

# aHEAD of the curve

Focusing on the  
Mental Wellness  
of Student-Athletes

Fall 2019 Vol. 11 No. 1

# benchmarks

mhsaa





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: aHEAD of the curve



**4** Athletic competition comes with physical risks inherent to our games, and the MHSAA has been among the leaders in providing resources and safety measures for its members. Today’s culture has brought another challenge to the forefront – student mental health.

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## The Vault – 12

**The 4Hs of Health and Safety**  
Today’s emphasis on mental health is the latest in a long line of MHSAA efforts to provide maximum safety for schools and students.



## State of Play – 22

**Michigan participation once again ranked in the top 10 nationally**, placing eighth during the 2018-19 school year. Boys Bowling sat at the No. 2 spot in the country to lead the way.



## Regulations Review – 30

**Credit Where Credit is Due**  
When it comes to academic credit and MHSAA Regulations, there are two types: Current and Previous Academic Credit Records.



## Departments

|                     |    |
|---------------------|----|
| Wide Angle          | 2  |
| Leading Off         | 3  |
| Outside Shots       | 10 |
| Health & Safety     | 14 |
| Student Spotlight   | 16 |
| Getting I.T.        | 20 |
| Officially Speaking | 26 |
| Extra Points        | 31 |
| MHSAA Business      | 32 |

## Staying Ahead of Changing Cultures and Initiatives

**F**or as long as I can remember, rules have played an important role in my life. My father officiated high school and youth sports. So, my brother and I did the same, and were fortunate enough to earn the right to work contests at the collegiate level. Today, my sons are officiating high school and youth sports.

I was hired by the MHSAA as an assistant director in large part due to my officiating background. Rules and regulations remain the backbone of athletics specifically, and society in general, as I learned more acutely when I entered the working world as a teacher and coach, then school administrator.

What also became abundantly clear to me within that framework was that it is our responsibility to provide our students not only the opportunity for competition, but also for our games and practices to take place under the safest conditions possible. From preseason physicals to equipment inventory and facility maintenance, a premium was placed on the well-being of participants and spectators.

Throughout my time at the MHSAA, various initiatives continued to target the growing list of health and safety concerns. My predecessor, Jack Roberts, often pointed to the “4 Hs” of the MHSAA’s health and safety campaign: Health Histories (Physicals), Heat and Hydration, Heads, and Hearts. Those pillars still hold the bulk of the content and resources on the Health & Safety resource pages of MHSAA.com. A few years ago, an extensive section promoting multi-sport participation was developed as an increasing amount of overuse injuries among single-sport athletes was being reported.

This fall, another section has been added as a sub-category to “Heads.” While attending an NCAA meeting in the summer of 2017, the topic of concussions came up, which I assumed to be the No. 1 issue concerning health and safety of student-athletes. It was quickly pointed out that student mental health – not concussions – had become the top health concern among our young people. That knocked me back.

Medical personnel have determined that depression, anxiety and other issues related to mental health are the No. 1 concern among adolescent-age children. There’s a real opportunity to provide some leadership and guidance in this area.

We need to offer resources on the subject, and also be prepared to provide guidance for our membership. The MHSAA has developed a Mental Health Speakers Bureau (*please see page 5, and also visit our Health & Safety page online*). The first statewide Student Mental Health Summit scheduled for Lansing in October provided an opportunity for school principals, counselors, student leadership advisers and student leaders to convene on the topic.

The gathering was quickly sold out, indicating not only the growing nature of concern for this issue, but once again displaying the willingness of our educational leaders to recognize and react to another challenge.



**Mark Uyl**  
MHSAA Executive Director



Athletics serve not only the student-athletes participating, but can provide a sense of belonging to the entire student body, an increasingly important service concerning the welfare of young people today.

## Welcome Back! Here's What's Happening

Following are important deadlines to put on your calendars for 2019-20.

### OFFICIALS RATINGS:

- Fall — Dec. 1
- Winter — April 1
- Spring — June 20

### SPORTSMANSHIP SUMMITS

In the 2019-20 school year, the MHSAA will once again be holding a series of regional sportsmanship summits. The summits will be highly interactive, and each school group will develop a sportsmanship plan to implement upon returning back to school. Registration is \$30 per participant, and a maximum of 250 spots available at each of the four summit sites. **IMPORTANT NOTE FOR ADs:** We are looking for volunteer administrators to help facilitate each of the breakout sessions. A curriculum will be provided to you long before the event. If you are interested, please contact Andy Frushour at [andy@mhsaa.com](mailto:andy@mhsaa.com).

- MARQUETTE at NMU University Center on November 4
- WARREN at the DeCarlos Banquet Center on November 6
- LANSING at the Crowne Plaza Lansing West on November 11
- KALAMAZOO at the Downtown Radisson on November 14

### SCHOLAR-ATHLETE AWARD APPLICATIONS

Now in its 31st year, Farm Bureau Insurance continues to sponsor the MHSAA's Scholar-Athlete Award. In 2019-20, 32 \$1,000 scholarships will be available to high school seniors who meet the eligibility requirements listed at [MHSAA.com](http://MHSAA.com) on the "Students" page.

- Applications Available Online — Sept. 23
- Online School Applicant List — Mid-October.
- Applications Due to MHSAA — Dec. 6

## CAP a Requirement for Head Coaches

Each head coach of a varsity team hired for the first time as a high school head varsity coach at any MHSAA member high school 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. 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 high school varsity head coach at any MHSAA member high school 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 coach's education program for late hires which will fulfill the requirement on a temporary basis.

### **The deadlines are:**

Fall: September 12, 2019 | Winter: December 12, 2019 | Spring: April 16, 2020



# Minding Our Business

*As student mental health climbs the list of health and safety concerns, the MHSAA and state associations across the country are taking measures to provide resources and guidance aimed to keep school sports an enjoyable and valuable experience.*

**I**n sports, coaches and athletes learn to expect the unexpected. It's the nature of competition; constructing gameplans tailored to utilize team strengths and expose opponents' weaknesses. Often times this entails doing things that opponents won't expect. Participants then learn and prepare for the next time; it's one of the ways athletics prepares participants for life, as educational leaders often preach.

Today's ever-changing culture recently threw such a curveball at the young people who populate our hallways and playing surfaces, calling for statewide associations and organizations to shift focuses and prepare for a new opponent while attempting to keep school sports one of the best means to a healthy adolescent lifestyle.

"I was at the NCAA summer meeting in 2017, discussing health and safety issues and the topic of concussions came up, as it often does. I assumed that concussions was the No. 1 health and safety issue," said MHSAA Executive Director Mark Uyl. "I was quickly corrected that it's student mental health; that knocked me back."

It would not be an uncommon reaction, given the amount of information, media coverage and programs designed to recognize and reduce concussion incidents in recent years.

All the while, anxiety, depression and stress had been creeping into the picture beneath the surface. Such disorders are much more difficult to detect, as there are few visible symptoms when compared to sprains, fatigue, head injuries and other physical ailments.

"I became interested and began to research the topic. The more I read, the more concerned I became," Uyl said. "The MHSAA, with a great deal of help and cooperation from our school leaders, has done a tremendous job educating and providing resources for health-related issues such as heat management, concussion reporting and practice policies, and now we have a new challenge."

Fortunately, as has often been the case, there are knowledgeable and qualified people throughout Michigan's roster of educational leaders who are willing to assist.



## MHSAA Mental Health Speakers Bureau

Below is a list of individuals and organizations partnering with the MHSAA to assist in promoting mental well-being for students around the state. The MHSAA encourages school personnel to reach out to any of these experienced leaders in the field for programming in your buildings and districts.

- Christy Buck, Executive Director – Mental Health Foundation of West Michigan- be nice.®  
christybuck@benice.org
- Brooke Buys, Mental & Behavioral Health Specialist – BLND Health  
brookebuys@blindhealth.com
- Eric Hipple, Former Detroit Lions Quarterback  
ehipple17@gmail.com
- Dave Ingles, Basketball Coach & Speaker – Kent City High School  
coach.ingles@yahoo.com
- Cat Lanting, Program Coordinator – Mental Health Foundation of West Michigan- be nice.®  
catlanting@benice.org
- Halle Wangler, Former University of Michigan Basketball Player  
hmwangler@gmail.com

As word spread regarding the student mental health initiative, the MHSAA was able to establish a Mental Health Speakers Bureau composed of several experienced individuals willing to assist (see box above).

“Our speakers bureau really grew by word of mouth,” Uyl said. “A school would bring in a speaker, or a league would invite a speaker, and once we were connected with them, then those people would share names and it grew from there.”

The resources range from former professional athletes, to behavioral specialists, to current MHSAA coaches.

Dave Ingles, basketball coach at Kent City, is one such individual. His credibility comes from first-hand experience, as described in the following pages of this issue.

“I privately struggled with deep depression for six years,” Ingles said. “Be alert. Talk to your athletes and students and actually listen to what they are saying. I always used the phrase, ‘I’m fine;’ that is not an acceptable answer to me anymore when I hear it.”

The National Institute of Mental Health reveals that most mental health conditions begin around the time children are transitioning from middle

– continued next page

school to high school. The more people trained to identify symptoms and behavior, the better the chance to reduce or reverse some of the following numbers:

- 50% of all lifetime cases of mental illness begin by age 14
- 37% of students with a mental health condition age 14 or older drop out of school
- 20% of students ages 13-18 live with a mental health condition
- 11% of youth have a mood disorder and 8% have an anxiety disorder
- Suicide is the third leading cause of death for ages 10-24

Non-visible ailments have always been most difficult to detect, and today's proliferation of technology – from streaming to social media – can serve to further mask symptoms.

"The more kids spend time with their devices, staring at their screens, isolation can be quick to take hold," Uyl said. "Everything is instant. It used to be if our friends didn't invite us somewhere, we didn't worry about it; we probably wouldn't find out for a couple days and had already moved on. Today, in about 10 minutes, there's a picture on Instagram or Snapchat and kids instantly know, 'I'm not included.' Isolation leads to depression and anxiety, and in the worst cases can even lead to suicide."

That message might sound familiar. Segments of the 2019-20 MHSAA online rules meetings include Uyl emphasizing student mental health and a video clip produced by benice.org promoting a mental health action plan endorsed by four of the state's most recognized collegiate coaches.

It's all part of the plan to promote awareness and generate conversation surrounding this serious health and safety issue during 2019-20 and beyond.

"We're not going to try to do this all by ourselves," Uyl said. "There are plenty of experts in the field, and we're going to utilize their knowledge. We'll build relationships and align ourselves with these people to provide a foundation. We need to become a resource center for our membership."

In addition to the rules meetings messages, the MHSAA also partnered with the Michigan Association of Secondary School Principals Student Mental Health Summit on Oct. 8 in Lansing. This event – sold out within weeks of posting – invited principals, counselors, student leadership advisers and student leaders to come together to discuss and seek solutions for student mental health concerns impacting schools. The MHSAA lined up Eric Hipple, one of its speaker bureau members, who delivered a keynote, "Depression and Suicidal Awareness."

Student mental health has been among the topics during the MHSAA Update and AD In-Service

**STUDENT MENTAL HEALTH SUMMIT**  
October 8, 2019

This event seeks to provide a unique opportunity for building principals, counselors, student leadership advisers and student leaders to come together to discuss and seek solutions for student mental health concerns impacting our schools.

**KEYNOTES:**

- Kevin Fischer - Student Mental Health Trends by the numbers
- Eric Hipple: Depression and Suicidal Awareness (Sponsored by MHSAA)
- Kristin Walker: Mental Health News Radio (Sponsored by Michigan Virtual)
- Angela Kennecke: Investigative Reporter: Opioid Crisis (Sponsored by SET SEG)

**BREAKOUT TOPICS:**

- A number of prominent mental health professionals and schools with programming in place will share their best practice on the following topics:
  - Community Resources & Support Networks
  - Stress Release: Mindfulness and School/Life Balance
  - Effects of Digital Media
  - Supporting Students with Chronic Health Issues
  - Supporting Students with a Mental Illness Diagnosis
  - Depression/Anxiety
  - Suicide Awareness and Responsiveness
  - Trauma Informed Schools/ACES programming
  - Addiction: Indicators and Prevention

**What the Numbers Indicate**

- 70% of youth with mental health conditions
- 11% of youth with mood disorders
- 8% of youth with anxiety disorders

**For more information on the Student Mental Health Summit, [click here.](#)**

**WHO SHOULD ATTEND?**  
A team from each school inclusive of: Principal, Counselor, Student Leadership Adviser and 3-5 student leaders. Discounted pricing will be provided for teams!

**Sponsors:** SET SEG, Michigan Virtual, MHSAA, MACAC

The first Student Mental Health Summit in October was an instant sellout, as school personnel and student leaders around Michigan discussed current concerns and possible solutions.

*"There are plenty of experts in the field, and we're going to utilize their knowledge. We'll build relationships and align ourselves with these people to provide a foundation. We need to become a resource center for our membership." — MHSAA Executive Director Mark Uyl*

tour around the state this fall as well. The meeting at Comstock Park on Sept. 30 included a presentation from the Mental Health Foundation of West Michigan to introduce the be nice® action plan and encourage schools to take advantage of that and other resources the group has to offer.

The rise of mental health as one of the more prominent medical concerns nationally has occurred, as Ingles sees it, "because more people are talking about it now."

Leaders like Ingles and those in numerous organizations have begun to assist the MHSAA in identifying and treating cases in our schools, as seen on the following pages.

— Rob Kaminski  
benchmarks Editor



## Coach Opens Up to Help Himself and Others

**Editor's Note:** Dave Ingles is head basketball coach at Kent City High School and a member of the MHSAA Mental Health Speakers Bureau. He encourages people to reach out to him through the high school or Moss Ridge Golf Club in Ravenna.

His story that follows comes from an article written in April 2018 by Mark Opferman for the Muskegon Chronicle MLive. Details and quotes from the story are excerpted with permission.

Ingles says, "A local reporter who I knew and trusted wanted to do a story on my coaching journey, I told him I had something more important to share and I told him what I was going through..."

### Lead from the Muskegon Chronicle story:

**D**ave Ingles is starting to tell his story. Not the one as coach of the Kent City High School boys basketball team that captured the hearts of the small town in West Michigan this winter with the first 20-0 regular season in school history. Not the guy with the bubbly personality and even brighter wardrobe choices.

