

AN OUNCE OF PREVENTION . . .



John Johnson, Okemos

INNOVATIVE PROACTIVE APPROACH TACKLES SPORTS-RELATED CONCUSSIONS

Hope and enthusiasm run high at the start of each school year, as students flock back to the athletic fields and arenas in pursuit of competitive excellence. As coaches and officials, it is important to not only teach strategies and enforce contest rules, but to provide as safe an environment as possible for these young athletes. As much as wins, losses, lessons and statistics, injuries are part of the game. There are, however, measures which can be taken to reduce the risk of injury, and procedures which must be followed in the aftermath of injuries. MHSAA corporate partner **Henry Ford Health System Center for Athletic Medicine** offers the following guidelines for head trauma.

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MENTOR



The Michigan High School Athletic Association Newsletter for Coaches and Officials

Sports often move at a fast and furious pace. In the pursuit of winning, accidents invariably happen. One of the most serious and common accidents is a brain concussion, which can occur during soccer, football, wrestling, hockey and other contact sports. About 15 percent of high school athletes involved in contact sports experience a concussion every year.

Too often coaches, parents and health care professionals do not realize the seriousness of a concussion. Terms such as “ding” and “bell rung” show that too often concussions are not afforded the concern they deserve and thus the care that they need. This is because, generally, the long-term symptoms and effects are hard to

detect or can be hidden by the athlete. There is often no obvious sign of a concussion akin to the limp from a sprained ankle to alert caregivers that there is something wrong with a player. Additionally, most people do not understand that there may be long-term consequences if a concussion is not managed properly. In fact, sustaining a second concussion before recovering from the first concussion can lead to more devastating impairments. High school coaches need to understand that the brain is not fully developed until the early 20s. Research has shown high school athletes are more susceptible to the effects of concussion and take longer to recover. Also, athletes with a history of multiple concus-

sions (three or more) may be more likely to sustain a concussion and have a more complicated course of recovery.

PREVENTION

The use of properly fitted equipment should be enforced. Studies have shown that properly fitted helmets can protect athletes against catastrophic head injuries and reduce the severity of cerebral concussions.

All athletes involved in contact sports should be instructed on, and encouraged to perform, neck strengthening.

Proper hitting technique must be taught and consequences for improper hitting technique must be clear and consistently enforced.

– Continued on page 2

Inside: Keeping Educational Athletics Educational

Though there is no conclusive evidence, the use of mouth guards is thought to reduce the potential severity or frequency of concussions.

SYMPTOMS

The signs of a concussion may exhibit one or several of the following symptoms: altered or varying levels of consciousness; balance problems; memory and concentration difficulties; irritability or personality changes; and self-reported symptoms, such as headache, blurred/double vision, sensitivity to light and sound, ringing in the ears and nausea.

after the initial concussion should be disqualified from returning to participation on the day of the injury. The safest course of care is to disqualify all concussed athletes from participation until they have received neuropsychological testing and been cleared by the athlete's physician in consultation with the neuropsychologist.

Athletes who experience loss of consciousness or amnesia should be disqualified from participating and referred to a physician.

An athlete with a suspected concussion should be instructed to avoid taking

Concussions can create wide-ranging injuries and effects, impacting scholastic and social relationships as well as athletic participation.

For athletes playing sports with a high risk of concussion, baseline cognitive testing is recommended. Baseline cognitive testing, such as the ImPACT program discussed later in this article, is the most reliable and validated method to diagnose and assist in treatment of concussions. Neurological examinations and neuroimaging techniques (e.g., CT and MRI of the brain) are insensitive in detecting common sports concussions.

Monitoring the severity, duration and progression of symptoms is vital. The duration of symptoms may help determine the severity of the concussion and it is possible that symptoms may appear or worsen over hours or days. Record the time of the concussion. Monitor vital signs, level of consciousness and other symptoms every five minutes after a concussion until the athlete's condition improves. The athlete should also be monitored over the next few days after the injury for the presence of delayed signs and symptoms and to assess recovery.

CARE

Decisions regarding return to play after a concussion should be made in consultation with the athlete's physician, a neuropsychologist, your team's athletic trainer, the athlete and his or her family. For the safest outcome, return to sport is based on clinical symptoms and neuropsychological testing.

There are many guidelines for the care of concussed athletes. The most accepted guidelines recommend that athletes who display any symptoms (including headache) at rest or after exertion 15 minutes

medications, unless they are prescribed by a physician.

ImPACT PROGRAM

As team physicians for the Detroit Tigers, Lions, and area high schools, Henry Ford is well known for its athletic medicine expertise.

To address the special needs of these athletes, Henry Ford has developed a Sports Concussion Safety Program that can be tailored to an individual player or an entire team at the high school, college or professional level. This program is the only one of its kind in the Metro Detroit area.

The Sports Concussion Safety Program begins with a baseline evaluation of three key cognitive functions (memory, reaction time, and speed of thinking) and level of symptoms using innovative software known as ImPACT. In the event of a suspected concussion, the player is retested. These baseline and post-injury tests are used for diagnosis, treatment and to determine when it's safe for the player to return to the game. Testing is fast and convenient and can be administered in a group setting at the school or training camp. The program has been used at all levels of competitive athletics. Also, testing is available at www.henryford.com/concussion.

"ImPACT testing is the most sensitive technique to determine when one fully recovers from a concussion. This minimizes the risk of the player receiving a second concussion before recovering from the first" said Kenneth Podell, Ph.D., ABPN, a neuropsychologist and director of the program.



Visual Image Photography

Concussions can create wide-ranging injuries and effects, impacting scholastic and social relationships as well as athletic participation. These issues are managed by Dr. Podell, sports medicine physicians, and athletic trainers at Henry Ford. They work as a team to establish a diagnosis, treat related injuries (such as whiplash and migraine headaches), tailor a rehabilitation program, and decide upon return to play. Clinicians also conduct concussion research to look for new and improved ways of treating head injuries.

For more information or to schedule a same-day appointment for an evaluation, please call 313.876.2526, visit our web site, www.henryford.com/concussion, or e-mail Dr. Podell at KPODELL1@HFHS.org.

