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benchmarks

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AD Connection Program
Aims to Steer
New Administrators



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Cover Story: AD Connection Program Launches



4 Newcomers to athletic director chairs around the state are getting a welcome assist from veteran predecessors through the MHSAA’s new AD Connection Program, which is underway with the 2023-24 school year.

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In the Background

Whether in their first years or well into their careers, athletic administrators have far-reaching influence but rarely take center stage.



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Pay-to-Play Rates Slow

The latest MHSAA survey shows a lower rate of ‘Pay-to-Play’ fees as participation rose in 2022-23.



MHSAA News - 18

Participation Remains High

Sports participation at MHSAA high schools continues to exceed population ranking nationally.



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Meeting the Challenge of the Most Challenging Job

For many years, I firmly believed that the most challenging job in a school district was that of the high school athletic director. The days and hours alone make it difficult with the athletic director spending more evenings and weekends “on the job” than any other employee in the district. Include the grind of the school day which encompasses meetings, conversations, problem-solving, endless detail-confirmation and navigating the issues presented by students, coaches, staff members, parents, community members and board of education members, simply put it is a tough job. When the athletic director is new in the position, the job becomes even more daunting with the turnover rate in ADs reaching alarming levels.



During this school year, the MHSAA has stepped forward and has decided to take this issue head on by aggressively addressing the retention and support of our new athletic directors. The Representative Council approved the “AD Connection Program” for 2023-24 where the association has hired eight recently retired, “master” athletic administrators as part-time contractors to serve as “AD Mentors.” Each of these leaders has a caseload of new athletic directors, and constant communication and support from our veteran mentors to these new folks has already made great strides. New athletic directors get weekly emails, texts, ZOOMs, and check-ins from their mentors, providing valuable information and support to help these new folks start on the right path. Our office's feedback thus far has been tremendously positive from both groups of leaders, new and experienced.

We have been very fortunate to have a great group of eight mentors in this first year. The group includes Chris Ervin, Brian Gordon, Sean Jacques, Tim Johnston, Karen Leinaar, Scott Robertson, Meg Seng and Wayne Welton. At the end of the day, our business is a people business and our group of mentors have been exceptional trailblazers in this inaugural year of the program.

Moving forward, we will track this year's class of new athletic directors to gauge any changes in retention rates. We will continue to track and report these results to our membership, and we look forward to this program changing conditions for the better.

Yes, the job of the high school athletic director can be tough. It can also be the most rewarding job in the district as the AD often gets to work with the most motivated, focused students in the building. With the support of our AD Mentors, we are hoping that our new leaders are able to better navigate the challenges that come with the job while being able to appreciate the incredible things athletics do for kids, schools and communities in our state. Simply put, we believe this tough job can also become the best job in a school district with the right help, support and direction from an experienced colleague.

We will continue to keep you posted on these efforts. I trust you will find the following pages inspiring as you learn about the early success stories and experiences with the AD Connection program!

Enjoy!

A handwritten signature in black ink that reads "Mark Uyl". The signature is fluid and cursive.

Mark Uyl
MHSAA Executive Director

Welcome Back! Here's What's Happening

Following are important deadlines to put on your calendars for 2023-24.

OFFICIALS RATINGS:

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

SCHOLAR-ATHLETE AWARD APPLICATIONS

Now in its 35th year, Farm Bureau Insurance continues to sponsor the MHSAA's Scholar-Athlete Award. In 2023-24, 32 \$2,000 scholarships will be available to high school seniors who meet the eligibility requirements listed at MHSAA.com on the "Students" page.

- Applications Available Online NOW
- Applications Due to MHSAA — Dec. 1

SPORTSMANSHIP SUMMITS

The Michigan High School Athletic Association's annual Sportsmanship Summit series will return this fall, again focusing on sportsmanship both on and off the field of play. The MHSAA has conducted Sportsmanship Summits across Michigan for more than 20 years, and this year's series kicks off Nov. 6 in Kalamazoo and finishes Nov. 13 in Traverse City.

Sessions will take place as follows:

- KALAMAZOO at the Radisson Plaza Hotel on November 6
- LANSING at The Crowne Plaza on November 7
- TROY at the San Marino Club on November 8
- TRAVERSE CITY at the Grand Traverse Hotel on November 13

More Information is available at MHSAA.com on the "Students" page.

CAP / CPR Requirements for Coaches



High schools must attest by each season's established deadline that all varsity, junior varsity and 9th-grade head coaches of each high school team have a valid current Cardiopulmonary Resuscitation (CPR) certification. This will ensure that each team generally has one coach present who is CPR certified. A person who is head coach for more than one sport during the school year must meet the deadline for the first of those sports.

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 after July 31, 2016 shall have completed either Level 1 or Level 2 of the MHSAA Coaches Advancement Program (CAP). If the head coach does not complete CAP Level 1 or 2 prior to the established deadline, that coach shall be prohibited from coaching in that season's MHSAA tournament for the sport involved and shall not be present at the facility where the MHSAA tournament involving that coach's team is being held.

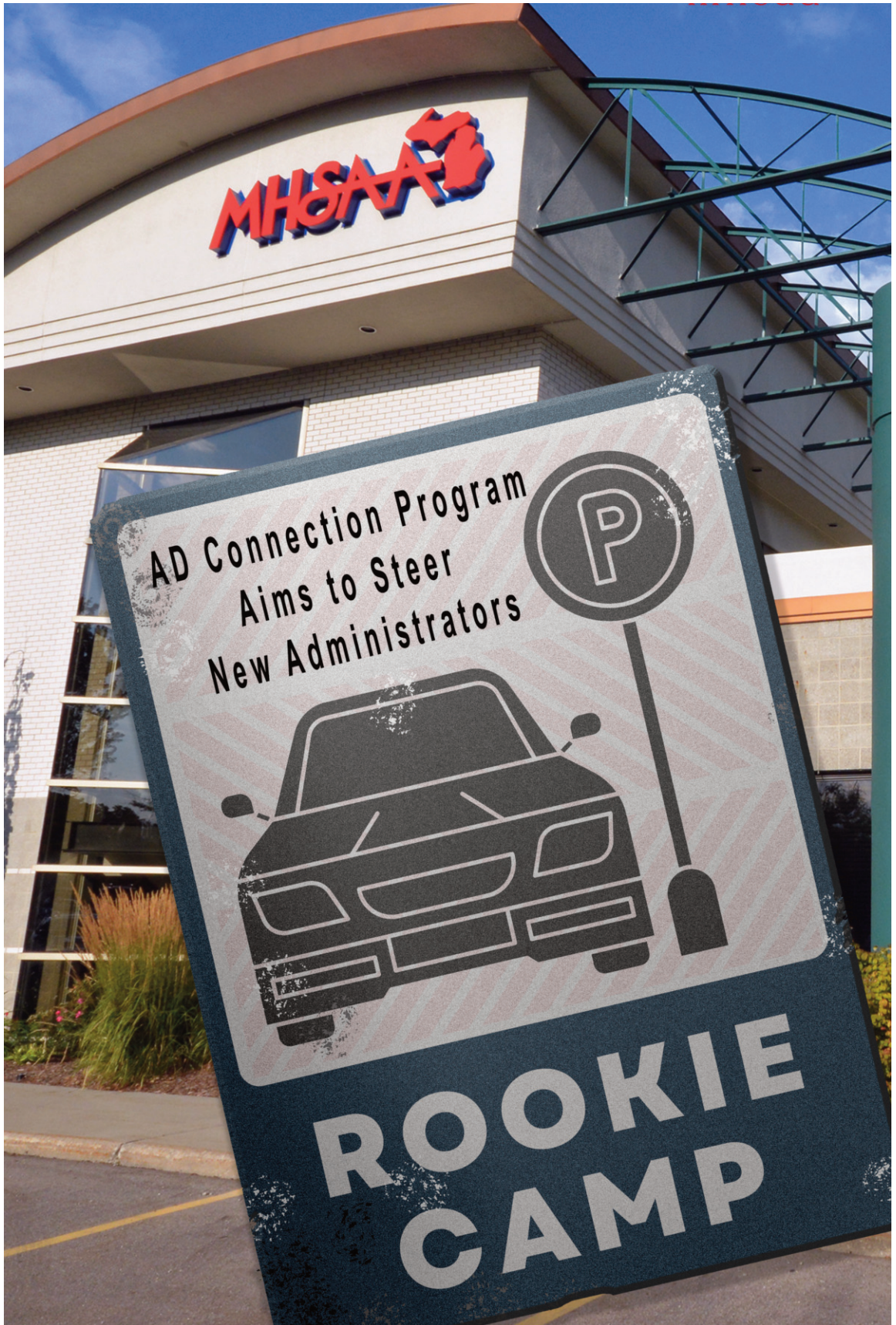
Each head coach of a varsity team in a sport under MHSAA jurisdiction shall complete (in person or online) the MHSAA rules meetings for that sport for the current school year prior to the deadline if meetings are provided and attendance is required. If the head coach does not complete a rules meeting prior to the 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.

