

Fall 2016 Vol. 8 No. 1

# benchmarks

mhsaa

We Know the Value of Our Product.  
It's Time to Let Everyone Else Know.

## Define & Defend

Educational Athletics





I have a  
story...

I have a  
story...



I have a  
story...

I have a  
story...



We tell their stories

**SECOND HALF**

by MHSAA



# Cover Story: Defining & Defending Educational Athletics



**4** The mission and message of educational athletics remains as deeply rooted in principle as always. However, the changing landscape surrounding our games has given notice that it's time to stand and fortify our purpose in ways both old and new.

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## The Vault - 20

### A Well-Rounded Effort

A brochure promoting multi-sport participation from the early 2000s still rings true for today's efforts.



## State of Play - 30

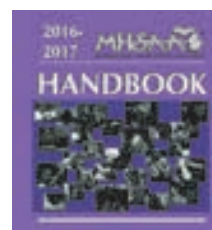
High school sports participation numbers for 2015-16 remained steady, as Michigan's participation stayed ahead of its population rank.



## Regulations Review - 36

### Preseason Checkup

It's a new school year! Highlighting the significant changes in store for the 2016-17 school year.



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## Strike Up the Brand! Time to Trumpet Our Product

**T**hirty years ago – with little experience and an abundance of naiveté – I began my journey as MHSAA executive director with these four focus topics: Scholarship, Sportsmanship, Safety and the Scope of school sports.

My 31st year begins with much more experience but still with healthy doses of idealism and optimism, as we address these four focus topics:



- Defining and Defending Educational Athletics
- Protecting and Promoting Participant Health
- Serving and Supporting Junior High/Middle School Programs
- Recruiting and Retaining Contest Officials

This first issue of *benchmarks'* eighth year of publication is devoted most especially to the first of these four topics which in many ways are inter-related. For example, when the definition of success in school-sponsored sports is properly understood by participants, coaches and spectators, then the environment is healthy for participants and sportsmanlike, encouraging more involvement by students and officials. Retention rates soar for athletes and officials alike.

There are many overlapping reasons why 80 percent of youth drop out of organized school sports by age 13 and 15 percent of MHSAA registered officials quit each year, and those reasons revolve around people forgetting or never knowing the purpose of school sports.

This issue is about that purpose, and the vitally important part school-sponsored sports plays in the lives of students, schools and society.

A handwritten signature in black ink that reads "John E. Roberts". The signature is written in a cursive, flowing style.

As the 2016-17 school year begins, it's time to remind people of the "Why" of school sports: Why they are important, why the students play, and why it's time to blow our own horn once again.

**John E. "Jack" Roberts**  
MHSAA Executive Director



## New Year, New Focus, New Opportunities

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

**T**here’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. **It is expected** that all athletic directors attend an In-Service and an Update Meeting each fall.

Beginning Sept. 21 in Kalamazoo and ending Oct. 28 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. 28 session as noted below.



- Wednesday, Sept. 21 – Kalamazoo (Pine West)
- Monday, Sept. 26 – Warren (Four Points by Sheraton)
- Monday, Oct. 3 – Comstock Park (English Hills Country Club)
- Wednesday, Oct. 5 – Frankenmuth (Zehnder’s)
- Thursday, Oct. 6 – Lansing (Causeway Bay)
- Monday, Oct. 10 – Gaylord (Otsego Club & Resort) – Annual Business Meeting
- Friday, Oct. 28 – 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 the code above right.

### CAP Now a Requirement for Head Coaches

Starting in 2016-17, each head coach of a varsity team hired for the first time at any MHSAA member high school (after July 31, 2016) shall have completed either Level 1 or Level 2 of the MHSAA Coaches Advancement Program (CAP). The Regulation reads as follows:



**MHSAA Handbook Regulation II, Section 3(C)**

Each head coach of a varsity team in an MHSAA tournament sport hired for the first time as a varsity head coach at any MHSAA member high school after July 31, 2016 shall have completed either Level 1 or Level 2 of the MHSAA Coaches Advancement Program (CAP). If the head coach does not complete CAP Level 1 or 2 prior to the established deadline, that coach shall be prohibited from coaching in that season’s MHSAA tournament for the sport involved and shall not be present at the facility where the MHSAA tournament involving that coach’s team is being held. See Regulation II, Section 15(H)4. An administrator or faculty member designee of that school shall be present with supervisory capacity over the school’s competitors. Failure to receive reminder notifications (email or other) does not change the requirement of this Section. The MHSAA may substitute an alternative coaches education program for late hires which will fulfill the requirement on a temporary basis.

**The deadlines are:**

Fall: September 15, 2016 | Winter: December 15, 2016 | Spring: April 13, 2017

The substitute courses for late hires are found at [nfhslearn.com](http://nfhslearn.com). Both courses are required:

“Fundamentals of Coaching” (\$35 – no Michigan surcharge)

“First Aid, Health and Safety for Coaches” (\$35 – no Michigan surcharge)

*Certification of these two NFHS online courses must be provided to the MHSAA office prior to coaching in that season’s MHSAA tournament for the sport involved, and CAP 1 or CAP 2 will still need to be completed prior to the start of the coach’s next season.*



# Get On Your Feet

**It's Time to Define and Defend  
the Greatest Games We Know**

**S**omewhere along the winding road in the long history of interscholastic athletics, gradual change has brought our product to a crossroads. We, in this business of developing the minds, character and bodies of student-athletes, still understand the far-reaching benefits of school-based sports, and the mission of our programs. We understand their importance to community; the incomparable entertainment value for spectators; the bonds built between teacher and student that an hour a day in the classroom usually can't match; the memories and lessons that last a lifetime.

Somewhere along the way, however, some of the allure seems to have faded in the eyes and minds of others.

- Perhaps it's the many options available to today's young people, both in and out of athletics. Where once school sports and a letter jacket were THE thing, now it's just another thing, with travel programs, virtual reality games, nonstop cable sports coverage and social media competing to fill free time.
- Maybe it's parents, chasing the misguided dream of athletic scholarships for their children and in the process doting on the promises of untrained coaches intent on building their pocket books and reputations over building fundamentals and teamwork in kids.
- It could be that sensational stories from professional and collegiate levels warning of long-range effects of concussions and other sports injuries are causing fear in many parents who are making athletic participation decisions for their children.
- It's possible that those once relied upon to spread the good word of our good work – our friends in the media – are all gone. Administrators and coaches alike were once on a first-name basis with sportswriters in every community across Michigan. When a feel-good story took place, we knew whom to call to trumpet the news, and when the big game took place, they were sure to be there. The collapse and contraction of newspapers and the rise of faceless bloggers has delivered a blow.
- And, what of respect for authority? We are losing the keepers of our games – the contest officials – in bunches each year. People see the assaults, both verbal and physical, on these special men and women who give far more of their time than they are compensated for and figure it can't be worth it to become an official, or to continue.

Ultimately, how we got here no longer matters. It's what we do next. The focus for the 2016-17 school year is to define and defend educational athletics. We *know* that educational athletics is the best option. We *are certain* specialization is becoming a real health and safety issue, as real as concussions. We *emphasize safety* and risk management through or rules and regulations. We *will utilize* current media to tell our story. In doing so, maybe we can *increase* our pool of officials as well.

The following pages reveal the plan.

*stories by Rob Kaminski, benchmarks editor*

## Teaching the Teachers

The 2016-17 school year will feature a multi-faceted plan to Define and Defend Educational Athletics across Michigan, and one of the most critical strides aims at insuring that all varsity coaches – the educators of our programs – receive the proper instruction to pass along the mission of school-based sports to all involved, from students to parents to administrators.

For the first time each first-time varsity head coach of an MHSAA tournament sport will need to have completed Level 1 or 2 of the MHSAA's comprehensive Coaches Advancement Program, the acclaimed continuing education program for school coaches (see the regulation page 3).

Arming those most closely involved with student-athletes with proper perspective will go a long way in securing the future of interscholastic athletics.

"The role of a secondary school coach is so much more complex than it first appears and it reaches beyond the responsibility of teaching skills to athletes," said MHSAA Assistant Director Kathy Vrugink Westdorp, who oversees the CAP program. "The coach is first and foremost a teacher – that educational leader in an athletic setting and it is often this coach's responsibility to reinforce the connection between sports and academics. This defines the MHSAA brand of athletics."

The connection between sports and academics cannot be overstated, and those sharing the hallways on a daily basis observe positive effects when students see that coaches show concern for their well-being beyond the playing surfaces.

Dan Hutcheson is in his first year as an assistant director at the MHSAA following a decade as athletic director at Howell High School. Prior to that, he served as the Highlanders' wrestling coach. He knows first-hand the importance of the coach-student relationship.

"As a coach who's in the building on staff, I know that I'm going to be in contact with my kids every day in class or in the hallways," Hutcheson said. "When kids see that you care about them beyond the classrooms and fields or gyms, it can equate to improved academics. That is something other sports organizations don't have."

During the last three years alone, more than 1,800 individuals each year have attended CAP courses ranging from Levels 1-8, receiving instruction on topics such as "The Coach as Teacher," to "Psychology of Coaching," to "Effectively Working with Parents." These are just three of the 18 courses making a difference in coaches statewide, and those attendance numbers will rise with this year's requirement.

While some might see the word "requirement" as an added helping onto the already full plates of those who dedicate so much free time, such regulations add value and help define school programs.

"I believe we have a better sense of the bigger picture. Sure, our coaches want to win but compared to travel sports, it is more educationally sound," said Tim Ritsema, athletic director at Zeeland East High School, who serves as one of the MHSAA's CAP instructors. "For those coaches who complete CAP, it gives their profession more credibility – it tells athletes, parents, and the community that they take this seriously and want to be knowledgeable in the best practices. In travel ball, there are no regulations on coaches, it costs a lot more, and there can be selfish agendas. Our coaches are 'All



The CAP experience will strengthen the bonds between coaches and students while helping to advance the mission of school sports to all parties involved.

– continued next page

### From the Coaches...

A sampling of feedback from CAP attendees:

- "Over 85% of the CAP modules that I've taken so far have contained information that I will try to find ways to include into my yearly planning cycle.
- "I will be a better everything as a coach, because of CAP. I can't thank those who have put CAP together enough for the content and for the learning experience."
- "Incredible. In many cases, I was on the right track, but with my gained insight, I will be updating/improving so much of what I have planned for the season. I need to get started now.
- Thank you, this was incredibly applicable to my life. Your personal story felt much like my own and gives me hope that I can take control of something that means so much to me (coaching) and make it have a healthier role in my life.
- Revitalized my beliefs and purpose to coach and take on the challenges that coaching presents.

## Teaching (continued)

In.’ They recognize the long-lasting impact that they have on our student-athletes.”

Fellow CAP instructor Mike Garvey, athletic director at Kalamazoo Hackett Catholic sees the same enthusiasm during his experiences in front of the diverse groups of coaches.

“I see buy-in. Coaches of all ages, with a tremendous range of experience, have shared that they learned, that they have gained insight into the profession,” Garvey said. “I had a coach contact me about a couple of theories presented and indicated that it helped her team in two categories: they had more fun and they performed better. It also drew praise for her from the parents.”

Proven results from the methods employed are a big factor in gaining repeat attendees and spreading the word to coaches who have yet to attend CAP. Nothing increases credibility like positive results and peer recommendation.

A couple other factors contribute to the success, including willingness to participate and the widespread availability of courses throughout the state.

“The best sessions are when the majority of the coaching staff is actively participating, and it doesn’t always need to be positive; that seems to add to the program,” notes CAP instructor Karen Leinaar, athletic director at Bear Lake HS. “Sometimes this is the first time all the coaches have actively talked about their philosophy, and sharing just makes it more ‘real.’ Hearing from others that they are doing it right is a big affirmation. Making the program available within a reasonable distance also assists in participation.”

CAP also plays a pivotal role in indoctrinating those outside the school setting to the purpose of school based sports. Non-faculty coaches might have different roots than faculty coaches, but receive the same messages to take with them.

“There really is not a big difference between faculty and non-faculty coaches in the appreciation for coaches education,” Westdorp said. “We have seen 40-year veterans and first year protégés indicate similar impact regarding the message of educational athletics.”

“However, the non-faculty coaches are definitely better linked to their school and the culture of their school after taking CAP. Each module contains the Ten Basic Beliefs of Michigan Interscholastic Athletics. The very first module in CAP 1 is entitled ‘Coaches Make the Difference,’ and works toward the development of a coaching philosophy, core beliefs, understanding your personal reasons for coaching, promoting high expectations and creating team culture. It includes exercises in making difficult decisions, why there are rules and creating team culture.”

Some of the residual effect might be that today’s coaches will become tomorrow’s administrators, a movement which some sense has stalled in recent years.

The National Federation of State High School Associations recently enlisted global communications marketing firm, Edelman, to assist in rolling out a national campaign this fall to elevate aware-

*“When kids see that you care about them beyond the classrooms and fields or gyms, it can equate to improved academics. That is something other sports organizations don’t have.” — MHSAA Assistant Director Dan Hutcheson*



Hockey Weekly Action Photos

ness of the NFHS and educational athletics (see story on page 16).

“In many cases, we need to re-educate our own people,” said NFHS Executive Director Bob Gardner. “We don’t see coaches moving to principal and athletic director jobs much as we once did.”

In Michigan, CAP is assisting in that way.

“We have several athletic administrators, principals and superintendents who recognize the value of their coaches within the building,” Westdorp said. “Many of these administrators have been in CAP sessions and are utilizing the materials. They want trained coaches who know how to deal with student-athletes in regards to safety, sportsmanship and skill development.”

Communication is key to CAP’s success, not only from instructors to the coaches in attendance, but in turn from coach back to other coaches, students, parents and administration moving forward. That’s how the mission of school sports persists.

“I stress that communication is one of the most important things coaches need to do,” Ritsema said. “Being a poor communicator allows for many things to go bad.”

Zeeland East and Bear Lake are classes apart in enrollment, but the rule of communication is universal.

“I am lucky being in a small school; we have very few questions to our rules,” Leinaar said. “I know others that have huge issues, but many have caused their own because they lacked the art of communication. Share with everyone. Make grandma understand. You’ll not necessarily get 100 percent support, but at least there will be a shared understanding and expectation.”

Ultimately, the component of school sports which ranks above all else is the participants.

“We emphasize working with young people and teaching. Working with young people and leading,” Garvey said. “and keeping young people as the reason for the activity.”



## A Well-Rounded Task

The MHSAA organized a multi-sport participation task force during 2015-16 to identify the main sources of sports specialization and to generate methods to encourage greater participation in a variety of activities.

During the first meeting last April, Dr. Tony Moreno of Eastern Michigan University and Dr. Brooke Lemmen of the MSD Sports Medicine Clinic each cited research which is inconclusive if specialization is the path to the elite level of sports, but is conclusive that specialization is the path to chronic, long-term negative effects.

The mission ahead for the task force is to change the culture in and around their schools.

"There's a misconception that, 'I have to only participate in that one sport to get to that next level,'" said MHSAA Assistant Director Dan Hutcherson, "But, when you hear college coaches talk, they want the kids who are athletes; who participated in more than one thing.

"I'd hear kids say, 'I just want to lift weights out-of-season.' Well, what do you do when you're tired of lifting weights? You put them on the ground and rest. If you want to be a competitor, you need to compete. Playing another sport provides the opportunity to continue competing and growing as a competitor."

While the committee discussed potential plans for such items as online resources, printed material and social media discussion to generate heightened awareness, those avenues have already been traveled to various lengths. In fact, the mission has changed little over the years.