Henry Ford Health System's Center for Athletic Medicine offers a comprehensive approach to sports medicine, including surgical and non-surgical care, sports rehabilitation, injury prevention, and performance enhancement programs. The HFHS treatment team includes sports medicine fellowship trained orthopedic surgeons, sports medicine fellowship trained primary care physicians, as well as certified athletic trainers and physical therapists. These health care professionals are supported by the HFHS nationally recognized bone and joint research facility, including the prestigious Herrick Davis Motion Analysis Lab. HFHS is proud to be health care providers to the Detroit area's premier sports programs including professional, collegiate, and high school athletes.

Norris, Bush Award Recipients Tabbed

Four prominent individuals have recently been honored by the MHSAA for outstanding service to interscholastic athletics throughout their careers.

Terry Wakeley received the Vern L. Norris Award for excellence in sports officiating last spring, while **Chris Ervin**, **Joe Haines** and **William Newkirk** are recipients of the 2007 Allen W. Bush Award for continuing service to prep sports in their professions.

Wakeley is active with the North Central Officials Association and Superior Officials Association. He has served the NCOA as the organization's President and Treasurer, and is currently a trainer and assignor for the Association. He took a leadership role in the training of three-person officiating crews in basketball.

It might be in the recruiting and teaching of young officials where Wakeley has made his mark. Numerous adults launched their officiating careers because of his encouragement, and he has also introduced high school students to officiating through the MHSAA's Legacy Program.

The Basketball Coaches Association of Michigan inducted Wakeley into its Hall of Fame in 2001.

Brief sketches of the Bush Award winners appear below:



Ervin

Chris Ervin – Most of Ervin's educational career has been devoted to serving as an athletic administrator. For the last two years, he has been the athletic director at St. Johns High School, following seven years as athletic director and assistant principal at Carson City-Crystal HS that followed four years as athletic director at Webberville HS.

A 1990 graduate of Central Michigan University, from which he received his Master's degree in athletic administration in 1997, Ervin's first stop as Webberville also included duties as a physical education teacher and boys varsity basketball coach. Two of his

teams captured Mid-State Athletic Conference championships.

Joe Haines – Nearly half of Haines career has been in service to the Kenowa Hills school director, where he has been the athletic director for the past 13 years.

Haines earned Bachelor's degrees from Albion College in math and physical education, and later received a Master's degree in administration from Eastern Michigan University. Prior to arriving at Kenowa Hills, his teaching career took him to stops at Mason, Napoleon, Jackson Lumen Christi, Holly and Galien. He also coached boys basketball along the way, receiving Class C Co-Coach of the Year in 1984-85 honors from the Associated Press while at Napoleon HS.



Wakeley



Haines

William Newkirk – Newkirk retired this past summer after 35 years serving the educational community, the last 11 at Sanford Meridian. He had previously been superintendent from 1991 to 1996 at Maple City Glen Lake; spent 15 years as an assistant principal, athletic director and principal at Clare HS; and started his career with teaching positions at Leroy Pine River and White Cloud. Central Michigan University is where he earned his Bachelor's, Master's and Specialist's Degrees.



Newkirk

He coached and was a registered official in baseball, basketball and football during his educational career. As an athletic administrator, he managed 37 MHSAA tournaments at all levels; and as a top-level district administrator, was involved in a variety of projects to improve the quality of education in every community in which he served.

Good Call

I would like to take this opportunity to recognize the officials of the Michigan High School Athletic Association for the important contributions they have made to our students, communities and the state of Michigan, and take a moment to specially acknowledge those from Clinton and Gratiot counties.

Sports officials hold many responsibilities. They are expected to ensure that games are played fairly, by the rules, within the spirit of the rules and in a safe manner. Quality officials are critical to the health of athletic competitions that we all enjoy. Officiating takes a great deal of preparation, dedication and time.

The officials of MHSAA have built a long history of quality service to interscholastic athletes and their dedication has made possible countless athletic opportunities for students across the state. Without trustworthy officials, positive athletic competition would not be possible.

It is both an honor and a privilege to extend our highest praise to the officials of MHSAA for many years of exemplary service, commitment and professionalism. Their significant contributions are to be commended.

– Paul E. Opsommer
State Representative, 93rd District



Please submit your views and opinions to: mentor@mhsaa.com. The MHSAA welcomes viewpoints from member school personnel and contest officials.



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MHSAA Leadership Programs Available to Student-Athletes

Student-athletes in Michigan have opportunities to develop leadership skills through the MHSAA's Women In Sports Leadership Conference and the Captain's Clinic series.

The 18th MHSAA **Women in Sports Leadership Conference** takes place at the Sheraton Hotel in Lansing on Sunday, Feb. 10 and Monday, Feb. 11, 2008. There will be numerous opportunities throughout the conference for young women to gain a better understanding of the many responsibilities in athletic leadership.

Coupled with this opportunity, the MHSAA is offering Levels 1-5 of the



Coaches Advancement Program on Saturday, Feb. 9, 2008 in the MHSAA Office. This is an opportunity for the coaching staff of your school to attend a program of coaches education and a leadership conference in one weekend. In addition, there is the opportunity for WISL officials training on Saturday, Feb. 9, 2008 at DeWitt Junior High School.

Additional information regarding the WISL Conference will be sent to member schools in November.

A series of 12 **Captain's Clinics** throughout the fall and winter of the 2007-08 school year. MHSAA staff members are currently working to select leagues & conferences to receive programming, as well as conference centers to host the clinics.



The MHSAA works closely with the Institute for the Study of Youth Sports at Michigan State University to provide pertinent curriculum that is geared toward developing leadership skills for current and future team captains. Topics at each clinic include, among other things, the role of the team captain, effective communication with your coach and teammates, team building and motivation, and ways to handle common team problems.

Athletic Directors, administrators, coaches, and student-athletes can contact Andi Osters at the MHSAA for more information, or to express interest in hosting or attending a clinic: aosters@mhsaa.com.

A Life That Matters

Every year we come back to new challenges whether it is as a student, coach, administrator or fan. This year the challenge for many is different with the change of seasons in volleyball, basketball, tennis and golf. For some it means new opportunities to coach and to mentor new students. For others it means making tough choices about what we coach and what level, or if we can even coach at all. But as difficult as those choices are, think of how difficult they are for our student-athletes.