Schools shall attest that all assistant and sub-varsity coaches have completed an MHSAA rules meeting (online or in person) for that sport for the current school year prior to the deadline.

MHSAA Handbook Coaching Requirements Regulations (Reg. II, Section 3 (B & C) and Section 8 (B & C).

The deadlines are:

Fall: September 14, 2023 | Winter: December 14, 2023 | Spring: April 18, 2024



Helping Hand for ADs

For the most seasoned administrator, the athletic director's chair can be a lonely place at times while attempting to create a harmonious environment for numerous coaches and countless student-athletes and their invested parents and communities.

Freshmen and sophomores have upperclassmen to show them the way. Coaching staffs can lean on one another, both within their own sports and with peers in different sports.

To whom can the athletic director turn? The most fortunate ones have invaluable administrative assistants, and of course there is a built-in network of ADs statewide as well as a handful of staff at the MHSAA ready to assist.

Yet, once the school year begins and the contests fill the calendar at an alarming rate, the role is a daunting one, especially for those in their first year on the job.

For the last several years, the MHSAA has hosted New AD Orientation Programs, during which rookie administrators are led through a crash course in Association regulations and resources over two sessions in the fall.

To say it's impossible to cover every scenario attendees will encounter is an understatement, and surely many leave with their heads spinning despite best intentions of the sessions.

The *2023-24 MHSAA Handbook* has 299 interpretations spanning its five regulations. One could never be expected to ever commit these to memory, but knowing the basic administrative procedures, or whom to contact for various situations is vital.

To that end, a first-of-its-kind mentorship program is greeting more than 100 first-time high school athletic directors who are beginning their tenures at MHSAA member schools with the start of this school year.

The "AD Connection Program," approved by the MHSAA Representative Council during its annual Winter Meeting last March, matches first-year high school athletic directors with one of eight mentors who have recently retired and will now provide assistance as those new administrators transition to this essential role in school sports.

A total of 124 first-year high school athletic directors are beginning their roles at MHSAA schools, meaning a new athletic administrator has taken the reins at nearly 17 percent of the 750 member high schools across the state. Athletic director turnover at MHSAA high schools has reached 10 percent or more annually over the last few years, and it's hoped that this additional mentorship will support athletic directors adjusting to the pace and responsibilities of the position for the first time.

The AD Connection Program will build on training received at the required in-service program all new athletic directors must attend each fall. There is also a strong connection to programming from the Michigan Interscholastic Athletic Administrators Association (MIAAA), the professional organization for the state's athletic administrators.

"The job of an AD is hard. It is also the best job in the school district. An AD has to live and love the work. It is a relationship industry. So many friendships can come from the work." — Wayne Welton

The eight mentors, noting their most recent schools as an AD, are Chris Ervin (St. Johns), Brian Gordon (Royal Oak), Sean Jacques (Calumet), Tim Johnston (East Grand Rapids), Karen Leinaar (Frankfort), Scott Robertson (Grand Haven), Meg Seng (Ann Arbor Greenhills) and Wayne Welton (Chelsea). Leinaar also will serve as the AD Connection Program's liaison to the MIAAA, which she serves as executive director.

Mentors conduct frequent meetings with their cohorts. They also will meet monthly (or more) with each first-time athletic director individually via zoom, and at least once during the academic year face-to-face at the mentee's school.

"When you crystalize it, the AD Connection Program is an attempt for us to give a true year-long in-service to new athletic directors with people who have done it," said MHSAA Assistant Director Brad Bush, who is coordinating the program and joined the MHSAA staff in January after more than two decades as an athletic administrator at Chelsea High School. "This also connects new ADs with a larger professional group, and it will culminate in March at the annual MIAAA conference, where there will be several face-to-face meetings with all ADs."

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“This program is long overdue – the turnover in the AD position continues to escalate, and when the leader of the program is unsure of the operations, the whole program is on shaky ground” — Karen Leinaar

Long-time athletic director and MHSAA Representative Council member Karen Leinaar (left) has been a fixture at MHSAA Finals over the last four decades, whether assisting with administrative duties or conducting awards ceremonies.

Three of the eight mentors either serve currently or have been long-time members of the Representative Council, and many have served as Coaches Advancement Program instructors.

Karen Leinaar, with 40-plus years in high school athletics including athletic director stints at Delton Kellogg, Gaylord, Benzie Central, Bear Lake and Frankfort, also served on the Representative Council for 21 years. If she hasn't seen it all, she's seen most of it.

“There are few situations we have not seen or heard about and learned how to address,” Leinaar said. “Those experiences will be shared with the new administrators to assist them so they can miss major potholes along the way.”

From eligibility checks, scheduling conflicts and changes, safety checks and dealing with parents, the job presents a wide array of challenges on a daily basis.

“This program is long overdue – the turnover in the AD position continues to escalate, and when the leader of the program is unsure of the operations, the whole program is on shaky ground,” Leinaar said.

Often times, when students and schools face sanctions or penalties, the violations are quite unintentional. Mistakes result simply from a lack of administrative knowledge.

The AD Connection program boasts more than 200 years of combined administrative and coaching experience ready to assist rookies in their new positions.

Early returns are favorable.

“This program is a wonderful expansion of

professional development, mentorship and support which is so badly needed,” said Chris Ervin. “The ability to bounce ideas, questions and concerns off of their mentors is critical to their success in their first year on the job, which may lead to longer tenures and reduce turnover.”

Ervin, who retired following the 2021-22 school year after 28 years as a high school AD and 33 years overall in education, has received positive feedback not only from his 16 cohorts but also from principals and superintendents.

Some in the mentor group have experience in the principal's chair as well, such as Tim Johnston, who balanced the AD/assistant principal role at Hastings HS before serving as the school's principal from 1998-2012.

“I have really enjoyed working with the new ADs in my cohort group,” said Johnston, who ultimately returned to athletics as East Grand Rapids' AD from 2012-21. “I think it is all about building a relationship with our cohort and helping them understand that we are providing a service.”

It's a service much appreciated by the likes of Gaylord St. Mary AD Bob DeLong, one of the newcomers under Johnston's tutelage.

“Tim has been fantastic,” said DeLong. “He has monthly Sunday Zoom to talk about what's happened the past month and what we can expect moving forward. He's helped me tremendously. I'm able to bounce things off of him, from transfer issues to situations such as students with health issues.”

DeLong, who has been at the school since the early 2000s as an assistant baseball coach, was

able to transition into the post a year ago under then-AD Heather Glasby, who is now the St. Mary principal. Having that experience and the AD Connection Program have been most valuable.

“You have middle school volleyball, middle school football, things I didn’t think about all the time. You need buses and referees for that level, too,” DeLong said.

“Internally, you need to keep house and have facilities in order. You also have to emphasize MHSAA regulations and stay on coaching staffs to complete their requirements. You have to have routine and a plan or this stuff catches up to you real quick.”