"The most remarkable thing is that when I reviewed a couple of old videos we produced on the value of multi-sport participation about 10 years ago, our message really hasn't changed," said MHSAA Communications Director John Johnson. "We now need to emphasize the injury factor – which is now so much more well-documented – and the fact that an increasing number of recognizable faces at higher levels are now endorsing the playing of multiple sports at youth levels."

The trick is to develop the most effective delivery system and target those who most need exposure to the topic: coaches and parents.

"The task force sees educating parents as a priority, informing them of the dangers of early specialization in terms of burnout and injuries, as well as the financial burden families take on to advance their child towards a possible scholarship," said long-time Traverse City Area Public Schools administrator and task force member Patti Tibaldi. "Parents need to understand that only *one* percent of high school athletes will receive athletic scholarships. Educational athletics should address the needs of the other 99 percent, don't you think?"

In many communities around Michigan, multi-sport athletes are not simply an added benefit; they are a must for programs to exist.

"I'm from a small school," said Bronson Athletic Director and task force member Jean LaClair. "For our teams to be successful across the board, we

need our student-athletes participating in multiple sports. We had a volleyball and softball team both make the state championship games, and seven kids were on both rosters! And, playing in a championship game, with the small-town support, is something you will never emulate in a club sport."

It takes support from parents and coaches to build successful school sports programs, and administrators play a pivotal role in steering the ship.

"The biggest thing we discuss is the multi-sport athlete in our high school," said Tim Ritsema, AD at Zeeland East. "Luckily, our coaches are on the same page and we deliver that message unified to our athletes and parents."

Those involved with the task force understand the importance of the issues. It's time for the choir to do the preaching, and project the chords beyond their buildings.

Hockey Weekly Action Photos



Girls lacrosse participation has increased each year since it became an MHSAA tournament sport in 2005. Boys and girls bowling saw a record number of participants in 2015-16. Opportunities abound for those looking for second and third sports to play, and students should be encouraged to do so.

"Multi-sport participation within the school-based system teaches students the valuable lessons athletics should provide: how to work with different groups of people, the discipline of practice, how to respond from failure, how to understand and accept different roles within each sport, recognizing the strengths and weaknesses of each coach and teammate," said Tibaldi. "School-based sports have a fundamental belief system that, while every sport has its individual differences, *all* sports need to comply with the philosophy of educational athletics adopted by the school district."

As Johnson points out, the sooner that message reaches its target, the better.

"We need to literally reach the bottom of the food chain: elementary school kids who play sports and their parents," he said.

To that end, the MHSAA will focus efforts in two ways during 2016-17: increased communication with its junior high/middle school membership, and the formation of regional strike teams, as described on the following page.

## Going Back to the Future

As the MHSAA moves forward with several initiatives this school year to help in defining and defending educational athletics, some staff members will be working their way backward – in age, that is.

Various findings in recent years through committees, task forces and personal experience reveal that often times students are reaching secondary schools without positive prior experiences in school sports. That is about to change.

During the 2016-17 school year, the MHSAA will conduct two Junior High/Middle School Committee meetings rather than one, with an emphasis on the MHSAA more closely aligning itself with various JH/MS events through sponsorship efforts.

“The multi-sport task force has been great discussion tool,” said MHSAA Assistant Director Cody Inglis, who oversees the JH/MS Committee. “You see that no matter the size of the school, everyone has same problem; it’s become a true health and safety problem. Kids are specializing too soon and too often.”

One of the steps to help combat the trend is to reach children, parents and coaches before they hit the high school hallways.

“The task force recognizes that parents want to do what is best for their children,” task force member Patti Tibaldi said. “Our recommendations include finding ways for schools to offer earlier and better programming, stressing the development of overall physical skills versus the constant competition at an early age which is leading to an exodus from athletics by the age of 13.”

More than 700 junior high/middle schools across Michigan were members of the MHSAA in 2015-16. But just how many participants and parents – or even coaches at that level – are aware of the benefits afforded by that membership? The answer is likely a stark minority. It is the MHSAA’s charge to be more visible in the coming years.

“We’ll discuss becoming a presenting sponsor at some pre-existing league meets at the junior high/middle school level, whether it be track, basketball, cross country or any sport,” Inglis said. “We want to get into those existing leagues and conferences to have a presence.

“We could help financially, to offset the cost of officials and medals, for instance. And, we can



Earlier exposure to school-based athletics can yield proper perspective and open eyes to sport teams not previously considered by children and their parents.

brand those events from an educational athletic standpoint, versus the youth sport model which most kids that age have experienced. The goal is to give them a perspective they’ve yet to have in school-based sports. Want to make sure putting on a school uniform is a positive experience.”

Of course, biggest proponents of school sports are those who have dedicated hours, years and careers to the product. Those people, the ones the MHSAA leans on and appreciates the most, will be called upon again to deliver a huge assist at youth levels via forthcoming “Regional Strike Teams.”

“These local teams could be veteran or retired ADs in various areas who understand educational athletics and are familiar with junior high/middle schools in their communities,” Inglis said. “They can emphasize sportsmanship and multi-sport involvement so we can get in on ground floor.”

The formation of these liaisons between the MHSAA and its youngest members will be discussed at length during the 2016-17 school year.

The junior high/middle school gyms and fields are not only stocked with future high school students, but they also offer a valuable forum for officials recruitment, training and retention, another critical piece to the welfare of school sports.

“With our Regional Strike teams of people connected to schools and local officials associations, we can increase the connections made at the local, personal level to attract more people into officiating,” said MHSAA Assistant Director Mark Uyl, who oversees the MHSAA’s services to registered officials. “The members of the Strike Teams will know what events are going in an area of the state which could be conducive to officials recruitment events. The best way to recruit is at the local level between people with shared interests, and the Regional Strike folks can make these local connections.”

Regional Strike Teams will call upon local leaders to identify and train officiating prospects to bolster registration numbers.



## “School Sports 101,” Update Meetings Guide Leaders

As Bob Dylan once surmised, “The times, they are a changing.” Not only have a good percentage of today’s high school athletic directors likely never heard a Bob Dylan song, but chances are even greater that the majority have a slash before or after the AD in their title, such as: AD/Transportation, or Assistant Principal/AD, or even Superintendent/AD.

With the days of the full-time, AD-only position often in the rearview mirror, it is imperative that those in leadership positions receive the support and guidance necessary to carry out their duties while advancing the mission of school sports.

Enter the mandatory New AD Orientation Sessions, which kick off each year at the MHSAA Offices in East Lansing, presided over by MHSAA Associate Director Tom Rashid.

“We’ve had this program for more than 10 years now,” Rashid said. “So many schools have moved far from the AD-only position for so long now. Only old guys like me remember the day of full-time ADs. We sure hope schools will think about returning to that model, because this job isn’t getting any easier.”

In a continually changing landscape, demands do indeed continue to increase. Yet, the foundation of educational athletics remains unchanged, and Rashid does his best to simplify matters and ease folks into their new desks.

“What I’ve handed out for several years is a document called *School Sports 101*,” Rashid said. “it’s kind of like – if you came from Mars – what is school sports all about? It covers the basic elements of school sports.”

While the MHSAA has yet to welcome an extraterrestrial being, people of all backgrounds and experience levels are being hired annually.

“We start with enrollment. Everyone who plays a sport in high school is enrolled; it’s not like the rec department,” Rashid said. “We explain everything from amateur status – we don’t play for money, coaches don’t receive bonuses for winning – to health and safety, and our roots in sportsmanship.”

***“So many schools have moved far from the AD-only position for so long now. Only old guys like me remember the day of full-time ADs. We sure hope schools will think about returning to that model, because this job isn’t getting any easier.” — MHSAA Associate Director Tom Rashid***

“I email each attendee the ‘101’ document ahead of the meetings, and through the course of program we not only explain what the rules are, but why the rules work. As (MHSAA Executive Director) Jack Roberts says, ‘It’s the rules that add value to the program,’” Rashid said. “That is the main difference that makes us better than other athletic endeavors. These rules are written and reviewed by school people. We talk at in-service programs with hundreds of ADs, so we have a good product with a lot of input from school people.”

Rookie, veterans and those with just a couple of years in the business are strongly encouraged to attend the Update Meeting/Ad In-Service series each fall (2016 schedule and info is on page 3). The program keeps schools in the loop, while recharging the battery for those feeling overwhelmed.

“What the in-service does best is to remind ADs of their role in managing the message. Because the AD’s job is so difficult, there can be a tendency to deviate from the broader, loftier aspect of promoting the concept of safe and healthy school sports,” Rashid said. “Hopefully we provide tools to drive them back to the mission while making their jobs easier.”



New athletic directors gather at the MHSAA annually for a crash course in Association rules and regulations, which provide value to the school sports experience.

The new AD sessions also bring together a captive, attentive audience in advance of the hectic school year to come. While the annual fall Update Meeting/AD In-Service gatherings are continuing strong into their fifth decade, the afore-mentioned shift in duties of athletic leaders has sliced into attendance. During a 22-year stretch from 1985-2006, more than 1,000 people attended the Update Meeting series each year. For the last seven years, figures are between 800 and 900, so there is added importance to the New AD Orientation, which might be the only contact between school and the MHSAA during the year.

## Headstrong Into Continued Push for Safety



MHSAA Files

In May of 2015, the Representative Council of the Michigan High School Athletic Association approved three more initiatives to the long history of efforts by MHSAA's member schools to promote and protect participant health:

- Two sideline concussion detection pilot programs were approved for 2015-16, and they continue in 2016-17.
- Concussion care “gap” insurance was provided by the MHSAA without cost to member schools and their families, covering practices and competition for all levels of all MHSAA sports, 7th through 12th grades. The coverage extends to 6th-graders in 2016-17.
- Mandated concussion reporting was approved. All MHSAA member high schools must report concussions that occur at practices and during competition in all levels of all MHSAA sports.

One of the highlights of the 2015-16 school year was the MHSAA's rollout of two pilot programs for sideline detection of concussion in partnership with King-Devick and XNLTBrain.

“One of the trends that we saw was that the pilot schools, through the use of their provided testing devices, reported more concussions than other schools,” said MHSAA Assistant Director Kathy Vrugink Westdorp, who oversees the initiative. “There may be a few reasons for that. One, is that the pilots assisted in making parents, athletes and coaches more aware of the potential for and recognition of concussions. Additionally, it brought greater mindfulness to the seriousness of monitoring concussion injuries.”

There are 34 schools involved in the second year of the program, as results continue to be monitored.

“There have been some similarities and some differences within the programs however, both have served well in the education of concussion recognition,” Westdorp said. “These programs are in place to advance and expand the conversation and emphasize the importance of better recognition.”

Of the concussion incidents reported in football during 2015, 35 percent in 11-player football occurred during practice, while 15.6 percent of the 8-player total were sustained in practices.

“The insurance coverages the MHSAA provides free of charge to members schools and their student participants is unheard of in the non-school sports world,” said MHSAA Assistant Director Mark Uyl, who serves as the staff liaison between the MHSAA and its insurance providers. “This commitment to the health and well-being of students shows that the MHSAA truly puts kids first.”

The sideline concussion detection pilot programs, the concussion care “gap” insurance and the mandated concussion reporting combine to provide more information than ever before about the frequency and severity of head injuries in school-sponsored competitive athletics.

In the process, the MHSAA continues unparalleled service to its constituents.

### Key Observations in Year 1

The purpose of the mandated concussion reporting is not to identify areas of the state or individual schools or teams that are above or below average in terms of the number of concussions reported. The intended purpose, and the thrust of the preliminary reports after the fall, winter and spring seasons of 2015-16, is to identify the significant broad themes revealed during the first year and questions that might be researched to help point school-sponsored sports leadership toward policies and procedures that will tend to improve the experience of students in interscholastic athletic programs of Michigan and beyond.

The first year of tracking revealed several interesting findings.

In sports sponsored under the same rules for both genders, significantly more concussions were reported for females than males at the high school level. For example, 30 head injuries per 1,000 participants were reported in girls soccer, versus 18 per 1,000 in boys soccer.

In basketball, the same type of gender separation took place, with girls incidents ranking fifth

**BY THE NUMBERS . . .**

This Summary is based on 4,452 confirmed Head Injury Reports submitted for MHSAA supported sports sponsored and conducted at the MHSAA's 755 member high schools during the 2015-16 school year.

Sport	Head Injury Per 1,000 Participants	Rank Among All MHSAA Sports
Football - 11 player	49	1
Ice Hockey	38	2
Football 8-player	34	3
Girls Soccer	30	4
Girls Basketball	29	5
Wrestling	26	6
Boys Soccer	18	7
Competitive Cheer	17	8
Boys Lacrosse	17	9
Gymnastics	13	10
Boys Basketball	11	11
Volleyball	11	12
Girls Lacrosse	11	13
Softball	11	14
Girls Skiing	9	15
Girls Swimming & Diving	6	16
Boys Skiing	4	17
Baseball	4	18
Boys Swimming & Diving	3	19
Girls Track & Field	1	20
Girls Tennis	1	21
Girls Golf	1	22
Girls Cross Country	0	23
Boys Cross Country	0	24
Boys Bowling	0	25
Boys Track & Field	0	26
Boys Golf	0	27
Girls Bowling	0	28
Boys Tennis	0	28

among MHSAA tournament sports, compared to boys which ranked 11th.

The same was true in softball (11 per 1,000) and baseball (4 per 1,000).

A couple questions come to mind:

1. Is the difference in concussions reported by girls and boys an accurate indicator of the difference in concussions sustained by girls and boys?
  - If so, why is this so, and what response is suggested for those who prepare the playing rules for girls and boys, including equipment requirements?
  - If so, or if not, what responses are suggested for those who coach girls and boys and who design and deliver the coaches education programs for girls and boys?

*“The insurance coverages the MHSAA provides free of charge to members schools and their student participants is unheard of in the non-school sports world.” — MHSAA Assistant Director Mark Uyl*

2. Is the difference in concussions reported by girls and boys a reflection of over-reporting by females or under-reporting by males?
  - What responses do the answers to that question require of those who coach girls and boys and of those who design and deliver coaches education programs for girls and boys?

**Emerging Inquiries for Year 2**

Eleven-player football and eight-player football rank first and third, respectively, among all MHSAA supported sports with respect to incidence of concussions. Thirty-five percent of concussions in 11-player football and only 15.6 percent of concussions in 8-player football occurred during practice during the 2015 season, the second season when MHSAA policies reducing contact during practices were in effect.

Will the third season of reduced contact during practice, accompanied by more awareness and use of non-contact methods of teaching blocking and tackling, lead to lower occurrences of concussions in football and an even lower percentage of football concussions occurring during practice sessions?

Ice hockey ranks second in the incidence of concussions, with 38 per 1,000 participants. More than 95 percent result from contact between the head and the ice surface, and 86.5 percent occur during games.

What can the playing rules makers do to reduce falls during competition?

**Next Steps**

The 2016-17 school year has begun with the expectation that, again, nearly 100 percent of MHSAA member high schools will submit initial and follow-up reports of head injuries for every level of every MHSAA sport they sponsor.

Meanwhile, the MHSAA is inviting the great universities and health care systems of Michigan, as well as the National Federation of State High School Associations, to consider how they may help to answer the questions raised after Year 1 as well as the emerging inquiries of Year 2.

The devotion and attention given to safe play and risk reduction is another pillar that holds educational athletics above other brands.