Not that one.

That would be too easy.

No, Ingles is telling his personal story.

The hard one.

The one he hid for years from everyone, even his wife.

The one caused by depression that left him in a dark place, even suicidal at times.

It's something he still battles today, and he says, most likely tomorrow.

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***"Behind the scenes, it's been a war basically every day to get to the next day."***

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### Quoting David Ingles

"You never know what someone is going through. It can look fantastic, but yet, behind the scenes, it might not be that way. We kind of look at what's going on, you're 20-0, we've gone to the Breslin Center (2018), all these good things have happened as a coach, but in the meantime, we haven't enjoyed it at all.

"Behind the scenes, it's been a war basically every day to get to the next day."

Ingles is 45, and had spent a lifetime playing and coaching, and was working at Muskegon Catholic Central as the boys basketball coach, athletic director and assistant principal when he suffered a ruptured disk that required back surgery in May 2010.

"There was no more running, no jumping, I could only lift a gallon of milk. That was the most I could lift and it took everything away. 16-hour days were normal. I'm lovin' it. That was my ideal job and to go from that to now, I can only be on my feet 5-6 hours at a time. It crushed me.

"I didn't realize at first what it was doing to me. You hear about it, but you don't know what it is. 'Hey, you have depression.' What? I like to laugh, I'm not sad right now, but when it first hit me at Catholic, I went from 180 to 150 (pounds) in a month. I couldn't eat. I would go one meal every three days. That was the start of it. I went to a doctor and said, 'look, I don't know what's going on.'

"He said from the looks of it, you had some surgery, I think you have some depression. I was like 'what, what are you talking about?' He started saying some of the symptoms and I was like, 'Oh, maybe you're right.'"

"The best way to describe it is like a wave coming and you can see it, but once it hits you, you're under water. You're completely overwhelmed. You don't think about anything but that."

Ingles moved on to Reeths-Puffer HS, and then Kent City, but the physical limitations and depression moved with him.

"What really killed me was daddy-daughter dances and everybody would run and jump in their dad's arms and they'd swing them around and I'd look at Marleigh (my daughter). I can't do it. As a man, you're supposed to be the breadwinner and



photo courtesy of Joel Bissell, MLive

not being able to do that, that's what really hurt. I felt basically worthless. What good am I bringing if I'm just here? I can't do anything else. That led me to those places, why, why are you here?"

With help from his wife, Pam, they went to see a counselor.

"I never thought I would talk to a counselor. No way. But having done it, it probably saved me. One, it was somebody I didn't know, which was great. I walked in and he was telling me what I was feeling, which no one had ever done before."

Near the end of an undefeated season at Kent City in 2018, he went public with his struggles.

"The response has been a ton more than I thought. Like 'I'm kind of going through it.' I've had coaches in the area, 'Man, I'm going through the same thing.' I went, 'what?' That opened my eyes.

"That's unbelievable to me. It may not help you right now, but it may help future you. When you see yourself start going down this path, maybe it will help you. If it can help someone, it's worth it."



**For the original and complete story on Muskegon Chronicle MLive, please scan this code or go to:**  
[mlive.com/sports/muskegon/2018/04/west\\_michigan\\_coach\\_opens\\_up\\_a.html](http://mlive.com/sports/muskegon/2018/04/west_michigan_coach_opens_up_a.html)

## MHSAA Fills Health Roster with Expert Teammates

**T**eamwork is a necessity in athletics. The MHSAA has put together the beginnings of a solid roster to combat mental health ailments throughout schools in the state.

Among the experts listed on the MHSAA Mental Health Speakers Bureau (see box, page 5) are Christy Buck, executive director, and Cat Lanting, program coordinator at the Mental Health Foundation of West Michigan; and Brooke Buys, mental and behavioral health specialist and founder of BLND Health, who are already serving MHSAA schools in various capacities.

Through personal appearances, promotional videos and staff availability, both organizations emphasize the same strategy when tackling mental health issues: recognition and treatment from within the school buildings and districts.

“We wanted to create self-starting kits that anyone in the district can implement,” said Lanting. “We have in-person trainings, and opportunities for students to get together – students talking to students – for high schools and for middle schools.”

Lanting coordinates the be nice.<sup>®</sup> Action Plan, founded by Buck. The plan calls for people to ‘notice, invite, challenge and empower’ when it comes to recognizing changes in those close to them.

“It’s an attractive statement, but the key to the action plan is that it’s transferable. It can work from the pre-K level to senior citizens. We want people to notice change, invite people into the conversation, challenge stigmas, and empower themselves with knowledge surrounding mental health.”

Buys, meanwhile, is one of a team of behavioral health specialists delivering messages to student-athletes around the state. Many of her associates in BLND (pronounced “blend”) not only talk the talk, but have walked the walk as collegiate athletes.

“The best course of action for administrators, teachers, coaches is to strive to build and maintain trust with the student-athlete; have genuine, non-judgmental conversations to include open-ended questions and authentic concern,” said Buys, who played soccer at Kalamazoo College.

Both be nice.<sup>®</sup> and BLND staff members have made appearances at schools this year to assist in promoting recognition. A 90-second video produced by be nice.<sup>®</sup> has been included in all MHSAA



photo courtesy of be nice.org

Christy Buck, founder of the be nice.<sup>®</sup> Action Plan (left) and Cat Lanting, program coordinator (right), pose with Michigan State University coach Tom Izzo during production of a promotional video this summer, used in current MHSAA rules meetings.

online rules meetings this year, featuring endorsements from University of Michigan coaches Jim Harbaugh and Carol Hutchins, and Michigan State University Coaches Mark Dantonio and Tom Izzo.

“When our team met with Mark (Dyl) and some athletic directors in Spring 2019, the room was filled with people who have just started to recognize mental health as an issue. The challenge was to deliver a 90-second video promoting the be nice.<sup>®</sup> Action Plan with a quick turnaround so it was ready



BLND Health director of mental conditioning John Evans (left) and founder Brooke Buys (foreground) address the West Bloomfield High School football team this fall.

photo courtesy of BLND Health



for the fall rules meetings, said Lanting.

She estimates that nearly a dozen school districts have contacted her office since the beginning of the school year, and encourages people to visit [benice.org](http://benice.org) and “take the be nice.® pledge.”

“be nice.® started in 2010, and when people first see it they think, ‘bullying prevention,’ but really it is an action plan that is evidence-based,” Lanting said. “The be nice.® Action Plan can be used anywhere; in the workplace, community organizations, but schools is where we started and where we are currently having the most impact.”

Hitting the most people possible is the goal across the board. Buys encourages schools to utilize the “one-stop shopping method” in the BLND programming.

“An external referral service that is qualified, efficient, dynamic, and integrated in nature – like BLND – helps provide a one-stop shop for student-athletes and parents to receive the support they need,” said Buys.

Lanting agrees, stating, “The more students and parents become familiar with some of the signs and symptoms, the better. Coaches and teammates might be the first to notice a change in someone’s behavior whether through daily interaction or social media activity.”

Buys and company have noticed a few recent trends leading to school-aged anxiety and stress, and have people in place to visit groups and lead discussions.

“The signs and symptoms can be very individualized, but some general factors may include isolation, irritability, drastic changes to an individual’s common mood or behavior,” noted Buys. “Students can also be affected by major life changes such as parent divorce, break-up with significant other, changing schools, things of that nature.”

When Lanting receives inquiries from individual coaches regarding the be nice.® program, she encourages them to get entire teams or districts involved, because, “It’s a K-12 initiative, and sports is really a great place to start.”

Sport participation offers a different set of variables. Student-athletes enjoy additional support and guidance, but there is a flip side.

“Student-athletes do have access to more adult guidance through coaches, and certainly enjoy inclusion as part of a team, but they also tend to be more at risk for anxiety,” Lanting said.

Buys points out several reasons, including added expectations – whether from within or from peers, parents and coaches. They are also busier than many others.

“Time management is an issue for all of us, but student-athletes can have difficulties finding that rhythm,” Buys said. “This can cause a lot of anxiety if an area of the athlete’s life that they value is perceived as not getting the attention it needs.”



**BLND Health Detroit Metro Team** (collegiate experience) **First Row:** Kayla Douglas, LLMSW (Swimmer, University of Michigan); Aubrey Schupbach, RYT 300. **Second Row:** Grace Lindeman, MBA Candidate; Brooke Buys, PhD Candidate, MSW (Soccer, Kalamazoo College); Laurel Day, BLND Client Concierge. **Third Row:** Sara Driesenga, LLMSW (Softball, University of Michigan); Lexi Dubrle, MBA Candidate; Bosley B., son of owner; Nikki Hubbard, Pre-Med (Swimming, University of Michigan). **Fourth Row:** John Evans, PhD, MS (Soccer, Kalamazoo College); Trevor Buys, MSW Candidate (Football, Grand Valley State University); Jevon Moore, LLMSW (Football, North Carolina State University). **Not Pictured:** Cricket Leigh, LMSW; Mark Varney, LMSW; Marin Heinritz, PhD, MA.

Another source of stress more likely to affect athletes is injuries.

“One of the biggest challenges in the athlete population dealing with stress and anxiety is the strong relationship between stress and injury,” said Buys. “Susceptibility to injury as well as the length of time for recovery are affected by stress.”

Identifying physical conditions is much simpler than recognizing behavioral ailments. That’s why it’s important for groups like BLND and be nice.® to teach the school population to self-diagnose.

Lanting coordinated a be nice.® football game between Zeeland and Holland last fall, and is planning a similar event during a Fennville-Saugatuck boys basketball game this winter.

“We see all the ‘pink-out’ games and events for other causes, and that’s great,” Lanting said. “But a person in high school is so much more likely to be affected by mental health than suffer a physical ailment. That’s why the student-led part of this is so important; *they* tell us when things happen that might trigger certain behaviors.”

— Rob Kaminski  
benchmarks Editor



Take the be nice.® pledge  
[benice.org/take-the-pledge](http://benice.org/take-the-pledge)



View the be nice.® MHSAA video  
[youtube.com/watch?v=o0unWkV\\_4FI](https://youtube.com/watch?v=o0unWkV_4FI)



Visit BLND online  
[blindhealth.com](http://blindhealth.com)

## Oregon Focuses on Youth Suicide Prevention

*Editor's Note: This is part of a series on NFHS News addressing the challenges of mental-health issues in high school athletics. This article explores one statewide approach to this important subject.*

**S**uicide is a serious public health problem. It is the second leading cause of death of high school-aged individuals in the United States. (*National Vital Statistics Report 2016 Data Published by the CDC July 2018*) In Oregon, the suicide rate is higher than the national average, and a recent survey of 11th-graders found that within the past year, 18% seriously considered suicide and 7% attempted suicide. (*Youth Suicide Annual Report 2017 & Oregon Healthy Teens Survey 2017*)

More concerning is the fact that the rate of completed suicides in youth has been increasing since 2011. Not only does suicide lead to a life lost much too early, it leaves a devastating impact on those left behind.

Fortunately, suicides are preventable. The Oregon Youth Suicide Intervention and Prevention Plan was created calling for “Zero Suicide...through collective action among health and behavioral health systems, schools, communities, parents and other systems that touch the lives of youth.” (*Youth Suicide Annual Report 2017*) For numerous reasons, schools are being used as the primary means of dissemination and implementation of suicide prevention interventions.

One group of school personnel that had not been traditionally considered in schoolbased efforts are school activities personnel; coaches, athletic trainers and athletic administrators. These individuals spend a great deal of time with students, developing relationships that may go beyond what a student typically has with a teacher.

Coaches, athletic trainers and athletic administrators are in the ideal position to recognize behavioral warning signs or be the point person for students to go to if they have concerns about a peer. This is vital as youth considering suicide often talk about suicide and exhibit behaviors and/or moods associated with increased suicide risk. Additionally, activities personnel are school leaders who are often known and trusted by parents, thus creating more opportunities for dialogue on suicide prevention.

Realizing the impact youth suicide has on school communities and the prevention opportunities that exist, the leadership of the Oregon School Activities Association (OSAA), the Oregon Athletic Coaches Association, the Oregon Athletic Directors Association and the Oregon Athletic Trainers' Society partnered to promote the role of high school activities personnel in preventing youth suicide. While these groups had multiple means of reaching out to the intended audience, the leadership realized help was needed from experts for a statewide education campaign to be successful. The Suicide Intervention Coordinator for the Oregon Health Authority (the state agency charged with overseeing



Oregon's health-related programs) was contacted and agreed to assist in developing a statewide educational campaign geared to activities personnel.

### The Campaign

It was determined that a series of articles geared specifically to activities personnel would be written by the Oregon Health Authority and then disseminated by the OSAA throughout the academic year.

The articles typically contained two pages of practical information and tips. The campaign was not designed to replace a formal suicide gatekeeper training, rather it served to promote awareness of the role activities personnel play in countering the rising problem. The articles and additional resources were also posted to the OSAA website.

The OSAA Foundation provided funding for a poster that was provided to schools to be placed in locker rooms, team rooms, athletic training rooms and other areas where students congregate. The primary goal of the poster was to provide students with contact information for crisis lines.

Toward the end of the campaign, workshops were presented by a representative from the American Foundation for Suicide Prevention at the Oregon Athletic Directors Association's annual statewide conference. The goal was to provide information on programs and policies that athletic administrators could implement at their schools.

While the campaign only spanned the 2017-18 academic year, the leadership of the stakeholder groups believed there was still more that could be done. In 2018-19, a campaign on anti-hazing and anti-bullying (which is a risk factor for suicide) was implemented using a similar approach as the suicide prevention campaign.

In addition, the groups coordinated a high school coaches' symposium that included breakout sessions on suicide prevention, hazing prevention and character education.

### Lessons Learned

Individuals who work with students involved with high school activity programs realize the power and opportunities which exist for positive character development. The focus of this campaign

was to highlight a significant and growing public health problem – youth suicide. The goal of the campaign was to increase awareness and provide appropriate resources – not to create experts in suicide prevention.

The collaborative nature of this campaign strengthened the relationships between the different groups working together with a specific purpose. The groups have now partnered on several additional campaigns – the aforementioned anti-hazing/anti-bullying campaign and promoting the development of Emergency Action Plans.

The campaign also allowed the groups to work closely with state public health officials. While the OSAA had previously partnered with state public health officials regarding air quality policies and a guidance document for medical providers on pre-participation physical exams, this campaign provided several new and distinct advantages.