Now more than ever, you need to step up and be a mentor to them. For many of our student athletes, you may be one of the few positive adult role models in their life. Athletics is the one thing that keeps many of our students coming back to school and staying off the streets.

In this age when the pressures on student athletes come from all directions, it is important that we focus on not only improving their athletic skills, but also their skills to survive in today's world. Look at what they are blasted with on TV. Michael Vick, Barry Bonds, Tim Donaghy or more locally Neifi Perez. All athletes or officials who at some point allegedly crossed the line between making a positive decision and negative one. Our role, now more than ever is to guide these young people into making positive decisions that will help them in athletics and in life.

It is easy to complain about the problems of the world or our own individual problems. Many of us are facing budget shortfalls, or lack of interest by students, but it is still our job, no our responsibility to actively lead these students in a morally positive direction and to guide them to be our future leaders.

Last spring Tom Rashid shared this poem (inset) at the MHSAA Rep Council meeting by Michael Josephson called "What Will Matter." I would like to share it with you because it has had a profound impact on me and my life as a parent, and on my career.

You as coaches no longer have the luxury of just coaching. You are now a fundraiser, a counselor, a parent, a friend, a planner, and a builder of the next generation of leaders. In your free time you have to do all of those things for your family at home as well as having a real "job." But you know what, they matter.

Remember that you are always being watched because it matters. Set a positive example for your student athletes both on and off the field because it matters. You represent your school, your community, the Saginaw Valley League and the MHSAA

WHAT WILL MATTER

By Michael Josephson

*Ready or not, some day it will all come to an end.
There will be no more sunrises, no minutes, hours or days.
All the things you collected, whether treasured or forgotten,
will pass to someone else.*

*Your wealth, fame and temporal power will shrivel to irrelevance.
It will not matter what you owned or what you were owed.
Your grudges, resentments, frustrations and jealousies will finally disappear.
So too, your hopes, ambitions, plans and to-do lists will expire.
The wins and losses that once seemed so important will fade away.
It won't matter where you came from or what side of the tracks
you lived on at the end.*

*It won't matter whether you were beautiful or brilliant.
Even your gender and skin color will be irrelevant.*

*So what will matter? How will the value of your days be measured?
What will matter is not what you bought but what you built,
not what you got but what you gave.*

*What will matter is not your success but your significance.
What will matter is not what you learned, but what you taught.
What will matter is every act of integrity, compassion, courage or sacrifice
that enriched, empowered or encouraged others to emulate your example.*

*What will matter is not your competence but your character.
What will matter is not how many people you knew,
but how many will feel a lasting loss when you're gone.
What will matter is not your memories but the
memories of those who loved you.
What will matter is how long you will be remembered, by whom and for what.*

*Living a life that matters doesn't happen by accident.
It's not a matter of circumstance but of choice.
Choose to live a life that matters.*

every day that you coach, teach or serve as an administrator because it matters. Take PRIDE in what you do and do it to the best of your ability and show class when you win and lose because it matters. Respect each other and the job that each of you do whether be as a coach or an official. Follow the rules and teach your students to do the same even when it means a personal or team sacrifice because it matters. Above all make it fun for you so that you come back to this great evening next year and for the kids so that they too will have life long memories of the great experiences of high school athletics because it matters.

— Peter Ryan

*Saginaw Township District Athletic Director
and MHSAA Representative Council Member
in a preseason address to the Saginaw Valley League*

Keeping Educational Athletics Educational

One thing that attracted me to return to the Institute for the Study of Youth Sports at Michigan State three years ago was the MHSAA. I was disappointed because my son had just completed his high school years in another state and I would describe his scholastic sport experience as merely adequate. Nothing was particularly bad but nothing stood out either. His coaches had little training, the values of educational athletics were identified in formal materials but not really stressed on a day-to-day basis, and winning often overshadowed educational benefits. The high school sport experience, and caring and competent coaches changed my life, but I felt it fell far short of reaching its full potential for my son.

School sports in Michigan and MHSAA, in contrast, is values-driven and has made a real and consistent commitment to programs that translate educational athletic values into day-to-day actions; whether that be through the Coaches Advancement Program, its long-term emphasis on sportsmanship, its support for the ATLAS and ATHENA drug prevention program or its development of the Captain's Clinics. So thank you for your commitment to keeping educational athletics educational!

My concern is that continuing to do so will take more effort than ever before. Recent focus groups we have conducted with student-athletes, coaches, athletic directors, parents of student-athletes and principals have identified numerous potential threats to educational athletics. These include an increased emphasis on winning; student-athletes participating for extrinsic reasons such as scholarships and notoriety and less for the love of the game and personal fulfillment; an increased emphasis on individual versus team success; and growing concerns over a decline in sportsmanship.

When we look at the research on positive youth development associated with extracurricular activity participation, we also see that participation in sport for youth has mixed effects. On one hand sports participation is associated with a number of benefits such as the development of teamwork, learning how to manage emotions and the development of initiative. On the other hand sport is the only extracurricular activity found to be associated with negative effects like adult pressure, increased alcohol consumption (in some sports) and young athletes feeling that they must do things they feel are morally wrong.

Recent research we are conducting at ISYS also reveals that benefits of high school sports participation are associated with the quality of coaching, especially the coaches ability to establish positive rapport with student-athletes and to stress how lessons learned in sport provide life-long benefits. Finally, some youth development experts feel that sport is not achieving its full potential for positive youth development because coaches exert too much control without allowing athletes to have input into their participation experiences.

So what are the implications for you? First, most of us have entered coaching, officiating and athletic administration because sport has positively contributed to our lives. Because of this it is easy for us to assume that sport builds character in youth. Nothing could be further from the truth – mere participation in sport does not build character or foster positive youth development in any systematic way. Character is taught, not caught! It has to be taught on a daily basis. So every week ask yourself what you are specifically doing to foster positive youth development.

Are you participating or encouraging your coaches to improve their knowledge in CAP? Are you training your student-athletes to be more effective leaders by hav-



INSTITUTE FOR THE STUDY OF
YOUTH SPORTS

Daniel Gould, Ph.D.

Professor and Director

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ing them take part in a Captain's Clinic? What are you doing to educate parents? Are you teaching your players to view officials as a vital partner in the process versus an enemy? Finally, are you renewing your commitment to and working on a daily basis to teach good sportsmanship?