Visit the MHSAA Health & Safety Web page for resources



## Outside-In: Through the Eyes and Ears of Others

Intrasquad scrimmages can only help a team improve so much. Adulation and evaluation from those closest will often only reveal what *wants* to be heard rather than what *needs* to be heard.

The MHSAA is exploring all options to broaden its horizons to attract new spectators, retain current support and generate additional revenues while maintaining the message and mission of educational athletics. Internally, the staff continues to bang the drums, but external help could help provide new notes to those familiar with the tune.

“One of our focuses is to have our message reach people much earlier than it does, having ADs and coaches aware of the specific proven benefits and giving them turnkey PSA scripts, print media and toolkits,” MHSAA Executive Director Jack Roberts said.

That is something the MHSAA does well, and does often. But, there are more audiences to reach. That’s where discussion begins regarding the potential involvement of a public relations firm.

“We know how to reach school people,” Roberts said. “One benefit of a PR firm might be to reach people we currently do not reach. A PR firm should help identify new people and lengthen our reach.”

The National Federation of State High School Associations reached out to Edelman, one such firm, recently. The results will be on display in the form of a national campaign this fall (see full story on page 16).

Key to that venture are real student-athletes telling their own stories.

“Stories offer the best kind of PR. Stories from alumni, professionals from all walks of life, as to how school sports participation has helped them,” Roberts said. “Our brand of athletics has specific proven benefits and we need to publicize that data repeatedly.”

Even within the ranks, the delivery and the package can become static. The proper use of outside analysis can offer a more productive and dynamic result.

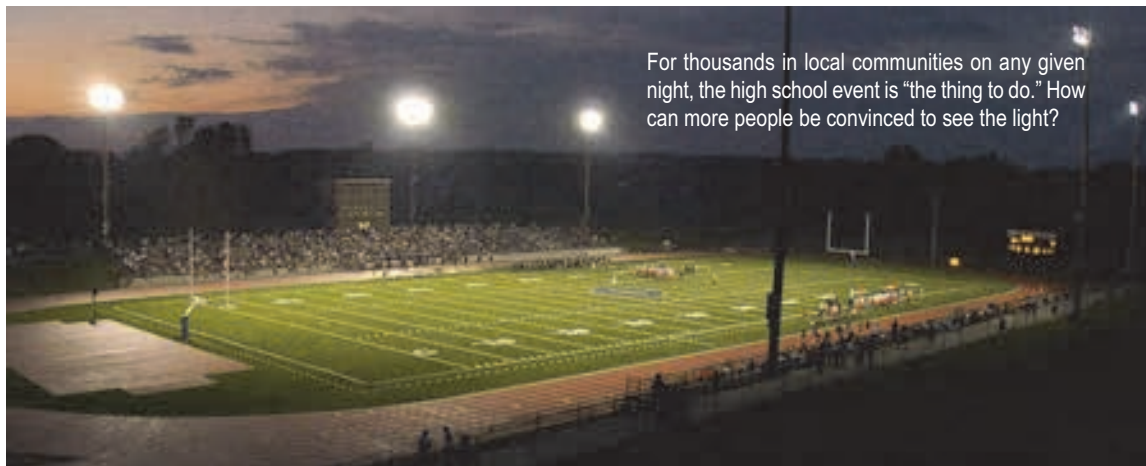
“Consulting with experts in the public relations field can help us to more effectively communicate with athletic directors, coaches, student-athletes and parents in innovative and efficient ways that will be new to both our staff and our constituents,” said MHSAA Assistant Director Andi Osters, who directs the office’s social media operations. “Such a partnership would allow us to enhance our efforts with social media, develop targeted campaigns to promote our end-of-season tournaments, and increase our ability to deliver the meaning of high school sports to the entire state.”

And, the more eyeballs on the product, the greater chance for increased sponsorships and operating revenues, all of which would benefit schools which already pay no annual fee for MHSAA membership.

“I feel the assistance of a PR firm helping to spotlight the MHSAA more and increase attention, awareness and attendance to events will pique the interest of potential sponsors,” said Kurt Tiesman, who manages the MHSAA’s sponsorship opportunities.



The MHSAA is exploring all options to make sure others are painting the same picture of educational athletics that appears on its own canvas.



For thousands in local communities on any given night, the high school event is “the thing to do.” How can more people be convinced to see the light?

High school sports has several advantages over other forms of athletics, one being the built-in following it enjoys.

“The sense of community is most attractive to sponsors,” Tiesman said. “That these schools and high school sporting events play such a role in communities across the state offers the opportunity to support and be involved at that level.”

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*“I sometimes think we are around this work so much that we can lose perspective on what the rest of the world thinks; telling the same story and same message through a group that has a different or new perspective can be beneficial.” — MHSAA Director of Brand Management Andy Frushour*

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Athletics at the local level is the hook for state high school associations, and conveying that to outside agencies will assist in providing a scope.

“One idea is that we capitalize on the knowledge of Edelman from the NFHS campaign and bring it to the local level. They’ve captured the emotion of school sports and hopefully we can piggy-back on that and give it a similar message,” said MHSAA Director of Brand Management Andy Frushour.

“I sometimes think we are around this work so much that we can lose perspective on what the rest of the world thinks; telling the same story and same message through a group that has a different or new perspective can be beneficial.”

Those in the trenches can see change as well, trends that need to be reversed.

“It used to be there was student and community support for every event. Today that is lacking in

some places and some sports,” said Bear Lake Athletic Director Karen Leinaar. “I don’t like the adage that there are too many distractions. I don’t think we make it meaningful enough for our kids. Somehow we must make it meaningful and global otherwise everyone just gets on the bandwagon when winning is taking place.”

It’s a familiar scene, for sure, at MHSAA Finals. Student bodies clad in the school colors, all cheering their classmates. But, one wonders, are they there all year?

“When we talk about marketing, it’s getting information out and letting the people who you want to attend know that the events are there. You have to employ different ideas and different ways generate awareness,” said first-year MHSAA Ticketing, Promotions & Marketing Coordinator Jeremy Sampson.

“Anytime we can get an outside perspective, it’s beneficial. Even what you’re doing internally every year needs a fresh start. Sometimes an outside view will give you feedback and answers you had not thought of. I’ve often said I’m smart enough to know I’m not the smartest guy in the room. There are a lot of people with a lot of different insight and ideas that work.”

It’s all part of having a direction and a destination. MHSAA Assistant Director Dan Hutcheson, is fresh from the halls of Howell High School. He relates the following story.

“Our No. 1 goal was always academic excellence. It was always about educational athletics and that was our focus,” Hutcheson said. “Our goal was a 3.5 GPA for all levels of all sports combined. People thought it was impossible when we first established it, but we got up to a 3.4 because we had a roadmap to get there. You have to have a roadmap and a strategy, and tools to get there.”

And, if an occasional call to roadside assistance is necessary, that, too, should be considered.



## Connecting Dots

**D**efining and defending educational athletics is in the DNA of the Michigan High School Athletic Association.

Not only is an amped-up proactive campaign on behalf of the value and values of school-sponsored sports one of four featured topics for 2016-17, it's a current that should flow through all the MHSAA does; and it's the power source of the other three topics that top the MHSAA's current agenda:

- Promoting and Protecting Participant Health
- Serving and Supporting Junior High/Middle School Programs
- Recruiting and Retaining Contest Officials

Defining and defending educational athletics is in the daily duties of every member of the MHSAA staff.

This is most obvious in the projects of those directly in charge of MHSAA tournaments, print and electronic media, and student leadership programs; but it is also on the minds and in the conversations of those who help to make those projects and programs possible.

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***“Our challenge is to refresh that data, refine our message and deliver it in ways that are meaningful to today’s students, parents and public.” — MHSAA Executive Director Jack Roberts***

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Our information technology staff, for example, doesn't just speak of logarithms and other IT lingo; they just as often talk about the philosophy of school sports and the characteristics that distinguish education-based sports from sports on other levels and by other sponsors. They know the “why” of their work, and this often forms the basis for their decisions to program a data processing function one way versus another.

When management meets with the MHSAA's legal counsel and legislative liaisons, the talk is apt to be much more about the philosophies and core values of school-sponsored sports than of any particular legal case or legislative bill. We desire that our legal narrative match our public narrative.

The MHSAA's financial plan is built on a foundation that is consistent with school sports' core values, including that school sports should be inclusive and inexpensive both to participate in and to watch. The MHSAA welcomes schools of diverse size and style and charges schools no membership dues, and there are no fees for schools to enter MHSAA season-ending tournaments. Ticket prices for MHSAA Basketball and Football Tournaments



The DNA of the MHSAA will be on display for all to see in coming years.

have not been increased for 13 years at the District level and 14 years at the Regional level. The MHSAA provides catastrophic accident medical insurance and concussion care “gap” insurance free of any charge to all member schools or families with participating student-athletes.

There is a group of staff who meet almost weekly to discuss how the MHSAA can be more consistent and persistent in conveying the values and benefits of school sports participation. They speak of school sport's “brand,” what makes it unique and how to capture and convey that brand in everything the MHSAA does – at tournaments, in publications, through social media, on MHSAA websites, during student leadership events and more.

For the MHSAA, social media isn't fun and games, it's an essential means of effective communication with the world. For the MHSAA, the “Battle of the Fans” is not a distraction, it's a delivery system for talking with students and adults about sportsmanship. For the MHSAA, the Student Advisory Council isn't window dressing, it's a way for student-athletes to practice leadership and for management to practice listening.

It's imperative that we can connect the dots, without exaggeration or stretching, between what we are doing and the core values of school-sponsored sports. Decades of data indicate that local, amateur, student-centered, school-sponsored, community-building sports programs improve students, schools and society. Our challenge is to refresh that data, refine our message and deliver it in ways that are meaningful to today's students, parents and public.

It is well understood that while school sports may evolve in how it functions, it must not wander far from its foundations and from what differentiates school sports from professional, college and non-school youth sports programs. The emphasis on school before sports, on team before individual, on learning before winning; the attention to sportsmanship and leadership; the development of the whole child; these are among the characteristics that give interscholastic athletics an essential place in schools and a unique niche in the world of sports.



# Multi-Sport Participation Drives Healthy Outlook

One of the very first chapters that educators wrote on the fundamentals of school-sponsored, student-centered sports described the bad of single-sport specialization and the benefits of multi-sport participation. And the basic policies of educational athletics have flowed for decades from that philosophy.

Sadly, every reasonable restraint educators placed on school sports was eventually exploited by non-school youth sports organizations and commercial promoters which have seen the world quite differently and have filled almost every gap in school sports programs with alternative or additional programs that started sooner, traveled further, competed longer and ended later than educators believed was healthy for youth and adolescents and compatible with their academic obligations.

Recently, there has been a chorus of concerns from many different corners echoing the voices of educators who had just about given up on this issue. Suddenly, early single-sport specialization by youth is being attacked from many directions as being injurious for youth, and the multi-sport experience (aka, “balanced participation”) is being advanced as the healthy prescription.

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*“Research is inconclusive if specialization is the path to the elite level of sports, but it is conclusive that specialization is the path to chronic, long-term negative effects.”*

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Dr. Tony Moreno has been on the faculty of Eastern Michigan University since 2004, and he has worked with MHSAA Coaches Advancement Program since 2000. He met recently with the MHSAA’s Task Force on Multi-Sport Participation. This paraphrases some of what he shared:

- Young people who do not learn physical literacy (learn how to solve movement problems), are less likely to be physically active and, therefore, less likely to be physically fit (and more ultimately costly to society).
- Specialization leads to silos of ability that hinder competence and confidence in other activities, and these deficits last a lifetime. Sports done right creates a culture of problem-solvers.
- Research is inconclusive if specialization is the path to the elite level of sports, but it is conclusive that specialization is the path to chronic, long-term negative effects.
- The root of today’s problems is the loss of physical education from schools. The result today is “privatized PE” available for the “haves” (not the “have-nots”). It’s a free



MHSAA File Photos

One of the missions for ADs and coaches is to encourage their student-athletes to explore other pools of athletic activities.

- market, capitalized experience for those able to pay for it; but it’s no longer just for country club sports, but all sports, and it’s even coming to football (7 on 7).
- Those who want to reintroduce multi-sport participation or return schools to the center of the youth sports experience must learn how to compete with non-school, commercial offerings for the hearts and minds of parents and coaches, which is where the “cash and control” of youth sports resides.
- To educate means “to draw out.” Our purpose in school sports is to draw out the hidden abilities in youth and help them build confidence and competence to become healthier problem-solvers. Specialization is an expensive health issue for society that balanced participation can help to mitigate.

As the task force continues to chart the course, one idea is to follow the lead of St. Joseph High School Athletic Director, Kevin Guzzo.

Kevin started the “Iron Bears Club” to recognize and reward the school’s three-sport athletes and has made the multi-sport imperative a central theme in his annual report to the St. Joseph Board of Education.

Little steps in a local community? Perhaps. But multiply Kevin’s efforts by 500 or more schools in Michigan? It could be a sea change. And it would be good for kids.

## Answering Why: NFHS Aims to Bolster Awareness

It can be confounding to answer a question with another question. Yet, the National Federation of State High School Associations is banking on just such a strategy to heighten awareness for itself and school sports and activities around the country when it launches a national campaign this fall, #MyReasonWhy.

In asking the question “how” to gain greater exposure, it became clear that answering the question of “why” students participate was going to be the driving force behind the initiative set for launch in October.

The Federation approached national marketing and communications firm, Edelman, in January 2016 with dual goals in mind of gaining greater recognition for itself while providing state associations with toolkits for advancing the message of school sports in their own states.



*“Everyone wants to win, and there’s not a thing wrong with winning as a goal, but that is not our purpose. This initiative will explain that values come from competition and the learning experience. Life’s hard and times are difficult. It’s education-based sports and activities which equip young people with various abilities to handle those situations they’ll encounter in all facets of life.” — NFHS Executive Director Bob Gardner*

“As we got into planning the campaign, we felt that although it’s a national campaign we wanted something each state association can tailor to their needs and use it as well,” said NFHS Executive Director Bob Gardner. “We have some states with three-person staffs, and others with more than 20, and they all do a good job already of delivering this message. For the smaller states, these tools can be implemented without taking too much time. The larger states can use the framework of what we have and make it personal to their states.”

Key to the success of the #MyReasonWhy campaign are story submissions via [NFHS.org/MyReasonWhy](http://NFHS.org/MyReasonWhy), students themselves will be the driver of this effort by sharing their personal stories of participation in high school sports and activities.

“This is all about the elevation of the NFHS and

National Federation of State High School Associations



the state association brands,” said NFHS Director of Sports, Events and Development Mark Koski. “These are things people in our industry know well – but the challenge is communicating the good work of the NFHS and our state associations to those outside our field. By using students to share their experiences and ‘why’ they play or participate really brings

what we do to life.”

Part of what is known among school athletic leaders is the value and long-range benefits of sports participation. Research by Edelman reflects such beliefs. An online survey of 300 parents across the country with children in grades 6-12 confirmed that the majority of parents – whether their children play or don’t play on school sports teams – agree that participation in high schools sports and activities helps children build character, learn important lessons in teamwork and discipline, and prepare them for the future.

“Interestingly, our research also showed the majority of parents feel high school sports and activities participation helps their children feel part of something bigger than themselves, and communities derive value from high school sports and activities,” said Edelman Vice President Melinda Schnell.

A sense of community, of belonging to something outside the hallways, is an important two-way avenue to attract more participants and increase attendance and scope.