State public health officials were able to see the positive impact of participation in high school activity programs beyond just the activity itself – namely the positive mentorship relationships that may develop. They were also impressed by the large audience the campaign reached and the feedback provided (due to the expansive network of activities administrators, coaches and athletic trainers that the OSAA reaches). Ideally, this will spur additional collaborations in the future.

A major challenge for schools and school personnel is the competing demands for time and resources for the many worthy interventions and activities. Unfortunately, it is impossible to commit to all interventions and activities that may benefit students. While there was a monetary cost for the

posters to be distributed to schools, development of the actual campaign articles and presentations were done by individuals as part of their job related to suicide prevention, so the campaign was relatively inexpensive. Since it was distributed throughout the year, it did not require a large time commitment from activities personnel and the monthly articles kept the issue front and center.

### Conclusion

The statewide Youth Suicide Awareness Campaign is just one example of how the unique role of school activities personnel can be leveraged and how stakeholder organizations and state public health agencies can maximize their impact and reach through collaboration. While we will continue to review suicide incidence in Oregon during the coming years, the campaign is seen as a success at this point. It has strengthened relationships between the involved entities, and it promoted the role of coaches, athletic trainers and athletic administrators as mentors and trusted individuals to make an impact that extends beyond wins and losses.

— Sam Johnson, Rob Younger, Peter Weber,  
NFHS News, March 12, 2019

### Resources

National Suicide Prevention Lifeline, 1-800-273-TALK (8255) or text 273TALK (839863).  
NFHS Student Mental Health and Suicide Prevention Course  
SAMSHA Suicide Prevention and Postvention Resources for Schools

## Colorado Institutes Mental Health Requirement

In a major step aimed at improving mental health of students across Colorado high schools, the CHSAA Board of Directors approved as a requirement that all coaches take a course on student mental health.



**COLORADO HIGH SCHOOL  
ACTIVITIES ASSOCIATION**

It is among the major topics facing high school students today. According to the U.S. Department of Health & Human Services, 31% of high school students reported symptoms of depression in 2017, and 17% reported they seriously considered attempting suicide.

So, starting this fall, all coaches must take a course “Student Mental Health and Suicide Prevention” on the NFHS Learning Center, or a district-led mental health training. The NFHS Learn course is free.

In order to be a registered coach, this requirement must be satisfied. Unregistered coaches are not permitted to coach, per CHSAA bylaws. Other required courses or training are based around concussion, first aid, mandatory reporting, and the CHSAA coaches course.

“CHSAA’s vision is to deconstruct the stereotypes around mental health and help start the conversations that need to happen around our kids,” said CHSAA commissioner Rhonda Blanford-Green. “The mental and physical well-being of our student participants is our priority.”

The decision was made with the full support of the Sports Medicine Advisory Committee (SMAC), which discussed the topic at length during its meeting last school year.

“The committee was focused on finding great tools that we can give to our schools and coaches to help provide awareness around mental health, which is among the most important issues our students face,” said Jenn Roberts-Uhlig, the CHSAA staff liaison to SMAC. “We believe it is important for coaches to not be afraid to look for the signs and symptoms of a student who is struggling with their mental health, and this training will provide valuable instruction in how to do that.”

— Ryan Casey/CHSAA, June 27, 2019

## 4 Hs Provide Pillars of MHSAA Health Focus

The “MHSAA Vault” features stories from past publications and other documents in the MHSAA Library. This issue takes a look at the MHSAA’s “Four Hs” of its Health and Safety Campaign launched nearly 10 years ago: Heat, Hearts, Heads and Health History. **Stories are from 2013 & 2015.**



**T**he fall 2012 Update meetings across Michigan touted “Four Thrusts for Four Years” – four health and safety emphases that would help us keep student-athletes healthier and also get a seat for Michigan’s policies and procedures for school sports on the train of best practices – an express train that is moving faster than we’ve ever seen it toward more cautious practice and play policies and more educational requirements for coaches.

At the December 2013 meeting, the MHSAA Representative Council will examine a first quarter report card – what’s been accomplished during the first year.

It has been a remarkably strong start, but it’s only a start.

The first thrust, improving management of **heat and humidity**, received a boost last March when the Representative Council adopted a “Model Policy for Managing Heat and Humidity.” It has been promoted in print, online and at face-to-face meetings; and the response of schools has been nothing short of outstanding.

This rapid acceptance by school administrators and coaches reflects their appreciation for a clear policy that identifies the precise conditions that call for adjustments in activities, and lists specific actions to be taken when temperature and humidity combine to reach un-safe levels. Gut and guesswork are gone.

The second thrust, raising expectations for coaches’ preparedness, is being advanced in three ways.

In May 2013, the Representative Council adopted the requirement that by the 2014-15 school year, schools must attest that, prior to established deadlines, all assistant and subvarsity coaches at the high school level have completed annually the same MHSAA rules meeting required by all varsity head coaches or, in the alternative, one of the free online sports safety courses posted on or linked to MHSAA.com and designated to fulfill this requirement. This popular change is only the first component of this critically important second thrust.

The second component is this. The Representative Council is scheduled to take action in De-

cember to require by 2015-16 that MHSAA member high schools certify that all of their varsity head coaches of high school teams have a valid (current) **CPR certification**, with **AED training** as a recommended component.

As this requirement is discussed at constituent meetings, the question is frequently raised: “Why just head coaches?”

“Why indeed,” is our response. If a school has the will and resources, it most certainly should make CPR a requirement of **all** its coaches, as some school districts have required for many years.

CPR training is conveniently available near almost every MHSAA member school in Michigan. Still, the MHSAA will begin offering CPR certification (with AED training) on an optional basis as an extension of Level 1 of the Coaches Advancement Program (CAP) during 2014-15.

The third component of this thrust is scheduled to go before the Representative Council in March. The proposal is that all individuals hired for the first time as a varsity head coach of a high school team, to begin those coaching duties after July 31, 2016, must have completed the Coaches Advancement Program (CAP) Level 1 or 2.

The MHSAA will track compliance and prohibit varsity head coaches from attending their teams’ MHSAA tournament contests if they fail to complete this requirement, beginning in the 2016-17 school year.

In cases of very late hiring, schools may substitute two online courses of the National Federation of State High School Associations – “Fundamentals of Coaching” and “First Aid, Health and Safety.” However, that coach must complete CAP Level 1 or 2 within six months of the hiring.

These feel like big steps to some people in MHSAA member schools – “too expensive” or “another obstacle to finding qualified coaches,” some say; but these are baby steps. This barely keeps pace with national trends. Michigan’s tradition of local control and its distaste for unfunded mandates has kept Michigan schools in neutral while schools in most other states have made multiple levels of coaching education, and even licensing or certification, standard operating procedure.

The three initiatives to upgrade coaches education in this critical area of health and safety over the next three years only nudges Michigan to a passing grade for what most parents and the public expect of our programs. We will still trail most other states, which continue to advance the grading curve.

And for a state association that is among the national leaders by almost every other measure, it is unacceptable to be below average in what is arguably the most important of all: promoting athlete health and safety by improving the preparation of coaches.

The third health and safety thrust is a focus on practice policies to improve acclimatization and to **reduce head trauma**; and the fourth thrust is a focus on game rules to reduce head trauma and to identify each sport's most injurious situations and reduce their frequency.

## HISTORY LESSONS

reprinted from 2015

**T**om Minter, retired MHSAA assistant director, wore many hats while serving the Association, and a donned official's gear in numerous sports outside of business hours.

But, one of his finest refereeing efforts might have come during the 2009-10 and 2010-11 school years when he guided approximately 60 individuals representing 25 medical and professional organizations through an arduous process to upgrade the antiquated Physical Form to what is the standard today: the Preparticipation Physical Examination/Health History Form.

The form highlighted Stage 1 of the MHSAA's 4 Hs – Health Histories – and the current form is much more comprehensive, answering questions previously not asked during the quicker, more brief, evaluations.

Sudden cardiac death claims the lives of more than 300 Michigan children and young adults between the ages of 1-39 years annually. Yet, many of these deaths could be prevented through screening, detection, and treatment. One such way to detect high risk conditions that predispose to SCDY is through pre-participation sports screening of student-athletes, and the current physical form provides a mechanism.

While much more detailed, schools report that parents are more than willing to take the extra time and effort to complete the lengthier version.

"When the expanded form came out, people kiddingly made comments about its length, yet in today's day and age everyone understands we need all the information we can cultivate regarding health histories of our student athletes," said Mark Mattson, athletic director at Traverse City Central.

Down the state, feelings have been similar. "We dont have a problem at all here," said Anna Devitt, athletic secretary at Hartland HS. "Our parents take care of it, and haven't balked at the length at all."

Because of the critical attention to football on all levels, peewee to pros, our first focus has been to football with the appointment of a football task force which has effectively combined promotion of the sport's safety record at the school level and its value to students, schools and communities with probing for ways to make the sport still safer.

The task force proposals for practice policies are receiving most attention and will receive Council action in March. But the task force has also assisted MHSAA staff in developing promotional materials that are already in use, and the task force pointed MHSAA staff to playing rules that need emphasis or revision to keep school-based football as safe as possible.

During 2013-14, all MHSAA sport committees will be giving unprecedented time to the topics of the third and fourth thrusts and, when necessary, a task force will be appointed to supplement those sport committee efforts.



Both agree, and are joined by many others across the state, that the next logical step is for the form to be converted to a fillable, online document so that records could be accessed by those in need via mobile, laptop or desktop.

Thus, in the "No H left behind" mantra that the MHSAA has assumed, an electronic option of the Health History form is in the early planning stages.

At Hartland, where athletic director Jason Reck created an online emergency contact form, a system is in place which allows coaches, administrators and trainers to share necessary data for all student-athletes in addition to the MHSAA forms.

"Our parents *love* the online emergency contact form, and we require them to fill it out every season, not just once a year," Devitt said. "Sometimes an athlete gets injured during one season and the next season's coach wants to know about it."

The information is populated into an Excel spreadsheet, which Reck, Devitt, the school trainer and all coaches have access to. They can tailor the data by sport and pull it to their mobile devices.

## MHSAA Report Shows Slight Increase in Head Injuries During 2018-19 School Year

**F**or the first time since the Michigan High School Athletic Association began collecting head injury reports from member high schools, data revealed a slight increase in reported incidents over the previous school year.

The 2018-19 concussion report revealed a 3.0% increase in the number of confirmed concussions from year earlier. Student-athletes at MHSAA member high schools sustained 3,686 concussions, up from the 3,580 reports for 2017-18. Previous annual summary data show an 11.1% decrease in reports from year one to year two of the data collection (4,452 reports during the 2015-16 school year to 3,958 reports during 2016-17), and a 9.6% decrease from year two to year three (3,958 reports during the 2016-17 school year to 3,580 reports during 2017-18).

As first mandated in 2015-16, member schools are required to report head injuries to the MHSAA identifying the sport that each student-athlete was participating in and whether the injury was sustained during practice or competition. Schools also are required to designate at which level – varsity, junior varsity or freshman – the injury occurred.

The full report of all head injuries experienced during 2018-19 by student-athletes at MHSAA member high schools – including percentages by sport (per 1,000 participants), gender and team level, as well as data tracking when athletes returned to play – is available on the Health & Safety page of the MHSAA Website.

In 2018-19, reports per 1,000 participants increased in a number of sports. The most significant increases were seen in 11-Player Football (from 41 per 1,000 in 2017-18 to 45 per 1,000 in 2018-19), Ice Hockey (32 to 35 per 1,000), Softball (7 to 11 per 1,000), Boys Soccer (12 to 14 per 1,000), and Volleyball (9 to 11 per 1,000). The most significant decreases in reports per 1,000 participants were observed in 8-Player Football (38 to 30 per 1,000), Gymnastics (16 to 10 per 1,000), and Wrestling (25 to 22 per 1,000).

“We must continue to look at how changes to playing rules and improvements in equipment may be beneficial moving forward, and also how we can further educate administrators, coaches, athletes and parents to more quickly identify and receive treatment for these injuries as soon as possible. We also are excited for the opportunity to have more eyes on these results as we continue to explore more ways to make our games safer,” MHSAA Executive Director Mark Uyl said.

One area on the decline which the MHSAA would like to see reversed is the number of schools properly following up on concussion episodes. The MHSAA received 1,616 Return to Activity and Post-Concussion Consent Forms (37.9% of the 4,267 reported head injuries for which a clearance should have been received in 2018-19). It marked the third year in a row the percentage declined – in 2016-17, the MHSAA received clearance documentation in



MHSAA Files

Girls soccer ranks first among reported head injuries for females per 1,000 participants, although male counterparts in the same sport register a higher number involving player-to-player contact.

46.0% of suspected head injuries and in 2017-18 the MHSAA received 40.5%.

Continuing to emerge perhaps most prominently is the higher incidence of concussion reports from girls in sports sponsored under the same or similar playing rules for both genders – and pertinent questions about physiological and social causes of those results.

Boys participate in a greater number of contact sports, so it is no surprise that 61.3% of all boys concussions occur as a result of person to person contact compared to 32.0% for girls. Yet person to person contact is the leading cause of concussions even in both Boys Basketball and Boys Soccer. Further examining Soccer, just 28.2% of girls head injuries come from person to person contact, versus 45.5% for boys.

