attracted 43 prospective individuals who totaled 71 officiating preferences in six sports.

All prospects were invited to the FBOA general meeting in September, and contact information is forwarded to sport-specific trainers and contact people who follow up to involve them orientation, training, and integration as officials in our various sports. Individuals from previous years are also re-invited.

"Sometimes it takes a year or two – or even three – to get someone to make the kind of commitment it takes to become integrated into our avocation and submit to the required training," Krieger said.



Counting On Officials

The following is the “From the Director” blog of Aug. 26 on MHSAA.com, in which MHSAA Executive Director Jack Roberts discusses the Officials for Kids program.

It is sometimes the most maligned who do the most good; and that might be said of high school sports officials.

Many MHSAA registered officials are key contributors to the quality of life in their communities; and as a group, MHSAA registered officials are key contributors to pediatric medical care in this state.

This year is the 10th that the MHSAA has been engaging its 11,000 registered officials in raising funds for Michigan’s four Children’s Miracle Network facilities: Beaumont Children’s Hospital, Helen DeVos Children’s Hospital, Sparrow Hospital and Hurley Medical Center.

Primarily through voluntary self-assessments during their annual registration process, officials have contributed approximately \$60,000 to these four facilities.

In addition, a half dozen local officials associations have developed programs that regularly support their closest CMN facility. For example:

The Metro Detroit Officials Association sponsors the Referees for Reading Program at Beaumont where monies raised help fund a pediatric ward book cart which is replenished annually with new titles for patients and parents to enjoy. The MDOA has sent its members to the pediatric unit to read to young patients. This year, the Eighth Annual MDOA Officials for Kids Golf Outing was held in Livonia, benefiting Beaumont Children’s Hospital and the reading program.

The West Michigan Officials Association has included Officials for Kids in its annual community service initiatives for several years, assisting with a Helen DeVos Children’s Hospital event for visually impaired pediatric patients in Grand Rapids.

The West Michigan Volleyball Officials Association has used the proceeds of an annual volleyball invitational it hosts to support Officials for Kids.

Several associations, including the Capital Area Officials Association this spring, have sponsored a “Give-A-Game” event during the season where all officials on the same day contribute their game fees to Officials for Kids.

People can say what they want about sports officials. For my part, if my car breaks down anywhere in Michigan and I’m in need of quick assistance, I’ll check my officials directory. I know there will be an official nearby who I can count on.

Officials for Kids Going Strong

Officials For Kids began in early 2003 as a small group of mid-Michigan officials dedicated to the future of children’s healthcare & the Children’s Miracle Network. The ultimate hope for the program is that officials’ personal & association pledges, along with participation in fundraising events & initiatives, will make Officials for Kids a name synonymous with the continued improvement of children’s healthcare across the state.

The Officials For Kids Program takes on a local focus at each Children’s Miracle Network Hospital in the state, including Sparrow Hospital in Lansing; Beaumont Hospital in Detroit; Helen DeVos Children’s Hospital in Grand Rapids, and Hurley Medical Center in Flint. One popular way for officials to donate is through the “Give-A-Game” program, offering a game check to one of the hospitals.

Since the MHSAA began to route funds for Officials for Kids (August 2006), the average annual contribution to each CMN facility over the past nine years is just over \$2,100. Many approved officials associations send donations from Give-A-Game events to our office for routing to CMN facilities, while some choose to donate directly to their local hospital. The Capital Area Officials Association once accumulated \$9,000 from its Give-A-Game venture.

Visit the Officials for Kids page of MHSAA.com for more information.



Changes Abound for 2014-15 School Year

There are at least four significant changes that will impact schools now and this fall. Below are four summaries. More can be found on MHSAAA.com (Summary of Representative Council Action) or in the *MHSAA Handbook*. This is only a summary; please consult the full regulation and resources.

1. Subvarsity and Assistant Coach Requirements: Effective with fall sports 2014-15, a high school must attest that all of its subvarsity and assistant coaches (paid or volunteer) have completed an MHSAA rules meeting or, in the alternative, one of seven online courses designated for this purpose. High school athletic directors will attest that their entire staff has met

athletic director to verify past involvement. The “Links Rule” only activates after a student begins the 9th grade and does not apply to a student who meets an exception such as a full and complete residential change. Download more information and the Athletic-Related Transfer Rule (Regulation I, Section 9[E]) and the New Student Transfer Information Form on MHSAA.com (Schools and Administrators).

3. International Students: For students not attending an MHSAA school in 2013-14. The automatic exception which allows immediate eligibility for first-time-ever 9th-graders will no longer apply to international students. Only those international students (J-1 or F-1) en-



New policies for international students represent one of four major MHSAA regulations changes impacting schools beginning this fall.

this requirement prior to the established deadline at the start of each season (fall, winter and spring). A school shall not permit a coach who has not completed the requirement to be present at the MHSAA tournament in that coach’s sport. The head coach’s requirement re-mains the same and will be tracked by the MHSAA. In future years, graduated enhancements to coach pre-paredness occur with CPR training for head coaches (2015-16) and Level 1 or 2 CAP training for first-time newly hired head coaches (2016-17).