The youth development research also has a number of interesting questions for use to ponder. For example, we know that optimal youth development is maximized when coaches balance support and challenge behaviors with a greater emphasis placed on supporting and building up young people. Are you remembering to find that balance, or falling into the trap of constantly yelling at our athletes.

Finally, nationally known youth development expert Reed Larson poses the following points for us to consider.

- When to set firm boundaries and when to be flexible.
- When to support a child's goals and when to challenge them.
- How to grant youth choice and autonomy without putting them at risk.
- When to listen and be empathetic and when to give one's point of view.
- When to let youth learn from mistakes.

Mere participation in sport does not build character or foster positive youth development in any systematic way.

Character is taught, not caught.

Girls Participation Numbers Thrive

Continuing its pattern of outperforming census figures, participation by girls in high school sports in Michigan during the 2006-07 school year again ranks fourth nationally, and participation rates in five sports moved up on the charts in figures released this fall by the National Federation of State High School Associations.

For the fourth straight year, Michigan's girls participation rates held their own, staying ahead of more densely populated states like Illinois, Ohio, Pennsylvania and New Jersey; and trailing only

the largest populated states of California, Texas and New York. Michigan's girls and overall participation rates were their second highest ever in 2006-07 – the girls numbers has set records for the four previous years – and the overall figure is coming off a streak of three consecutive record-setting seasons. A total of 131,500 female participants took part in high school sports in Michigan last year, narrowly missing the record of 131,662 set the previous year; and overall participation was 313,093, barely topped by the all-time mark of 313,589 of 2005-06.

According to 2006 U.S. Census Bureau figures, Michigan continues to rank eighth in both females and males of ages 14 through 17.

Participation in five sports – girls golf, girls competitive cheer, girls skiing, boys bowling and boys swimming and diving – all moved up one spot nationally in 2006-07. Michigan now ranks second in boys bowling and girls skiing participation, and fourth in girls golf, girls competitive cheer and boys swimming and diving.

Other sports in which Michigan outperformed or matched its population figures in 2006-07 were girls bowling, boys ice hockey, boys skiing, girls tennis, and girls volleyball in third place nationally; girls and boys basketball, and boys tennis in fourth; girls and boys cross country, football, boys golf, girls swimming and diving, boys track and field, and wrestling in fifth; boys lacrosse, girls soccer and girls track and field in sixth; girls soccer in seventh; and baseball, and boys soccer finished eighth. Girls lacrosse was ninth nationally and girls gymnastics was 11th.

Michigan's overall participation mark was again good for fifth place in 2006-07.

Boys participation in the NFSH survey for the past year again ranked sixth.

National participation in high school sports in 2006-07 was up to 7,342,910, setting a new record; and girls participation

Michigan Maintains Fourth-Place National Ranking in Girls HS Sports Participation

topped the three million mark for the first time at 3,021,807. Nationally, 54.2 percent of high school students participation in sports, in Michigan, that figure is 60.4 percent.

Michigan girls golf, competitive cheer and skiing all moved up in national participation rankings during 2006-07



Tournament Attendance Records Set in Lacrosse, Girls Soccer and Competitive Cheer

Attendance at Michigan High School Athletic Association postseason tournaments dropped during the 2006-07 school year, but several sports were bright spots, setting new records for spectatorship.

Total attendance for 2006-07 was 1,429,2071 with 1,065,465 fans at boys tournaments and 363,742 spectators at girls tournaments. Attendance is kept for all sports except golf, skiing and tennis, where admission is typically not charged.

Even with an overall drop, attendance records were set in three girls and one boys sport. Girls lacrosse set records for Regional play and for the Finals of that tournament, en route to a new overall mark of 3,085 fans. Boys Lacrosse claimed a record for the Semifinal round of its tournament, and set an overall standard of 8,042 spectators.

Girls Competitive Cheer continues its impressive growth as a participant and spectator sport, setting records at all tournament levels and an overall attendance mark of 15,829. The Finals attendance for Cheer of 6,821 was the second highest of any girls only event behind Basketball. Girls Soccer set records for its Semifinals and Finals, finishing with a new overall benchmark figure of 29,212 for all levels.

The overall attendance figures were their lowest since the 1997-98 school year, when 347,638 fans attended girls tournaments and 1,028,925 saw boys tournaments. MHSAA Executive Director John E. "Jack" Roberts speculated that poor weather in the fall, coupled with Michigan's economy and the oversaturation of sports on television, may have hurt spectatorship at MHSAA tournaments.

MHSAA Student Advisory Council Now in its Second Year

Eight student-athletes who are juniors at their schools during the 2007-08 academic year have been selected to serve a two-year term on the Michigan High School Athletic Association's Student Advisory Council.

The Student Advisory Council is a 16-member group which provides feedback on issues impacting educational athletics from a student's perspective, and is also involved in the operation of Association championship events and other programming. Members of the Student Advisory Council serve for two years, beginning as juniors. Eight new members will be selected annually to the SAC, with nominations made by MHSAA member schools. The incoming juniors will join the inaugural group of eight students appointed a year ago.



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Selected to begin serving on the Student Advisory Council in 2007-08 are: **Abby Cohen**, Bloomfield Hills Cranbrook-Kingswood; **Willie Cruz**, Harrison Township L'Anse Creuse; **Michelle DeMuro**, Muskegon Reeths-Puffer; **Adam Dingman**, Cedarville; **Matthew Herman**, East Kentwood; **Molly Lockwood**, Fife Lake Forest Area; **Jeffrey Petsch**, Montague; and **C.C. Weber**, Goodrich.

The Student Advisory Council will meet

five times each school year. In addition to assisting in the promotion of the educational value of interscholastic athletics, the council will discuss issues dealing with the 4 S's of educational athletics: scholarship, sportsmanship, safety (including health and nutrition), and the sensible scope of athletic programs. There will also be a fifth S discussed by the group – student leadership.

The Student Advisory Council's operating expenses are underwritten by AT&T. In addition, AT&T will make a \$1,000 donation to the athletic department of each school which is represented on the Student Advisory Council, which may be spent as each department sees fit. AT&T

also underwrites the MHSAA's Scope Award, which honors one school in each enrollment class (A-B-C-D) annually with a \$2,500 cash award for doing the best job in promoting a sensible scope for educational athletics in their buildings and communities.