“We’re getting to the core; truly *why* students participate,” said Koski. “For community, to wear that Tiger on your chest, to represent the school, for friendship, for the educational experience. We really like that approach. ‘Why’ is a great tagline for all of this.”

When the unveiling takes place Oct. 3, the first Monday of National High School Activities Month, the recipients will find little regarding winning, or records. Yes, part by design, but also because the first-person accounts of students do not rate such matters among the main reasons for competing.

“Everyone wants to win, and there’s not a thing wrong with winning as a *goal*, but that is not our *purpose*,” said Gardner. “This initiative will explain that values come from competition and the learning experience. Life’s hard and times are difficult. It’s education-based sports and activities which equip young people with various abilities to handle those situations they’ll encounter in all facets of life.”

The finished first phase of the #MyReasonWhy campaign hits state associations and the public in October, but preplanning sessions took place prior.

On Sept. 1, a rollout webinar took place with state association leaders, followed by the dissemi-



Posters and other print and digital assets like the one shown above will be customized and delivered to state associations to help raise awareness for the NFHS, the #MyReasonWhy campaign and our state associations.

nation of 51 individualized toolkits sent electronically to the states on Sept. 16.

“Our 51 different state associations have approximately 36 different size banner ads on their websites,” Koski said. “We want this as turnkey as possible so as many students as possible are telling their stories.”

In early January 2017, a second phase will be introduced. Such synchronized delivery is imperative in order to maximize exposure via social media at precise intervals.

“We want to make a splash,” Koski said, “and we know this will attract some eyeballs and engagement.”

By directly involving students, the strategy is to encourage students in schools across the country to share their stories and cover the social media realm with a landslide of “#MyReasonWhy” stories.

“We’d love for kids at local high schools to pick up the ball and develop momentum, and through all of this we’ll try to draw some distinctions between education-based sport and what professional sport tries to achieve,” said Gardner.

Such distinction between school sports and other levels is critical at a time when media seems to blur the lines and the purposes, unfairly lumping all levels together.

“This campaign will communicate the value of high school sports and activities participation through a multi-faceted, multi-channel communications campaign that primarily targets students and their parents,” said Schnell. “In today’s evolving media landscape, this means directly commu-

nicating with key stakeholders. That’s why the ‘#MyReasonWhy’ campaign will include video, social and digital media, posters, publications and media coverage.”

At times, even those closely aligned with the school sports scene have to be reminded of its tremendous benefits. This audience, too, will be targeted.

“There is constant pressure on school administrators today based on test scores as a yardstick, which at times may cause principals and superintendents to look at athletics as a distraction. We need to change that,” Gardner said.

School sports participation has increased for 27 straight years. Countless “feel-good” stories happen on a daily basis in every town in every state in the country during the school year. The entertainment value of school sports and activities offers the most affordable option for spectators. In the 2016-17 school year, the students aim to bring those facts back to light.

“The NFHS recognizes that students today have a lot of choices in the activities they can participate in, and is focused on keeping high school sports and activities at the top of that list,” Schnell said. “Through this campaign, the NFHS and state high school associations across the country will celebrate that high school sports and activities help connect students to themselves, their future and their communities.”

— Rob Kaminski  
benchmarks Editor

## Multi-Sport Participation Has Proven Benefits

While the MHSAA and school administrators have been touting the benefits of playing more than one sport for years, it doesn't hurt for the flock to hear the message from outside the congregation occasionally.

The development of a multi-sport task force has put increased focus on the topic, and along with planning various vehicles for increasing participation, the task force members have become acutely aware of news supporting the movement. Several have offered suggested readings and testimonials from various news outlets across the country which they've discovered through daile web browsing.

Following are excerpts from such stories:

*Coach and Athletic Director, October 2014 – “Confronting Specialization” by Kevin Bryant, CMAA and President and Founder of Thrive Athletic Consulting, LLC*

“If students are to be encouraged to participate in more than one sport, coaches must make it an achievable goal. The department attitude must be, ‘We are about what is best for the athlete and not the individual sport.’

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***“As sports scientists continue to study how elite athletes develop, many of them have come to the conclusion that early specialization is the wrong approach. In the last five years, the American Medical Society for Sports Medicine, the American Academy of Pediatrics and the International Olympic Committee have published research supporting the position that children should sample different sports, rather than picking one too early.”***

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“This is especially important in the offseason where sports often overlap. Athletic directors must be the leaders of this effort and constantly work to hire likeminded people for the department and create clear expectations for those within the program regarding multiple-sport participation by student-athletes.

“Schools should also make it affordable to play more than one high school sport. Take into consideration all the expenses that are involved and find a way to make it work.

“Talk with parents about the issue of specialization and what the realities are as they relate to col-



Each new season brings fresh opportunity for students to try new forms of competition to round out their athletic experiences.

lege, health and athlete enjoyment. Make the parents part of the dialogue.”

*TrueSport – “The Benefits of Playing Multiple Sports: A Conversation with David Epstein” by Jon Gomez, US Anti-Doping Agency*

“The success with talent transfer attest to the fact that a nation succeeds in a sport not only by having many athletes who practice prodigiously at sport-specific skills, but also by getting the best all-around athletes into the right sports in the first place.

“Bob Mancini, USA Hockey’s American Development Model regional manager told ESPN, ‘At the youngest ages, we shouldn’t try to develop hockey players. We should develop athletes who love hockey.’

“. . . athletes should seek similar journeys to Steve Nash, Roger Federer and Wayne Gretzky, who played soccer, badminton, and lacrosse before becoming household names in the worlds of basketball, tennis and hockey.

“While participating in multiple sports doesn’t guarantee NBA MVP titles, Olympic medals or Stanley Cups, it does provide an opportunity for the athlete to achieve their true athletic potential in a sport they love, as Epstein himself can attest.

“I played football, basketball and baseball in high school before I found track and fell in love with it and went on to success at the Division 1 level. And boy did I learn a lot, and I learned different things from each sport before I found the one that brought the most out of me.”

*USA Today Sports, July 2015 – “U.S. women were multi-sport athletes before focusing on soccer” by Martin Rogers*

“While specialization is a booming and concerning trend in youth sports, with athletes as young as 10 years old focusing solely on one discipline as competition for college scholarships and professional careers reaches extreme levels, the U.S. women’s (soccer) team can be seen as proof that

such an approach is not the only route to success.

“A quick survey of members of the squad found that collectively they played at least 14 different sports competitively while growing up, as well as soccer. And significantly, all believe the other disciplines enhanced rather than hindered their soccer careers.

“(Abby) Wambach lettered in basketball at Our Lady of Mercy High School in Rochester, N.Y., and could have played at the collegiate level. Midfielder Morgan Brian played basketball all four years of high school and says it is ‘the same game as soccer, in terms of vision.’ Forward Amy Rodriguez swam, played softball and ran track. Lauren Holiday also competed in track, played basketball and baseball and ‘would have played football if they had let me.’”

*The Wall Street Journal, May 2016 – “The Stephen Curry Approach to Youth Sports” by Ben Cohen*

“(Stephen) Curry is one of the world’s best basketball players. And it might be because he grew up playing other sports, too.

“Curry is already the most popular NBA player among kids. His approval ratings these days are close to ice cream’s. There was once a time when children wanted to be like Michael Jordan. Now they want to be Curry. But following his example doesn’t mean they have to grow up as the best shooter who ever lived. It may be as simple as dabbling in other sports when they’re still young.

“That’s because Curry is also the poster child for a saner approach to youth athletics. In an age of hyper-specialization, Curry has reached the pinnacle of his sport by doing the exact opposite. He played basketball, but he also played some baseball, football, soccer and basically everything else in a sports buffet. What worked for Curry, experts

say, could work for everyone.

“As sports scientists continue to study how elite athletes develop, many of them have come to the conclusion that early specialization is the wrong approach. In the last five years, the American Medical Society for Sports Medicine, the American Academy of Pediatrics and the International Olympic Committee have published research supporting the position that children should sample different sports, rather than picking one too early.”

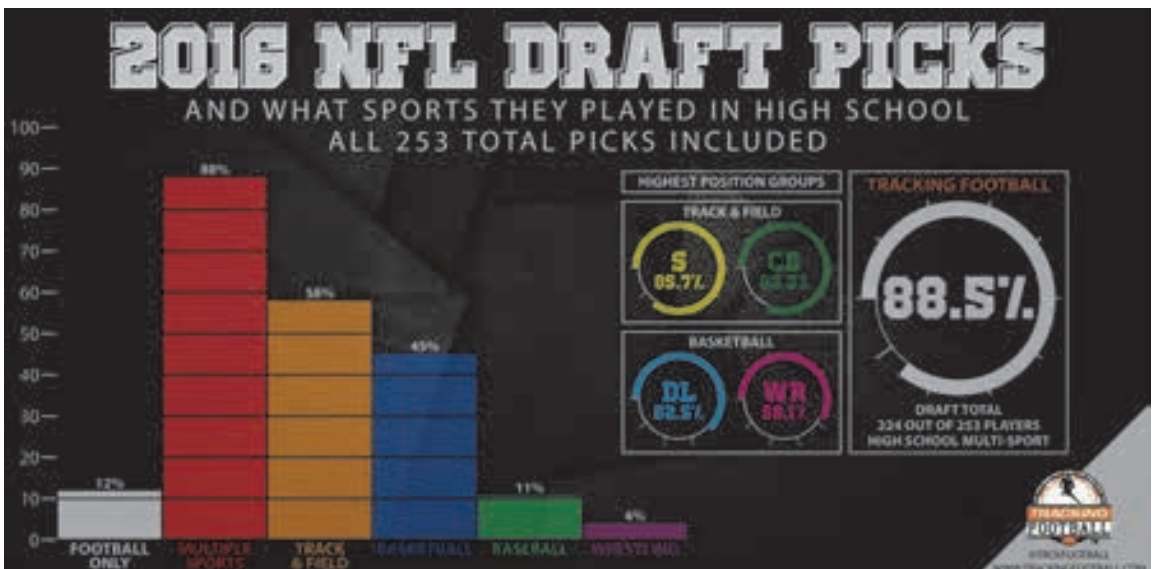
*MHSAA Blog, July 2015 – “A Pitchers Prescription” by Jack Roberts, MHSAA Executive Director*

“One of our community’s local heroes who has really lived up to his hype is John Smoltz, a three-sport standout in high school who was recently inducted into Major League Baseball’s Hall of Fame in Cooperstown, New York.

“Michigan’s climate and Smoltz’s passion for other sports than baseball kept him from throwing so much, so early and so often that he was able to bring a lively arm into the major leagues. Nevertheless, he needed ‘Tommy John’ surgery to repair damage to his arm, like an increasing number of baseball pitchers today.

“Smoltz, who had his surgery in 2000, told *USA Today* recently: “We’ve asked kids to do too much, too early, and at a high velocity at a young age, and you’re just not able to handle that over time. It’s like RPM-ing your car. If you redline it enough, you’re going to blow your engine.”

“The new Hall of Famer is using this high-profile platform to ask parents to stop their kids from playing year-round baseball. Like famed orthopedist James Andrews, Smoltz is recommending players take a vacation from baseball for two to four months every year.”



As this grid from trackingfootball.com illustrates, students can play multiple sports and still succeed in one; in fact, chances increase!

## Multi-Sport Participation Always on Our Minds

The “MHSAA Vault” features stories from past publications and other correspondence in the MHSAA Library. This issue takes a look at the an MHSAA Multi-Sport Participation brochure that has stood the test of time.

**T**his issue’s “Vault” serves as proof that what’s old is new again...or never left the collective minds at the MHSAA. Multi-sports participation has always been a goal of those involved in school leadership. Aside from the “Late Show with David Letterman”-style Top 10 list, the content in the brochure remains on point more than a decade later.



## Encourage Multi-Sport Participation in Your School

High school sport specialization has received a lot of attention recently. School sport participants are pressured into choosing one sport over other sport opportunities that are available. When athletes play a single sport year-round they lack enrichment and experience in participating in other co-curricular activities. Many times single sport-focused athletes find that participation is no longer fun and drop out because of the actions of overzealous coaches and pushy parents.

School sport offers more than what most see, kids playing a game. For families, sport offers a physical place to be together away from work or school. Often – at critical times in their lives – sport offers kids a way to connect with each other and work toward common goals.

For most of us, school sports became a collection of personal moments, a mental album of boys and girls growing into men and women.

*Educational athletics help kids find the heroes within and the adults of tomorrow.*

### DID YOU KNOW?

- High School athletes have higher grades and lower dropout rates and attend college more often than non-athletes.  
— *Minnesota State High School League*
- By a 2 to 1 margin for males and a 3 to 1 margin for females, student-athletes do better in school, do not drop out and have a better chance to get through college.  
— *University of Chicago*
- The one yardstick to predict "success" in later life (self-satisfaction and participation in a variety of community activities two years after college) is achievement in school activities. Not useful as predictors are high grades in high school or college or high ACT scores.  
— *College Testing Service*
- Nearly 7 in 10 Americans say high school sports teach students lessons about life they can't learn in a classroom; 9 in 10 believe sports contribute to health and fitness.  
— *USA TODAY*
- 95 percent of Fortune 500 executives in 1987 participated in school athletics (only 47% were National Honor Society Members).  
— *FORTUNE MAGAZINE*

## Top 10 List For Multi-Sport Participation

10. Meet new people...
9. Benefit from improved time management skills...
8. Develop different muscle groups...
7. Develop lasting relationships...
6. You will be less likely to become involved in drug, tobacco and alcohol abuse...
5. Studies show that participation in a variety of activities as a school's best predictor of an adult's success...
4. You will be recognized as a leader by administrators, teachers and peers...
3. The values of sportsmanship, teamwork, fair play, sacrifice and commitment will serve you well in your daily lives...
2. Athletics helps you to achieve excellence in academics...

...And, the **No. 1** reason for multi-sport participation . . . **To Have Fun; Because You Can!**

Opportunities exist for you right now in interscholastic athletics that will never exist in such abundance later in life. There should be no penalty for playing other sports, and there should be no reward for being persuaded to play one sport year-round. If you are feeling pressured by coaches or booster groups to limit yourself to one sport, consult with your principal, athletic director or guidance counselor.

*Enjoy all the opportunities your school has to offer.*



Michigan High School Athletic Association  
1661 Ramblewood Drive  
East Lansing, MI 48823-7392  
517/332-5046  
mhsaa.com

The MHSAA encourages schools to submit successful multi-sport participation campaigns and stories for discussion in its task force meetings. Please send to: [info@mhsaa.com](mailto:info@mhsaa.com) and type Multi-Sport Task Force in the subject line.

# Return to Play Form a Must for Student-Athletes



## RETURN TO ACTIVITY & POST-CONCUSSION CONSENT FORM

This form is to be used after an athlete is removed from and not returned to activity after exhibiting concussion symptoms. MHSAA rules require 1) Unconditional written authorization from a physician (MD/DO/Physician's Assistant/Nurse Practitioner), and 2) Consent from the student and parent/guardian. **Both Sections 1 & 2 of this form must be completed prior to a return to activity. This form must be kept on file at the school and emailed to Concussion@MHSAA.com or faxed to 517-332-4071.**

**Student:** \_\_\_\_\_ **School:** \_\_\_\_\_  
**Event/Sport:** \_\_\_\_\_ **Date of Injury:** \_\_\_\_\_

### 1. Action of M.D., D.O., Physician's Assistant or Nurse Practitioner

- The clearance must be in writing and must be unconditional.** It is not sufficient that the M.D., D.O., Physician's Assistant or Nurse Practitioner has approved the student to begin a return-to-activity progression. The medical examiner must approve the student's return to unrestricted activity.
- Individual schools, districts and leagues may have more stringent requirements and protocols including but not limited to mandatory periods of inactivity, screening and post-concussion testing prior to or after the written clearance for return to activity.
- A school or health care facility may use a locally created form for this portion of the return-to-activity protocol, provided it complies with MHSAA regulations. (See MHSAA Protocol.)