Having a plan is exactly what Brian Gordon emphasizes with his group. Gordon spent 33 years as a teacher, coach and administrator for Royal Oak (24 years) and Novi (9) school districts, and has hosted more than 250 MHSAA tournament events. In fact, it’s more than just a plan that he preaches, and the support group extends beyond this new program.

“I think it is important for our new ADs to understand that the position is not just a job, but it is a lifestyle,” Gordon said. “Their families need to be on board 100 percent, and they must understand that they cannot do this alone. I am a firm believer that all of us need mentors. I have been blessed to have dozens of people who have shown me the way and it is truly an honor to serve in that capacity for someone else. It is a good feeling to be the person who ‘gets’ what they doing.”

Wayne Welton logged 33 years in the Chelsea School District – 10 as a teacher, 23 years as the AD, and all of them coaching. Like Gordon, he aims to impress his passion and the rewards of the job to incoming ADs.

“The job of an AD is hard,” Welton said. “It is also the best job in the school district. An AD has to live and love the work. It is a relationship industry. So many friendships can come from the work. The No. 1 job of an AD is to find, hire, and retain the very best coaches he/she can find: head coaches, assistant coaches, middle school coaches and volunteer coaches. Get that part right and the AD job is incredible.”

For Kimball Landmark Academy AD Charles Cannon, timing was everything. Like DeLong in Gaylord, Cannon got a bit of a head start last school year, but assumed his post after the school year began and the MHSAA’s New AD Orientation Programs had taken place. As such, he is the beneficiary of the pilot AD Connection Program this year.

“Having a year under my belt and being able to reach out to Brian Gordon and my predecessor here who is still on site has been helpful,” said Cannon. “I wound up being the president of our school’s league last year as well, so I’ve got those people to lean on as well. But, with the contacts

Brian has made, he was able to provide me a basis for league paperwork. Our league lacked bylaws, but with his help we’re looking into finding or creating bylaws.”

Such written documentation is helpful to guide new and old personnel and programs alike. It is important for all involved in school sports to understand the big picture.

Scott Robertson’s roadmap to the AD Connection Program began in Colorado, then migrated to Michigan where he enjoyed 17 years in athletic administration, the last nine at Grand Haven. His messages begin with the mission.

“I hope to offer reminders of what the mission and Ten Basic Beliefs of the MHSAA are and to inject these into every conversation revolving around our regulations and doing what is in the best interest of students and schools,” Robertson said.

“My interactions with mentees thus far have been excellent,” he continued. “There is a group of highly motivated folks with positive attitudes joining this profession and I am invigorated by their energy.”

Other mentors concur.

“We need to assist them in understanding the role of educational athletics and how they may differ from outside programs – which may cause them to look at what and how our school programs need to operate,” said Leinaar.

“It’s pretty simple,” adds Johnston. “We are there to help them understand school sports, share our knowledge and experiences and be a support system for them.”

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Host of more than 250 MHSAA events and thousands of local contests over three decades, veteran AD Brian Gordon enjoys one of the countless moments that makes the job all worthwhile.



Live streaming and digital ticketing are fairly recent developments for ADs to consider concerning attendance, but today's students have grown up with both. In this case, the students can become the teachers.

The goal is elementary, but putting the ball in play against the barrage of fastballs and change-ups ADs will face takes practice and first-hand experience, as the rookie leaders surely are discovering.

Many of these new ADs find themselves in more than one role, or in a role totally foreign to them.

“So many ADs are wearing multiple hats, or they might not come through the coaching ranks and their schools think the job can be done on a part-time schedule while still offering everything the community is asking for,” Leinaar said. “They might be pulled in multiple directions by many different bosses.”

It is a trend that seems to be here to stay at many schools. Welton has seen many variations of dual roles during this fall's orientation sessions, ranging from principal and assistant principal to transportation director, community education director and even superintendent in addition to AD duties. It's mind-boggling.

“The challenges of the athletic director role in our school districts across Michigan are real,” said Welton. “Such multiple roles are challenging even for the most veteran administrator. No two AD jobs are alike. The real joy in the work is mentoring your own coaches and helping them mesh their vision with your vision for the department. However, so many school districts have given the AD more to do than just direct the athletic department, that this real work with our coaches and coaching staffs gets pushed to the back burner.”

Serving in numerous capacities in his small-school setting is nothing new for Cannon, who continues former roles in addition to his new one. He is in his sixth year coaching middle school girls basketball and volleyball at Landmark, and is a full-time math teacher.

“I'm burning candles at both ends; fortunately I love sports,” Cannon laughed. “Being in the

“My interactions with mentees thus far have been excellent. There is a group of highly motivated folks with positive attitudes joining this profession and I am invigorated by their energy.” — Scott Robertson

classroom and coaching are things I love.”

Coaching at the middle school level also affords him the opportunity to stress the importance of continued participation.

“With our numbers, we're always encouraging students to play as many sports as possible,” Cannon said. “It can be a struggle to get them to play and to field teams.

“And then, budgeting comes into play. Being a public charter school, budgets are tight for programs being solely funded without other monies coming in. We need to make sure funds raised are equitably distributed and the message is clear across sports.”

The means to deliver such messages throughout school communities are greater and more diverse than ever before thanks to technological advancements.

In fact, if there's an advantage that younger ADs have over the veteran mentors, it might be understanding the many mediums of communication, and how to implement them.

Welton had been away from high school sports for the last dozen years while spending 10 of them on the baseball coaching staff at the University of Michigan. When he returned, much had changed.

“I was immediately caught off guard by the incredible amount of technology being used to run the athletic department today,” Welton said. “So

“Some of our best coaches are at the middle school level and that is a good thing, because maybe that's where we need them most.” — Gaylord St. Mary AD Bob DeLong

many differing logins and services to learn and use. An AD can spend an entire day sitting at a computer – answering emails, scheduling games, officials, transportation, sending emails to parents, coaches and teams. To me, these things have de-personalized the job in so many ways. We no longer talk to our AD colleagues, or game officials, or even our fan bases. We do anything but talk to, and with, each other. I find this part of the work to be disheartening.”

Managing those tools and making them work to a school's advantage while still finding that face-to-face balance is key, and something the AD Connection Program mentors must remind those new to the job.

“There are many challenges and opportunities that exist today that were not in place when I joined the world of school-based athletics,” said Robertson. “Among these are the prevalence of social media, which provide many more ways to communicate vital information and share the positive stories of our students, coaches, schools and programs. Of course, it also brings opportunities for those same groups to harm others.”

Ervin mirrors those thoughts almost exactly, further evidence that the leaders of the AD Connection Program have shared the same experiences and are delivering the same messages.

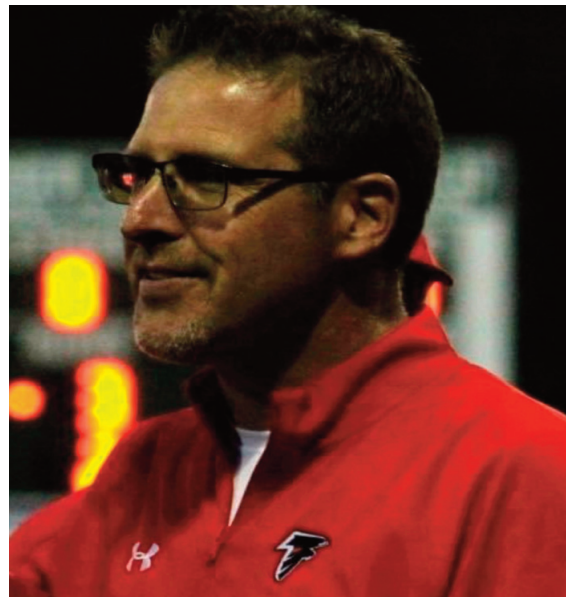
“Technology has had a positive impact in regards to how ADs schedule events, communicate with student-athletes and parents – online registration, for example – with assigners and officials, and how they promote the athletic program via social media and online,” Ervin said. “But, technology has also created an environment where social media can be used in a negative manner by both students and adults.”