The new additions to the SAC will join the inaugural members who were selected a year ago, pictured above from left: **Rachel Gebauer**, Alpena; **Blake Laethem**, Caro; **Brittany Bullock**, Lansing Catholic; **Bryce Bilinski**, Southgate Anderson; **Eric Howard**, Hudsonville Freedom Baptist; **Molly Waterhouse**, Vicksburg; **Dustin Baker**, St. Louis; and **Andria Baker**, Constantine.

Apply for the 2008 Scope Award

For the second consecutive year, AT&T will award four Michigan high schools a total of \$10,000 as part the 2008 Scope Award. This award honors one school in each enrollment class (A-B-C-D) for its work in promoting the proper role of school sports. In addition to statewide recognition, each school will receive \$2,500 to be applied toward continuing local promotion of a sensible scope for its athletic program.

Application materials will be available this fall on MHSAA.com, and are due to the MHSAA on Feb. 1. The four winning schools will be recognized at the MHSAA Boys Basketball Finals on March 15. The 2007 winners were Alpena HS in Class A, Richland Gull Lake HS in Class B, Grandville Calvin Christian HS in Class C and Caseville HS in Class D.

Thank you to AT&T for funding the MHSAA's scope-related programming, including the Scope Award and the new Student Advisory Council. For more information about the Scope Award or the application process, please contact MHSAA Marketing Coordinator Andy Frushour at 517-332-5046 or afrushour@mhsaa.com, or visit the Scope Award page on the MHSAA Web site.

Heat vs. Ice for Injury Treatment

Ice or heat? Heat or ice? Most athletes and coaches know to apply ice to a new injury but are not sure when to use heat. Following are some guidelines to help determine which treatment to use in which situation.

There are two basic types of injuries: acute and chronic. Acute injuries are injuries that happen suddenly, most often resulting from some type of trauma, collision, twisting motion or a fall. Chronic injuries, on the other hand, are injuries that last for months or even years. They are usually slow to develop and often are caused by overuse or when an injury is not treated properly in the acute stage.

The use of Ice (Cryotherapy) in the form of ice packs, ice massage, etc., is the best way to treat an acute injury. Ice will decrease blood flow, pain, swelling, and inflammation. With any acute injury ice/cold should be applied for the first 72 hours, however, depending on the severity of the injury, ice, compression, elevation, and rest may be used immediately following the injury for up to several weeks. It is indicated in soft tissue injuries such as sprains, strains, contusions (bruises) and muscle spasms.



Cryotherapy is also used for some chronic inflammatory conditions such as tendonitis. If an acute inflammation reaction fails to be resolved in one month, it is termed a sub-acute inflammation. If it lasts for months or even years, the condition is termed chronic. Chronic inflammation can stem from repeated acute micro-traumas and overuse. Athletes that have chronic pain or injuries may use heat therapy before exercise to increase their flexibility and to stimulate blood flow. However, after a work out, ice is the better choice to decrease inflammation of a chronic injury.

The best way to ice an injury is by using a plastic bag filled with ice cubes or shaved ice; flexible gel cold pack or a bag of frozen vegetables to conform to the area. A damp towel may be placed between the ice pack and the skin to help prevent the skin from frostbite like symptoms. Apply for 15-20 minutes.



Visual Image Photography

Ice massage is another way to apply cryotherapy. Typically the ice is frozen in a paper cup and can be rubbed or massaged directly onto the skin surface. The top of the cup is then torn off and the lower part of the cup can be used to hold the large ice cube. The large piece of ice is then rubbed on the area until the skin becomes bright pink in color or for about 7 - 10 minutes.

When cryotherapy is applied the athlete will feel cold, then burning, followed by aching and, finally, numbness after the cold has been applied for a period of time. Cold applications can be repeated several times daily, but not more than once every 1-2 hours to allow the skin temperature to return to normal.

R.I.C.E. therapy: RICE is an acronym for Rest, Ice, Compression, and Elevation.

Cryotherapy combined with compression and elevation of the involved body part is the most effective way to reduce pain, bleeding and swelling of an extremity.

Ice should not be applied to an area that has circulatory problems or hypersensitivity to cold. Prolonged application can result in skin damage, blisters or frostbite.

Thermotherapy, or heat application, has the opposite effect of cryotherapy in that it produces an immediate increase in local circulation and temperature. As a result swelling is increased. That is why using heat is contraindicated in acute injuries. Heat is generally used for chronic injuries or injuries that have no inflammation or swelling.

The primary use of superficial heat treatments is to decrease muscle/joint soreness and stiffness. It is also used to relax tight muscles or muscles that are in a spasm.

Superficial heat can be applied by using commercial hot packs, heating pads or warm whirlpools. A layer of toweling may be placed between the heat source and the skin. Heat should not be applied for greater than 15 - 20 minutes at a time nor used while sleeping.

When in doubt, ice is always the better choice.

For further information on this article or for priority appointments for sport injuries please contact Henry Ford Center for Athletic Medicine at 313 972-4216.

Big Performer, Bigger Heart



Kerry Nugent, for the Record Patriot

Special
Frankfort
Athlete Steps
Up to the Plate
for a Frankfort
Superfan

Last May 16, Max Banktson, then a sophomore at Frankfort High School and varsity baseball player, came to the elementary school to deliver a very special gift to Eric Tuthill, a 3rd-grade student.

Eric is a big fan of the Panthers and loves going to the home games whenever he can. He loves the crowds, the concessions, the kids, but especially the players and the way they throw and hit the ball. The ballpark is just down the road from Eric's house and he uses his electric wheelchair to ride down to the games.

The previous week Max had hit an out-of-the-park home run, but Eric was not at the game when it happened. To include him in the excitement Max autographed the ball and brought it to Eric at school. Eric was ecstatic and shocked that Max was letting him actually keep his home run ball. Max even stuck around and played catch with Eric at the school for a while.

When the visit was over and Max was preparing to leave, Eric asked him when his next home game was. He told Eric the Panthers were playing the next night at home. Eric had one more question for Max as he left, asking, "If I come to the game do you think you could hit the ball out of the park again?" Max laughed and said he would do his best if Eric was going to be there.