I have examined the above named student-athlete following this episode and determined the following: \_\_\_\_\_

**Permission is granted** for the athlete to return to activity (may **not** return to practice or competition on the same day as the injury).

\_\_\_\_\_  
**SIGNATURE (must be MD or DO or PA or NP – circle one)** **DATE:** \_\_\_\_\_

**Examiner's Name (Printed):** \_\_\_\_\_

### 2. Post-Concussion Consent from Student and Parent/Guardian.

- I am fully informed concerning, and knowingly and voluntarily consent to, my/my child's immediate return to participation in athletic activities; I understand, appreciate, acknowledge, and assume the risks associated with such return to activity, including but not limited to concussions, and agree to comply with all relevant protocols established by my/my child's school and/or the MHSAA; and I/my child has been evaluated by, and has received written clearance to return to activity from an M.D., D.O., Physician's Assistant or Nurse Practitioner.
- In consideration of my/my child's continued participation in MHSAA-sponsored athletics, I/we do hereby waive any and all claims, suits, losses, actions, or causes of action against the MHSAA, its members, officers, representatives, committee members, employees, agents, attorneys, insurers, volunteers, and affiliates based on any injury to me, my child, or any person, whether because of inherent risk, accident, negligence, or otherwise, during or arising in any way from my/my child's participation in an MHSAA-sponsored sport.
- I/we consent to the disclosure to appropriate persons, consistent with HIPAA and FERPA, of the treating medical examiner's written statement.

**Student's Signature (Required):** \_\_\_\_\_ **Date:** \_\_\_\_\_

**\*Parent/Guardian's Name** \_\_\_\_\_ **\*Parent/Guardian's Signature:** \_\_\_\_\_

*\*Required if student is less than 18 years of age.*

**SEE REVERSE FOR OTHER CONCUSSION RELATED INFORMATION INCLUDING INSURANCE THIS FORM SHOULD BE KEPT ON FILE AT THE SCHOOL FOR SEVEN YEARS FOLLOWING THE STUDENT'S HIGH SCHOOL GRADUATION.** **Print Year of HS Graduation:**



The MHSAA Return to Activity & Post-Concussion Consent Form has undergone some significant changes for the 2016-17 school year. Most importantly, the clearance **MUST BE IN WRITING AND UNCONDITIONAL**, as highlighted on the first page of the form at left. Please tend to this detail.

## **SCHOOL CONCUSSION REPORTING**

Schools must report concussion events online while logged into MHSAA.com. Report any concussion event in all levels of all MHSAA sports where a student is withheld from activity. This is a separate process from the Return to Activity and Post-Concussion Consent Form on the reverse side.

## **MHSAA CONCUSSION CARE INSURANCE**

The Michigan High School Athletic Association is providing athletic participants at each MHSAA member junior high/middle school and high school with additional insurance that is intended to pay accident medical expense benefits resulting from a suspected concussion. The injury must be sustained while the athlete is participating in-season at an MHSAA covered activity. Policy limit is \$25,000 for each accident. Covered students, sports and situations follow the catastrophic accident medical insurance.

This new program intends to assure that all eligible student-athletes in MHSAA member schools in grades 6 through 12, male and female, in all levels of all sports under the jurisdiction of the MHSAA, receive prompt and professional attention for head injury events even if the child is uninsured or under-insured. Accident medical deductibles and co-pays left unpaid by other policies are reimbursed under this program to the limits of the policy.

The Concussion Care Insurance corresponds with the MHSAA Catastrophic Accident Medical Insurance Policy which pays up to \$500,000 for medical expenses left unpaid by other insurance after a deductible of \$25,000 per claim in paid medical expenses has been met. All students enrolled in grades 6 through 12 at MHSAA member schools who are eligible under MHSAA rules and participating in practices or competition in sports under the MHSAA's jurisdiction are covered by this policy for injuries related to their athletic participation.

## **CONCUSSION INSURANCE CLAIMS ADMINISTRATOR ADDITIONAL INFORMATION**

Ms. Terri Bruner  
K & K Insurance Group  
1712 Magnavox Way  
Fort Wayne, IN 46801  
Phone: 800-237-2917 Fax: 312-381-9077  
Email: Terri.Bruner@kandkinsurance.com

Claim Forms can be found on MHSAA.com, Health & Safety (upper right corner).  
See Concussion Insurance Benefits Information and Forms

## MHSAA SAC Members on School Sports Experience

**D**uring a year in which much focus will be on, and come from, student-athletes in Michigan and around the country, what better stage on which to showcase the MHSAA Student Advisory Council?

Following are thoughts and opinions from various SAC members as they relate to defining and defending educational athletics.



**JACK DONNELLY**  
Ottawa Lake Whiteford  
2017  
Football, Baseball

**Role as a SAC Member:** “As an SAC member, I’ve learned a lot about being a good student and good role model for others. I try to

bring back the points that I learn from our sessions to the team that I am on; to set a good example for others, especially the underclassmen. I figure if the underclassmen learn it now, it will only help them later.”

**School Sports vs Non-School:** “I love the school spirit that things like the ‘Battle of the Fans’ emphasize. School sports should be about spirit and communities.”

**Most Enjoyable Aspects:** “The best part of high school sports, I feel, is being part of a team and the enjoyment that comes from being a close-knit group. There are lots of guys who I’ve been playing football with now since the 3rd grade. That’s a bond that will last forever.”



**LINDSAY DUCA**  
East Grand Rapids  
2017  
Volleyball, Lacrosse

**Role as a SAC Member:** “Reminding and encouraging my teammates on the field/court as well as my fellow peers in the stu-

dent section – a unique component of school sports – to cultivate an amicable surrounding for all of those engaging in the competition is a constant duty I perform to help my school emulate MHSAA values.”

**School Sports vs Non-School:** “High school sports are played by student-athletes, and the academic component of that title always takes priority. This gives high school sports a more healthy and balanced environment as schoolwork and academic achievement are equally important, something that is entirely disregarded in club, rec, and even often college athletics. Playing for the fun of

the game and appreciating each teammate as integral to the success of the team I think are also essential elements of high school sports that make it such a quality and genuine experience.”

**Most Enjoyable Aspects:** “I love the sense of community that school sports foster, one that can not only be seen around the high school but enveloping the entire town. Playing for the name written on your jersey, one that has been worn and passed down by past players who loved the game just like you, gives you a purpose, a more meaningful sense of belonging and identity than just a kid on a court. That is a pretty special opportunity.”



**CADE SMEZNIK**  
Yale  
2017  
Football, Basketball, Baseball

**Most Enjoyable Aspects:** “I enjoy the fans and intensity of the games. The fans make a real difference in games because when

you have a huge crowd cheering you on, you want to give them a good game. The fans can also dictate how a game can go, like in basketball when you have a loud crazy student section, opponents get intimidated and it hypes you and your teammates up and can swing the game in your favor.”

**School vs Non-School:** “There’s no better feeling than playing in front of your hometown under the lights on Friday night or on any night, especially rivalry games or playoff games which bring most of the community together and creates such an intense atmosphere you can’t help but love it.”



**SYDNEY HANSON**  
Alma  
2018  
Cross Country, Basketball, Soccer

**Role as a SAC Member:** “As a SAC member I feel like it’s my job to display myself as a leader in my sports, and support all the

other sports. I need to convey a demeanor that motivates my school to follow MHSAA messages. Also I will try to take opportunities I get to teach students about what MHSAA really is about, because many don’t really know what it is”

**Most Enjoyable Aspects:** “I most enjoy the team aspect of sports. I love the bond that is created with my teammates and how if you are a close-knit team, it shows in your performance.”



**HUNTER GANDEE**  
Temperance Bedford  
2018  
Wrestling

**Most Enjoyable Aspects:** “I enjoy the bonding between teammates. Bonding that doesn't just happen on the field but also in the

classroom, and at other athletic and non-athletic events. I also enjoy the sense of pride for one's high school and holding up traditions.”



**MARISSA IMMEL**  
Munising  
2017  
Volleyball, Tennis, Basketball,  
Golf, Track & Field

**Most Enjoyable Aspects:** “I really enjoy competing and working with my teammates to achieve

our goals. I also enjoy meeting new people and making friends with opposing players!”



**ALEX JANOSI**  
Dexter  
2017  
Swimming, Water Polo

**Role as a SAC Member:** “I can do a lot by doing the right thing at a high level. By competing at a high level of play, most of the

eyes are on such athletes. Doing simple things to show what sports are really about make a big impact on the high school community. From simply shaking someone's hand to running a sportsmanship summit, I can do a lot as a SAC member.”

**School Sports vs Non-School:** “I think the big thing is just knowing why you play sports. We play to get energy out and have fun. At the higher levels, it's a job and adds more stress to the player's life.”

**Most Enjoyable Aspects:** “I enjoy being part of community that supports everyone. It's fun to be able to play for all those people you represent and to know they will be there for you.”

*“I love the sense of community that school sports foster, one that can not only be seen around the high school but enveloping the entire town.” – Lindsay Duca, East Grand Rapids*



**DARBY DEAN**  
Lowell  
2018  
Football (Fr., So.), Soccer,  
Basketball

**Role as a SAC Member:** “To deliver the right message to our communities, we need to cultivate a motivated group of students within our communities who have the same thoughts and ideas as

to what high school sports offer.”

**School Sports vs Non-School:** “A few things that are a part of high school sports that lack in other levels are a sense of investment to a certain activity, the idea of wearing and taking pride in your school and community colors, and civic mindedness. As compared to club sports or recreational sports, I believe high school sports give an opportunity to high schoolers to honor their school and their community colors in something bigger than themselves. Not only that but it gives the chance for kids to work with kids they have grown up around for the majority of their lives.”

**Most Enjoyable Aspects:** “Again I believe one of my favorite parts about high school sports is being able to represent my school and community in something bigger than myself. Also I believe nothing beats the feeling of winning a big game against a rival with my best friends right on field with me.”

## MHSAA Sportsmanship Summits Calling

Sign up a group of students from your school to attend an MHSAA Sportsmanship Summits this fall and change the culture at your school and conference. This year's Summits will be held the first three weeks in November as follows: Saginaw on Nov. 7; Traverse City on Nov. 9; Ann Arbor on Nov. 14, and Grand Rapids on Nov. 16.

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

**SCHOLAR-ATHLETE AWARD APPLICATIONS**

In 2016-17 we celebrate the 28th anniversary of the Farm Bureau Insurance sponsored MHSAA Scholar-Athlete Award. In 2016-17, 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. 2.

**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 will be held the first three weeks in November as follows: Saginaw on Nov. 7; Traverse City on Nov. 9; Ann Arbor on Nov. 14, and Grand Rapids on Nov. 16.

**BATTLE OF THE FANS**

The sixth 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. Traverse City West is the defending champion, while Dowagiac won in 2014-15, Beaverton in 2013-14, Buchanan in 2012-13 and



Battle of the Fans finalists are recognized annually at the Breslin Center.

Frankenmuth in 2011-12. Visit [mhsaa.com/BOTF](http://mhsaa.com/BOTF) for further details.

**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](mailto:andy@mhsaa.com).

**ONLINE CAPTAINS COURSE**

The MHSAA Captains Clinic program has proven to be a great in-person training method for future team leaders, but the program can only reach a finite number of students per year. With the new online version of the captains clinic, ALL of Michigan’s student-athletes and even all students nationwide, can now receive the training anytime and anywhere. Over 16,000 students took the course in 2015-16. The Captains Course is housed on the NFHS Learning Center, and it is FREE to all participants. Go to [NFHSLearn.com](http://NFHSLearn.com) to take the course today.

## Scholar-Athlete Program Rolls Into 28th 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 2016-17.

Underwritten by Farm Bureau Insurance, the Scholar-Athlete Award is now in its 28th 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 2016-17 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.

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.”

comply 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 25, 2017.



The 2016 Scholar-Athlete Class



### 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 2016-17 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 2016-17 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.

## MHSAA Initiates Use of PRIVIT to Improve Health and Safety of Student-Athletes

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

The MHSAA has announced an agreement with PRIVIT to streamline the process for the management and collection of physical health history and consent forms required for participation in high school sports. The MHSAA has designated PRIVIT's solution, called Privit Profile, as the electronic alternative to paper forms beginning with the 2016-17 school year.

Migrating the paper process to Privit Profile will help high schools better facilitate the process of collecting personal health history information from athletes, and it will save time and costs associated with managing the paper process.

Privit Profile includes the MHSAA's health history questionnaire and is built on PRIVIT's patented, secure, and HIPAA (Health Insurance Portability and Accountability Act) compliant technology. The additional MHSAA forms also are included in the implementation and provide MHSAA member schools the flexibility to further tailor Privit Profile to their process. Taking the paper-based process and transitioning it online will provide athletic trainers and coaches more time to focus on Michigan's student-athletes.

Within Privit Profile, parents of student-athletes easily complete the medical history questionnaire and take printed copies to the student-athlete's physical exam. In subsequent years, parents only will have to update the information in Privit Profile, as opposed to completing all of the paper-based forms again.

"It has become necessary for increased detail in the requirements to participate in school sports," said MHSAA Executive Director Jack Roberts. "We desire more comprehensive health histories for students and more education of parents and students regarding the risks of participation, as well as the intangible rewards of competing in educational athletics. Streamlining for collection and storage of documents is a priority."

Gathering more detailed Health Histories – including an upgrade of the previous pre-participation physical form – was the first focus of the ongoing MHSAA 4 Hs of Health and Safety effort taken up before the start of the 2009-10 school year (the other three H's stand for Heads, Heat and Hearts).

The MHSAA began rolling out Privit Profile throughout local high school athletic departments in May 2016. Use of Privit Profile by schools is voluntary.



"As the importance of pre-screening athletes continues to sweep the nation, more and more state high school athletic associations are adopting Privit Profile to better manage student-athlete health information," said Jeffrey Sopp, CEO of PRIVIT. "We are excited to be partnering with MHSAA and to be able to provide Privit Profile to schools and participants in Michigan for the 2016-17 school year. We're looking forward to helping MHSAA member high schools and improving a manual process for years to come."

PRIVIT® was established in 2009 and provides cloud-based patented technology for the collection, distribution, and analysis of personal health information. Considered a world-class leader in electronic pre-participation evaluations, Privit Products offer clients a more secure and standard method for acquiring and sharing the personal health information required for participation in organized sports and activities. With offices in London, Ontario and Columbus, Ohio, PRIVIT® fosters lasting relationships with physicians, athletic trainers, sports medicine organizations and international sports teams. To learn more about PRIVIT® and its Products, visit [www.privit.com](http://www.privit.com) or scan the code here.



## Michigan Virtual School Signs On as MHSAA's Preferred Provider of Online Education

Providing educational opportunities is central to the missions of both the MHSAA and Michigan Virtual University. To promote its expansive opportunities for online education for Michigan high school students and educators, Michigan Virtual University will serve as the preferred provider of online education supporting MHSAA events and digital initiatives during the 2016-17 school year.