The immediacy generated through electronic innovations can also create additional stress and burdens, as Leinaar points out.

“Today there is an expectation for immediate response to correspondence that didn't exist in the old days when phones were connected to a wall,” Leinaar said. “People knew you would respond but it might be 24 hours and in most cases that was acceptable. Today if you don't respond in 10 minutes that may be an issue for some. We will be assisting new ADs in discerning what is immediate and what can wait a few minutes.”

Some developments relatively new to the mentors are items the mentees – and students – have grown up with, such as streaming of events and digital ticketing. Yet other concerns such as mental health and licensing issues (NIL) have just risen to the surface in an ever-changing environment. Teacher and student will need to navigate those waters together.

“Platforms for streaming of contests are now widely available which allows for the viewing of events by people not able to come in person. That's a good thing,” Robertson said. “On the other hand, it could lead to a drop of in-person spectatorship, so we need to figure out a way to keep attendance up. Another challenge will be addressing NIL and the ramification on our definition of amateurism.”



Chris Ervin served schools big and small during his three-plus decades in education, offering a diverse view and wealth of experience to new ADs.

For all the winds of change, the ultimate role of school leaders remains constant. Even without mentorship programs, those cut out for the job just seem to “get it.”

DeLong is one such person.

“Some of our best coaches are at the middle school level and that is a good thing, because maybe that's where we need them most,” DeLong said. “We have kids from all backgrounds not always the best backgrounds; you have to be part of the solution. Give kids a fist bump or a high-five when you see them in the hallways. It might be the best part of their day.”

– Rob Kaminski
benchmarks Editor

Singing the Praises of School Sports' Unsung Heroes

The "MHSAA Vault" features stories from past publications in the MHSAA Library. Following is a story from a 2013 issue of benchmarks shining the spotlight on those in the shadows: our athletic directors. Interestingly, two of the sources interviewed here are now mentors in the MHSAA AD Connection Program.

The profession of athletic director calls for selfless, tireless, talented individuals who trumpet the efforts of students, orchestrate harmony among coaches and parents, and set the stage for local, affordable entertainment within their communities.

In Michigan, the group assumes this responsibility with unwavering ambition and enthusiasm, setting a solid foundation for the futures of roughly 300,000 athletic participants annually.

It is a role they cherish, taking nearly as much pride in their school family as their own. It's both a byproduct and a prerequisite for such a job that commands long hours and a knack for interaction with a wide array of personalities and age groups.

Mostly, it's the young people who make it all worthwhile. They are, after all, the reason the job exists.

"Just watching so many students grow up from immature kids to young adults who now are very successful, and how they appreciate all the extra time you spent with them is rewarding," said Marc Sonnenfeld, the district athletic director and dean of discipline at Warren Fitzgerald.

"And most important is the, 'Thank You,' you get five or 10 years later for pushing them and teaching them life lessons they will never forget."

In a position largely devoid of gratitude, it's little wonder the smallest displays mean the most.

"Having a coach thank me for supporting them, and watching student growth through athletics mean a lot to me," said Eve Claar, athletic director and assistant principal at Ann Arbor Pioneer High School.

Brian Gordon, director of athletics and physical education for Novi High School/Middle School after 22 years as a coach and teacher in Royal Oak, also enjoys the impromptu reunions.

"One of the things I most enjoyed was having kids come back to the programs either as a coach, parent, or simply as a fan," Gordon said. "Nothing is better than when I would look behind the backstop and see some former players watching and laughing while listening to me say the same things I had said 10 years earlier."

The typical path taken to the administrative office usually includes a stop or two in the coaching realm, which assists in the transition to life outside the playing boundaries.

"The experiences you bring from coaching are a huge help. I made plenty of mistakes as a coach that I see my own coaches make to this day," said Chris Ervin, activities director at St. Johns High School.

"My philosophy – although not realistic, but certainly something to strive for – is this: we would have much better coaches if these three prerequi-

sites were in place. 1) coaches must be a parent first; 2) must be an official, and 3) must be an athletic director. If coaches had to have these three experiences before being allowed to coach, they would have a whole new perspective when working with students, parents and officials."

Having been coaches first, however, lends an appreciation to the task of working with students on a daily basis, and an understanding as to how an athletic director can best assist their coaches.

"Being a coach helped me to learn time management, and I became better at making relationships. In my job now, it helps me to look at things from the coaches' viewpoints," said Christian Wilson, the athletic director and assistant principal at Gaylord High School. "As a coach, you have an immediate impact on students; administration involves more interaction with adults."

A coaching background can also cause an athletic director to re-examine his or her days as a coach, and how they might have had a greater awareness for their former administrator's tasks.

It is a viewpoint shared by Ken Mohny, a director of student activities for both the high school and middle school at Mattawan Schools.

"Instead of only focusing on the sport that one coaches, administrators must coordinate a program so that all sports collectively enhance the academic success of the entire school," said Mohny, who also coached three sports at Mattawan for prior to assuming his current duties. "I miss the connection to players and students that I had as a teacher and coach, as it is much more difficult to create and maintain positive relationships with kids in an administrative role."

But, in some respects, the number of lives one can reach as an administrator is multiplied; the scrapbook moments just take on slightly different poses.

Mike Thayer, athletic director and assistant principal at Bay City Western High School following a decade at Merrill, recounts one of his proudest days in the business.

"In 1999, Merrill Community Schools had two MHSAA Scholar-Athletes Award winners," Thayer said. "The senior class that year had approximately 80 students; yet, they produced two winners of this prestigious award. I miss the student interaction and school pride associated with team-building in coaching, but I do not miss the travel."

Some ADs, however, might rather board the buses than schedule them, another of the many duties carried out on a weekly basis. In some cases, the position is responsible for school-wide transportation, not just athletic transportation.

The title for many in the profession today also includes a "/" before or after the words "athletic di-

rector.” It’s a trend which threatens the growth and quality of athletics in the educational mission of schools.

“Some of the larger challenges for me include the budget, balancing a very large work load, and just having enough time to evaluate coaches and programs effectively,” said Claar, who estimates that 60 percent of Pioneer’s 1,893 students participate in at least one sport.

Figuring conservatively, that’s more than 1,000 students deserving of her utmost attention in their extracurricular pursuits, but Claar is also assistant principal to the entire student body.

“Given the additional responsibilities, ADs are often spread too thin,” she said. “The time constraints make it difficult to complete all of the assigned tasks.”

Sonnenfeld attempts to split the time down the middle, but it rarely works out that way by the time he’s also done with monitoring the cafeteria during lunch for a couple periods most days.

“I see between 35-60 kids every morning for various discipline issue,” said Sonnenfeld of one portion of his title. “I usually get to athletics by 1:00. I do as much as I can in the time that I have, and then stay late on game days and catch up. In my free time I’m responsible for renting out the athletic facilities. I make myself leave at a normal time on non-event days so that my family sees me.”

Additionally, he oversees the middle school athletic program, and feels guilty that he can’t devote more time to that level. He needn’t feel that way. If it weren’t for Sonnenfeld, the middle school would not have athletics at all.

“The middle school suffers because I cannot get down there to watch over stuff, but this is better than not having any middle school sports at all. They canceled them for a year, and got rid of the middle school athletic coordinator position and put the duties on me,” he said.

Sonnenfeld is not alone. Duties seem similar across the board.



MULTI-TASK SPECIALISTS

The role of an athletic director in today’s schools seldom is limited to athletics. If anything, multi-tasking has become the specialty, ranging from cafeteria monitoring, to bus scheduling, and then to the actual athletic contests



“I am also responsible for coordinating all building facility usage, fundraising and transportation as well as lunch/hallway supervision before, during and after school,” Mohnney said. “Athletic administration alone for grades 6-12 in a Class A school is a full-time, 14-hour-a-day job. It is extremely difficult.”