The next day arrived and the Panthers were playing Brethren at home. It was a beautiful sunny afternoon and Eric was on his way into the park from Leelanau Avenue. The game was just getting started and Max was on deck ready to bat. He later told Eric that he saw him coming down the road and was thinking about his

promise to try and do it again.

Eric arrived outside the Panthers' dugout and cheered, "Go get 'em Max!" One swing later, the sophomore standout pitcher and hitter had done it again.

The ball flew out over the left field fence and right into the road. The crowd cheered and screamed, but no one was more excited than Eric. He knew that this home run was just for him. Max ran the bases and came through the dugout to Eric, and said, "That one was for you buddy, maybe you should come to all my games!"

Max made Eric a part of the game they both love, in one swing of his bat. The Panthers went on to win the game with ease and when it was over Max again showed what sportsmanship is really all about. He presented Eric with the ball he had hit out of the park just for him, then between the games spent time talking to him about the game and baseball.

Not often are young men of 16 so caring and considerate of others who are less fortunate. While Eric cannot compete in baseball because of his physical and health limitations, Max found a way to include him and make him part of the game.

Eric now has a wall at home with Max's pictures and game balls on display. Eric's name may not be on the Panther roster, but Max Banktson found a way to make him part of the team.

— Benzie County Record Patriot

Be a Championship Person

T-shirt printers around the state and around the country get a nice piece of business when a new sports season begins, as high school teams design shirts and sweats to wear during practices and to events with themes, artwork and slogans geared to the upcoming campaign.

There's no doubt that this helps build team unity for the most part; but sometimes these shirts, and the slogans on the back, open the door of gamesmanship with edgy sayings.

But, while at a preseason football scrimmage this year, the t-shirts displayed by Fowlerville High School were a breath of fresh air, pointing to one of the most important things school sports should be about – building character.

"Be A Championship Person," graces the backs of these t-shirts. It is indeed a graceful message, and one that everyone in sports and society needs to heed. It encourages all of the right things – dedication to the school and to coaches and teammates, a commitment to work hard and play hard – but to play fair. It sends a message of being well rounded – a good person and a good athlete.

These kinds of messages are beginning to take root in a lot of different ways. In Northern Michigan, there is a group of school sports coaches, parents and volunteers which have come together from across the region to foster character build-

ing and sportsmanship called *Beyond The Scoreboard*. In West Michigan, an initiative by the National Association of Intercollegiate Athletics – *Champions of Character* – is not only getting traction in some small colleges, but in local high schools as well, touting the elements of Respect, Responsibility, Integrity, Servant Leadership, and Sportsmanship.

There seems to be a growing attitude in society where people put aside how a person behaves outside the lines as long as they perform well inside the lines – and it's not just related to sports. It seems we don't care as much any more about the character of a person as long as they can get the job done. It's the old "Just Win Baby" attitude. Sooner or later though, that's bound to catch up with us and set us back instead of moving us forward.

So hats off to Fowlerville High School, *Beyond The Scoreboard* and *Champions*



John Johnson, Okemos

of *Character* for their work to promote what is truly right about athletics – and life.

— John Johnson
MHSAA Communications Director

Sportsmanship Grants Offer Opportunity to Convey Message to Wide Audience

Coaches realize the widespread benefits of interscholastic athletics reach far beyond the scoreboard. Here's a vehicle to help you deliver that important concept of sportsmanship to parents, cheering sections, booster clubs and youth programs in your community. And, the MHSAA will help fund your efforts!

The MHSAA has established the routine of conducting a Statewide Sportsmanship Summit in even years and providing mini-grants for more local sportsmanship efforts in odd years.

Mini-grants of \$50 to \$500, up to a total limit of \$10,000 statewide, will again be available during the 2007-08 school year. An application is available on sportsmanship page of the MHSAA.com Web site (under the "Student Leadership" menu on the home page. There is no deadline.

Special consideration will be given to the following efforts:

1. Programs and materials for junior high/middle school students and faculty.
2. Programs and materials for high school team captains.
3. Programs and materials for high school student cheering sections.
4. Programs and materials for adult spectators.
5. Programs for leagues & conferences.

These expenditures are consistent with our belief that the most effective efforts are the most local. Please think about what you can do that is new and better in 2007-08, especially targeted at middle level programs, captains, student cheering sections, adults and leagues & conferences. Let us know how you put sportsmanship in the stands at your games, and you could host a local summit.



Visual Image Photography

Good Sports Are Winners! Awards Recipients Chosen for Spring 2007

The recipients of the Michigan High School Athletic Association's Good Sports Are Winners! Awards for the 2007 Spring sports season have been named, with each school to receive recognition from MEEMIC Insurance, the Association's corporate partner in sportsmanship efforts.

Reading in baseball; **East Grand Rapids** in boys lacrosse; **Okemos** in girls lacrosse; **Ann Arbor Greenhills** in girls soccer; and **Hudsonville** in softball were selected by the tournament management at their respective Finals for displaying the most exemplary sportsmanship by their coaches, student-athletes and spectators. Each school receiving a Finals award will be presented a commemorative banner and crystal trophy at a venue of the school's choosing at a future date.

Reading was the Division 4 champion in baseball, East Grand Rapids was the Division 2 champion in boys lacrosse, Okemos was a Division 2 finalist in girls lacrosse, Ann Arbor Greenhills was a Division 4 finalist in girls soccer, and Hudsonville was a Division 1 semifinalist in softball. For Reading and Hudsonville, this is the first Finals level award for each schools. East Grand Rapids previously won the Finals award in boys lacrosse in 2005; Okemos won the award in girls soccer in 1991; and Ann Arbor Greenhills won the award in boys soccer in 1992.

At the District, Regional and Quarterfinal levels of MHSAA tournaments, all schools which meet a set of sportsmanlike standards are recognized. Those schools will be presented framed certificates from MEEMIC Insurance.



In all, 427 teams from 286 schools in baseball, boys and girls lacrosse, girls soccer and softball are being recognized for their outstanding sportsmanship at Spring tournaments. Those teams will be recognized through the publication of their names in the MHSAA *Bulletin*, the MHSAA Finals program series, and on the MHSAA Web site. For the entire 2006-07 school year, 1,017 teams earned recognition in 13 activities for their sportsmanship efforts during MHSAA tournaments.