As in the previous three years, approximately two-thirds of reported concussions occur during competition (66.2%). Looking at each sport individually, about two-thirds or more of all reported concussions occur during competition with the exception of Volleyball (46.2% in practice; 53.8% in competition), Competitive Cheer (85.2% in practice; 14.8% in competition), and Wrestling (48.6% in practice; 51.4% in competition). Competitive



### BY THE NUMBERS . . .

This Summary is based on confirmed Head Injury Reports submitted for MHSAA supported sports sponsored and conducted at the MHSAA's member high schools during the 2018-19 school year.

| Sport                   | Participants | Head Injury Reports | Head Injury Reports Per 1,000 Participants | Rank Among All MHSAA Sports |
|-------------------------|--------------|---------------------|--|-----------------------------|
| Football - 11 player    | 33,962       | 1,514               | 45   | 1                           |
| Ice Hockey              | 3,294        | 115                 | 35   | 2                           |
| Football 8-player       | 1,450        | 43                  | 30   | 3                           |
| Girls Soccer            | 13,209       | 330                 | 25   | 4                           |
| Wrestling               | 9,494        | 210                 | 22   | 5                           |
| Girls Lacrosse          | 3,180        | 65                  | 20   | 6                           |
| Competitive Cheer       | 6,672        | 135                 | 20   | 7                           |
| Girls Basketball        | 15,376       | 302                 | 20   | 8                           |
| Boys Lacrosse           | 5,438        | 88                  | 16   | 9                           |
| Boys Soccer             | 14,492       | 202                 | 14   | 10                          |
| Volleyball              | 19,072       | 212                 | 11   | 11                          |
| Softball                | 13,290       | 143                 | 11   | 12                          |
| Gymnastics              | 694          | 7                   | 10   | 13                          |
| Boys Basketball         | 21,125       | 142                 | 7  | 14                          |
| Boys Skiing             | 924          | 5                   | 5  | 15                          |
| Girls Swimming & Diving | 5,794        | 26                  | 4  | 16                          |
| Baseball                | 17,234       | 73                  | 4  | 17                          |
| Boys Swimming & Diving  | 5,003        | 19                  | 4  | 18                          |
| Girls Skiing            | 763          | 2                   | 3  | 19                          |
| Girls Track & Field     | 17,406       | 20                  | 1  | 20                          |
| Girls Tennis            | 9,286        | 8                   | 1  | 21                          |
| Girls Cross Country     | 8,144        | 7                   | 1  | 22                          |
| Boys Track & Field      | 23,548       | 10                  | 0  | 23                          |
| Boys Tennis             | 6,261        | 2                   | 0  | 24                          |
| Boys Golf               | 6,284        | 2                   | 0  | 25                          |
| Boys Cross Country      | 9,588        | 3                   | 0  | 26                          |
| Boys Bowling            | 4,329        | 1                   | 0  | 27                          |
| Girls Bowling           | 3,093        | 0                   | 0  | 28                          |
| Girls Golf              | 3,587        | 0                   | 0  | 28                          |

Cheer continues to be the only sport with a reasonably large sample size of head injury reports in which more concussions were sustained during practice.

On a positive note, 69.6% of concussions caused athletes to be withheld from activity for six days or more, which suggests that a degree of caution is being exercised in most cases following removal from play. Efforts must be made to continue to educate players, parents and coaches and encourage everyone to report signs and symptoms of concussions they experience or detect in others.

The 2018-19 data combines to suggest that more inquiry be devoted to the following moving forward:

1. Playing rules and equipment changes that might be beneficial in reducing head injuries for girls.
2. Coaches education that might better prepare individuals who are working with boys teams where participants may be under-reporting head injuries.

Additionally, this reporting initiative by the MHSAA requires attention by member schools that is sometimes delayed or incomplete, which suggests the continued need to investigate and widely discuss procedures that will improve compliance, such as prompt submission of initial reports; timely submission of follow-up reports, and consistent submission of Return to Activity forms.

Schools report possible concussions online via the MHSAA Website. Reports are then examined by members of the MHSAA staff, who follow up with school administrators as those student-athletes continue to receive care and eventually return to play. Student privacy is protected.

Visit the MHSAA Health & Safety Web page for resources



## Student Advisory Council Camps with a Cause



**MHSAA Student Advisory Council members:** *Front Row:* Grace Beardsley, Gladwin; Lydia Davenport, Ithaca; Lexi Mohney, Mattawan; Kaitlyn Bricker, Pellston; Macy Brown, Cadillac; Abigail Pheiffer, Novi; Bella Lindsay, North Muskegon; and Avery Peters, Mason. *Back Row:* Lance Wiltse, Bay City Western; Nathan Eccles, Port Huron Northern; Landen Thompson, Stevensville Lakeshore; Trevin Phillips, Caro; Pierre Brooks II, Detroit Douglass; Jack Fairman, Bloomfield Hills Cranbrook Kingswood; and Colin McAuliffe, Salem. *Not Pictured:* Freddy Kopplow, Traverse City St. Francis.

Each June, the MHSAA Student Advisory Council convenes at Mystic Lake YMCA Camp in Lake, Mich., to develop leadership strategies and become better acquainted.

The camp is the first meeting of the incoming SAC class and the incumbent members who are halfway through their terms.

Under the guidance of MHSAA staff, the students enjoy a variety of team-building activities and problem-solving sessions, with an abundance of fun mixed in while cell phones are replaced with interpersonal communication.

The goal is to return to their local communities with sportsmanship and teamwork initiatives which can be shared with classmates and other schools in their leagues and conferences.

Embarking on their first years as SAC contributors, representing the Class of 2021, are: **Pierre Brooks II**, Detroit Douglass; **Macy Brown**, Cadillac; **Lydia Davenport**, Ithaca; **Freddy Kopplow**, Traverse City St. Francis; **Colin McAuliffe**, Salem; **Avery Peters**, Mason; **Abigail Pheiffer**, Novi; and **Landen Thompson**, Stevensville Lakeshore.

The new additions to the SAC will join the Class of 2020 members who were selected a year ago: **Grace Beardsley**, Gladwin; **Kaitlyn Bricker**, Pellston; **Nathan Eccles**, Port Huron Northern; **Jack Fairman**, Bloomfield Hills Cranbrook Kingswood; **Bella Lindsay**, North Muskegon; **Lexi Mohney**, Mattawan; **Trevin Phillips**, Caro, and **Lance Wiltse**, Bay City Western.

The first Student Advisory Council was formed for the 2006-07 school year. With the addition of this year's class, members will have represented over 100 school and 50 leagues plus independent schools that do not play in a league.

The Student Advisory Council meets seven times each school year, and once more at the leadership camp. In addition to assisting in the promotion of the educational value of interscholastic athletics, the council discusses the 4 S's of educational athletics: scholarship, sportsmanship, safety and the sensible scope of athletic programs. They also lead sessions during the MHSAA Sportsmanship Summit series and judge the annual Battle of the Fans contest.

## SAC Belief Statement

*As the voice of Michigan’s student-athletes, the Student Advisory Council’s role is to convey the message of how high school sports are supposed to be played. We are responsible for helping the MHSAA maintain a positive and healthy atmosphere in which interscholastic athletes can thrive.*

*We believe **athletes** should be competitive, sportsmanlike and excel academically. We believe **students** in the stands should have fun, but not take the focus away from the game. We believe **coaches** should act as teachers, helping student-athletes develop while still keeping high school sports in perspective. We believe that **parents** should always be positive role models and be supportive of their child’s decisions. We believe **officials** commit their own time to high school sports and respect should always be shown and given to them.*

*The most important goal for student-athletes is to enjoy high school sports while keeping a high level of respect between all those involved in the games.*

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

## Request “The Captains Playbook”

In 2009, the MHSAA and its Student Advisory Council rolled out a book titled “Captains 101” and delivered 7,000 copies to member schools. Completed in Fall 2017, version 2 of the book – “The Captains Playbook” – was again sent to the membership. This 24-page book follows the structure and lessons of both the in-person and online versions of the MHSAA Captains Clinic. 5,000 additional books have been printed for schools which want more copies, or for teams which want to dig deeper into the material.

The objective of the publication is to encourage captains throughout Michigan to be positive role models within their community. It was written in a collaborative partnership between high school students and graduate students of the Institute for the Study of Youth Sports at Michigan State University.

This book is intended to be read by aspiring high school team captains. Contact the MHSAA for additional copies at \$5 apiece (includes shipping).



## 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: Marquette at NMU University Center on Nov. 4; Warren at the DeCarlos Banquet Center on Nov. 6; Lansing at the Crowne Plaza Lansing West on Nov. 11; Kalamazoo at the Downtown Radisson on Nov. 14.

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

### SCHOLAR-ATHLETE AWARD APPLICATIONS

In 2019-20 we celebrate the 31st anniversary of the Farm Bureau Insurance sponsored MHSAA Scholar-Athlete Award. In 2019-20, 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](http://MHSAA.com) on the “Students” page. Applications are due to the MHSAA on Dec. 6.

### 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: Marquette at NMI University Center on Nov. 4; Warren at the DeCarlos Banquet Center on Nov. 6; Lansing at the Crowne Plaza Lansing West on Nov. 11; Kalamazoo at the Downtown Radisson on Nov. 14.

### BATTLE OF THE FANS

The ninth 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. North Muskegon is the defending champion, while Buchanan won in 2018; Frankenmuth in 2017; Traverse City West in 2016; Dowagiac in 2015, Beaverton in 2014, Buchanan in 2013 and Frankenmuth in 2012. Visit [mhsaa.com/BOTF](http://mhsaa.com/BOTF) for further details.



MHSAA Files

### 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](http://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 65,000 students have taken the course in the last three years. 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 31st 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 2019-20.

Underwritten by Farm Bureau Insurance, the Scholar-Athlete Award is now in its 31st 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 Mark Uyl, 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 2019-20 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. Chief Executive Officer Don Simon notes the company’s pleasure with the awards program.

The 32 scholarship recipients will be recognized at the MHSAA Boys Basketball Finals at the Breslin Student Events Center in East Lansing on March 28, 2020.



The 2019 Scholar-Athlete Class



The MHSAA encourages people to submit success stories for generating sports participation and attendance at their schools. Please send to: [info@mhsaa.com](mailto:info@mhsaa.com) and type School Success Story in the subject line.

## MPR to be Used in Five 2019-20 MHSAA Tournaments

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

As the topic of seeding for MHSAA Tournaments continues to swirl in the air of numerous committee meetings on an annual basis, one of the primary concerns continues to focus on the simple question: “How?”

The MHSAA for years has been working behind the scenes on potential formulas which could best be used as a standardized tool to assist in measuring strengths of teams in a given sport.

This fall, that work comes to fruition as the MHSAA Boys Soccer Tournament it utilizing the Michigan Power Rating following a test run in Boys Lacrosse last spring.

In 2019-20, the MPR will be used to seed teams in five MHSAA tournaments: Boys Soccer, Girls Basketball, Boys Basketball, Boys Lacrosse and Girls Soccer. As scores are added to the MHSAA Score Center, the MPR for each school will continually recalculate. Visit the statewide MPR table for each sport on MHSAA.com to filter the data and project seeded teams, or click on a school to see a full schedule with results and view how that school’s MPR is calculated.

“We’re off to a great start this fall. As with any new system, people still learning,” said MHSAA Assistant Director Andy Frushour, developer of MPR. “The most important thing to remember is that this seeding system has just two objectives. One is to identify the top two teams via a computer rating formula. The other is to make sure those two teams are separated on the bracket, so they can’t meet before the District Finals. This means no guaranteed byes or home games for seeded teams, which is a new kind of concept to many people.”

MPR, is a computer rating formula similar to the popular RPI rating. MPR provides a way to measure a team’s strength relative to other teams, based on games played against other MHSAA tournament teams, largely on the strength of their opponents schedules. MPR is purely objective using only the game results listed on MHSAA.com – there is no subjective human element.

“In general, coaches and administrators seem excited about the system,” said Frushour. “MPR numbers have been fun to follow throughout the fall, and this is a great introductory seeding system.”

A by-product of the system is that it generates more traffic to MHSAA.com, as Frushour points out that soccer team schedule pages have had five times the number of visitors as those pages attracted a year ago.

### What is the basic MPR formula?

MPR is calculated using wins, losses and ties for games played between teams entered into the MHSAA tournament. The final MPR number is 25% of the team’s winning percentage, plus 50% of its opponent’s winning percentage, plus 25% of its opponent’s opponent’s winning percentage.



Boys Soccer will be the first MHSAA sport to employ Michigan Power Rating system for seeding the post-season tournament this fall.

MHSAA Files

$MPR = (.25 \times W\%) + (.50 \times OW\%) + (.25 \times OOW\%)$   
The MPR formula can easily be applied to other MHSAA team sports.

### What game data is included in the formula? What game data is not?

MPR only looks at results between opponents entered into the MHSAA postseason tournament. Wins, losses and ties in multi-team shortened game tournaments (lacrosse, soccer) also count. Forfeits are also counted as wins and losses.

MPR does not use the specific scores of a game or the margin of victory in a game. The location of a game is not included in the MPR formula, and the formula weighs games at the beginning of the season the same as scores at the end of the season. Scrimmages are also not included.

### Why use the MPR formula?

Different rating systems have been used in the past or have been recommended to the MHSAA. We wanted to have a rating system where the data was controlled and stored in house, and could be used for any sport featuring head-to-head competitions. With its own rating system the MHSAA can also control the different components of the formula, thus keeping the tenets of scholastic competition at the forefront (like not including margin of victory in the formula). Finally, by listing all scores and team schedules online, as well as showing the MPR calculator on each team schedule page, the ratings are transparent and can be easily replicated.

### How will MPR be used?

It will be used in five sports in 2019-20, four of which will use it as the lone criteria. Other sports may eventually use MPR, potentially as the lone criteria for seeding teams. In addition, some sports may add qualification requirements in order for a team to be seeded (like a team must have eight results to be eligible for a seed). In the meantime, the

MPR data simply provides a fun way to compare teams and schedules from across the state.

### CALCULATING MPR

#### What are the detailed components of the MPR formula?

You need three numbers to calculate your MPR: winning percentage (W%), opponent's winning percentage (OW%) and opponent's opponent's winning percentage (OOW%).

#### How do you calculate winning percentage (W%)?

Divide the number of wins by the number of total games played. A tie is worth half a win. For MPR purposes, find the winning percentage against all teams that will play in the MHSAA tournament (MPR W%). Games played against out-of-state teams, varsity "B" teams, junior varsity teams, non-school club teams, and any other non-MHSAA tournament participants, should not be included when calculating winning percentage. W% should be an easy number to calculate.

#### How do you calculate opponent's winning percentage (OW%)?

Average the winning percentages of a team's opponents. When calculating the winning percentage of a specific opponent, use the opponents "Adjusted Winning Percentage" (ADJ W%). Adjusted winning percentage eliminates all games the team played against that opponent (as well as its games against non-MHSAA opponents). If a team plays an opponent team twice, that opponent's ADJ W% will be counted twice. OW% is not calculated via the combined record of the opponents, instead take the average of all opponent's winning percentages.

#### How do you calculate opponent's opponent's winning percentage (OOW%)?

Use the same process as described above, except calculated for the opponents of a team's opponents. This number is much harder to manually calculate, so the OW% for every team is listed on the MPR page of the MHSAA website. Again, simply take the average of all opponent's OW%.