While not included in his title of activities director, Ervin, too, is expected to mete out discipline and supervise lunches on a regular basis.

“Time is a major obstacle,” Ervin said. “When our assistant principal is out of the building I take on most of the discipline in his absence, which leads to days where athletics and activities get zero attention.”

While frustrations can mount, the leaders of school sports programs also tend to be tough self-critics. Somewhere along the line, these folks noticed sacrifices being made by people like them while they were the same age as today’s students. They now carry those lessons forward.

“When I hired into Royal Oak, there were several people who impacted me as a professional,” Gordon said. “Chuck Jones was our district AD and he along with Frank Clouser (varsity baseball coach) really made a difference in where I am today. Chuck was always the constant professional who is arguably the most organized and efficient man I have ever met. Frank is the best coach I have ever been around. He had the unique ability to teach every facet of the game.”

Creating similar moments for countless student-athletes in their hallways is the ultimate goal for today’s athletic directors in their efforts to provide memorable, educational athletic experiences.

Being told they’ve done just that is enough to make all the cafeteria supervision worthwhile.

“The most rewarding part of athletics is when I observe a student who has come from a tough home environment, and through his or her involvement in athletics, they shine,” said Ervin.

“I always love it when graduated student-athletes come back to visit the school so I can meet their children and hear of their successes in life,” Mohnney said.

Student Advisory Serves MHSAA Leadership

Eight student-athletes who will be juniors at their schools during the 2023-24 academic year have been selected to serve two-year terms 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 also is 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 are selected annually to serve on the SAC, with nominations made by MHSAA member schools. The incoming juniors will join the group of eight seniors-to-be appointed a year ago.

Selected to begin serving on the Student Advisory Council in 2023-24 are: **Cale Bell**, Sault Ste. Marie; **Drew Cady**, Oxford; **Macy Jenkins**, Milford; **Isaiah Kabban**, Harbor Beach; **Ella Knudsen**, Leland; **Kaylee Kranz**, Clinton; **Joey Spada**, Kalamazoo Central; and **Anna Zoet**, Grandville Calvin Christian.

Those eight new members were selected from 105 applicants. That number of applicants was the fourth-most ever, with the last four years featuring the four highest totals.

The first Student Advisory Council was formed for the 2006-07 school year. With the addition of this class, members will have represented 137 schools from 50 leagues plus independent schools that do not play in a league. Combined, the new appointees have participated in 16 MHSAA sports, and all eight will be the first SAC members from their respective schools.

The Student Advisory Council generally meets seven times each school year, and once more for a 24-hour leadership camp. In addition to assisting in the promotion of the educational value of interscholastic athletics, the Council discusses 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 also is a fifth S discussed by the group – student leadership.

This school year, the Council will hand out championship trophies at Finals events, deliver a message about sportsmanship during Summits, and provide feedback to the MHSAA Representative Council on proposed rule changes.

The new additions to the SAC will join the Class of 2024 members who were selected a year ago: **Kannon Duffing**, Manchester; **Claire Gorno**, Gaylord; **M'Khi Guy**, Muskegon; **Dawsen Lehew**, Marcellus; **Christian Sanders**, Detroit Renaissance; **Ben Sytsma**, Grand Rapids Christian; **Madie Werner**, Bay City All Saints; and **DaNia Womack**, Dearborn Advanced Tech Academy.



2023-24 Student Advisory Council

First Row: Macy Jenkins, Milford; Ella Knudsen, Leland; M'Khi Guy, Muskegon; Isaiah Kabban, Harbor Beach; DaNia Womack, Dearborn Advanced Tech Academy. **Second Row:** Madie Werner, Bay City All Saints; Anna Zoet, Grandville Calvin Christian; Christian Sanders, Detroit Renaissance; Kaylee Kranz, Clinton; Cale Bell, Sault Ste Marie; Drew Cady, Oxford; Dawsen Lehew, Marcellus; Ben Sytsma, Grand Rapids Christian; Kannon Duffing, Manchester; Claire Gorno, Gaylord; Joey Spada, Kalamazoo Central.

Student Advisory Council 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.

Scholar-Athlete Program Rolls Into 35th 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 \$2,000 scholarships to 32 top student-athletes and recognize over 2,000 other outstanding individuals in 2023-24.



Underwritten by Farm Bureau Insurance, the Scholar-Athlete Award is now in its 35th 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 2023-24 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.

The 32 scholarship recipients will be recognized at the MHSAA Boys Basketball Finals at the Breslin Student Events Center in East Lansing in March 2024.

Scan this code
for more information



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

Sportsmanship Summits Return in 2022-23

The Michigan High School Athletic Association's annual Sportsmanship Summit series will return this fall, again focusing on sportsmanship both on and off the field of play.

The MHSAA has conducted Sportsmanship Summits across Michigan for more than 20 years, and this year's series kicks off Nov. 6 in Kalamazoo and finishes Nov. 13 in Traverse City.

MHSAA staff, with assistance from school administrators and the MHSAA Student Advisory Council, conduct Sportsmanship Summits. More than 800 students are expected to take part in the four workshops, where they will discuss the line that separates good from bad sportsmanship, both as athletes during competition and when it comes to cheering at athletic events.

Workshop sessions will feature hands-on activities including one session developed and instructed by members of the Student Advisory Council. At the end of the day, the delegation from each participating school will meet to develop a school sportsmanship campaign. Breakouts at each Summit also provide a great opportunity for student sections to learn about appropriate student section behavior. There will be information for the veteran student sections, as well as guides for schools that want to start their own organized student sections for the first time.

"Winning is great, but good sportsmanship helps develop habits that can be used well beyond the playing field," said MHSAA senior assistant director Andy Frushour, the lead Sportsmanship Summits presenter. "A lively student section can create a fun and exciting atmosphere at games, but we want to make sure students don't take this a step too far. The Summits are a great way to learn from other schools around the state."

Registration at each site is limited to the first 225 students and administrators. Schools are welcome to bring as many as 10 total representatives, including two administrators. For additional registration information, contact Andy Frushour at the MHSAA office – andy@mhsaa.com or (517) 332-5046. Registration information also is available on the MHSAA Website.



2023 MHSAA Sportsmanship Series

- KALAMAZOO at the Radisson Plaza Hotel on November 6
- LANSING at The Crowne Plaza on November 7
- TROY at the San Marino Club on November 8
- TRAVERSE CITY at the Grand Traverse Hotel on November 13

MHSAA, NFHS Provide Online Leadership Series

Leadership always has been one of the most valuable and applicable life skills developed by student-athletes participating in educational athletics. To assist in that development, the Michigan High School Athletic Association (MHSAA) and National Federation of State High School Associations (NFHS) have partnered to produce an online Student Leadership series designed to provide the latest research-based instruction to high schoolers throughout the United States.

The Student Leadership series is provided as part of the web-based NFHS Learning Center (<https://nfhslearn.com/>) and includes two free courses focused on students – “Becoming a Leader” and “Leading Others” – with a third installment for coaches currently in production. All three are inspired by the latest research on how youth-aged athletes learn to lead.

This latest work builds on the MHSAA-produced “Captains Course” developed in 2015 with Michigan State University’s Institute for the Study of Youth Sports (ISYS). The “Captains Course” has been taken more than 100,000 times and is based on in-person “Captains Clinics” that MHSAA staff and ISYS conduct with thousands of students across Michigan each year.

Each student-focused segment of the new Student Leadership series takes 30-45 minutes to complete and includes frequent and quick activities designed to help students understand how they would apply leadership skills in real-life scenarios. Course instruction was created primarily in coordination with the MHSAA by a pair of nationally-recognized authorities on the subject: Jed Blanton, an assistant professor in kinesiology, recreation and sport studies at the University of Tennessee; and Scott Pierce, an associate professor in kinesiology and recreation at Illinois State University.