Michigan Virtual University is a nonprofit corporation established in 1998 to deliver online education and training opportunities to Michigan's K-12 community and operates the Michigan Virtual School. Considered a national leader in providing online education, MVS has enrolled over 200,000 online courses in a broad range of core academic courses aligned with state standards, college-level equivalent courses; enrichment and world language courses, and other innovative online experiences. MVS is accredited by third-party AdvancED, meaning its instructors, tools, services and staff meet or exceed essential standards of educational quality.

MVS currently is working with 497 schools across Michigan to provide students more than 200 online courses, including 22 Advanced Placement courses and instruction in seven world languages. The MVS serves students in grades 6-12.

"We focus on the whole child in educational athletics, and we see Michigan Virtual University as helping local schools broaden the academic offerings they can provide to students," said Jack Roberts, executive director of the MHSAA. "We help students compete in the local athletic arena; Michigan Virtual University helps students compete in the global classroom."

Michigan Virtual School will have an on-site presence at MHSAA championship events throughout this school year and also digitally on MHSAA.com and in coordination with the MHSAA's social media platforms. MVS also will receive air time as part of MHSAA video and radio programming.

MVS courses are designed to provide the same rigor as those students experience in a face-to-face classroom setting, while allowing students scheduling flexibility and the ability to work at their own pace. Core courses aligned with the Michigan Merit Curriculum (MMC) and the Common Core are available in English, math, science, social studies and world languages. Also, nearly 90 MVS courses are approved by the National Collegiate Athletic Association (NCAA), an additional value for student athletes seeking to secure eligibility at the college level.



"Increasingly, students involved with interscholastic athletics want and need school options that can be accessed outside the traditional school schedule," Jamey Fitzpatrick, president & CEO of Michigan Virtual University, said. "We are excited about our new partnership with the MHSAA and look forward to helping more students and their parents learn about the value and potential of online learning options from MVU."

Michigan Virtual School is funded by the Michigan legislature and revenues from the courses it offers. Under current legislation students in grades 6-12 are allowed to take up to two courses per semester during the regular school year paid for by their schools, and students also may pay to take additional courses either during the school year or in the summer. Courses are developed by MVS or include content licensed from nationally-recognized providers.

Additionally, the MHSAA and MVU have agreed to explore possible areas of collaboration related to online and blended professional development for athletic directors, coaches, and other sports officials.

For additional information about Michigan Virtual University and Michigan Virtual School, go online to [www.mivu.org](http://www.mivu.org) or scan the code here.



## Michigan Above Population Rank on Participation List

For the eighth straight year, Michigan ranked seventh nationally in high school sports participation, according to statistics for the 2015-16 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 fourth consecutive year, and Michigan also again ranked ninth or higher in participation in 26 of 28 sports in which the MHSAA conducts a postseason tournament.

Michigan's participation ranking was based on a number of 295,436, with 126,160 girls and 169,276 boys taking part, and included sports in which the MHSAA 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 fifth consecutive year, while the boys participation figure continued to rank sixth. According to the latest U.S. Census Bureau figures

Michigan's participation rank continues to rate above its population status nationally. Boys and girls skiing were two of Michigan's six sports to move up the ladder nationally, each ranking third.

from 2015, Michigan ranks ninth in both females and males ages 14 through 17.

For the second straight year, 13 sports bested the state's overall national participation ranking of seventh by placing sixth or higher on their lists. Six Michigan sports improved in national ranking during 2015-16; three sports dropped one position.

Michigan girls bowling, girls tennis and girls and boys skiing all improved from fourth to third in national participation ranking, while wrestling improved to seventh and gymnastics one spot to 11th. Michigan also moved up to eighth, from 11th, for 8-player football participation – significant because the state's 11-player football participation ranking didn't fall with that increase, remaining at sixth nationally.

The three sports that fell in national rankings in 2015-16 still remained above population rank – competitive cheer from fifth to sixth nationally, girls track & field one spot to eighth and baseball from seventh to eighth on its list.

The other Michigan sports that ranked sixth or higher all equaled their national rankings from 2014-15 and included boys basketball at sixth, boys bowling third, boys golf

and girls golf both sixth, ice hockey fourth, boys tennis fifth and girls volleyball fourth. Other Michigan sports that equaled their 2014-15 national rankings were girls basketball at seventh, boys and girls cross country both also seventh, boys lacrosse eighth, girls lacrosse 13th, boys and girls soccer both ninth, softball seventh, boys swimming & diving ninth, girls swimming & diving 10th and boys track & field also seventh.

National participation in high school sports in 2015-16 set a record for the 27th consecutive year with 7,868,900 participants – an increase of 61,853 from the year before. After a decline the previous year, boys participation increased about 25,000 to an all-time high of 4,544,574, while girls participation increased for the 27th consecutive year with an additional 36,591 participants and set an all-time high of 3,324,326.



MHSAA File Photo

Track and field registered the largest increase in participants nationally for both boys and girls, with an additional 12,501 boys and 7,243 girls. Track and field ranked second to football in boys participants with 591,133, and remained the most popular sport for girls with 485,969 participants. In addition to track and field, six other top-10 girls sports registered increases nationally in 2015-16, including volleyball, soccer, softball, cross country, tennis and lacrosse. After track and field among the top 10 boys sports, soccer registered the largest gain with an additional 7,753 participants, followed by cross country (up 6,710), basketball (up 4,949) and baseball (up 2,248).

Football (1,083,308) remained the most-played high school sport overall and enjoyed an encouraging development. After a decline of nearly 10,000 participants in football the previous year, the number of boys playing 11-player football nationally in 2015 was almost identical to 2014 with a drop of just 309 from the 2014 total of 1,083,617.

### Complete 2015-16 Participation Numbers





## Isom, VanKuiken, Cummins Earn Bush Award

**T**hree educators who have combined for more than a century of service to high school athletics – Adrian Madison’s Kristen Isom, Holly’s Deb VanKuiken and Battle Creek’s Jim Cummins – have been named recipients of the MHSAA’s Allen W. Bush Award for 2016.

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 25th year of the award, with selections made by the MHSAA’s Representative Council.

“This year’s three Bush Award winners are tied by their dedication to working with our student-athletes on a day-to-day basis over the course of decades, providing guidance that in turn has been spread throughout their local and sport communities,” said Jack Roberts, executive director of the MHSAA. “We are grateful for their service and pleased to honor them with the Bush Award.”

Isom, a member of the MHSAA’s Representative Council since 2008, recently completed her 30th year of service and currently is athletic director at Madison for grades 7-12. She’s also taught health and physical education and coached at least one of a variety of sports every year. She’s served as president of the Tri-County Conference for the last decade after previously serving as secretary and treasurer.

An MHSAA tournament host for many events over the years, Isom was named Region 6 Athletic Director of the Year in 2000 from the Michigan Interscholastic Athletic Administrators Association. She’s a member of that association, the National Interscholastic Athletic Administrators Association and the Society of Health and Physical Educators of Michigan. The class adviser at Madison for this fall’s juniors, Isom also assists in selection for the MHSAA Student Advisory Council.

A graduate of Clinton High School, Isom earned her bachelor’s degree from Michigan State University, a master’s from Eastern Michigan University and has completed graduate courses from Fresno Pacific University.

VanKuiken also just completed her 30th year in education, including her 18th as an athletic administrator. She’s served as athletic director for Holly Area Schools the last 12 years after teaching at Bridgeport from 1984-1996 and then serving as assistant principal and athletic director at that school from 1996-2002. She coached softball, volleyball and both boys and girls tennis at various points during her time at Bridgeport, girls tennis as the varsity head coach from 1985-95. Holly has

added high school boys and girls bowling and middle school softball, baseball, swimming & diving and bowling during her tenure.



**Deb VanKuiken**

The Region 9 Athletic Director of the Year in 2007, VanKuiken was elected to the MIAAA Executive Board in 2005 and served as president during the 2007-08 school year. She helped produce a “Critical Incident Plans” DVD for the association to assist administrators statewide and created the first strategic plan for the MIAAA as president.

VanKuiken also has served on the board of directors for The Academy of Sports Leadership, which plans and organizes camps for future coaches every summer in Ann Arbor, and is a member of the NIAAA, serving on its endowment committee. After a three-sport career at Lansing Sexton, she earned her bachelor’s and master’s degrees from Central Michigan University and played field hockey collegiately, and she’s attained Certified Master Athletic Administrator status from the NIAAA. She received the MHSAA’s Women in Sports Leadership Award in 2009.

Like VanKuiken, Cummins also coached a number of sports at the high school level and primarily tennis; he coached that sport for 47 years in addition to baseball, football, basketball for 33 years and volleyball for 11. At Battle Creek Springfield and Battle Creek Central, he coached 67 Regional tennis champions and four flights that won individual Finals titles. His teams finished third at MHSAA Finals four times and won eight straight Kalamazoo Valley Association titles.



**Jim Cummins**

He’s perhaps most recognizable statewide for directing more than 40 MHSAA Tennis Finals for boys or girls at various sites in the Lower Peninsula. He’s also managed an MHSAA Regional every year since 1974 for boys and all but three years since 1983 for girls, and has continued to serve on the MHSAA seeding and rules committees.

Cummins was twice named Class C/D Coach of the Year, once for boys season and once for girls, by the Michigan High School Tennis Coaches Association, and he was inducted into that association’s Hall of Fame in 1990. He also is a member of the Colon and Battle Creek Public Schools halls of fame and received the MHSTeCA’s Distinguished Service Award in 2014. Cummins graduated from Colon in 1963 and Central Michigan in 1967. He retired from public education after 30 years and currently is employed as an adjunct instructor of mathematics by Kellogg Community College. He was named Outstanding Educator by the Kellogg Foundation in 1990, 1992, 1994, 1995 and 1999.

## Vermontville Baseball Standout Ken Beardslee Selected to National High School Hall of Fame

**R**ecord-setting Vermontville High School baseball star Ken Beardslee, who continues to hold two national strikeout records more than 65 years after his final high school pitch, was one of 12 individuals named to the 2016 Class of the National High School Sports Hall of Fame by the National Federation of State High School Associations (NFHS).

Beardslee, who died in 2007, was inducted as one of five athletes selected for the 34th Hall of Fame class at a ceremony during the NFHS summer meeting July 2 in Reno, Nev.; the rest of the class is made up of coaches, administrators and an official. He was nominated through the MHSAA.

Beardslee has been proclaimed as “prep baseball’s first ace” in the NFHS National High School Sports Record Book and was featured in the former print version of the book for his incredible feats from 1947-49. In his three years on the mound for Vermontville, Beardslee won 24 of his 25 starts (the team was 31-1 during that time). His 24 victories included eight no-hitters, with two perfect games, and seven one-hitters.

He set seven national records, and two still stand after 66 years: his per-game season strikeout mark of 19.0 and his per-game career strikeout mark of 18.1.

Beardslee is the Hall of Fame’s eighth inductee from Michigan, joining Charles Forsythe, the first executive director of the Michigan High School Athletic Association (inducted 1983); River Rouge boys basketball coach Lofton Greene (1986), Warren Regina softball coach Diane Laffey (2000), Fennville basketball, football, track and baseball standout Richie Jordan (2001), Grosse Pointe Woods University Liggett boys and girls tennis coach Bob Wood (2005), Bloomfield Hills Cranbrook hockey standout Jim Johnson (2007) and Owosso football, basketball and baseball all-stater Brad Van Pelt (2011).

“It’s been said that records are made to be broken,” wrote MHSAA Executive Director Jack Roberts in his letter supporting Beardslee’s nomination. “But the strikeout numbers Ken Beardslee recorded in the late 1940s have stood the test of time, just like some of the shutout and strikeout numbers 2009 Hall of Fame honoree David Clyde amassed some 20 years later. But Clyde never came close to Beardslee’s 19.0 Ks per game in a

season or 18.1 per game for a career, and neither has anyone else.”

Beardslee is listed 10 times in the MHSAA record book. He shares the record for career no-hitters and is second with two career perfect games and a 0.32 career earned run average. In addition to his two national strikeout records still standing, he’s listed in the MHSAA records with games of 26, 25 (both extra innings) and 20 strikeouts (in seven innings) during the 1949 season. His 209 strikeouts that spring rank fourth for one season in MHSAA history, and his 452 over three seasons rank 12th on the career strikeouts list.

Beardslee was drafted by the New York Yankees immediately after graduating from high school and pitched in the minor leagues from 1949 to 1956, when an injury ended his playing career. Beardslee went on to scout for the Pittsburgh Pirates for 21 years, and he received a World Series ring after the team’s championship win in 1971. He also went on to write eight books including novels, poetry and an instructional on pitching.

He is survived by his wife Marilene, who is expected to attend the ceremony this summer to accept his honor.

The National High School Hall of Fame was started in 1982 by the NFHS. This year’s class increases the number of individuals in the Hall of Fame to 447.

The 12 individuals were chosen after a two-level selection process involving a screening committee composed of active high school state association administrators, coaches and officials, and a final selection committee composed of coaches, former athletes, state association officials, media representatives and educational leaders. Nominations were made through NFHS member associations. Also chosen for this class were athletes Steve Spurrier (Tennessee), Marlin Briscoe (Nebraska), Joni Huntley (Oregon) and Tom Southall (Colorado); coaches Chuck Kyle (Ohio), Peg Kopec (Illinois), Pete Boudreaux (Louisiana) and Jack Holloway (Delaware); administrators Tim Flannery (NFHS) and Ennis Proctor (Mississippi), and official Eugene “Lefty” Wright (Minnesota).

— Geoff Kimmerly  
MHSAA Second Half editor



## 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).



### 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 10 years is just over \$2,000. 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.



Listen to “Be The Referee” on MHSAA.com



## 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 35.

### Football

- On the last play of regulation, Team B scores a touchdown to tie the game at 28-28. Team B has no kicker so they will attempt a 2-point play. Team B runs a screen pass that is intercepted by A-21 who returns the ball 92 yards for a score.
  - Game over, Team A wins 30-28.
  - The game is not over as Team A is required to attempt the PAT after the legal score.
  - The ball became dead as soon as Team A gained possession on the try; no score, move on to overtime.
- Team A has 11 players in the huddle when A12 enters the game (will replace A7) and nears the huddle. After 2 seconds have elapsed, A7 begins to leave the huddle just as Team A breaks the huddle. The correct ruling is....
  - Legal
  - Foul on Team A for breaking the huddle with 12 players.
  - It is only a foul if Team B complains.
- Which of the following statements regarding choice of footballs is/are true?
  - The offensive team may request any ball of its choosing for any offensive play as long as the ball was approved by the officials before the game.
  - The offensive team may request a ball of its choosing before a free kick or to start a series as long as the ball was approved by the officials before the game.
  - The offensive team may request a special leather "kicking ball" before any free kick, punt, field goal and extra point as long as the ball was approved by the officials before the game.
  - None of the answers are correct.
- Which statement about targeting is correct?
  - Under NFHS rules, a targeting foul always results in an ejection.
  - Under NFHS rules, a targeting foul only results in an ejection if the crew deems the foul to be flagrant. Targeting does not require an ejection; it is treating like any other personal foul as the crew can eject if deemed flagrant.
  - Under NFHS rules, a targeting foul always results in an ejection but that team may show the referee video at halftime (if foul in the 1st half) or after the game (if foul in the 2nd half) to have the ejection overturned.