#### How often is MPR calculated?

MPR is calculated about every five minutes. Enter a score and minutes later the team MPR and the MPR of all the team's opponents will update.

#### How much will my MPR change throughout the season?

You will see wild MPR swings in the beginning of the season, but after about 10 games played your MPR will start to level out. At 20 games played you will see very little movement with each additional game played.

#### My score is missing. How can it be added?

This is a crowd-sourced system. Any registered user of MHSAA.com can add a missing score. ADs, coaches, parents, students and fans can all login and enter a score for any game.

#### What are some common errors when calculating MPR?

When calculating your team's winning percentage, only include games against MHSAA-tournament teams. When calculating your opponent's winning percentage, don't include the games they played against you. When calculating ties, count the game as a half-win and half-loss.

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## This Week in High School Sports Clears 100 Stations

Over 100 over-the-air radio stations and internet audio website are carrying the MHSAA Network's flagship program, "This Week In High School Sports," as part of their weekly high school sports programming for the third straight year.

The five-minute program, powered by Michigan Student Aid, is in its fifth year. It leads off each week with feature stories from around the state from the MHSAA's Second Half, or from network affiliated stories and interviews. "This Week" Game Balls are then presented for team or individual achievements in the past week. "Be The Referee," a 60-second look at the fine art of officiating, comes in the middle of the show; and is followed by a closing "MHSAA Perspective."

"This Week In High School Sports" is posted to the home page of the MHSAA Website by Noon on Tuesday each week; and is also available on the MHSAA Network Website. You can listen to this week's show by [Clicking Here](#).

"Be The Referee" is also available each week as

a separate podcast. These 60-second messages, featuring MHSAA Assistant Director Brent Rice and veteran MHSAA official Sam Davis, take a look at rules in different sports, challenges your rules knowledge with some You Make The Call questions, and pass on other information about the world of officiating.

"Be The Referee" is posted online by Noon Tuesday each week, and can be found on the home pages of the MHSAA Website and the MHSAA Network Website. You can listen to this week's message by [Clicking Here](#).

Over 300 events – split almost evenly between varsity and subvarsity competitions, will be streamed live regularly during the school year on MHSAA.tv and the NFHS Network.

Stations Carrying "This Week in HS Sports"



## Michigan Participation Remains in Top 10 Nationally

For the third straight school year, Michigan in 2018-19 had the eighth-most participants in high school sports nationally according to statistics released by the National Federation of State High School Associations, again outpacing the state's national ranking of 10th for total number of residents of high school age.

Michigan's participation ranking was based on a number of 292,947, with 126,342 girls and 166,605 boys taking part in high school athletics, and included sports in which the Michigan High School Athletic Association does not conduct post-season 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 ranked eighth nationally for the third straight year, while boys participation fell back to eighth, after moving up one spot to seventh during 2017-18. However, as with overall population, Michigan continued to rank

(eighth), girls basketball (sixth), boys basketball (seventh), girls bowling (fourth), girls and boys cross country (both seventh), 11 and 8-player football (sixth and seventh, respectively), boys golf (sixth), boys ice hockey (fourth), girls and boys skiing (both third), girls softball (seventh), girls tennis (third) and boys track & field (seventh).

Boys lacrosse, girls soccer and boys and girls swimming & diving participation all slotted ninth on their respective lists, holding to their 2017-18 rankings and placing still ahead of where Michigan slotted for high school-aged population. Michigan wrestling participation fell two spots to ninth nationally, but still outpaced population, and boys soccer fell one spot to 10th. Girls gymnastics participation ranked 11th nationally for the second straight year.

Michigan's participation rank continues to rate above its population status nationally. Boys Bowling participation ranked second nationally, the highest of any MHSAA sponsored sports in 2018-19.

10th for both females and males ages 14-17 according to the latest U.S. Census Bureau estimates from 2018.

A total of 19 sports bested the state's overall national participation ranking of eighth by placing seventh or higher on their respective lists. Four Michigan sports improved in national ranking during 2018-19, while the state fell in the rankings of five sports.

Perhaps the most notable improvement among Michigan sports came in boys bowling, where Michigan moved up one spot to second – its highest ranking in any of the 28 sports under MHSAA administration. Michigan previously ranked second nationally in boys bowling as recently as 2013-14 before falling to third for the last four years. Michigan's boys tennis participation moved up one spot as well to fifth on its ranking list, while girls track & field moved up one spot to seventh and girls lacrosse moved up one spot to 13th after a one-year drop back in 2017-18.

Three of five sports that fell on participation lists still outpaced Michigan's overall participation rank – girls volleyball fell one spot to fifth, while girls golf and girls competitive cheer both fell one spot to sixth on their respective rankings lists. Other Michigan sports that ranked eighth or higher in 2018-19 were baseball



MHSAA File Photo

National participation in high school sports in 2018-19 declined for the first time in 30 years – but the total of 7,937,491 participants still ranked third highest all-time, consisting of 4,534,758 boys and 3,402,733 girls.

Girls volleyball saw the largest increase in participants nationally with 6,225 more this past year over 2017-18, followed by boys track & field (+5,257), girls soccer (+3,623) and girls lacrosse (+3,164).

Football, despite a 5.8-percent decrease from 2017-18, remained the most-played high school sport nationally with 1,006,013 participants. Boys track & field (605,354), boys basketball (540,769), girls track & field (488,267), baseball (482,740), boys soccer (459,077) and girls volleyball (452,808) all saw at least 400,000 participants, while girls basketball (399,067) and girls soccer (394,105) approached that total.

### Complete 2018-19 Participation Numbers





## Michaels, Gordon, LaClair, Veale Earn Bush Award

**D**etroit's Vic Michaels, Novi's Brian Gordon, Bronson's Jean LaClair and Portland's Kevin Veale all have impacted high school students as teachers, coaches and administrators over decades in their respective communities. To honor their often unsung work in creating athletic opportunities, all have been named recipients of the MHSAA's Allen W. Bush Award for 2019.

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 28th year of the award, with selections made by the MHSAA's Representative Council.

"The Bush Award was created to recognize the frequent behind-the-scenes efforts that go into creating worthwhile experiences for Michigan high school athletes. But it's impossible to not see the impacts this year's honorees have made in their communities," MHSAA Executive Director Mark Uyl said. "We are pleased to honor them and celebrate their work in promoting educational athletics and all of its benefits."



**Michaels**

**Michaels**, who has served as director of the Detroit Catholic High School League since 2003, is the longest-serving director in Catholic League history and one of only seven directors since its formation in 1926. He came to the Archdiocese of Detroit league office as associate director in 1995 after serving as athletic director, assistant principal, teacher and coach at Center Line St. Clement since 1978. He coached St. Clement's boys basketball varsity from 1978-95 and the girls varsity from 1980-85 and earned Coach of the Year recognition leading both programs.

As director of the Catholic League, Michaels oversees all aspects of competition for 27 schools across 30 sports, in addition to the Catholic Schools Office of Health, Athletics, Physical Education and Safety. While his local imprint is large, he provides expertise at the statewide level as well. Michaels has represented non-public schools on the MHSAA Representative Council since 2003.



**Gordon**

**Gordon** is completing his third decade in education, have begun as a physical education and health teacher for Royal Oak Schools in 1990. He moved into the athletic director/assistant principal role in 2010 and then became director of athletic and physical education at Novi High School in 2012. He's taught at the elementary and middle school levels, and supervised physical education and served as a health advisory chairperson at the district level. Including a season while still a col-

lege student, he also has coached baseball, football, basketball and track & field, including a stint as Royal Oak Kimball and Royal Oak High varsity baseball coach from 1995-2010. He was inducted into the Michigan High School Baseball Coaches Association Hall of Fame in 2011.

At Novi, Gordon oversees the athletic program for more than 1,700 students in grades 7-12, plus more than 140 coaches. He has made Novi a home for playoff events, hosting more than 150 league and MHSAA tournament competitions at all levels including Boys Tennis and Girls Lacrosse Finals this spring and the 115-team Oakland County Track Meet multiple times.



**LaClair**

**LaClair** is one of the most successful volleyball coaches in Michigan high school history, ranking fifth all-time for wins with a record of 1,180-361-96 at Midland Dow, Pinconning and most recently Bronson. She took over the Vikings' program in the fall of 2000 and has led Bronson to five MHSAA championships, with its Division 3 title this past fall the varsity team's fourth straight. She also led Pinconning to a Class B runner-up finish in 1997-98. LaClair has received various coaching honors and in 2017 was a finalist for the NHSACA's national volleyball Coach of the Year award.

While best-known for her achievements on court, LaClair has served 24 years as a highly-respected athletic administrator and assistant principal at Bronson High School. She received the MHSAA Women In Sports Leadership Award in 2015 and previously had spoken at WISL conferences in 2006 and 2008. She has hosted a variety of MHSAA tournament events in addition to sitting on a number of MHSAA and MIAAA committees.



**Veale**

**Veale** is completing his 19th year as Portland Public Schools athletic director after previously teaching and serving as the girls track & field coach and as a football assistant at the high school. He has initiated a variety of efforts during his two decades in the district, founding the high school's coaches association, captains' club and athletic Hall of Fame among sports-related endeavors. He also has served as a volunteer coach for local recreation teams and given his time to various community events. But his influence has stretched as well to league, regional and statewide levels.

Veale has served in leadership roles in multiple leagues over his tenure, as executive secretary for the Ingham County League in 2001-02 and then president of the Capital Area Activities Conference in 2008-09. He's hosted at Portland more than 100 MHSAA postseason events from the District-Quarterfinal levels, while also serving on multiple MHSAA committees including assisting in selection of MHSAA/Farm Bureau Insurance Scholar-Athlete Award winners.

## Survey Shows Participation Fees Holding Steady



**Survey shows that half of MHSAA responding schools are charging participation fees to help fund interscholastic athletics.**

**H**alf of Michigan High School Athletic Association member high schools continued to assess sports participation fees during the 2018-19 school year, according to a survey that has measured the prevalence of charging students to help fund interscholastic athletics annually over the last 15 years.

Of the 604 schools which responded to the 2018-19 survey, exactly half – 302 – assessed a participation fee, while 302 did not during the past school year. This year’s survey results are in line with those of the last two school years, which saw 49.7% of schools charging participation fees for 2016-17 and 49% in 2017-18. For the purposes of the survey, a participation fee was anything \$20 or more regardless of what the school called the charge (registration fee, insurance fee, transportation fee, etc.).

The MHSAA conducted its first participation fee survey during the 2003-04 school year, when 24% of responding schools reported they charged fees. The percentage of member schools charging fees crossed 50% in 2010-11 and reached a high of 56.6% in 2013-14 before falling back below 50% in 2016-17.

A record number of member high schools responded to the survey for the second straight year – 81% of the MHSAA’s 750 member schools provided data for 2018-19. Class A schools again remained the largest group charging fees, with 69% of respondents doing so. Class B and Class C schools followed, both with 48% charging fees, and Class D schools also remained in line with the previous year with 35% charging for participation.

Charging a standardized fee for each team on which a student-athlete participates – regardless of the number of teams – remains the most popular method among schools assessing fees, with that rate at 45% of schools. Schools charging a one-time standardized fee per student-athlete remained constant at 28%. A slight uptick was seen in the percentage of schools assessing fees based on tiers of the number of sports a student-athlete plays (for example, charging a larger fee for the first team and less for additional sports), with 20% of responding schools charging in this way compared to 15% a year ago.

The amounts of most fees remained consistent or similar as well during 2018-19. The median annual maximum fee per student of \$150 and the median annual maximum family fee of \$300 both remained constant for at least the fifth straight year, while the median fee assessed by schools that charge student-athletes once per year held steady at \$125 for the third straight school year. The median per-team fee increased slightly, \$5, to \$80 for 2018-19.

The survey for 2018-19 and surveys from previous years can be found on the MHSAA Website by clicking on Schools – Administrators – Pay-To-Play Resources, or by scanning the code here.

**2018-19 Survey Results**



## Nearly Half of MHSAA Athletes Play Multiple Sports

Nearly 43% of athletes at Michigan High School Athletic Association member high schools continued to participate in two or more sports in 2018-19, according to the Multi-Sport Participation Survey, reinforcing similar data collected for the first time two years ago and providing a foundation for work by the MHSAA's Multi-Sport Task Force as it prepares to continue efforts this fall to promote the multi-sport high school experience.

Early and intense sport specialization has become one of the most serious issues related to health and safety at all levels of youth sports, as overuse injuries and burnout among athletes have been tied to chronic injuries and health-related problems later in life. In early 2016, the MHSAA appointed the Task Force on Multi-Sport Participation as part of a continued effort to promote and protect participant health and address the issues leading to early sport specialization.

The multi-sport participation survey was created in 2018 to provide data on the prevalence of sport specialization at MHSAA member high schools. This year's survey received responses from 82.9% of member high schools and measured how multi-sport participation exists at schools. The collection of survey results is expected to show how schools are succeeding in promoting a multi-sport experience, providing another tool as schools work to guide students toward a well-rounded inter-scholastic sports career.

From schools that responded to this year's survey, 42.9 percent of students participated in athletics in 2018-19 – 46.3 percent of boys and 39.5 percent of girls. The overall participation number was up nearly half a percent from 2017-18 (42.5), with the boys percentage holding steady and the girls increasing nearly a full percent from a year ago. Class D schools – those with the smallest enrollments – again enjoyed the highest percentage of athletes among the entire student body, at 57.1.

Of those athletes counted by responding schools, 43 percent participated in more than one sport – including 45.1 percent of boys and 40.4 percent of girls – with all three of those percentages nearly identical to those derived from the first survey a year ago. Class D again enjoyed the highest percentage of multi-sport athletes, 61.8 percent, followed by Class C (56.7), Class B (48.7) and Class A (35.4).

Similar results were seen by further breaking down Class A into schools of fewer than 1,000 students, 1,000-1,500 students, 1,501-2,000 students and more than 2,000 students. Similarly to 2017-18 for both sport participation as a whole and multi-sport participation specifically, the smallest Class A schools continued to enjoy the highest per-



MHSAA File Photo

Chances are good that the majority of these Gaylord St. Mary baseball players also played at least one other sport in 2018-19, as the school ranked No. 1 in the MHSAA with 93.2% of its athletes participating in at least two sports.

centages, while percentages then decreased for every larger size group of schools.