2. Transfer Rule Changes (Links): If a student transfers into a new school where an “athletic coaching link” existed in the past 12 months, that student is ineligible for 180 school days in the specific sports where a link was present. Links include (1) Attendance at an open gym (and then transferring); (2) Playing non-school (AAU) or school-based summer sport teams (and then transferring to that coach’s school); (3) Transferring into a school where a former coach has just been hired; and (4) Transferring into a school where a former or current personal trainer or strength or conditioning coach is employed. Schools should only allow students registered to attend their school to be involved in otherwise allowed summer sports activities. Schools should exchange a New Student Transfer Information Form with the former school’s

rolled under a Transfer Rule Residency Exception or placed through an MHSAA “Approved International Student Program” (AISP), can have varsity eligibility. Those international students who are placed through an AISP are immediately eligible for one academic year and then ineligible for one academic year (“Play One, Wait One”). Other international students have no varsity eligibility. After the normal (approximately one semester) waiting period for transfer students, local schools may provide those students subvarsity eligibility, regardless of grade level and previous sports experience and without MHSAA Executive Committee approval. Find more on MHSAA.com and **Appendix B** of the Summary on Council Action.

4. Football Practice Policies: The first two days with helmets only; next two add shoulder pads. No full pads until the fifth day. Before first game: No more than one “collision” practice in a day. After first game: No more than two “collision” practices per week (Monday-Sunday). No single practice may exceed three hours. Total practice time for multiple sessions may not exceed five hours; warm-up, stretching included; weights, video not included. See the MHSAA Health and Safety or Football page or the *MHSAA Handbook* (page 112) for specifics and definition of collision: “live, game speed, player vs. player.”

AD and Coach Guidelines for Rating Game Officials

MHSAA Handbook, Regulation II, Section 7 (B) requires schools to rate officials who officiate contests involving their teams in sports for which ratings are maintained. Ratings must be submitted online at MHSAA.com. These guidelines are provided to assist member school athletic directors and coaches in rating officials. Deadlines: Fall Sports Dec 1, Winter April 1, Spring June 1.

Varsity Rating Definitions

“1”- Excellent — Very good, first class, surpasses all others. Typically, the quality of performance required to officiate tournament contests in the advanced rounds.

“2”- Above Average — Better than the mean, high quality, better than the accepted level of performance. Typically, the quality of performance required to officiate mid- and lower-level tournament contests.

“3”- Satisfactory — Adequate, average, a solid performance. Typically, the quality of performance required to officiate seasonal and lower-level tournament contests.

“4”- Below Average — Deficient, lacking the skills and/or knowledge to earn a higher rating. Typically, an official who would benefit from training and education.

“5”- Unsatisfactory — Not desirable, definite improvement required. Typically, a performance that lacks accepted mechanics, has limited knowledge of the rules, demonstrates weak people skills. Requires written narrative from the school that is shared with the official to facilitate a professional exchange of information for improvement.

Things to Consider Before Entering Online Ratings

- Each official should start out a contest with a “2” rating. His or her work during the contest could either move that rating up (excellent hustle, people skills, correct rules interpretations) or down (lack of hustle, poor people skills, inconsistent judgment). If the game has no real issues of any kind, the official most likely deserves to stay at the “2” rating level where he/she started.
- Do not rate officials immediately following the event. Allow time to “cool down” after the game or match, and allow other games to be played before rating those officials so you have a means of comparison before submitting those ratings. Video review can often bring objectivity in assessing the true performance of the officials.
- Ratings are the starting point for all tournament officiating selection committees; ratings submitted by schools are **critically important** for officials when deciding who does, and who does not, receive officiating invitations for MHSAA tournament events. Ratings need to be objectively submitted by schools after stepping back and considering where the official being rated “fits” when being compared with all other officials observed in that sport.
- A coach who threatens an official with the rating process or a poor rating during a game or contest should expect to be penalized immediately. Threats of this nature, even in the heat of the battle, are unacceptable and inappropriate.
- Don’t rate an official based on one call or game situation. A rating should be submitted for each official based on his or her body of work for the entire contest. If one crew member has had a poor game in your opinion, rate that official accordingly but do not punish other crew members if they had nothing to do with those negative situations.
- Request that officials provide or enter their name and MHSAA ID at the start of all contests. Coaches should record this info for future reference when they rate officials online. A Rating Record is available on MHSAA.com to assist.