Complete lists of the Good Sports Are Winners! Award recipients can be found on the Recognition page of the MHSAA Web site.

Evaluation/Report Forms for Tournament Managers may also be found on the Good Sports Are Winners! Award page, as well as the Administration page under Tournament and Event Management.



The East Grand Rapids following and team earned sportsmanship honors at the 2006 Boys Lacrosse Finals, while Hudsonville's softball team and supporters demonstrated the same qualities to earn the award in that sport.

Answering the Call

MHSAA Officials – who generally prefer to make calls and toil in anonymity – have spent a fair portion of their time during the last few years *answering* the call and receiving some well deserved attention through their work with **Officials for Kids**. Since its inception in 2003, OFK has grown into a statewide network of officials helping to raise money for Children's Miracle Network hospitals in Michigan through a variety of strategies. Aiming to promote good health and provide quality health care for Michigan's youth while enhancing the image of sports officials, Approved Associations and individuals have offered time and money to help make a difference.

The **West Michigan Officials Association (above right)**, sponsored a Visually Impaired Sports and Activity Day for kids on June 2 in East Grand Rapids as part of its work with the **Helen DeVos Children's Hospital**. The sponsorship dollars were raised in part through a Give-A-Game program, where officials in a local association donate a game fee to OFK.

Other CMN hospitals benefitting from the OFK effort are **Sparrow Hospital** in Lansing, where funds raised are going toward the construction of a new pediatric emergency room; **Hurley Medical Center** in Flint, where officials are helping that hospital in its efforts to fight childhood obesity; and **Beaumont Hospital in Detroit**, where a Referees For Reading program has been launched to provide books for pediatric unit patients, and where **Metro Detroit Officials Association** members spend time reading to patients.

The Detroit group also conducted a golf outing in June, raising \$1,200 for OFK. Posing with MHSAA Executive Director **Jack Roberts at right (L to R)** are **Bob Williams, Ron Johnson** (who fired a hole-in-one during the event), **Phil Simon, Jay Alexander** and **Art Zysk**. For further information on OFK and an Approved Association OFK Kit, visit the Officials page of the MHSAA Web site or officialsforkids.com.



John Johnson, Okemos



Metro Detroit Officials

Quick Whistles

Changing Stripes

The change in sports seasons has brought about change for officials as well as schools, with nearly more than 700 officials donning either basketball or volleyball shirts for the first time in the 2007-08 school year.

The MHSAA offered registration incentives to those officials who signed up for first-time duties in the two sports, and many took advantage in hopes of filling fall and winter voids created by volleyball and girls basketball switching seasons.

As of Sept. 12, 757 officials had registered in either basketball or volleyball – or both – for the first time. There were 603 first-time registrants in basketball, and 602 for volleyball (those registering for both were counted once for each sport).

Basketball officials numbers were up 8.7 percent, while volleyball officials have jumped by a whopping 41 percent over the same period as 2006. Overall officials registrations have increased by 5.1 percent from the same date a year ago.

Meanwhile, football has benefitted from the addition of nearly 100 first-time registrants.

Remembering Brothers

A rare seven-man high school crew (shown below) from the Capital Area Officials Association took the field on opening night at East Lansing, honoring late CAO's member **Tony Payne**, who died in April 2006 after a lengthy illness. The crew donated game checks to the CAO's Tony Payne Fund. From left are Mike Maisner, Bruce Keeling, Tom Minter, Mark Coscarella, Craig Weirich, Mike Conlin and Jeff Spedoske.

Another loss in the prep officiating world hit track and field during the fall of 2006, and last June **Craig Ford** was remembered at the 20th Annual Muskrat Classic in Algonac. The introduction in the program stated:

"Sadly, this is the first Classic without one of our most ardent supporters. Mr. Craig Ford, fondly known as Coneman, died last fall. As well as being our head relay judge, he stood on the final turn and put cones out for the cut-in marks and, more importantly, cheered on every athlete from every school. If you have coached or competed at this meet, you surely remember this fine man who encouraged everyone from the first runner to the last. His dedication and sportsmanship will be missed today and at all future meets."



John Johnson, Okemos

The Biggest Plan *Take Our Classes Before Teaching Yours*



On May 6, 2007, at a dinner for current and former Representative Council and staff, five initiatives were presented for the MHSAA's pursuit over the next decade. Three of these are actually expansions of current services, while two are new in content and scope. One of these five big plans, one of the three expansions of current services, is this:

"Nothing even remotely conceivable will change the reality that the most critical person in determining the quality of school sports in the future will be the same person it has always been. The coach. And there is nothing the MHSAA has done or will do that is more important to maintaining school sports against decline and improving the overall quality of school sports in the future than causing increasing numbers of coaches to complete the Coaches Advancement Program. The goal is ten times the number of coaches completing one or more levels of CAP in 2016-17 than in 2006-07.

"We will reach this goal the old fashioned way: CAP will earn it. No state law or MHSAA rule will mandate it. The quality of the program, and the moral imperative that those we entrust with our children be qualified to teach and safeguard those children, will propel us toward the goal.

"We have prepared for this surge by charging a dynamic educator/leader – Kathy Westdorp – to redesign the MHSAA coaches education effort into an inspiring, interactive, student-centered program. Specifically trained and evaluated facilitators who are passionate about their purpose, crisscross the state for the MHSAA to deliver this program face to face. The written materials are presented in highly practical, constantly improving adult learning packets.

"This is the only high school association in the United States that has attempted to do what we have done: design a coaches education program ourselves, administer it ourselves and deliver it face to face upon request to every corner of the state. We are one of a kind already; and we will outdo ourselves and provide the greatest service possible to school sports in Michigan by multiplying CAP's reach by ten times within ten years. Nothing – not recent disappointments or any future obstacle – should keep us from this goal."

This grand goal will be achieved with great partnerships, of five different types:

- With **leagues and conferences** of Michigan. Every one of them should promote and host at least one level of CAP for the coaches of the conference. In fact, there should be at least one session scheduled for every different sport sponsored by the league.