Also of note, the percentage of two-sport athletes at every school measure around one-third of athletes – from 29.2% at Class A schools to 35.7 at Class B, 37.2 at Class C and 35.6 at Class D. However the number of athletes participating in three sports decreased substantially relative to the increase in school enrollment, with 22.5% of Class D athletes playing three sports, 18.2 in Class C, 12.4 in Class B and 6.0% in Class A.

For 2018-19, in Class A, Marquette posted the highest percentage of multi-sport athletes with 85.9%, up 3.3% from its top-ranking Class A percentage from 2017-18. Grand Rapids Northview also topped 80% multi-sport participation, with 83.1% of its athletes playing two or more sports. Orchard Lake St. Mary's, Detroit East English and Gibraltar Carlson all saw multi-sport participation from at least 70% of their athletes.

In Class B, four schools again achieved at least 80% multi-sport participation – Coloma (87.2%), Gladstone (86.7), Flat Rock (83.2) and Dundee (80.2), while 10 schools had 70% or more athletes playing at least two sports.

Six Class C schools reported more than 80% of its athletes taking part in more than one sport – Schoolcraft (87.1), Mayville (86.2), Manton (85.3), Houghton Lake (84.9), Cass City (84.7) and Decatur (83.5) – and 12 schools total with 75% or more participating in multiple sports.

There were 14 Class D schools with multi-sport participation at 80.9% or higher, with Gaylord St. Mary (93.2), Waterford Our Lady of the Lakes (91.5) and Watersmeet (90.3) topping the survey not just for Class D but among all schools that responded.

## Rules of the Games

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

### Football

1. Team A has seven players on the line of scrimmage, with five numbered 50-79. A1, the tight end (#75) positioned on the end of the line uncovered has one hand on the ground after the ready for play. A1 slowly picks up his hand and shifts farther toward the sideline and comes to a complete stop for one second before the ball is snapped. Team A gains ten yards and a first down.

- False start. The ball is dead immediately.
- Illegal shift. The penalty will be enforced five yards from the previous spot.
- Illegal motion. The penalty will be enforced five yards from the previous spot.
- No foul.



MHSAA Files

- A1 is flagged for illegal motion at the snap. B3 intercepts the pass and runs is back for a touchdown.
  - The penalty must be declined to keep the score.
  - The penalty may be enforced on the try.
  - The penalty may be enforced on the succeeding kickoff.
  - Both b. and c.
- First and 10 for Team A at its own 3-yard line. A2 is in the end zone when he muffs a backward pass. A2 recovers and tries to advance but is downed in the end zone. During the attempted advance, B3 grabs and twists A2's facemask. From where is the penalty enforced?
  - The penalty is enforced from Team A's goal line.
  - The penalty is enforced from Team A's 20-yard line.
  - The safety is scored and the penalty is enforced on Team A's 20-yard line for their free kick.

### Boys Soccer

- Player B1, while attempting to play the ball, trips the attacking player A1 in the penalty box denying an obvious goal-scoring opportunity.
  - Award a penalty kick and issue a yellow card to B1.
  - Award a penalty kick and issue a red card to B1.
  - Award a direct free kick and issue a yellow card to B1.
  - Award a direct free kick and issue a red card to B1.
- Player B1, with no attempt to play the ball, trips the attacking player A1 inside the penalty box denying an obvious goal-scoring opportunity.
  - Award a penalty kick and issue a yellow card to B1.
  - Award a penalty kick and issue a red card to B1.
  - Award a direct free kick and issue a yellow card to B1.
  - Award a direct free kick and issue a red card to B1.

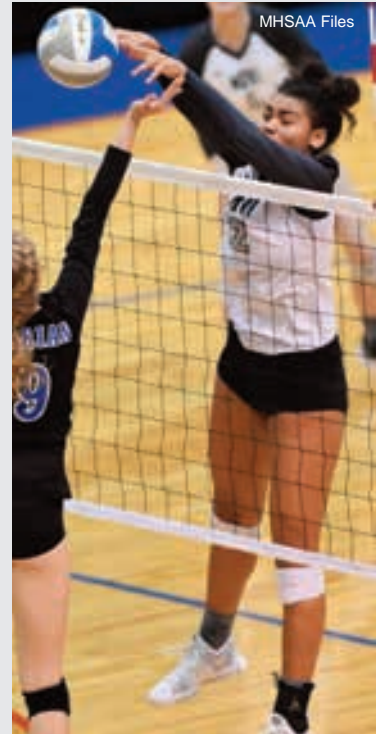


MHSAA Files

3. Player B1, regardless of if they are playing the ball, trips the attacking player A1 outside the penalty box denying an obvious goal-scoring opportunity.
  - a. Award a penalty kick and issue a yellow card to B1.
  - b. Award a penalty kick and issue a red card to B1.
  - c. Award a direct free kick and issue a yellow card to B1.
  - d. Award a direct free kick and issue a red card to B1.

## Volleyball

1. Which of the following does not describe a potential screen?
  - a. When a group of two or more players on the receiving team stand close together, and the ball is served directly over them.
  - b. When player(s) on the serving team wave their arms as the ball is served over the player(s).
  - c. When player(s) on the serving team move sideways or stand close to the server, and the ball is served over the player(s).
  - d. All are potential screens.
2. The serving team is penalized when:
  - a. A receiving team player is out of position on the serve and the ball is served illegally.
  - b. A receiving team player is out of position when there is a service fault.
  - c. The server is granted a re-serve during the team's term of service.
  - d. None of these are correct.
3. Two or more separate attempts to play the ball by one player with no interrupting contact by a different player between the two plays is called:
  - a. Simultaneous contact.
  - b. Successive contacts.
  - c. Multiple contacts.
  - d. None of the above.



Football Answers: 1. d. (7-1-7c, 7-2-6); 2. a. (8-2-3); 3. a. (2-33, 10-3, 10-5-2).  
 Soccer Answers: 1. a. (12-8-1-F-15); 2. b. (12-8-2-D-4); 3. d. (12-8-2-D-3).  
 Volleyball Answers: 1. a. (6-5-2); 2. a. (8-2-7); 3. b. (9-4-7).

## 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 Brent Rice, MHSAA assistant director. “We are pleased to be providing this service to all Michigan Approved Associations with our trusted and valued partner, NASO. 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.”

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. 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).



## Flint's Phillips Named NHL "Community Hero"

**R**ico Phillips had convinced himself before this year's NHL Awards that he wasn't going to win the Willie O'Ree Community Hero Award.

It was the easiest way to kill nerves that went along with having to speak in front of a room filled with NHL superstars and legends, as well as a national television audience.

But as the award was about to be announced, and a video montage started playing on the screen, the realization he could win started to come back to Phillips. Then O'Ree said his name.

"When I watched Willie O'Ree say my name, it was like this snapshot of time froze, and I was like, 'No way,'" said Phillips, an MHSAA hockey official and the founder of the Flint Inner City Youth Hockey Program. "I embraced my wife. She has been the person that has been the best advisor to me, and to have her here with me was an incredible moment."

Phillips was honored for founding and directing his organization, which has given a cost-free opportunity to play the game to about 150 kids ages 8-11 in Flint since 2010. He was one of three finalists, along with Tammi Lyncy of Washington, D.C., and Anthony Benavides of Detroit.

Fans submitted candidates for the award, and the field was whittled to the final three who were then voted on by the public.

The award is named after Hockey Hall of Famer O'Ree, who broke the NHL color barrier in 1958, and who has worked as the league's diversity ambassador for more than 20 years. It is given to "an individual who – throughout the game of hockey – has positively impacted his or her community, culture or society," according to a release from the NHL. This was the second year it has been awarded.

"It was surreal, would be the first word," Phillips said. "I felt an incredible honor – having just met Willie a couple months ago in person, he brings with him this magic. To look over and hear him say my name, it was like, 'I can't believe this is happening. Willie O'Ree – Willie O'Ree! – is giving me this award.'"

Those who know Phillips could certainly believe it was happening, and that it was a well-deserved honor.

"I wasn't surprised; I thought if anybody deserved that award, it was Rico," said Steve Berriman, who serves as assigner and referee-in-chief for the Flint Ice Hockey Referees Association. "I was so darn proud; it was so well deserved. He's immersed himself in the hockey culture. Whatever he's accomplished has been all on Rico. He's done it all himself. From where he's started to where he's come, and then the starting of this program, it's 100 percent on him."

Phillips, who is a firefighter in Flint, was introduced to the game during the 1980s and fell in love with it. He served as a student trainer for the hockey team at Flint Southwestern, and thanks to plenty of time spent with the officials while in that position, was convinced to get onto the ice wearing the stripes. He became an MHSAA registered official for ice hockey beginning with the 1990-91 season.

"I took up that challenge, and it was terrible at first, because I could barely skate," Phillips said with a laugh. "One of the other challenges, besides learning how to skate, is that I was met with racial slurs and taunts. I was young, and it was tough. I thought, 'What did I get myself into?' I had some people who helped talk me through it."

Phillips said those mentors explained to him that quitting would give those who taunted him what they wanted, and more than 30 years later, he's still on the ice. He officiates about 40 high school games per year and has worked three MHSAA Semifinals and a handful of Quarterfinals.



NHL Hall of Famer Willie O'Ree (left), Rico Phillips (right), and Rico's wife Sandy (middle).

– Paul Costanzo

Special for MHSAA Second Half

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



## 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 has gotten a new twist with the allowance that a team may scrimmage another MHSAA member school team while on a “spring trip.” 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.

The new rule allows schools in spring sports only to compete in up to four scrimmages with another MHSAA member school team while on a spring trip. The allowance is to other MHSAA teams only and scrimmages that follow the elements of a scrimmage. This will likely save schools money as they can split the cost of renting a facility for a baseball, softball, soccer or lacrosse field.

Regulation II, Section (C) follows with most recent change in boldface: “Schools which desire to conduct practice sessions out of state at a site more than 600 drivable miles round-trip from their location must complete and submit to the MHSAA office the “Travel Form for Out-Of-State Practice” at least 30 calendar days in advance of departure

(see MHSAA.com, “Schools/Forms & Resources”). No competition (scrimmage or contest against another team) is allowed **except that in spring sports, two or more MHSAA member schools which have submitted the MHSAA Out-of-State Travel Form may scrimmage or hold joint practices with other MHSAA member schools up to the maximum of four allowed scrimmage dates in that sport. These days shall count in the total of four allowed for the season.** Regulation II, Section 11 (B) and applicable interpretations regarding scrimmages shall apply. Dates of competition may not be converted to scrimmages as permitted under this allowance. No more than four dates will be allowed while operating under the out-of-state travel form allowance.”

MHSAA catastrophic insurance does not cover such events. The form can be found on the MHSAA Website. Pursuant to action of the Representative Council, 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 2018-19 appears below

### Schools Submitting Out-of-State Travel Forms for 2018-19

|  |   |   |
|--|---|---|
| <p><b>FALL &amp; WINTER</b></p> <p><i>None</i></p> <p><b>SPRING</b></p> <p><b>BASEBALL</b></p> <p>Ada Forest Hills Eastern<br/>Adrian<br/>Ann Arbor Greenhills<br/>Benzie Central<br/>Beverly Hills Groves<br/>Blanchard Montabella<br/>Bloomfield Hills Cranbrook<br/>Kingswood<br/>Cheboygan<br/>Chelsea<br/>Coldwater<br/>Eaton Rapids<br/>Essexville Garber<br/>Grand Ledge<br/>Grand Rapids Northview<br/>Hemlock<br/>Holland<br/>Holland Christian<br/>Holland West Ottawa<br/>Holt<br/>Hudsonville<br/>Lake Odessa Lakewood</p> | <p>Lowell<br/>Muskegon Reeths-Puffer<br/>Northville<br/>Otsego<br/>Oxford<br/>Petersburg Summerfield<br/>Plymouth<br/>Pontiac Notre Dame Prep<br/>Portage Northern<br/>Portland<br/>Richmond<br/>Romeo<br/>Saginaw Swan Valley<br/>Salem<br/>Saline<br/>Sand Creek<br/>Shepherd<br/>Sterling Heights Stevenson<br/>St. Johns<br/>Union City<br/>Utica<br/>Whitehall<br/>Wyoming<br/>Zeeland West</p> <p><b>SOFTBALL</b></p> <p>Bay City Central<br/>Carson City-Crystal<br/>Chelsea</p> | <p>Eaton Rapids<br/>Essexville Garber<br/>Frankfort<br/>Garden City<br/>Grand Ledge<br/>Grant<br/>Hemlock<br/>Holt<br/>Holton<br/>Hudsonville<br/>Ithaca<br/>Jenison<br/>Lake Odessa Lakewood<br/>Lowell<br/>Muskegon Reeths-Puffer<br/>Petoskey<br/>Portland<br/>Saginaw Swan Valley<br/>Saline<br/>Wyoming</p> <p><b>BOYS GOLF</b></p> <p>Shepherd</p> <p><b>TRACK &amp; FIELD</b></p> <p>Brown City<br/>Grandville Calvin Christian<br/>Shepherd</p> |
|--|---|---|

## Academic Eligibility: Previous and Current Credits

**A**cademic Eligibility regulations are at the foundation of school sports: Student-athletes must perform in the classroom to earn the privilege of representing their school in interscholastic athletics. MHSAA regulations are the minimum standard upon which many schools build higher standards, such as passing more classes than the MHSAA minimum or achieving a specific GPA.

This review of the rules will cover two MHSAA Academic Eligibility Regulations and their application. Regulation I, Section 7 deals with a student's performance in the Previous Academic term and Section 8, which we discuss later, covers how a student performs over a shorter term: the Current Academic Credit Record.



### PREVIOUS ACADEMIC CREDIT RECORD

Ten years ago, in 2009-10 MHSAA minimum standard for participation in athletics was changed to state: "No student shall compete in any athletic contest who does not have to his or her credit on the official records of the school to be represented at least 66% of full credit load potential for a full time student for the previous semester/trimester..." Veterans might remember the old minimum of "20 credit hours" which was amended with the onset of trimesters.

The 66% requirement does not take effect until a student is enrolled in the 9th grade. Junior high middle school students continue to use 50% of a student's class load unless the student is playing with a high school team as is allowed for schools with enrollments under 100 students. For the purposes of this review we will refer only to "66%" as the minimum and the reader should know that "66%" means "66% of full credit load potential for a full time high school student."