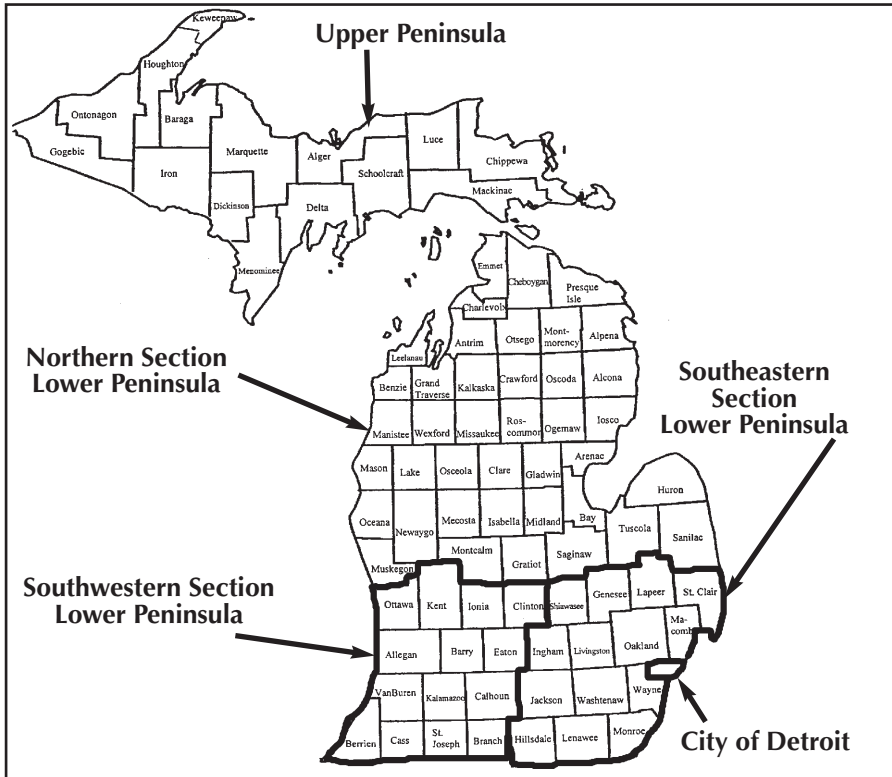
Efficiency is Effective...

The MHSAA is always willing to assist with issues concerning Association regulations. Please remember, however, 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.

The Only Official Interpretations are Those Received in Writing

Representative Council and Upper Peninsula Athletic Committee Elections

Map of Representative Council Sections



Ballots for Representative Council elections were mailed to principals of member schools from the MHSAA office Aug. 29, 2014. The ballots will be due back in the MHSAA office Sept. 19, 2014.

Eight positions for membership on the Representative Council will be up for election this fall. Vacancies for two-year terms beginning December 2014 will occur as follows: Class A-B Northern Section L.P., Southwestern Section L.P. and Southeastern Section L.P.; Class C-D Upper Peninsula and Northern Section L.P.; Statewide At-Large; Junior High/Middle School; and Private and Parochial High Schools elected on a statewide basis.

In addition to the above named Representative Council positions, there are two Upper Peninsula Athletic Committee positions to be voted on in September. A representative of Class D schools and an Athletic Coach will be elected by Upper Peninsula schools.

Look for the ballots and return them in time to be counted by the Board of Canvassers. Be sure you mark your ballot correctly and that signatures are affixed in the proper places. Ballots must have two (2) signatures to be considered valid.

Details of the Representative Council composition may be found near the beginning of the *MHSAA Handbook*.

Following the due date of Sept. 19, 2014, the Board of Canvassers as provided in Article IV of the Constitution of the Michigan High School Athletic As-

sociation, will meet and declare the winners for the various vacancies.

In accordance with the approved nomination and election procedures, listed candidates have submitted their desire to run for a position by March 15, 2014. They have included an approval to serve from their respective Superintendent or Principal and have certified their qualifications to run for the office which they seek. No write-ins will be possible because each candidate must be approved by March 15 in order to run for a position on the Representative Council.

Following are the declared candidates and the vacancies which will occur in December 2014:

REPRESENTATIVE COUNCIL CANDIDATES FOR SEPTEMBER 2014 ELECTION

Northern Section, Lower Peninsula - Class A and B Schools

- Peter Ryan, CMAA, Athletic Director, Saginaw Township Community Schools

Southwestern Section, Lower Peninsula - Class A and B Schools

- Tony Petkus, Athletic Director, Comstock Park Public Schools
- Fredrick J. Smith, CMAA, Athletic Director, Buchanan Community Schools

MHSAA Representative Council

Dave Derocher**

Athletic Director
Reese High School
Class C-D — Northern Lower Peninsula

James Derocher**, President

Superintendent
Negaunee Public Schools
Class C-D — Upper Peninsula

Scott Grimes**, Vice President

Assistant Superintendent of Human Services
Grand Haven Public Schools
Statewide At-Large

Kyle Guerrant (ex-officio)

Director, Coordinated School Health & Safety
Programs Unit, Michigan Dept. of Education, Lansing
Designee