Both Blanton and Pierce have vast experience with youth athletics; both also formerly worked for the Institute for the Study of Youth Sports and served as graduate assistants at the MHSAA during their time at MSU, playing large roles in more than a decade of research conducted through coordination with the MHSAA’s 16-member Student Advisory Council. High school administrators, student leaders, and other researchers and mental performance consultants also contributed to the lessons taught in these courses. The NFHS produced the content, including all of the visuals and digital features, and the student-focused courses went live on the NFHS Learn website in mid-summer.

“We’ve taken a good program, and made it even better,” said MHSAA Assistant Director Andy Frushour, who coordinates the Association’s student services programs. “This is a program we do



MHSAA Student Advisory Council members have teamed up with the NFHS to produce web-based leadership courses.

in person in Michigan, but our reach now is across the country – and these courses are free, hopefully allowing us to contribute to the development of even more student leaders.”

The “Becoming a Leader” course defines leadership styles and builds skills to help students consider themselves as leaders. “Leading Others” details how leaders put those skills into practice including during challenging situations. Blanton and Pierce worked closely with student advisory groups from various states to make the research content relatable to school sports participants. All voices heard in the courses belong to high school students – including athletes from Michigan, Illinois and Washington who provided 30 testimonials that describe leadership in action.

The “Coaches Course” will provide the same information as presented to high school students, but in a way that explains how coaches can use these tools to personalize leadership training among their athletes as they seek to recognize which types of leaders they have on a team, and which types are missing and need to be developed.

“The NFHS is grateful for the opportunity to work with the MHSAA as well as Dr. Blanton and Dr. Pierce,” said Dan Schuster, the NFHS’ director of educational services. “We believe these student leadership courses will provide valuable information across the country and will contribute to the improvement of the interscholastic experience for young people.”

To learn more about the series, scan the code at right:



MHSAA Survey Shows Lower Rate of ‘Pay-to-Play’ Fees Continued as Participation Rose in 2022-23



Participation continued to bounce back at Michigan High School Athletic Association member schools during the 2022-23 school year, but the percentage of those schools charging fees to participate in sports was nearly unchanged for the third-straight year as it remained near its lowest rate of the last two decades.

Just 41 percent of MHSAA member schools charged participation fees during the 2022-23 school year, following 40 percent using them during 2021-22 and 41 percent in 2020-21.

The MHSAA participation fee survey has measured the prevalence of charging students to help fund interscholastic athletics annually since the 2003-04 school year. The percentage of member schools charging fees crossed 50 percent in 2010-11 and reached a high of 56.6 percent in 2013-14 before falling back to 50 percent or below. The survey showed 48 percent of member schools charged fees during 2019-20, the first school year affected by COVID-19, before the substantial reduction followed as programs continued to navigate the pandemic.

Of the 574 schools (77 percent of membership) which responded to the 2022-23 survey, 234 assessed a participation fee, while 340 did not during the past school year. 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, etc.).

Class A schools, as in past years, made up the largest group charging fees, with 55 percent of respondents doing so. Class B and Class D schools followed, with 41 and 36 percent charg-

ing fees, respectively, and 30 percent of Class C schools also charged for participation.

Among schools assessing fees, a standardized fee for each team on which a student-athlete participates – regardless of the number of teams – has shown for a number of years to be the most popular method, with that rate unchanged in 2022-23 at 46 percent of schools with fees. Next again were 33 percent of assessing schools charging a one-time standardized fee per student-athlete, followed by 14 percent 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).

The amounts of participation fees have remained relatively consistent over the last decade. For 2022-23, the median annual maximum fee per student was again \$150, although the median maximum fee per family increased slightly to \$350 – up \$50 from 2021-22. The median fee assessed by schools that charge student-athletes once per year was \$120 for the second straight, and the median fee for schools that assess per team on which a student-athlete plays was \$100, up from \$75 in 2021-22.

Participation in MHSAA-sponsored sports continued to climb in 2022-23, up 2.7 more percent for a combined 9.9-percent increase over the last two school years. More on participation can be found on page 20.

The survey for 2022-23 and surveys from previous years can be found by scanning this code.



Groat, Albright Named 2023 Bush Award Recipients

Battle Creek St. Philip's Vicky Groat and Midland High's Eric Albright both have devoted themselves to Michigan school sports for multiple decades – and both continue to lead as highly-successful coaches while also serving in multiple administrative roles within their schools and as important voices in statewide leadership as well.

To recognize their dedication and far-reaching contributions to educational athletics, Groat and Albright have been named recipients of the Michigan High School Athletic Association's Allen W. Bush Award for 2023.

Al Bush served as executive director of the MHSAA for 10 years. The award honors individuals for past and continuing service to school athletics as a coach, administrator, official, trainer, doctor or member of the media. The award was developed to bring recognition to people who are giving and serving without a lot of attention. This is the 32nd year of the award.



Groat

Groat enters this fall's girls volleyball season with a career coaching record of 1,240-304-95, ranking seventh on the MHSAA coaching wins list for her sport. She took over for her mother, equally-legendary Sheila Guerra, for the 1997-98 winter season, stepped away briefly after her second year, and returned to lead the program again in 2000-01. Groat has guided the Tigers to 14 MHSAA Finals championships, including a record nine straight in Class D from Winter 2006-07 through Fall 2014 (volleyball moved to the fall with the 2007-08 school year), and most recently guided St. Philip to back-to-back Division 4 championships to cap the 2020 and 2021 seasons.

A 1985 graduate of the school, Groat is entering her 17th year as the athletic director and also took over as principal on an interim basis in December 2014 and then permanently to begin the 2016-17 school year. She previously had served as the school's student services director and as an assistant principal. She also served on the MHSAA Representative Council from 2016-20 and is a longtime leader as part of the Michigan Interscholastic Volleyball Coaches Association (MIVCA).

Groat is a member of the Battle Creek St. Philip Athletic and MIVCA Halls of Fame. She was named Michigan High School Coaches Association volleyball Coach of the Year in 2009, and the national Coach of the Year for her sport by the National High School Athletic Coaches Association in 2021. She earned her bachelor's degree from Central Michi-

gan University in 1989 and master's from Fort Hays State University (KS) in 2019.

"Vicky Groat has established herself as one of the most accomplished volleyball coaches in the state and also wears multiple difficult hats so well as the athletic director and principal," MHSAA Executive Director Mark Uyl said. "Her passion for St. Philip school and its students is evident at every turn, and her desire to help all students excel has been a great benefit to her school and throughout Michigan."



Albright

Albright came to Michigan from Minnesota, graduating from Royalton High School in 1992 and then Hamline University with his bachelor's degree in 1996. He began at Midland High as a teacher in 1997 and continued in the classroom through 2013-14, adding the varsity baseball coaching job in 2003 and building a 520-199 record over the last two decades while also leading the Chemics to seven league and four District titles and a Division 1 Semifinals appearance in 2018. He became the school's athletic director in 2010 and serves as an assistant principal as well.

Midland has hosted various MHSAA postseason events under Albright's direction, including Finals tennis, Semifinals in soccer and football and Quarterfinals for basketball, softball and volleyball. Albright has served on seven committees or task forces for the Association and as part of the Representative Council since 2019.

Albright also is beginning his tenure as president of the Michigan Interscholastic Athletic Administrators Association (MIAAAA) and is a Leadership Training Course instructor for the National Interscholastic Athletic Administrators Association (NIAAAA). He received a master's degree from Central Michigan University in 2000 and earned a certified athletic administrator designation from the NIAAAA in 2013. Albright also has been an MHSAA registered official in basketball and baseball over the last two decades, most recently in both sports since 2018-19. He worked as a professional baseball umpire in the Gulf Coast League during the 1997 season before beginning his tenure at Midland.

"Eric Albright is a leader in school-based athletics across Michigan with his work with the MIAAAA and MHSAA, and he's become a go-to person for other athletic directors statewide," Uyl said. "He has worked tirelessly to provide a wealth of guidance and vision, continuously demonstrating his passion for educational athletics."