For most schools whose classes are approximately equal in length, carrying 66% of full credit load potential for a full time student means meeting requirements of courses for which credit toward graduation or a certificate of completion would be granted by the school for 3 of 4 classes, 4 of 5 or 6 classes, 5 of 7 classes, or 6 of 8 classes. Later we will discuss how a school determines full credit potential; or the 2nd number in the equation.

Another significant change made ten years ago, in addition to upgrading the standard slightly, was a change to the length of time students are ineligible when they do not meet the 66% standard and they have not made up the deficiency (e.g. summer school; more too on this later). A student who does not pass 66% is ineligible for one trimester, or in a non-trimester school (the vast majority – semester schools) the next 60 scheduled school days for students. (This used to be a semester or 90 school days).

- In semester schools, students who did not earn credit for 66% become eligible on the first full day following the 60th day of school (calculated when classes are scheduled for students, including snow days) provided they are meeting the 66% standard on the 60th day. This will likely involve a special academic check of students who have been sitting out due to their grades. A student who is not passing on the 60th day becomes eligible on the first full day once he/she is passing the 66% standard. It could be a matter of days, weeks, months or not at all.
- In trimester schools, students who have sat a trimester become eligible on the first day that classes are actually held for students in the new trimester, provided they passed 66% during their trimester of ineligibility.
- In either a semester or trimester school, a student may regain eligibility by making up the deficiency in a subsequent academic term when the school accepts credit on its transcript via summer school, credit recovery, on line, night school, etc. MHSAA academic regulations deal in quantity: How many credits did the student carry successfully? Schools determine acceptable courses for which they award credit toward graduation.

### CURRENT ACADEMIC CREDIT RECORD

The same standard, 66% of full credit load potential for a full time student, is used for the **current** academic eligibility checks which must occur within ten weeks for semester schools and seven weeks for trimester schools. Many schools have more frequent checks such as weekly, biweekly or at progress report time. It should be noted that passing 66% here involves doing satisfactory work from the beginning of the term to the date of the check, not just passing on the day of the grade check.

A student not passing 66% when checked at whatever interval (weekly, biweekly, etc.) is not eligible until the next check but at least for the next Monday through Sunday. If the student returns his or her grades to passing 66% then that student may be eligible after the Monday-Sunday off. The re-check of eligibility for this student not passing may be at any interval school policy determines, but the student is not eligible until passing 66% and has sat out of competition for at least the next Monday-Sunday.



### DETERMINING FULL CREDIT LOAD POTENTIAL

In most schools determining the credit load potential is simple: “How many classes does a full time student take?” In some schools, where class lengths differ (block schedules, modules, etc) schools may have to determine 66% of the **potential minutes** for a full time student’s regular class cycle, which is usually one or two weeks. Zero hour courses, where only some students take a class before the regular school day begins, are not part of the credit load potential. Zero hours may be used for the first number (classes passed) for an individual student just as credit from other sources such as junior college, vocational tech or online. Courses are included on the school transcript to reach the number of classes passed so long as the school gives credit towards graduation.

Individual students whose normal credit load potential is reduced due to travel to, enrollment in or attendance at a school-approved off-campus program, (for example, college courses or vocational education) may have a credit load potential calculated differently than other students in the school but to not less than 50% of full credit load potential for a full time student. This determination shall be made in advance of the academic term and only be applied to the individual students involved in the off campus program and to the specific academic term when the off-campus program is conducted. The student must be passing at least 66% of the reduced course load at the school where he or she participates. (See MHSAA *Handbook* Interpretation 46, Note 2)

The standard also is adjusted for students with an IEP whose course load is reduced. Students with an IEP need to pass 66% of the courses prescribed by the IEP as opposed to 66% of a full time student’s course load. (See MHSAA *Handbook* Interpretations 5, 45 and 59)

Because the credit load potential differs from one school (and is especially different among semester and trimester schools), students in cooperative programs would follow the academic regulations of the school they are enrolled in, not necessarily the primary program. Students who are in non-traditional or alternative education and eligible at their base or original school for athletics shall follow the regulations and meet the requirements of the base/original school. Students who receive credit from other sources or are shared time (night school, adult ed., vocational education, home school, specialized curriculum school, etc.) must follow the academic regulations of the school they are representing in athletics.

## The Only Official Interpretations are Those Received in Writing

### readings & references

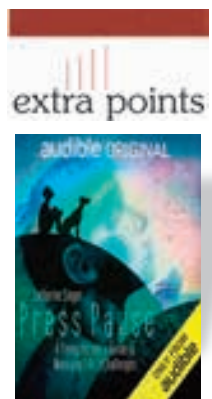
## “Press Pause” to Alleviate Anxiety

As the need to understand and assist youth mental health becomes more prevalent, so too are resources which discuss this important topic.

One such work is an audible compilation of methods and suggestions from Catherine Singer entitled “**Press Pause - A young Person’s Guide to Managing Life’s Challenges.**” Singer teaches mindfulness and high school English, and this particular work seeks to help adolescents through guided audio meditations. It also offers plenty of facts which administrators, coaches, teachers and parents might relay to students and children.

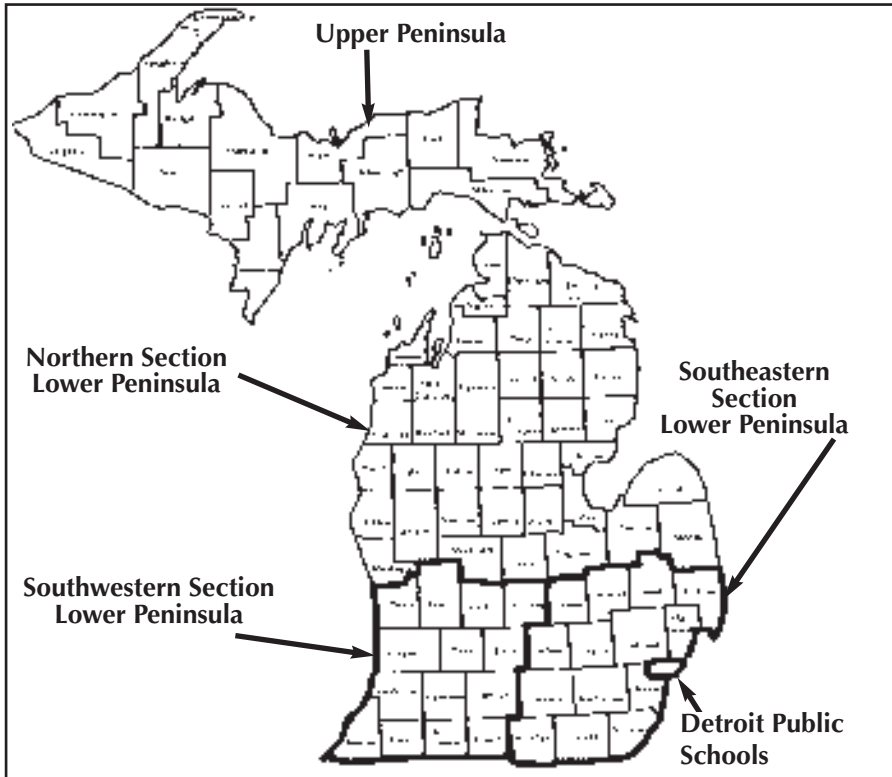
Among the items to digest and communicate:

- The light from electronic devices before bed – binge-watching video, interacting on phones via social media – fools the brain into thinking it’s still daytime, which leads to sleep deprivation. Students might feel the need to stay awake late to get work done, but using the above methods are counterproductive.
- 85% of the things we worry about do not come true.
- We tend to focus on negative news stories and events, therefore we seek such events. Re-focus on positive events; that behavior will yield different search behavior in the future and alleviate a source of stress.
- Students compare their lives with others through social media. Remind them that posts they see on social media are activities and events that the person posting *wants* everyone to see. People do not often post negatives, so comparing one’s activity and achievements only with what they see from classmates on social media skews reality.
- Teens identify “connection with others” as the biggest asset related to social media, but also list “bullying and the spreading of rumors” as the top negative component. A study of 13- and 14-year-olds showed that those who spent just 10 or more hours per week on social media were 56% more likely to label themselves as unhappy.



## Representative Council and Upper Peninsula Athletic Committee Elections

Map of Representative Council Sections



Ballots for Representative Council elections were mailed to principals of member schools from the MHSAA office Aug. 30, 2019. The ballots were due back in the MHSAA office Sept. 20, 2019.

Six positions for membership on the Representative Council were up for election this fall.

Vacancies for two-year terms beginning December 2019 will occur as follows: Class C-D Southwestern Section L.P. and Southeastern Section L.P.; Class A-B Upper Peninsula; Statewide At-Large; Junior High/Middle School, elected on a statewide basis; and Detroit Public High Schools.

In addition to the above named Representative Council positions, there were three Upper Peninsula Athletic Committee positions to be voted on in September. Representatives! of the Class A-B, Class C and Class D schools were elected by Upper Peninsula schools.

Following the due date of Sept. 20, 2019, the Board of Canvassers as provided in Article IV of the Constitution of the Michigan High School Athletic Association, met on Sept. 24, 2019 and declared the winners for the various vacancies.

In accordance with the approved nomination and election procedures, candidates had submitted their desire to run for a position by March 15, 2019. They included an approval to serve from their respective superintendent or principal and certified their qualifications to run for the office which they

sought. No write-ins were possible because each candidate must have been approved by March 15 in order to run for a position on the Representative Council.

Following are those elected or yet to be determined for the vacancies which will occur in December 2019:

### REPRESENTATIVE COUNCIL RESULTS FOR SEPTEMBER 2019 ELECTION

#### Southwestern Section, Lower Peninsula – Class C and D Schools

- Chris Miller, Athletic Director, Gobles High School

#### Southeastern Section, Lower Peninsula – Class C and D Schools

*RUN-OFF Needed:*

- Jason Mensing, Athletic Director, Ottawa Lake-Whiteford High School
- Robert Wright, Athletic Director, Sand Creek Community Schools

#### Upper Peninsula – Class A and B Schools

- Alex Tiseo, Athletic Director, Marquette High School

#### Statewide At-Large

- Karen S. Leinaar, CAA, Athletic Director, Bear Lake Schools

## MHSAA Representative Council

**Nicole Carter\*\***  
Principal  
Novi High School  
Appointee

**Scott Grimes\*\***, President  
Assistant Superintendent of Human Services  
Grand Haven Public Schools  
Statewide At-Large

**Vicky Groat\*\***  
Principal/Athletic Director  
Battle Creek St. Philip High School  
Appointee

**Kyle Guerrant (ex-officio)**  
Deputy Superintendent, Finance Operations  
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

**Justin Jennings\***  
Superintendent  
Muskegon Public Schools  
Appointee

**Karen Leinaar\***  
Athletic Director  
Bear Lake High School  
Statewide At-Large

**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

**Chris Riker\*\***  
Athletic Director  
Portage Northern High School  
Class A-B — Southwestern Michigan

**Peter C. Ryan\*\***, Vice President  
Athletic Director  
Saginaw Township Community Schools  
Class A-B — Northern Lower Peninsula

**Adam Stefanski\*\***  
Athletic Director  
Mackinaw City High School  
Class C-D — Northern Lower Peninsula

**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

\*Term Expires December 2019

\*\*Term Expires December 2020

### Junior High/Middle Schools

- Don Gustafson, Superintendent, St. Ignace Area Schools

### Detroit Public Schools

- Jay Alexander, Administrator of Athletics, Detroit Public Schools

### Northern Section, Lower Peninsula – Class A and B Schools (1-Year Term)

*RUN-OFF Needed:*

- Eric Albright, Athletic Director, Midland High School
- Adam Stefanski, Athletic Director, Boyne City Public Schools

### Northern Section, Lower Peninsula – Class C and D Schools (1-Year Term)

*RUN-OFF Needed:*

- Tim Genson, Athletic Director, Scottville-Mason County Central High School
- Mark Mattson, Athletic Director, Maple City-Glen Lake High School

### UPPER PENINSULA ATHLETIC COMMITTEE

#### Class D Schools

*RUN-OFF Needed:*

- Jim Bobula, Superintendent/Principal, Ontonagon Area School
- Vincent Gross, Athletic Director, Paradise-Whitefish Township Community Schools
- Robert W. Vaught, Superintendent/Principal, DeTour Area Schools

#### Class C Schools

- Jon Beckman, Athletic Director, Ishpeming-Westwood High School

#### Class A and B Schools

- Andrew Brunette, Principal, Negaunee High School

## Failure to Rate Officials

**M**ember 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 2018-19 school year.

### Failure to Rate Officials - Fall 2018

#### Football

Detroit-Martin Luther King  
 Detroit-University Prep  
 Melvindale ABT  
 River Rouge  
 Rochester Hills-Stoney Creek

#### Boys Soccer

Detroit-University Prep  
 Waterford Kettering

#### Auburn Hills Christian

Bridgeport  
 Detroit-Edison PSA Early College  
 Lansing-Eastern  
 Manistee Catholic Central

#### Girls Volleyball

Alma

### Failure to Rate Officials - Winter 2019

#### Boys Basketball

Carney-Nadeau  
 Detroit-Academy of the Americas  
 Lansing-Waverly  
 Mt. Clemens  
 Southfield-Alex & Marie  
 Manoogian  
 Williamston

#### Harper Woods

Kinross-Maplewood Baptist Acad.  
 Marshall Academy  
 Southfield-Alex & Marie  
 Manoogian

#### Ovid-Elsie

Yale

#### Wrestling

Byron Area  
 Escanaba  
 Harper Woods  
 Monroe-St. Mary Catholic Central  
 Rogers City  
 Ypsilanti-Lincoln

#### Girls Competitive Cheer

Grass Lake  
 Harrison Township-L'Anse Creuse  
 Marquette

#### Girls Basketball

Detroit Public Safety Academy

### Failure to Rate Officials - Spring 2019

#### Baseball

Allendale  
 Dearborn-Henry Ford Academy  
 Detroit-Central  
 Detroit-Cornerstone Health & Technology  
 Detroit-Henry Ford Creative Studies  
 Detroit Leadership Academy  
 Genesee  
 Grand Rapids-Union  
 Holland-Calvary  
 Kalamazoo-Hackett Catholic Prep  
 Powers-North Central

#### Girls Lacrosse

Grand Rapids-Northview

#### Girls Soccer

Canton-Plymouth Christian Academy  
 Dexter  
 Genesee  
 Grand Rapids-Hope Acad. of W. Michigan  
 Kalamazoo-Hackett Catholic Prep  
 Wixom-St. Catherine of Siena

#### Softball

Detroit-Edison PSA Early College  
 Erie-Mason  
 Stephenson  
 Taylor-Trillium Academy

#### Softball

Detroit-Voyageur College Prep  
 Quincy  
 Taylor-Trillium

## Know the Score

Thousands of MHSAA events take place during any given week each school year. Help the MHSAA and prep sports enthusiasts around the state stay up to date on results by becoming a registered score reporter for the Score Center page on MHSAA.com. Score Center is the most comprehensive site for schedules and scores around the state, and can be accessed from any mobile device or computer.