Kris Isom*

Athletic Director
Adrian Madison High School
Class C-D — Southeastern Michigan

Carmen Kennedy**

Principal
St. Clair Shores South Lake High School
Appointee

Maureen Klocke*

Athletic Director
Yale Public Schools
Appointee

Karen Leinaar*

Athletic Director
Bear Lake High School
Statewide At-Large

Orlando Medina**

Athletic Director
L'Anse Creuse High School
Appointee

Cheri Meier*

Principal
Ionia Middle School
Appointee

Jason Mellema*

Superintendent
Pewamo-Westphalia Schools
Junior High/Middle Schools

Vic Michaels**, Secretary-Treasurer

Director of Physical Education & Athletics
Archdiocese of Detroit
Private and Parochial Schools

Chris Miller*

Athletic Director
Gobles High School
Class C-D — Southwestern Michigan

Steve Newkirk**

Principal
Clare Middle School
Junior High/Middle Schools

Peter C. Ryan**

Athletic Director
Saginaw Township Community Schools
Class A-B — Northern Lower Peninsula

Fred Smith**

Athletic Director
Buchanan High School
Class A-B — Southwestern Michigan

John Thompson**

Athletic Director
Brighton High School
Class A-B — Southeastern Michigan

Al Unger*

Athletic Director
Kingsford High School
Class A-B — Upper Peninsula

Alvin Ward*

Administrator of Athletics
Detroit Public Schools
City of Detroit

*Term Expires December 2015

**Term Expires December 2014

Southeastern Section, Lower Peninsula - Class A and B Schools

- John Thompson, CMAA, Athletic Director, Brighton Area Schools
- Sean Zaborowski, CMAA, Director of Athletics & Operations, St. Clair Shores-Lakeview Public Schools

Upper Peninsula - Class C and D Schools

- Don Gustafson, Superintendent, St. Ignace Area Schools
- Chris Hartman, Athletic Director, Iron Mountain Public Schools
- Sean Jacques, Athletic Director, Calumet High School
- Dee Jay Paquette, Elementary Principal/Athletic Director, Munising Public Schools
- Robert Ryan, Athletic Director/Dean of Students, Manistique Area Schools

Northern Section, Lower Peninsula - Class C and D Schools

- Dave Derocher, CMAA, Athletic Director, Reese Public Schools

Statewide At-Large

- Scott C. Grimes, Assistant Superintendent, Grand Haven Area Public Schools
- Andrew Laboe, Athletic Director, Kalamazoo-Loy Norrix High School

Junior High/Middle Schools

- Steve Newkirk, Principal, Clare Middle School

Private and Parochial High Schools

- Vic Michaels, Director of Physical Education & Athletics, Archdiocese of Detroit

UPPER PENINSULA ATHLETIC COMMITTEE

Athletic Coach

- Mike Berutti, Principal/Athletic Director/Football Coach, Iron River-West Iron County High School

Class D Schools

- Jeff Markham, Athletic Director, Baraga Area Schools

Failure to Rate Officials

Member schools of the Michigan High School Athletic Association have agreed through Regulation II, Section 7(B) to rate officials in several of the sports for which the MHSAA conducts a postseason tournament and to be subject to penalties when a school fails to rate any officials in a sport that requires it.

Recent surveys indicate schools value the opportunity to rate officials and do not want that opportunity eliminated.

Most officials would prefer an evaluation process over ratings by participating schools; but

under our current system, officials need schools to rate them so they can amass the number of ratings necessary to be considered for advancement and tournament assignments.

On March 23, 2001, the MHSAA Representative Council adopted the policy of publishing the names of schools which fail to rate any officials in a sport and to do so as soon as possible following the season.

Following are schools failing to rate officials for the 2013-14 school year.

Failure to Rate Officials - Fall 2013

Football

Detroit-Martin Luther King
Iron River-West Iron County
Lansing-Sexton
Pontiac

Boys Soccer

Ann Arbor Multicultural Acad.
Caro

Cheboygan

Detroit-Cristo Rey
Howell
Lansing-Sexton
Pontiac Academy
Southfield-Lathrup
Ypsilanti Community

Girls Volleyball

Battle Creek-Calhoun Christian
Detroit-Cristo Rey
Detroit-DEPSA Early College
Kent City-Algoma Christian
Lansing-Eastern
Lansing New Covenant Chr.
Plainwell
Portage Central

Failure to Rate Officials - Winter 2014

Boys Basketball

Ann Arbor-Central Academy
Auburn Hills Christian
Benton Harbor-DREAM Acad.
Detroit-Consortium
Detroit-Henry Ford Academy
Detroit-Jalen Rose Academy
Detroit-Southeastern
Detroit-Winans Academy
Grand Marais-Burt Township
Hamtramck
Hazel Park
Holt Lutheran
Kalamazoo-Lakeside Charter
Kalamazoo-Phoenix
Monroe
Pontiac Academy
Rapid River
Ypsilanti-Lincoln

Girls Basketball

Ann Arbor-Huron
Benton Harbor-DREAM Acad.
Detroit-Old Redford Prep
Detroit-Southeastern
Grand Marais-Burt Township
Holt Lutheran
Lansing-New Covenant Chr.
Pontiac Academy
Republic-Michigamme
Warren Woods-Tower
Wayne Memorial