### Boys Soccer

- Player A2 is in an offside position when player A3 takes a shot on goal which the goalkeeper attempts to save and rebounds from the goalkeeper to A2. A2 shoots and scores.
  - Disallow the goal and award an indirect free kick to Team B.
  - Allow the goal.
  - Disallow the goal and award a goal kick to Team B.
  - Disallow the goal and award a penalty kick to Team A.
- Player A2 is in an offside position when player A3 plays a ball toward the goal which a defender attempts to head out of the area. Instead, the ball lands at the feet of A2 who shoots and scores.
  - Disallow the goal and award an indirect free kick to Team B.
  - Allow the goal.
  - Disallow the goal and award a goal kick to Team B.
  - Disallow the goal and award a penalty kick to Team A.

3. Player A2, in taking a penalty kick, approaches the ball and then stops abruptly. The goalkeeper dives to the side. A2 then kicks the ball and scores.
  - a. The referee shall award a goal and restart with a kickoff.
  - b. The referee shall rule no goal and order the kick to be retaken.
  - c. The referee shall caution the player for unsporting conduct.
  - d. The referee shall not award a goal and restart the game with a goal kick.
4. Player A2, in taking a penalty kick, approaches the ball and then stops abruptly. The goalkeeper dives to the side. A2 then kicks the ball, but it is deflected by the goalkeeper and the ball stays in the field of play.
  - a. The referee shall award an indirect free kick to the defending team.
  - b. The referee shall order the kick to be retaken.
  - c. The referee shall award a goal kick to the defending team.
  - d. The referee shall allow the play to continue.



MHSAA Files

## Volleyball

1. During set 2, the captain for Team A receives a yellow card (warning) for complaining to the first referee about judgment calls. Later in the same set, the Team A coach makes a similar complaint about a judgment call. What is the appropriate action for the referees?
  - a. The coach is assessed a yellow card for unnecessary delay and a warning
  - b. The coach is assessed a yellow card for unsporting conduct and must remain seated on the bench for the remainder of the match.
  - c. The coach is expelled from the set for unsporting conduct.
  - d. The first referee should penalize the coach with an individual red card for unsporting conduct.
2. Which of the following substitutions is considered illegal?
  - a. The substitute is not listed on the roster.
  - b. He or she re-enters or attempts to re-enter the set during the same dead ball.
  - c. He or she re-enters or attempts to reenter the set as a 19th substitution.
  - d. All of the above substitutions are considered illegal.



3. The libero jumps and attacks a ball across the net to the opponent. Which of the following is true?
  - a. The libero may never jump to attack a ball. A fault should be whistled the moment the ball crosses completely beyond the net.
  - b. If the ball is not entirely higher than the top of the net at the moment the libero contacts it, no fault has occurred and play should continue.
  - c. If the referee is not certain whether the ball was entirely above the top of the net at the moment the libero contacted it, a fault should be whistled the moment the ball crosses completely beyond the net.
  - d. A fault should be whistled the moment the libero contacts the ball since a libero may never attack a ball, regardless of the position of the ball in relationship to the height of the net.
4. Which of the following combinations of game balls may not be used during a match?
  - a. All game balls are solid white.
  - b. All game balls are red, white and blue.
  - c. One game ball is red and white, and a second game ball is blue and white.

Football Answers: 1. c. Resolving Tie Games - pages 84-85; 2. a. (3-7-1); 3. b. (1-3-2); 4. b. (9-4-3 i)  
 Soccer Answers: 1. a. (11-1-4); 2. b. (11-1-4); 3. b. (14-1-4); 4. c. (14-1-4)  
 Volleyball Answers: 1. b. (12-2-8-e, 12-2-6); 2. d. (9-7-6 PEN 2a); 3. b. (NFHS 9-5-6a); 4. c. (3-2-1, 3, 2, 1)

## Changes Abound for 2016-17 School Year

*With a new school year in full swing, the MHSAA offers the following reminders for some policy and/or regulation adjustments for 2016-17.*

**New Post-Concussion Return-to-Play Requirement:** Starting this fall, in addition to the written clearance from an MD, DO, PA or NP, signatures are now also required of both students and their parents/guardians before the student can return to activity. It is also required that the Return to Activity & Post-Concussion Consent Form be emailed or faxed to the MHSAA and kept on file at the school for seven years following a student's high school graduation. The same form signed by the medical professional must then be signed by the student and parent before the student may return to activity. Students who participate without the required approvals are ineligible athletes.

The form is on the MHSAA website – Health and Safety – Return to Activity & Post-Concussion Consent Form, and a sample appears in this issue of *benchmarks* on pages 22-23.

The reverse side of the form has information for parents on the MHSAA Concussion Care Gap Insurance that covers deductibles, copays and students with no insurance.

**6th-Grade MHSAA Membership:** Due to the MHSAA Constitution change approved this past October, schools which join the MHSAA at the 6th-grade level not only may sponsor teams for 6th-graders with MHSAA services (e.g., insurance), they may also allow 6th-graders to participate with 7th- and/or 8th-graders in individual sports (bowling, cross country, track, swim, tennis and wrestling) and with league approval in team sports. (MHSAA Executive Committee approval is not required in either case.) Be sure to bring this to the attention of your superintendent and principal and league or conference. MHSAA Membership Resolutions which require action by the Board of Education should be returned to the MHSAA by Aug. 1, 2016. Membership Resolutions are sent via US Mail to each superintendent in mid-May with any rule changes for the next school year. Be sure your league and Board of Education are prepared to take action on 6th-grade participation soon in consultation with the plans of your middle school league. The MHSAA is also seeking correct information on middle school sports sponsorship and staff members. An Information Form was sent to schools in February 2016. If you have not completed this form or need a copy, please contact Camala Kinder of our staff: [camala@mhsaa.com](mailto:camala@mhsaa.com). Please complete this form and fax or email back to the MHSAA as soon as possible.

### Physical Form Change Effective Fall 2017

– Allowing a year for schools to use up old forms, this rule change does not take effect for over one year (Aug. 1, 2017). New physical forms have been printed and are available now which add the following: 1) student and parent acknowledgment of possible injury, 2) a waiver of liability, and 3) an annual acknowledgment that concussion education materials which comply with state law and MHSAA requirements have been received.

A one-page document – Concussion Education Materials/Acknowledgement Form – is on the MHSAA website (Health & Safety) that schools may present to parents and students. To simplify the process, the new physical card includes all three additional requirements under the same set of signatures from the student and parent/guardian or 18-year-old. As schools request physical cards, the new ones will be provided (they are buff in color with black ink), but as stated, the old cards remain in effect for all of the 2016-17 school year. If a school creates its own physical form, please be sure and copy the language from the current form on the MHSAA website. The new language is under the headline “Student Participation & Parent or Guardian or 18-Year-Old Consent.”

The MHSAA has designated a company named PrivIT (see page 28) as an electronic alternative to help schools collect, manage and store these documents. Administrators, trainers and coaches would have electronic access to these documents. The student's medical history can be filled out online by the parents, stored and updated from year to year. Students can take their history and form with them to the physical exam or present it on a smart phone or tablet. Parents and students can also complete online the insurance and consent portions and deliver them to the athletic office, or the AD can access these electronically. Material will be mailed and emailed to athletic directors this May so they may invite parents to use this free electronic alternative for this fall.

For more information consult the “Summary of Representative Council Action”, the Representative Council Meeting Minutes of March and May 2016 and the new 2016-17 MHSAA Handbook for details (mailed in June).



## 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](http://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](http://MHSAA.com) to assist.

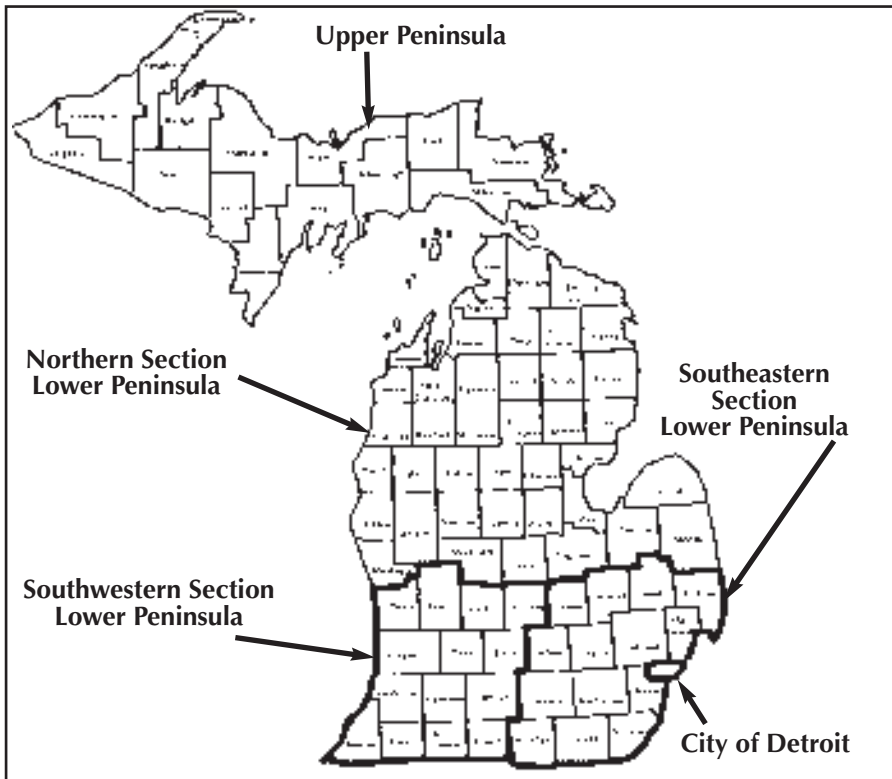
## Efficiency is Effective...

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 will be mailed to principals of member schools from the MHSAA office Sept. 2, 2016. The ballots will be due back in the MHSAA office Sept. 23, 2016.

Five positions for membership on the Representative Council will be up for election this fall. Vacancies for two-year terms beginning December 2016 will occur as follows: Class A-B Northern Section L.P.; Southwestern Section L.P. and South-eastern Section L.P; Class C-D Northern Section L.P. and Upper Peninsula; Statewide At-Large; Junior High/Middle School, elected on a statewide basis; and Private and Parochial High Schools.

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 the Class D schools and an Athletic Coach position 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 signatures are affixed in the proper places. Bal-

lots 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. 23, 2016, the Board of Canvassers as provided in Article IV of the Constitution of the Michigan High School Athletic Association, will meet on Sept. 27, 2016 and de-clare 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, 2016. 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 2016:



## MHSAA Representative Council

### Dave Derocher\*\*

Faculty Member  
Reese High School  
Class C-D — Northern Lower Peninsula

### Scott Grimes\*\*, 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

### Don Gustafson\*

Superintendent  
St. Ignace Area Schools  
Junior High/Middle Schools

### Courtney Hawkins\*

Athletic Director  
Flint Beecher High School  
Appointee

### Kris Isom\*

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

### Sean Jacques\*\*

Assistant Principal/Athletic Director  
Calumet High School  
Class C-D — Upper Peninsula

### Karen Leinaar\*

Athletic Director  
Bear Lake High School  
Statewide At-Large

### Orlando Medina\*\*

Athletic Director  
L'Anse Creuse High School  
Appointee

### Cheri Meier\*

Assistant Superintendent  
Okemos Public Schools  
Appointee

### 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\*\*, Vice President

Athletic Director  
Benton Harbor 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  
Detroit Public Schools Position

### Pat Watson\*\*

Principal  
West Bloomfield High School  
Appointee

\*\*Term Expires December 2016

\*Term Expires December 2017

## REPRESENTATIVE COUNCIL CANDIDATES FOR SEPTEMBER 2016 ELECTION

### Southwestern Section, Lower Peninsula -- Class A and B Schools

- Fredrick J. Smith, CMAA, Athletic Director, Benton Harbor Area Schools

### Southeastern Section, Lower Peninsula -- Class A and B Schools

- John Thompson, CMAA, Athletic Director, Brighton Area Schools

### Upper Peninsula -- Class C and D Schools

- Sean Jacques, Athletic Director, Calumet High School

### Northern Section, Lower Peninsula -- Class C and D Schools

- Dave Derocher, CMAA, Faculty Member, Reese Public Schools
- Adam Stefanski, CAA, Assistant Principal/Athletic Director, Mackinaw City Public Schools