Sports Participation at MHSAA High Schools Continues to Exceed Population Ranking Nationally

Michigan continued to rank 10th nationally in high school-aged population during the 2022-23 school year and continued to best that ranking in participation in high school sports, according to the annual national participation study conducted by the National Federation of State High School Associations (NFHS).

Michigan ranked ninth for overall participation nationally, based on a total of 268,070 participants who competed in sports for which the MHSAA conducts postseason tournaments. The total counts students once for each sport played, meaning students who are multiple-sport athletes are counted more than once.

Michigan also ranked ninth nationally for both girls (111,569) and boys (156,501) participation separately, while ranking ninth for high-school aged boys population and 10th for girls according to U.S. Census Bureau estimates.

Michigan's national rankings in seven sports improved from 2021-22, while nine sports saw lower national rankings than the previous year. The biggest jumps came in girls volleyball and boys soccer, which both moved up two spots – volleyball to fourth-highest participation nationally, and boys soccer to eighth. Girls golf (fourth), softball (seventh), girls track & field (seventh), girls swimming & diving and boys swimming & diving (both eighth) also moved up on their respective national lists.

Participation in several more MHSAA sports also continued to outpace the state's rankings for high school-aged population.

For girls, participation in bowling (fourth), tennis (fourth), cross country (sixth), basketball (seventh), competitive cheer (ninth) and soccer (ninth) all ranked higher than their population listing of 10th nationally. Among boys sports, bowling (second), ice hockey (fourth), tennis (fifth), golf (fifth), basketball (sixth), track & field (sixth), cross country (seventh), football – all formats combined (seventh) and baseball (eighth) exceeded that ninth ranking for population.

Only 11 states sponsor alpine skiing, but Michigan ranked third on both the girls and boys lists for that sport. Wrestling, with boys and girls totals counted together, ranked eighth.

Participation nationally rose more than three percent from 2021-22 to 7,857,969 participants, the first upward movement in participation data since the all-time record of 7,980,886 in 2017-18, which was followed by the first decline in 30 years in 2018-19 and the two-year halt in data collection by the NFHS related to the pandemic. (The MHSAA continued to collect and report its data during this time.) The national total includes 4,529,789 boys and 3,328,180 girls, according to figures obtained from the 51 NFHS member state associations, which include the District of Columbia.



Track & Field remains the No. 1 sport for girls participation in the MHSAA, and was up 6.5 percent last year.

Eleven-player football remained the most popular boys sport, and most popular participation sport overall, with the total climbing back over one million participants. The total of 1,028,761 participants marked an increase of 54,969 and 5.6 percent from the previous year. This year's increase was the first in the sport since 2013 and only the second increase since the all-time high of 1,112,303 in 2008-09. There also was a slight gain (34,935 to 35,301) in the number of boys in 6-, 8- and 9-player football.

Next on the boys list were outdoor track & field, basketball, baseball, soccer, wrestling, cross country, tennis, golf, and swimming & diving, respectively.

On the girls side, outdoor track and field (up 6.5 percent) and volleyball (3.6) remained in the top two spots, while basketball reclaimed the third position. Cross country ranked fourth, followed by softball, soccer, golf, tennis, swimming & diving and competitive spirit, respectively.

Texas remained atop the list of state participation with 827,446, but California closed the gap in second adding 25,000 participants to climb to 787,697. New York is third with 356,803, followed by Illinois (335,801), Ohio (323,117), Pennsylvania (316,587), Florida (297,389), New Jersey (272,159), Michigan (268,070) and Minnesota (219,094), which climbed into the top 10 past Massachusetts.

The participation survey has been compiled in its current form by the NFHS since 1971.

The Dangers of Returning Too Soon After Injury

When you've been hit with an injury, it's natural to want to get back to your regular activities as soon as possible. In fact, it's not uncommon for athletes to sidestep doctors' orders and return to the field or the court before an injury has healed.

"It doesn't matter how much you train, or how much you prepare, injuries are going to happen, especially if you're an athlete," says Jamie Schwab, an athletic trainer at Henry Ford Health System. "But the real trouble arises when athletes try to play through their pain without allowing sufficient time for recovery."

Risks Of Returning Too Soon After Injury

If you sprain your ankle during a cross country run, it can be tempting to finish the race. Unfortunately, hiding your pain and powering through the activity can actually make matters worse.

"If you continue to work out after suffering from an injury, you run the risk of furthering that injury," Schwab says. So what began as a minor ankle sprain can evolve into a major sprain that sidelines you for weeks.

Returning to play after surgery demands extra precautions. "Athletes are a lot more susceptible to re-injury after returning from surgery, especially if they don't complete the entire 9-month or year-long rehabilitation protocol," Schwab says. In some cases, you can exacerbate an injury to such a degree that you'll never be able to participate in the same capacity.

A Safe Return To Play

The road back to play after an injury is a long and winding one. Before you can even consider returning to exercise, you need to reduce swelling, get pain under control and get your range of motion back to almost normal.

"The recovery process takes time," Schwab says. "But if you stick with it, and you take it seriously, it's going to be a whole lot easier for you to return to the playing field in a timely manner."

Once you get pain and swelling under control, you can focus on agility and weight exercises that will help you regain strength and slowly return to baseline. The key tenets for a safer return to play:

- ▶ **Be honest about your abilities:** "So many athletes are afraid to tell the truth," Schwab says. "But if you're hurting and you're not competing at your full potential, you're letting your team down and yourself down, too." Even worse, you could increase your risk of further injury.

- ▶ **Focus on building strength:** Strength training is critical. It can help you become faster, stronger and more agile on the field. It can also help you recover more quickly after an injury.

- ▶ **Listen to your body:** If something doesn't feel right, pay attention to it. Talk to your athletic trainer or a physical therapist to get to the bottom of what's bugging you and put a plan in place to address it.

Boosting Performance Over The Long Haul

Unfortunately, not every coach and athletic trainer stresses the importance of a maintenance program. In fact, focused training and maintenance exercises are key to preventing injuries in the first place.



MHSAA File Photo

"The rehabilitation exercises you begin doing on day one after injury need to be maintained at least three to four times each week, indefinitely," Schwab says. "If you follow that regimen, all of your muscular nagging strains will no longer be a problem because your body is constantly adapting to the stresses. It's conditioned, it's strong, it can withstand the constant changes in direction."

Most importantly, don't be afraid to try complementary strategies. Practice using a foam roller, try cupping to release tension in the muscles and enhance blood flow and consider getting a monthly massage.

– *Jamie Schwab, AT, ATC, SCAT, CSCS, is an athletic trainer with Henry Ford Sports Medicine and works with student athletes at Edsel Ford HS. She is a National Strength and Conditioning Association-certified strength and conditioning specialist.*

All-Female Football Officiating Crew Makes History

Caryn Jackson said it “started to hit her” at about noon, some seven hours before kickoff.

An official for football games at both the high school level in Michigan and the college level for the Great Lakes Intercollegiate Athletic Conference, Jackson started to fully realize what a special event she was about to participate in.

Jackson was assigned to be the head line judge for the Waterford Kettering at Detroit Lincoln-King varsity game last Thursday at Detroit Mercy, but this was a different assignment than any other.

In addition to Jackson, there were four more women to form what’s believed to be the first all-female officiating crew for a varsity football game in state history.

With that in mind, Jackson posted what was about to happen on her X (Twitter) feed hours before the game.

“It had 23,000 engagements in an hour,” Jackson said.

And all this happened without any retweets from her daughter Rikea Jackson, the 2019 Miss Basketball Award winner at Detroit Edison who plays for Tennessee and has over 10,000 followers.

The football game arrived, and right away spectators sensed they were watching history unfold.

The crew of Jackson, referee Nicole Randolph, line judge Delonda Little, umpire RanDee Henry and back judge Kamaria Douglas made history and inspired others during a night that should be impactful for a long time.