Competitive Cheer

Birmingham-Seaholm
Grand Rapids-Union
Norway
Oscoda
Spring Lake

Ice Hockey

Carleton-Airport
Goodrich
Grand Rapids Christian
Saginaw-Swan Valley
Walled Lake Western
Waterford Kettering

Wrestling

Bellevue
DeTour
Elkton-Pigeon-Bay Port Laker
Flint-Hamady
Hastings

Failure to Rate Officials - Spring 2014

Baseball

Burt Lake-Northern Mich Christian
Burton-St. Thomas More Academy
Dearborn Heights-Robichaud
Grand Ledge
Lapeer West
Port Huron Northern
Stephenson
Vanderbilt
Wyoming-West Michigan Lutheran

Boys Lacrosse

Birmingham-Seaholm
Muskegon-Reeths-Puffer
Spring Lake

Girls Lacrosse

Kalamazoo Central
Lansing-Waverly
Novi

Girls Soccer

Adrian-Lenawee Christian
Algonac
Boyne City
Brethren
Burton-St. Thomas More Academy
Dearborn-Henry Ford Academy
Fowlerville
Grass Lake
Hamtramck
Holt Lutheran
Lansing-Sexton
Lapeer East
Milan
Pottsville
Rochester Hills-Lutheran Northwest
Romeo
Saline
South Haven
Ypsilanti Community

Girls Softball

Bay City-All Saints Central
Berkley
Camden-Frontier
Dearborn Heights-Robichaud
Detroit-Cody
Dexter
Harper Woods-Chandler Park
Holton
Litchfield
Quincy
Shelby
Stephenson

2013-14 Officials Reports Listing

(High Schools that received 3 or more negative Reports)

In accordance with the May 1996 Representative Council adoption of the “Comprehensive Sportsmanship Package” the names of schools that received three or more “concern” or “ejection” Officials Reports in the school year are listed in this report.

Freeland	9	Warren Fitzgerald	5	White Lake Lakeland	4
Gibraltar Carlson	9	Ypsilanti Lincoln	5	Wyoming Godwin Heights	4
Waterford Kettering	9	Ada Forest Hills Eastern	4	Ypsilanti Community HS	4
Ann Arbor Huron	8	Bay City John Glenn	4	Allen Park Cabrini	3
Grand Blanc	8	Berrien Springs	4	Ann Arbor Skyline	3
Hartland	8	Big Rapids	4	Auburn Hills Avondale	3
Lake Orion	8	Birmingham Seaholm	4	Baldwin	3
Monroe	8	Bloomfield Hills	4	Battle Creek Central	3
Allen Park	7	Buchanan	4	Battle Creek Harper Creek	3
Dearborn Fordson	7	Byron Center	4	Battle Creek Pennfield	3
Hamtramck	7	Clarkston	4	Birmingham Brother Rice	3
Harrison Township L'Anse Creuse	7	Delton Kellogg	4	Brown City	3
Lawton	7	Detroit Country Day	4	Brownstown Woodhaven	3
Livonia Churchill	7	Detroit (J-D Jesuit	4	Cadillac	3
West Bloomfield	7	DeWitt	4	Caledonia	3
Almont	6	East Detroit	4	Charlevoix	3
Bay City Western	6	Flat Rock	4	Chesaning	3
Dryden	6	Flint Carman-Ainsworth	4	Clinton Township Chippewa Valley	3
Flint Kearsley	6	Flint Northwestern	4	Davison	3
Howell	6	Flint Powers Catholic	4	Dearborn	3
Perry	6	Fruitport	4	Dearborn Divine Child	3
Port Huron	6	Grosse Pointe Woods University	4	Dearborn Heights Robichaud	3
Riverview	6	Liggett	4	East Kentwood	3
St Clair Shores Lake Shore	6	Haslett	4	Elk Rapids	3
Taylor Truman	6	Hazel Park	4	Escanaba	3
Walled Lake Central	6	Holland	4	Fraser	3
Warren Cousino	6	Holland West Ottawa	4	Grandville Calvin Christian	3
Waterford Mott	6	Laingsburg	4	Grant	3
Alpena	5	Lansing Eastern	4	Grosse Pointe South	3
Bay City Central	5	Lansing Waverly	4	Hastings	3
Birch Run	5	Macomb L'Anse Creuse North	4	Holly	3
Birmingham Groves	5	Madison Heights Lamphere	4	Houghton Lake	3
Brighton	5	Marcellus	4	Jackson Lumen Christi	3
Brimley	5	Mason County Central	4	Jackson Northwest	3
Cassopolis	5	Merrill	4	Jenison	3
Clawson	5	Monroe St Mary Catholic Central	4	Lincoln Alcona	3
East Lansing	5	Muskegon Orchard View	4	Macomb Dakota	3
Flint Southwestern	5	New Boston Huron	4	Marquette	3
Grand Rapids Forest Hills Central	5	Niles	4	Mason	3
Grand Rapids Kenowa Hills	5	North Branch	4	Mesick	3
Grand Rapids Union	5	Onaway	4	Midland Dow	3
Grosse Pointe North	5	Ortonville-Brandon	4	Milford	3
Harper Woods	5	Ovid-Elsie	4	Montrose	3
Holt	5	Owosso	4	Mt Pleasant	3
Howard City Tri-County	5	Port Huron Northern	4	Muskegon Catholic Central	3
Jackson	5	Portage Northern	4	Muskegon Oakridge	3
Kalamazoo Loy Norrix	5	Portland	4	New Buffalo	3
Lansing Everett	5	Rochester	4	Orchard Lake St Mary's	3
Lapeer East	5	Rochester Adams	4	Paw Paw	3
Lincoln Park	5	Rochester Hills Stoney Creek	4	Rockford	3
Macomb Lutheran North	5	Romulus Summit Academy	4	Saginaw Arthur Hill	3
Northville	5	Saginaw Heritage	4	South Haven	3
Novi	5	Salem	4	Southfield-Lathrup	3
Plainwell	5	Sault Ste Marie	4	Trenton	3
Royal Oak	5	Spring Lake	4	Utica	3
Sturgis	5	Sterling Heights	4	Warren Lincoln	3
Swartz Creek	5	Temperance Bedford	4	Watervliet	3
Three Rivers	5	Traverse City West	4	Wayne Memorial	3
Troy	5	Troy Athens	4	Westland John Glenn	3
Warren DeLaSalle	5	Walled Lake Western	4	Whitehall	3
				Wyoming Kelloggsville	3
				Wyoming Lee	3