### Statewide At-Large

- Scott C. Grimes, Assistant Superintendent, Grand Haven Area Public Schools

### 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 2015-16 school year.

### Failure to Rate Officials - Fall 2015

#### Football

Detroit-Old Redford Prep

#### Boys Soccer

Chelsea

Detroit-Cass Technical

Detroit-Universal Academy

Wayne Memorial

#### Girls Volleyball

Detroit-Universal Academy

Dearborn-Henry Ford Academy

Detroit Public Safety Academy

Detroit-University Prep Science & Math

Detroit-Westside Christian Academy

Rochester Hills-Rochester

Saginaw

Southfield-Bradford Academy

Ypsilanti-Lincoln

### Failure to Rate Officials - Winter 2016

#### Boys Basketball

Charlotte

Dearborn-Riverside Academy West

Detroit-Cornerstone Health/Technology

Detroit-Cornerstone Leadership & Business

Detroit-University YES Academy

Flint-Michigan School for the Deaf

Southfield-Bradford Academy

#### Girls Basketball

Battle Creek-Calhoun Christian

Burton-Madison Academy

Canton-Salem

Clawson

Dearborn-Riverside Academy West

Detroit-Cass Technical

Detroit-Cornerstone Health/Technology

Detroit-Cornerstone Leadership & Business

Detroit-University YES Academy

Grand Blanc

Inkster-Peterson Warren Academy

Rogers City

#### Competitive Cheer

Auburn Hills-Oakland Christian

Grand Rapids-Union

Remus-Chippewa Hills

South Haven

Waterford Kettering

#### Ice Hockey

Williamston

### Failure to Rate Officials - Spring 2016

#### Baseball

Burt Lake-Northern Mich Christian Academy

Ecorse

New Haven-Merritt Academy

Taylor Preparatory

#### Girls Soccer

Almont

Dearborn Heights-Star International

Detroit-Cornerstone Leadership & Business

Detroit-University Prep Science & Math

Kentwood-Grand River Prep

Michigan Center

New Haven-Merritt Academy

Pontiac Academy for Excellence

Romulus

Wayne Memorial

Wyoming-Godwin Heights

#### Girls Softball

Detroit-Edison Public School Academy

Detroit-Henry Ford Academy

Harper Woods-Chandler Park Academy

Oak Park

# 2015-16 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.

Swartz Creek	21	Bay City Central	4	Dearborn Divine Child	3
Livonia Stevenson	14	Belding	4	Dearborn Heights Annapolis	3
Saginaw Heritage	11	Clawson	4	DeWitt	3
Wayne Memorial	11	Clio	4	Dowagiac	3
Holland West Ottawa	10	Concord	4	East Jackson	3
Pinckney	10	Dexter	4	East Kentwood	3
Walled Lake Central	10	East Grand Rapids	4	East Lansing	3
Battle Creek Pennfield	9	Fennville	4	Fenton	3
Flint Carman-Ainsworth	8	Freeland	4	Flint Powers Catholic	3
Grand Blanc	8	Gaylord	4	Fowlerville	3
Okemos	8	Genesee	4	Garden City	3
Royal Oak	8	Goodrich	4	Grand Rapids Kenowa Hills	3
Allen Park	7	Grand Ledge	4	Grandville	3
Ann Arbor Huron	7	Grand Rapids Northview	4	Grass Lake	3
Bloomfield Hills	7	Grosse Pointe North	4	Grayling	3
Charlotte	7	Hamtramck	4	Grosse Ile	3
Dearborn	7	Haslett	4	Harper Woods Chandler Park	3
Jackson	7	Holly	4	Hudsonville	3
Kalamazoo Loy Norrix	7	Holt	4	Jackson Lumen Christi	3
Muskegon Orchard View	7	Howard City Tri-County	4	Jenison	3
St Clair Shores Lake Shore	7	Howell	4	Lake Orion	3
Temperance Bedford	7	Ionia	4	Lansing Catholic	3
Walled Lake Western	7	Lake Fenton	4	Lansing Sexton	3
Warren DeLaSalle	7	Lansing Waverly	4	Leslie	3
Berkley	6	Lawton	4	Livonia Churchill	3
Birmingham Groves	6	Lincoln Park	4	Livonia Franklin	3
Charlevoix	6	Linden	4	Lowell	3
Grand Haven	6	Livonia Clarenceville	4	Madison Heights Bishop Foley	3
Grand Rapids Christian	6	Ludington	4	Manton	3
Lansing Eastern	6	Macomb L'Anse Creuse North	4	Marquette	3
Macomb Dakota	6	Madison Heights Madison	4	Melvindale	3
Milan	6	Milford	4	Memphis	3
Paw Paw	6	Monroe	4	Midland	3
Ypsilanti Lincoln	6	Negaunee	4	Mt Clemens	3
Allendale	5	New Boston Huron	4	Muskegon Catholic Central	3
Ann Arbor Pioneer	5	New Haven	4	Muskegon Mona Shores	3
Bay City Western	5	Onsted	4	Muskegon Reeths-Puffer	3
Cadillac	5	Plainwell	4	New Baltimore Anchor Bay	3
Caledonia	5	Pontiac	4	Niles	3
Canton	5	Portage Central	4	North Farmington	3
Carleton Airport	5	Rochester Adams	4	Northville	3
Clinton Twp Chippewa Valley	5	Romulus	4	Novi	3
Comstock Park	5	Saline	4	Oak Park	3
Dearborn Fordson	5	South Lyon	4	Olivet	3
Flat Rock	5	Spring Lake	4	Ortonville-Brandon	3
Flint Kearsley	5	St Clair Shores Lakeview	4	Otsego	3
Fruitport	5	Stockbridge	4	Oxford	3
Grand Rapids Forest Hills Central	5	Taylor Kennedy	4	Plymouth	3
Grand Rapids Union	5	Vicksburg	4	Port Huron	3
Hartland	5	Walled Lake Northern	4	Port Huron Northern	3
Kingsley	5	Warren Lincoln	4	Portage Northern	3
Lansing Everett	5	Whitehall	4	Redford Union	3
Manistee	5	Wyoming	4	Rochester	3
Monroe Jefferson	5	Ada Forest Hills Eastern	3	Roseville	3
Mt Morris	5	Algonac	3	Sparta	3
Mt Pleasant	5	Allen Park Cabrini	3	Standish-Sterling Central	3
Parma Western	5	Alma	3	Suttons Bay	3
Petoskey	5	Alpena	3	Tawas	3
Portland	5	Bath	3	Taylor Truman	3
Rochester Hills Lutheran NW	5	Battle Creek Central	3	Trenton	3
Rockford	5	Battle Creek Lakeview	3	Troy	3
Salem	5	Belleville	3	Utica	3
Troy Athens	5	Birmingham Brother Rice	3	Utica Ford	3
Utica Eisenhower	5	Blissfield	3	Warren Cousino	3
Warren Mott	5	Brighton	3	Warren Woods Tower	3
Waterford Kettering	5	Brooklyn Columbia Central	3	Williamston	3
Waterford Mott	5	Center Line	3	Wyoming Kelloggsville	3
Westland John Glenn	5	Cheboygan	3	Ypsilanti Arbor Prep	3
Addison	4	Clare	3		
Adrian	4	Coldwater	3		
Bay City All Saints	4	Coloma	3		

## 2015-16 Officials Reports Summary

Sport	Level	Concern	Praise	Player Ejections	Coach Ejections	Other Ejections	Sportsmanship
Boys Baseball	Freshman	12	1	8	3	0	1
Boys Baseball	Junior Varsity	44	2	25	18	0	1
Boys Baseball	Varsity	103	19	61	32	2	8
Boys Basketball	7th Grade	1	0	1	0	0	0
Boys Basketball	8th Grade	8	0	1	5	0	2
Boys Basketball	Freshman	9	2	4	3	0	2
Boys Basketball	Junior Varsity	29	1	8	10	2	9
Boys Basketball	Varsity	136	29	90	18	0	28
Boys Lacrosse	Junior Varsity	18	0	13	5	0	0
Boys Lacrosse	Varsity	27	2	20	3	1	3
Boys Football	7th and 8th Grade	4	0	2	0	1	1
Boys Football	8th Grade	3	0	1	0	0	2
Boys Football	Freshman	8	1	7	0	0	1
Boys Football	Junior Varsity	47	8	37	7	0	3
Boys Football	Varsity	133	71	106	8	1	18
Boys Football (8)	Varsity	6	1	4	2	0	0
Boys Ice Hockey	Junior Varsity	10	0	10	0	0	0
Boys Ice Hockey	Varsity	117	1	108	4	0	5
Boys Soccer	Freshman	5	0	5	0	0	0
Boys Soccer	Junior Varsity	45	2	38	6	0	1
Boys Soccer	Varsity	282	16	235	24	2	21
Boys Track and Field	Varsity	5	2	4	0	0	1
Boys Wrestling	7th and 8th Grade	5	0	4	1	0	0
Boys Wrestling	Junior Varsity	1	1	1	0	0	0
Boys Wrestling	Varsity	62	6	46	9	2	5
Girls Basketball	7th and 8th Grade	1	0	0	0	0	1
Girls Basketball	7th Grade	1	0	1	0	0	0
Girls Basketball	8th Grade	2	0	0	1	1	0
Girls Basketball	Freshman	7	1	3	1	0	3
Girls Basketball	Junior Varsity	14	1	8	6	0	0
Girls Basketball	Varsity	37	17	13	9	7	8
Girls Lacrosse	Junior Varsity	1	0	1	0	0	0
Girls Lacrosse	Varsity	5	3	2	1	0	2
Girls Soccer	Junior Varsity	12	0	9	1	0	2
Girls Soccer	Varsity	77	2	55	8	2	12
Girls Softball	Junior Varsity	4	0	1	3	0	0
Girls Softball	Varsity	22	3	3	13	0	6
Girls Swim & Dive	Varsity	2	0	0	0	0	2
Girls Volleyball	8th Grade	1	0	0	0	0	1
Girls Volleyball	Junior Varsity	3	1	0	1	0	2
Girls Volleyball	Varsity	3	6	0	1	1	1

### Distribution of Reports

No. of Schools	Reports of Concern	No. of Schools	Reports of Praise
199	1	113	1
95	2	35	2
86	3	4	3
56	4	1	6
34	5		
10	6		
12	7		
4	8		
1	9		
3	10		
2	11		
1	14		
1	21		

## 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 2015-16 appears below.

### Schools Submitting Out-of-State Travel Forms for 2015-16

None	<b>FALL</b>	Howard City Tri County Hudsonville Jenison	Fair Haven Anchor Bay Flint Kearsley Frankfort Fremont
	<b>WINTER</b>	Lakewood Lake Odessa Lawrence Lowell Mason Midland Bullock Creek Northville Plymouth Portland Saginaw Swan Valley Saline Southfield Christian Sterling Heights Stevenson Stevensville Lakeshore St. Johns St. Louis Vermontville Maple Valley Wayland Union Wyoming Zeeland West	Grand Rapids Northview Grosse Pointe Woods U. Liggett Hamilton Hemlock Howell Hudsonville Jenison Lowell Muskegon Reeths-Puffer Portland Saginaw Swan Valley Southfield Christian
<b>Girls Basketball</b> Howard City Tri County	<b>SPRING</b>		
	<b>Baseball</b> Adrian Belding BH Cranbrook Kingswood Brighton Carson City-Crystal Chelsea Coldwater Concord Coopersville Erie-Mason Essexville Garber Fowlerville Gibraltar Carlson Grand Rapids Northview Grant Hamilton Holland Holland Christian Holland West Ottawa Holt	<b>Softball</b> Bath Bay City Central Belding Carson City Crystal Chelsea Coleman East Kentwood Eaton Rapids	<b>Boys Golf</b> Hamilton  <b>Girls Soccer</b> Saline  <b>Track &amp; Field</b> Fruitport  <b>Boys Lacrosse</b> Bloomfield Hills Cranbrook Kingswood

## The Massachusetts Model

Late last spring the veteran executive director of the Massachusetts Interscholastic Athletic Association, Bill Gaine, spent a half-day at the offices of the Michigan High School Athletic Association to share insights about ways state association staff can serve the mission of educational athletics. Here are some of my notes from that experience:



- “Steal and build.” At the MIAA, the approach has been to steal the good ideas of others and build upon those ideas.
- “Marry student life with academic life.” The MIAA leadership tries to make an intentional, purposeful connection between the after-school and school programs of MIAA schools.
- “Connect rhetoric with policies and programs. You can’t have just policies or only programs; you must have both.”

Over 18 years, five pillars of policy and programs have evolved for the MIAA: Health and Wellness in 1984, Sportsmanship in 1993, Coaches Education in 1998, Student Leadership in 2001, and Community Service in 2002. All constituents get the whole package all the time, according to Gaine; and there is an MIAA staff person in charge of each pillar.

The “5 Pillars” is the curriculum the MIAA teaches athletic directors, with specific lesson plans. Gaine says, “The AD is the school’s curriculum coordinator for educational athletics.”

## Championship Coverage set for 2016-17

Make FOX Sports Detroit and the MHSAA Network your first stop for video and audio coverage of all MHSAA Championships on cable and online.

FOX Sports Detroit will carry the following events in 2016-17:

- Selection Sunday Show - Oct. 23
- 8-Player Football Finals - Delayed on FOX Sports Detroit - TBA
- 11-Player Football Finals - Nov. 24 & 25
- Girls Basketball Finals - March 18
- Boys Basketball Finals - - March 25



The MHSAA Network will stream the following events in 2016-17 on MHSAA.tv and NFHSNetwork.com (video) and MHSAANetwork.com (audio):

- Boys Soccer Finals
- 8-Player Football Finals (Audio only)
- Girls Volleyball Semifinals & Finals
- Lower Peninsula Girls Swimming/Diving Finals (Video only)
- 11-Player Football Finals (Audio only)
- Upper Peninsula Swimming & Diving Finals (Video only)
- Team Dual Wrestling Quarterfinals, Semifinals & Finals (Video only)
- Individual Wrestling Finals (Video only)
- Girls Competitive Cheer Finals (Video only)
- Ice Hockey Semifinals & Finals
- Lower Peninsula Boys Swimming/Diving Finals (Video only)
- Girls Basketball Semifinals
- Girls Basketball Finals (Audio only)
- Boys Basketball Semifinals
- Boys Basketball Finals (Audio only)
- Boys & Girls Lacrosse Finals
- Baseball & Softball Semifinals & Finals
- Girls Soccer Finals



FOX Sports Detroit will also stream four live games each week of the MHSAA Football Playoffs on the PrepZone at FoxSportsDetroit.com.

## Articles from Bridge Magazine

**M**ore than half of school of choice students end up moving schools again, study shows

Print Email

By Ron French | Bridge Magazine

on July 29, 2015 at 7:00 AM, updated July 29, 2015 at 7:09 AM

A majority of the mostly low-income students who transfer from their home school to a school-of-choice district end up leaving that new district after a few years. The Center for Michigan | Bridge Magazine

Michigan students are finding that the grass isn't always greener in the next school playground.

More and more families are opting to move their children out of the schools they would attend by residency to neighboring districts through Michigan's popular school of choice program. But a new study for the first time reveals that fewer than half stay in that neighboring district. And the students who most often bounce between schools are the students most likely to be hurt academically by the instability.

That churn may add fuel to the contentious issue of school choice. "There's a bit of a revolving door (between

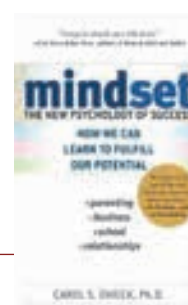
*"Sluggishly but surely, scientists have begun to abandon the small, single-gene studies and steer the scientific ship toward new and innovative methods of analyzing how genetic instructions function."*

schools)," said Joshua Cowen, associate professor at Michigan State University and lead author of a groundbreaking study of Michigan's school of choice program. "That's surprising."

School choice explodes

Michigan's school of choice policy officially began in 1994 as part of the Prop A change in school finance, allowing school districts the option of al-

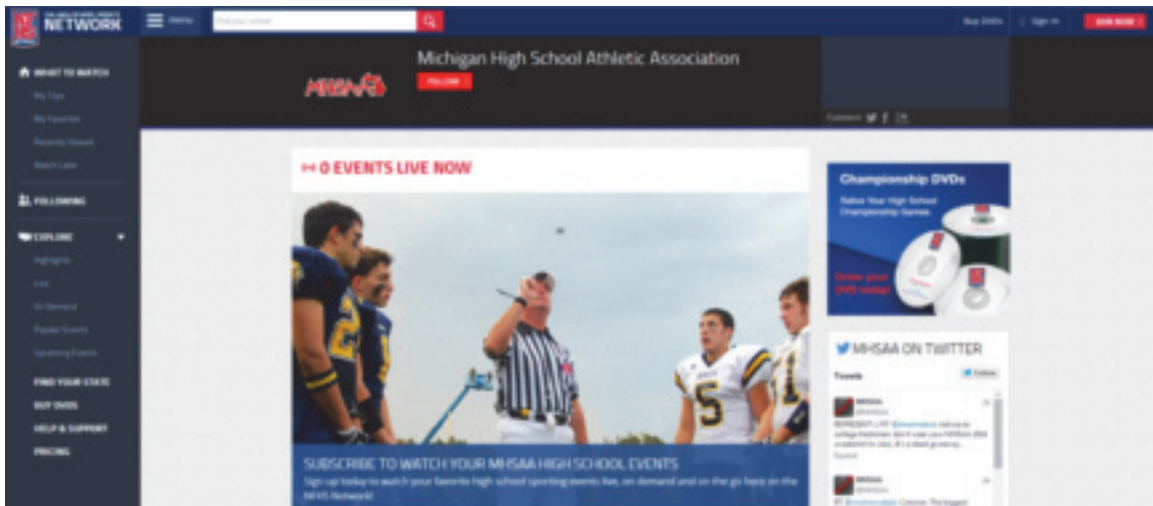
lowing students from other school districts to enroll in their schools.



### 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](mailto: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.

## New Look Highlights MHSAA.tv



MHSAA.tv will be more interactive and user-friendly than ever 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 reair 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





# INTRODUCING

## UNDER ARMOUR® HIGHLIGHTS OF THE WEEK ON THE NFHS NETWORK

Join host Rashan Ali every Monday afternoon for a fast-paced and entertaining look at some of most memorable moments, record-breaking performances and amazing feats of athleticism from the thousands of regular season, playoff and championship high school events on the NFHS Network.

Viewers can take part in the action by voting on the weekly Wildcard Matchup.

Fans have three easy options for submitting clips to the show:

- Use the **"Clip and Share"** feature on the NFHS Network site
- Tag videos with **#UAHighlights** on social networks
- Email a link to the video to **UAHighlights@nfhsnetwork.com**



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**NETWORK**

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