- With **coaches associations**. The coaches association for every sport should include CAP in at least its annual conference or convention.
- With school districts. Many do, and many more should include CAP in their professional development programs for staff.
- With **youth sport organizations**. Their coaches are ours, and vice versa. We should be working together on coaches education, with the MHSAA providing the training that is appropriate for coaches, regardless of the sport; and each coaches association providing sport-specific sessions or units.
- With **colleges and universities** of Michigan. Some institutions are doing this, and more will provide CAP to students, some levels to undergraduate students, other levels to graduate students.

Ten times as many coaches in ten years. From just over 1,000 coaches during 2006-07 to more than 10,000 through one or more levels of CAP during the 2016-17 school year. If that seems too large or abstract, put it this way: an increase of 1,000 coaches per year, achievable by the addition of just five good partnerships each year, just one from each category. Ought to be a slam dunk.

The MHSAA decided to get involved in coaches education 20 years ago, and it was not to make money or to make its program the nationwide model. The MHSAA is in coaches education for this purpose: to serve middle school and high school sports of Michigan. That's our pure purpose.

We believe so much in coaches education that we have not relied on any outside organization to deliver to our needs. We have designed the program, administer its details and are delivering face-to-face anywhere in the state what we have learned coaches want to have in coaches education, and what we have learned athletes and administrators want them to have.

We are doing this as a service, not for profit; and we are searching for sponsorships to make it less expensive if not almost free to interscholastic coaches across this state.

Some of the MHSAA's big plans for the next ten years are of greater scope. None is of greater importance.

— John E. "Jack" Roberts
MHSAA Executive Director

Our Role as Coaches

The role of the coach in our society is so much more complex than it first appears and it is beyond the responsibility of teaching skills to athletes. Although a coach might spend many hours teaching athletes to catch a pass, stick a dismount, pass the puck or swing a racquet; it is also the roles of the coach to motivate players, communicate with parents, teach teamwork, promote their sport, interact with other coaches and provide a safe environment. The role of the coach is obviously very complex. The coach is first and foremost a teacher – the educational leader in an athletic setting. As such, it is the coaches responsibility to reinforce the connection between sports and academics.

Coaches need to constantly think about what they are doing and what kind of an impact they are having on today's youth. It is important to ask the following questions as you prepare the 2007-08 season:

1. What type of impact am I having on the youth with whom I work?
2. Would the majority of the athletes that I coach feel that despite falling short in the area of winning a state championship that I truly enriched their lives?
3. Would the athletes that I coach view participation in my program as a positive life experience?
4. Am I adding value to the lives of the students I coach?
5. Am I adding value to the lives of the people with whom I work?
6. Is there any doubt that the students I coach feel that I genuinely care about them as people well after the season ended?

As an educational leader, you have the opportunity to affect the development of those in your charge either negatively or positively. Teams need to be constantly monitored and molded and you need to always be working on the culture of your team. Every time you meet with an athlete – during every practice, during every contest and during every encounter, you will have an influence on the youngster and on your team culture.

Having a positive experience as a part of a team will be one of the best memories that an athlete will have – and building those teams will be the coach's greatest legacy.

— Kathy Vrugink Westdorp
MHSAA Assistant Director



COURSE OVERVIEW

CAP 1 2 hours:	6 Hours Coaches Make the Difference: MHSAA Philosophy and Regulations
2 Hours:	Effective Instruction: The Coach as Teacher
2 hours:	Sports Medicine and First Aid
CAP 2 2 hours:	6 Hours Effective Communication: Characteristics of Coaches who are Great Communicators
2 hours:	Legal Issues in School Sports: A Game Plan to Meet Legal Needs
2 hours:	Psychology of Coaching
CAP 3 2 ½ hours:	6 Hours Additional Coaching Responsibilities: Becoming Aware of your Many Resources
2 hours:	Effectively Working with Parents
1 ½ hours:	The Coach as Performer: Managing Your Time and Energy Level
CAP 4 2 hours:	6 Hours Teaching Technical and Tactical Skills
2 ½ hours:	Strength and Conditioning: Designing Your Program
1 ½ hours:	Preparing for Success
CAP 5 2 hours:	6 Hours Healthy Living
2 hours:	Controlling Emotions in Pressure Situations
2 hours:	Resolving Conflicts in Athletics
CAP 6 6 hour	6 Hours Champions of Character

Coaches Advancement Program Certification

CAP Beginning Certification = 12 hours
CAP Intermediate Certification = 18 hours
CAP Advanced Certification = 24 hours
CAP Masters Certification = 30 hours
CAP Masters Elite Certification = 36 hours

Visit the Coaches Page on mhsaa.com for the 2007-08 CAP Schedule and Registration Form

It takes strength
to lift this.



It takes a
strong person
to lift this.

Help Recruit
School Coaches
and Officials.

Fall Sports Dates

Visit mhsaa.com for Pairings and Ticket Information

SPORT	First Practice Date	First Contest Date	Days or Contests	Opt-Out Due Date	Ratings Due Date	MHSAA TOURNAMENT DATES				
						Districts	Regionals	Quarters	Semis	Finals
LP Cross Country	Aug 13	Aug 13	15D	Oct 10			Oct 26-27			Nov 3
UP Cross Country	Aug 13	Aug 13	15D	Oct 5						Oct 20
Football	Aug 6	Aug 23	9C		Dec 1	Oct 26 or 27 & Nov 2 or 3	Nov 9 or 10		Nov 17	Nov 23-24
Golf: LP Girls	Aug 9	Aug 13	16D	Sep 21			Oct 11, 12 or 13			Oct 19-20
LP Soccer: LP Boys	Aug 13	Aug 20	18C	Sep 26	Dec 1	Oct 15-20	Oct 23-27		Oct 31	Nov 3
Soccer: UP Girls	Aug 13	Aug 20	18C	Sep 26	Dec 1				Oct 24	Oct 27
Swimming: LP Girls	Aug 13	Aug 25	17D	Nov 12			Dive: Nov 13			Nov 16-17
Tennis: LP Boys	Aug 13	Aug 13	16D	Oct 5			Oct 11 or 12			Oct 19-20
Tennis: UP Girls	Aug 13	Aug 13	16D	Sep 28						Oct 4
Volleyball	Aug 13	Aug 24	18D	Oct 3	Dec 1	Oct 30-Nov 3	Nov 9 or 10	Nov 13	Nov 15-16	Nov 17



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