2013-14 Officials Reports Summary

Sport	Level	Concern	Praise	Player Ejections	Coach Ejections	Other Ejections	Sportsmanship
Boys Baseball	Freshman	14	0	6	5	0	3
Boys Baseball	Junior Varsity	23	5	11	9	0	3
Boys Baseball	Varsity	79	11	39	24	3	13
Boys Cross Country	Junior Varsity	1	0	0	0	0	1
Boys Basketball	7th Grade	1	0	0	1	0	0
Boys Basketball	8th Grade	2	0	0	0	0	2
Boys Basketball	7th and 8th Grade	0	2	0	0	0	0
Boys Basketball	Freshman	6	0	1	3	0	2
Boys Basketball	Junior Varsity	33	2	14	13	0	6
Boys Basketball	Varsity	65	36	29	17	2	17
Boys Football	7th and 8th Grade	1	0	1	0	0	0
Boys Football	8th Grade	4	0	4	0	0	0
Boys Football	Freshman	15	5	9	4	0	2
Boys Football	Junior Varsity	37	10	26	5	1	5
Boys Football	Varsity	144	49	125	5	3	11
Boys Ice Hockey	Junior Varsity	9	0	9	0	0	0
Boys Ice Hockey	Varsity	124	1	113	7	1	3
Boys Lacrosse	Junior Varsity	15	0	14	1	0	0
Boys Lacrosse	Varsity	25	2	20	3	0	2
Boys Soccer	Freshman	7	0	6	1	0	0
Boys Soccer	Junior Varsity	36	0	32	3	0	1
Boys Soccer	Varsity	281	11	231	25	1	24
Boys Track & Field	Varsity	1	0	1	0	0	0
Boys Wrestling	7th and 8th Grade	4	0	2	2	0	0
Boys Wrestling	Junior Varsity	4	0	3	1	0	0
Boys Wrestling	Varsity	52	6	37	8	0	7
Girls Basketball	7th Grade	1	0	1	0	0	0
Girls Basketball	Freshman	7	0	4	2	0	1
Girls Basketball	Junior Varsity	16	0	5	7	2	2
Girls Basketball	Varsity	27	19	4	12	0	11
Girls Competitive Cheer	Varsity	3	0	0	0	0	3
Girls Lacrosse	Varsity	6	0	2	3	0	1
Girls Soccer	Junior Varsity	9	0	8	0	0	1
Girls Soccer	Varsity	77	4	52	6	1	18
Girls Softball	Freshman	1	0	1	0	0	0
Girls Softball	Junior Varsity	7	0	1	4	1	1
Girls Softball	Varsity	15	3	2	10	0	3
Girls Swim & Diving	Varsity	1	1	1	0	0	0
Girls Track & Field	7th and 8th Grade	1	0	0	1	0	0
Girls Volleyball	8th Grade	1	0	0	1	0	0
Girls Volleyball	Junior Varsity	2	0	0	0	0	2
Girls Volleyball	Varsity	17	6	4	6	0	7

Distribution of Reports

No. of Schools	Reports of Concern	No. of Schools	Reports of Praise
186	1	119	1
102	2	12	2
60	3	4	3
60	4	1	5
34	5	1	6
13	6	1	7
7	7		
5	8		
3	9		

Teams Practicing Out-of-State Required to Submit Out-of-State Travel Form

The tradition of taking a team on a “spring trip” for practice only is a separate issue from sanctioning a competition. Any school which conducts practice sessions out of state at a site more than 600 miles round-trip must submit to the MHSAA office a Travel Form for Out-of-State Practice at least 30 days in advance of departure. This does not allow schools to compete in a scrimmage, practice or competition with a team from another school.