1. Register on MHSAA.com.
2. Login and find a game.
3. Click the "Submit Score" link. This link does not appear until the scheduled start time.



# 2018-19 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.

|                                 |    |                                     |   |  |   |
|---------------------------------|----|-------------------------------------|---|--|---|
| Hamtramck                       | 17 | Paw Paw                             | 5 | Burton Bentley                         | 3 |
| Muskegon Orchard View           | 16 | Flint Powers Catholic               | 5 | Birch Run                              | 3 |
| Dearborn Divine Child           | 14 | Ann Arbor Skyline                   | 5 | Bloomfield Hills                       | 3 |
| Muskegon                        | 13 | Stockbridge                         | 5 | Buckley                                | 3 |
| Allen Park                      | 12 | Utica Eisenhower                    | 5 | Stanton Central Montcalm               | 3 |
| Lansing Eastern                 | 12 | Utica                               | 5 | Cheboygan Area                         | 3 |
| Saginaw                         | 12 | Walled Lake Northern                | 5 | Clawson                                | 3 |
| Grand Rapids Union              | 12 | Wayland Union                       | 5 | Detroit Cody                           | 3 |
| Portage Northern                | 11 | Wayne Memorial                      | 5 | Coloma                                 | 3 |
| Lansing Everett                 | 10 | Alpena                              | 4 | Macomb Dakota                          | 3 |
| Hudsonville                     | 10 | Fair Haven Anchor Bay               | 4 | Dearborn                               | 3 |
| Ann Arbor Huron                 | 10 | Temperance Bedford                  | 4 | Eastpointe                             | 3 |
| Rochester                       | 10 | Belding Area                        | 4 | Eau Claire                             | 3 |
| Southgate Anderson              | 10 | Big Rapids                          | 4 | Ecorse                                 | 3 |
| Berkley                         | 9  | Bloomfield Hills Brother Rice       | 4 | Edsel Ford                             | 3 |
| Clio                            | 9  | Byron Center                        | 4 | Escanaba                               | 3 |
| Grosse Pointe North             | 9  | Allen Park Cabrini                  | 4 | Flat Rock                              | 3 |
| Lansing JW Sexton               | 9  | Cadillac                            | 4 | Dearborn Fordson                       | 3 |
| Vandercook Lake                 | 9  | Cedar Springs                       | 4 | Livonia Franklin                       | 3 |
| Detroit Catholic Central        | 8  | Clinton                             | 4 | Detroit Frontier International Academy | 3 |
| Dexter                          | 8  | Coldwater                           | 4 | Fruitport                              | 3 |
| Flushing                        | 8  | Detroit Cornerstone Health & Tech   | 4 | Wyoming Godwin Heights                 | 3 |
| Muskegon Heights Academy        | 8  | DeWitt                              | 4 | Grand Haven                            | 3 |
| Portage Central                 | 8  | Dowagiac Union                      | 4 | Grayling                               | 3 |
| Benzie Central                  | 7  | Durand Area                         | 4 | Flint Hamady                           | 3 |
| Ortonville Brandon              | 7  | Edwardsburg                         | 4 | Holland                                | 3 |
| Canton                          | 7  | Forest Hills Eastern                | 4 | Holt                                   | 3 |
| Center Line                     | 7  | Fraser                              | 4 | Howell                                 | 3 |
| Battle Creek Central            | 7  | Freeland                            | 4 | New Boston Huron                       | 3 |
| Bay City Central                | 7  | Gaylord                             | 4 | Imlay City                             | 3 |
| Forest Hills Northern           | 7  | Genesee                             | 4 | International Academy of Flint         | 3 |
| St Clair Shores Lake Shore      | 7  | Gladwin                             | 4 | Jenison                                | 3 |
| New Haven                       | 7  | Grand Rapids Christian              | 4 | Jonesville                             | 3 |
| Dearborn Heights Robichaud      | 7  | Grass Lake                          | 4 | Lake Fenton                            | 3 |
| Romeo                           | 7  | Grosse Ile                          | 4 | White Lake Lakeland                    | 3 |
| Orchar Lake St Mary Preparatory | 7  | Grosse Pointe South                 | 4 | Lakeview                               | 3 |
| Tawas Area                      | 7  | Kalamazoo Hackett Catholic Prep     | 4 | Warren Lincoln                         | 3 |
| Howard City Tri County Area     | 7  | Hartland                            | 4 | Manchester                             | 3 |
| Troy                            | 7  | Holly                               | 4 | Marysville                             | 3 |
| Walled Lake Western             | 7  | Jackson                             | 4 | Mc Bain                                | 3 |
| Livonia Clarenceville           | 6  | Monroe Jefferson                    | 4 | Melvindale                             | 3 |
| Dearborn Heights Crestwood      | 6  | Westland John Glenn                 | 4 | Mendon                                 | 3 |
| Warren DeLaSalle                | 6  | Kingsley Area                       | 4 | Warren Michigan Math & Science         | 3 |
| East Grand Rapids               | 6  | Macomb L'Anse Creuse North          | 4 | Milford                                | 3 |
| Greenville                      | 6  | Lapeer                              | 4 | Blanchard Montabella                   | 3 |
| Wyoming Kelloggsville           | 6  | Lowell                              | 4 | Mt Pleasant                            | 3 |
| Grand Rapids Kenowa Hills       | 6  | Warren Michigan Collegiate          | 4 | Kinde North Huron                      | 3 |
| Ypsilanti Lincoln               | 6  | Muskegon Mona Shores                | 4 | Jackson Northwest                      | 3 |
| Montague                        | 6  | Monroe                              | 4 | Novi Christian Academy                 | 3 |
| Pinckney                        | 6  | Oscoda                              | 4 | Gibraltar OA Carlson                   | 3 |
| Saginaw Swan Valley             | 6  | Otsego                              | 4 | Oak Park                               | 3 |
| Taylor                          | 6  | Ann Arbor Pioneer                   | 4 | Okemos                                 | 3 |
| Walled Lake Central             | 6  | Port Huron                          | 4 | Olivet                                 | 3 |
| Waverly                         | 6  | Port Huron Northern                 | 4 | Owosso                                 | 3 |
| Bay City Western                | 5  | Ravenna                             | 4 | Oxford                                 | 3 |
| Buchanan                        | 5  | Reed City                           | 4 | Plymouth                               | 3 |
| Caledonia                       | 5  | Muskegon Reeths-Puffer              | 4 | Pontiac                                | 3 |
| Grand Rapids Catholic Central   | 5  | Salem                               | 4 | Quincy                                 | 3 |
| Clarkston                       | 5  | South Haven                         | 4 | Romulus                                | 3 |
| Coopersville                    | 5  | Spring Lake                         | 4 | Royal Oak                              | 3 |
| Davison                         | 5  | Dearborn Hieghts Star International | 4 | Saline                                 | 3 |
| East Kentwood                   | 5  | Academy                             | 4 | Sault Area                             | 3 |
| East Lansing                    | 5  | Utica Ford II                       | 4 | Livonia Stevenson                      | 3 |
| Farmington                      | 5  | Waterford Mott                      | 4 | Tecumseh                               | 3 |
| Riverview Gabriel Richard       | 5  | Holland West Ottawa                 | 4 | Tekonsha                               | 3 |
| Grant                           | 5  | Whitehall                           | 4 | Three Rivers                           | 3 |
| Saginaw Heritage                | 5  | Beverly Hills Groves                | 4 | Grosse Pointe Woods University Liggett | 3 |
| Harrison Township L'Anse Creuse | 5  | Wyoming                             | 4 | Warren Mott                            | 3 |
| St Clair Shores Lakeview        | 5  | Adrian                              | 3 | West Bloomfield                        | 3 |
| Lakewood                        | 5  | Allendale                           | 3 | Grand Rapids West Catholic             | 3 |
| Linden                          | 5  | Almont                              | 3 | Brownstown Woodhaven                   | 3 |
| Kalamazoo Loy Norrix            | 5  | Troy Athens                         | 3 |  |   |
| Newaygo                         | 5  | Beal City                           | 3 |  |   |

## 2018-19 Officials Reports Summary

| Sport              | Level          | Concern | Praise | Player Ejections | Coach Ejections | Other Ejections | Sportsmanship |
|--------------------|----------------|---------|--------|------------------|-----------------|-----------------|---------------|
| Baseball           | Varsity        | 122     | 2      | 78               | 40              | 3               | 1             |
| Baseball           | Junior Varsity | 28      | 0      | 18               | 8               | 2               | 0             |
| Baseball           | Freshman       | 11      | 0      | 8                | 3               | 0               | 0             |
| Baseball           | 8th            | 1       | 0      | 0                | 1               | 0               | 0             |
| Baseball           | 7th            | 1       | 0      | 0                | 1               | 0               | 0             |
| Boys Basketball    | Varsity        | 145     | 3      | 110              | 27              | 7               | 1             |
| Boys Basketball    | Junior Varsity | 43      | 0      | 32               | 11              | 0               | 0             |
| Boys Basketball    | Freshman       | 14      | 0      | 6                | 8               | 0               | 0             |
| Boys Basketball    | 8th            | 2       | 0      | 1                | 1               | 0               | 0             |
| Boys Basketball    | 7th            | 1       | 0      | 0                | 1               | 0               | 0             |
| Boys Football      | Varsity        | 163     | 31     | 150              | 10              | 2               | 1             |
| Boys Football      | Junior Varsity | 55      | 0      | 44               | 7               | 3               | 1             |
| Boys Football      | Freshman       | 11      | 0      | 10               | 1               | 0               | 0             |
| Boys Football      | 8th            | 6       | 0      | 1                | 5               | 0               | 0             |
| Boys Football      | 7th and 8th    | 3       | 0      | 1                | 1               | 1               | 0             |
| Boys Football      | 7th            | 1       | 0      | 1                | 0               | 0               | 0             |
| Boys Football (8)  | Varsity        | 11      | 1      | 9                | 1               | 1               | 0             |
| Boys Football (8)  | Junior Varsity | 3       | 0      | 2                | 1               | 0               | 0             |
| Boys Lacrosse      | Varsity        | 35      | 0      | 29               | 5               | 1               | 0             |
| Boys Lacrosse      | Junior Varsity | 4       | 1      | 4                | 0               | 0               | 0             |
| Boys Soccer        | Varsity        | 346     | 5      | 313              | 23              | 4               | 6             |
| Boys Soccer        | Junior Varsity | 43      | 1      | 41               | 1               | 1               | 0             |
| Boys Soccer        | Freshman       | 3       | 0      | 3                | 0               | 0               | 0             |
| Boys Swim & Diving | Varsity        | 2       | 0      | 1                | 1               | 0               | 0             |
| Boys Track         | Varsity        | 1       | 0      | 1                | 0               | 0               | 0             |
| Girls Basketball   | Varsity        | 70      | 5      | 60               | 8               | 2               | 0             |
| Girls Basketball   | Junior Varsity | 23      | 0      | 9                | 13              | 1               | 0             |
| Girls Basketball   | Freshman       | 3       | 0      | 1                | 1               | 1               | 0             |
| Girls Basketball   | 8th            | 1       | 0      | 1                | 0               | 0               | 0             |
| Girls Basketball   | 7th and 8th    | 1       | 0      | 0                | 1               | 0               | 0             |
| Girls Basketball   | 7th            | 1       | 0      | 0                | 1               | 0               | 0             |
| Girls Lacrosse     | Varsity        | 6       | 0      | 3                | 1               | 1               | 1             |
| Girls Lacrosse     | Junior Varsity | 1       | 0      | 1                | 0               | 0               | 0             |
| Girls Soccer       | Varsity        | 75      | 1      | 65               | 9               | 1               | 0             |
| Girls Soccer       | Junior Varsity | 9       | 0      | 9                | 0               | 0               | 0             |
| Girls Volleyball   | Varsity        | 1       | 2      | 0                | 0               | 0               | 1             |
| Girls Volleyball   | Junior Varsity | 1       | 0      | 0                | 1               | 0               | 0             |
| Ice Hockey         | Varsity        | 128     | 0      | 115              | 7               | 2               | 4             |
| Ice Hockey         | Junior Varsity | 3       | 0      | 2                | 1               | 0               | 0             |
| Softball           | Varsity        | 18      | 1      | 4                | 13              | 1               | 0             |
| Softball           | Junior Varsity | 3       | 0      | 1                | 1               | 1               | 0             |
| Wrestling          | Varsity        | 60      | 6      | 41               | 14              | 4               | 1             |
| Wrestling          | Junior Varsity | 6       | 0      | 5                | 1               | 0               | 0             |

| No. of Schools | Distribution of Reports |    | No. of Schools | Reports of Praise |
|----------------|-------------------------|----|----------------|-------------------|
|                | Reports of Concern      |    |                |                   |
| 404            | 1                       | 52 | 1              |                   |
| 111            | 2                       | 2  | 2              |                   |
| 76             | 3                       | 1  | 3              |                   |
| 41             | 4                       |    |                |                   |
| 26             | 5                       |    |                |                   |
| 11             | 6                       |    |                |                   |
| 7              | 7                       |    |                |                   |
| 7              | 8                       |    |                |                   |
| 3              | 9                       |    |                |                   |
| 3              | 10                      |    |                |                   |
| 1              | 11                      |    |                |                   |
| 2              | 12                      |    |                |                   |
| 1              | 13                      |    |                |                   |
| 2              | 16                      |    |                |                   |



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