The following interpretation was adopted at the May 2004 Representative Council meeting and became effective for the 2004-05 school year:

“When a school-sponsored team, or group of students which resembles the school team, intends to conduct practice sessions out of state at a site

more than 600 highway miles round-trip from that school, the Travel Form for Out-of-State Practice is required. For the purpose of this Section, it shall be considered a practice for a school team if a school coach in that sport is present with any number of players from that school's team, other than his/her family members.”

MHSAA catastrophic insurance does not cover such events.

The form can be found on the MHSAA Website. Pursuant to action of the Representative Council in May 2003, all schools which complete this form will be listed in *benchmarks* at the end of the school year.

A list of schools which completed the form in 2013-14 appears below.

Schools Submitting Out-of-State Travel Forms for 2013-14

<p style="text-align: center;">FALL</p> <p>None</p>	<p>Jenison Lake Odessa-Lakewood Lawrence Lowell Madison Heights Lamphere Mt. Pleasant Sacred Heart Northview Northville Petoskey Portland Saginaw Swan Valley Saline Stevensville Lakeshore St. Johns Vermontville Maple Valley Wyoming Zeeland East</p>	<p style="text-align: center;">Softball</p> <p>Anchor Bay Bath Bay City Western Belding Bellevue Chelsea Clinton Coleman East Kentwood Eaton Rapids Essexville Garber Flint Kearsley Flushing Frankfort Grant GP Woods University Liggett Hamilton Hemlock Hudsonville Jenison Muskegon Reeths-Puffer Northview Portland Saginaw Swan Valley Southfield Christian Sturgis Wyoming Zeeland East</p>
<p style="text-align: center;">WINTER</p> <p><i>Girls Basketball</i> White Lake Lakeland</p>	<p><i>Boys Golf</i> Hamilton</p>	
<p style="text-align: center;">SPRING</p> <p><i>Baseball</i> Athens Belding Benzie Central Bloomfield Hills-Cranbrook Kingswood Chelsea Clio Coldwater Concord DeWitt East Kentwood Essexville Garber Gibraltar Carlson Grand Ledge Grand Rapids North Pointe Grand Rapids West Catholic Hamilton Hesperia Holland Holland West Ottawa Homer Howard City-Tri County Hudsonville</p>	<p><i>Boys Lacrosse</i> Bloomfield Hills Cranbrook-Kingswood Bloomfield Hills</p> <p><i>Girls Soccer</i> Saline</p>	

Scientific Look at Benefits of Multi-Sport Athletics

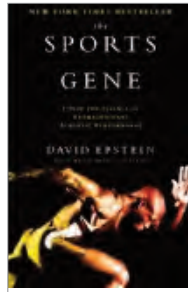
There are at least two reasons for leaders of educational athletics to read David Epstein's *The Sports Gene: Inside the Science of Extraordinary Athletic Performance*, especially in its expanded paperback edition of 2014.

First and foremost, it is written in especially vivid style. This paragraph of the Introduction reveals the author's purpose and provides an example of the lively language he uses to communicate that intent:

"Sluggishly but surely, scientists have begun to abandon the small, single-gene studies and steer the scientific ship toward new and innovative methods of analyzing how genetic instructions function. Couple that with the efforts of biologists,

physiologists, and exercise scientists to discern how the interplay of biological endowments and rigorous training affects athleticism, and we're starting to tug at the threads of the great nature-versus-nurture debate as it bears on sports. That necessarily involves trekking deep into the bramble patches of sensitive topics like gender and race. Since science has gone there, this book will too."

Second, the book – with an especially blunt summation in the Afterword to the Paperback Edition – adds to the body of research and reporting that supports the multiple-sport



experience for children until at least their teenage years. And here, little room is allowed for exceptions for even the most elite athletes in a variety of sports.

In a time when parents and children seem brainwashed by the ludicrous claims of non-school sports coaches and "handlers," those who coach and administer school sports need the real-life examples Epstein provides, with supporting data, to reorient student-athletes and parents about the proven path to maximizing athletic performance. That's the multi-sport experience.

State of Mind

This issue of *benchmarks* examines the unlimited potential for school sports students to learn leadership skills and in turn teach them to peers to perpetuate a healthy athletic culture.

Of course, the premise is that leadership can, in fact, be learned.

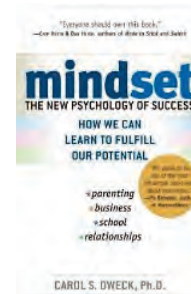
"Sluggishly but surely, scientists have begun to abandon the small, single-gene studies and steer the scientific ship toward new and innovative methods of analyzing how genetic instructions function."

In her book *mindset: The New Psychology of Success*, Stanford University psychologist Carol Dweck is convincing that leadership and many other personal traits can indeed be developed, and behavior can change.

Dweck highlights differences between "Fixed Mindset" and "Growth Mindset" individuals, and explains that the latter will strive for success through greater effort, honed habits, and honest self-evaluation. Those in the "Fixed" category are often satisfied with natural ability and successes which meet expectations.

Think of the lead to the main story in this issue. Buchanan's administration and students turned the school culture around by employing a growth mindset; not settling for the status quo.

Dweck includes chapters on sports, business and other facets of life, but at the root is taking leadership of one's own actions.

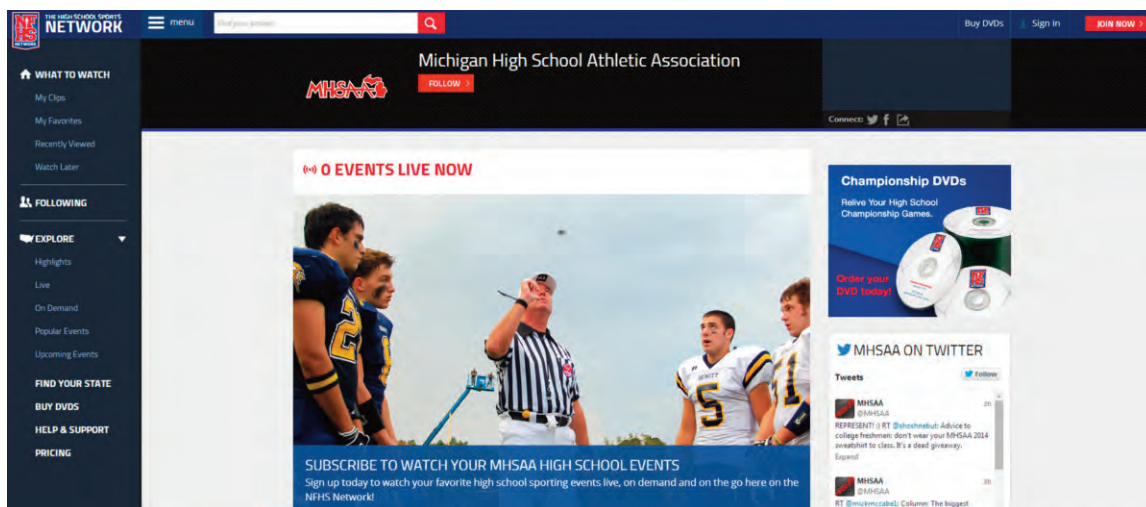


STUDENT ILLUSTRATOR WANTED

The MHSAA is seeking a student illustrator/satirist for *benchmarks* during each school year. If your school has a talented, artistic individual looking for a platform to display his or her talents, this is the perfect opportunity. Interested candidates should send samples of their work to editor Rob Kaminski at benchmarks@mhsaa.com. The illustration will relate to the theme of each *benchmarks* issue as determined by MHSAA staff. Call Rob at 517-332-5046 for further details.

Read any good books lately? News articles? We'd love to know. Submit recommendations to : benchmarks@mhsaa.com.

New Look Highlights MHSAA.TV



MHSAA.tv will be even more interactive and user-friendly than ever before in 2014-15, allowing viewers to clip and share highlights, and track their favorite schools. Of course, all the local flavor will still be brought to homes through the hard work of students right from your community via the School Broadcast Program.

A new look awaits visitors to the **MHSAA.tv** website this season, a makeover which will allow fans to clip and share highlights, and easily track their favorite school.

MHSAA.tv is one of over 40 states on the **NFHS Network**, powered by PlayOn! Sports. The highlights clip and share features, among others, are available with free basic memberships. Viewers can subscribe to watch live and freshly-uploaded sporting events, with a portion of the subscription going back to their school. Contests being aired involving schools using Digital Scout for statistics may also include live stats. Games become available for free viewing after 72 hours.

The MHSAA.tv relaunch coincided with the first full week of competition for the 2014-15 school year and fresh school-created content; plus the season debut of **MHSAA Football Friday Overtime on FOX Sports Detroit**, and **MHSAA Perspective** on a statewide radio network.

The **School Broadcast Program** gives members an opportunity to showcase excellence in their schools by creating video programming of athletic and non-athletic events; with students gaining skills in announcing, camera operation, directing/producing and graphics. The program also gives schools the opportunity to raise money through advertising and viewing subscriptions. As many as 60 MHSAA member schools annually participate in the program, which is in its sixth year.

Beginning Aug. 29 and running for 13 weeks at Midnight is **MHSAA Football Friday Overtime on FOX Sports Detroit**. Mickey York and Rob Rubick return to host the weekly 30-minute highlights show. The show will re-air Saturdays at 11 a.m., and Sunday mornings – check your local listings.

In its 10th season is the radio commentary **MHSAA Perspective** – presented by the Michigan Army National Guard, which will air on over 75 radio stations across the state, generally during the local broadcasts of high school games. The program runs for 30 weeks through the end of the winter sports season. **MHSAA Perspective** can also be accessed from the home page of **MHSAA.com**.



— John Johnson
MHSAA Communications Director