And this also wasn’t the first time they’ve led in the officiating world.

Randolph is a Big Ten football official. As noted above, Jackson officiates Division II college football. Douglass, Little and Henry all are college basketball officials as well, and Little in March became the first woman to officiate an MHSAA Boys Basketball Final since 1995 when she refereed the Division 3 championship game at Breslin Center.

Here are thoughts from all five about their unforgettable evening on the football field:

Kamaria Douglas: “It was very well-received, which was an even better feeling,” she said. “There were a lot of people, whether we were in the parking lot afterward or just chit-chatting, who wanted to take pictures. People gave us kudos and flowers and said we did a nice job. It’s one thing to get an opportunity, but also to go out there and do a good job. They want to see more of it. Waterford Kettering’s coach said he was the father of three girls, so it just warmed his heart. He came over and got a picture with us, which was really cool.”

RanDee Henry: “This game, although historic, was even more amazing because I got to do it with friends,” she said. “All of these women have strong friendships on and off the field, making this moment even more amazing and monumental.”

Caryn Jackson: “For my children, I always tell them to leave your mark wherever you go and whatever you do,” she said. “Be a part of history.”



Forming the historic crew are: head line judge Caryn Jackson, umpire RanDee Henry, referee Nicole Randolph, line judge Delonda Little and back judge Kamaria Douglas.

Who knew I would be refereeing high school, let alone doing it with all women? It feels good when I walk the football field and people are cheering just because they see a woman. People say ‘I’m glad you’re here, ref.’ I’ve had young boys walk up to me and shake my hand and say thank you for making history, and that you’re the first female official I have had. That stuff makes me feel good. To do it alongside four other women, that was amazing.”

Delonda Little: “Women are breaking barriers, and it’s nice to be acknowledged and to have some gender equality out there,” she said. “We all felt good to get the support during the game from the coaches and the fans. Both coaches told us we did a great job. Coaches wanted to take pictures with us to be a part of the historical moment. Fans as we were leaving told us we did a good job.”

Little continued: “Women, we still have a long way to go. But it’s good we are getting the acknowledgment we deserve. There should be gender equality.”

Nicole Randolph: “The players kind of got the adrenaline going,” she said. “I was already a little nervous going into the day because it was really happening. When I got to the field, I was calm, cool and collected. When we all walked onto the field, the players were excited, and the coaches were excited. They asked for pictures and said they wanted to take pictures at the end of the game because they had never seen this many female officials at a game.”

Randolph continued: “We went in and said ‘Hey girls, this a great opportunity. Let’s make the best of it so we can continue to open the doors for other young ladies to continue to aspire in) our footsteps.’”

— Keith Dunlap
Special for MHSAA.com

Walters Named 2023 MHSAA Norris Award Winner

From volunteering to umpire slowpitch softball to officiating at last season's 11-Player Football Finals at Ford Field, Jackson's Chuck D. Walters has enjoyed every step of the climb over 44 years as a Michigan High School Athletic Association-registered official. As a revered and beloved trainer, mentor and recruiter of officials, he's also dedicated decades to providing opportunities to the next generations of officials in his community.

For especially his work in nurturing others in the avocation, Walters has been selected as this year's MHSAA Vern L. Norris Award honoree.

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



Walters

Walters is registered to officiate MHSAA football again this fall, which will begin his 45th year of refereeing or umpiring school sports. He's a member of the Jackson Area Officials Association, Kalamazoo Officials Association and Southeast Michigan Sports Officials organization, and he has served as a football and baseball trainer in the JAOA while also working more than 100 MHSAA post-season games in those sports including six football and two baseball Finals.

"Chuck Walters is one of the best people I've known through officiating. He's been a leader and mentor for hundreds of officials in the Jackson area over many years," said MHSAA Executive Director Mark Uyl, who also is a longtime football and baseball official at the high school and college levels. "Chuck is the epitome of what the Vern Norris Award is meant to honor."

Walters was a three-sport athlete at East Jackson High School – playing football, basketball and baseball – and upon graduating in 1965 took a job with Chrysler at its Proving Grounds in Chelsea. While later coaching his son Chuck in youth baseball, Walters put on a slowpitch softball tournament to benefit the local Little League association – and umpired the bases at those games to help save money so more could go to the organization.

From there, he began filling a need locally for youth umpires. Relationships built in baseball turned into working subvarsity football. After his son graduated from Napoleon, Walters' Friday nights opened up and he filled that personal sports void by beginning a long and successful career in varsity football as well. He first registered for two years at the start of the 1970s, and returned to register without pause beginning with the 1981-82 school year.

In addition to working youth and high school athletes, Walters has umpired college baseball primarily at the Division II, III and NAIA levels but also

in the Big Ten Conference and Mid-American Conference. He also served 35 years as the volunteer clock operator at Napoleon High School basketball games – his current football crew includes multiple former Napoleon athletes or coaches.

Among recommendations for this Norris Award came a letter from his entire crew and another noting Walters continues to mentor 14 current officials while always seeking to introduce opportunities to others.

"I used to go to a lot of college football meetings just to stay current, and they'd talk about this and that and my head would be spinning forever," Walters said. "We have four new officials in our area starting football this fall, and I know their heads will be spinning when we talk about this and that. My focus will be to get those new officials' feet on the ground, get them (progressing) step by step by step. Once they get that passion to officiate whatever sport it might be, they just take off."

Walters received the Al Cotton Award in 2013 from the *Jackson Citizen Patriot* for his contributions to Jackson-area sports, and was named to the Basketball Coaches Association of Michigan (BCAM) Hall of Fame in 2021 as a "friend of basketball."

Walters and his high school sweetheart Judy have been married 57 years, and they have adult children Stacy and Chuck. Walters retired from Chrysler after 32 years and has a car restoration business.

Previous recipients of the Norris Award:

1992 – Ted Wilson, East Detroit
 1993 – Fred Briggs, Burton
 1994 – Joe Brodie, Flat Rock
 1995 – Jim Massar, Flint
 1996 – Jim Lamoreaux, St. Ignace
 1997 – Ken Myllyla, Escanaba
 1998 – Blake Hagman, Kalamazoo
 1999 – Richard Kalahar, Jackson
 2000 – Barb Beckett, Traverse City;
 Karl Newingham, Bay City
 2001 – Herb Lipschultz, Kalamazoo
 2002 – Robert Scholie, Hancock
 2003 – Ron Nagy, Hazel Par
 2004 – Carl Van Heck, Grand Rapids
 2005 – Bruce Moss, Alma
 2006 – Jeanne Skinner, Grand Rapids
 2007 – Terry Wakeley, Grayling
 2008 – Will Lynch, Honor
 2009 – James Danhoff, Richland
 2010 – John Juday Sr., Petoskey
 2011 – Robert Williams, Redford
 2012 – Lyle Berry, Rockford
 2013 – Tom Minter, Okemos
 2014 – Hugh R. Jewell, West Bloomfield
 2015 – Sam Davis, Lansing
 2016 – Linda Hoover, Marshall
 2017 – Michael Gentry, Shelby Township
 2018 – Jill Baker-Cooley, Big Rapids
 2019 – David Buck, St. Joseph
 2020 – Hugh Matson, Saginaw
 2021 – Lewis Clingman, Grand Rapids
 2022 – Pat Hayes, Birmingham

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

- R1 catches a free kick and is advancing. He reaches team R's 30-yard line when he throws a forward pass toward R2, who is at team R's 40-yard line. The ball hits off R2's hands and falls to the ground.
 - The ball should be blown dead and treated as an incomplete forward pass.
 - The ball remains live and is treated as a fumble.
- A snaps the ball from the B-5 and immediately throws a fade pass near the back corner pylon. The line judge rules touchdown when A16 appears to make a spectacular catch as he is leaning forward and subsequently falls to the ground as he is completing the catch. Soon after A16 hits the ground, the ball squirts out without the line judge seeing it. The back judge saw the entire play.
 - If the back judge saw the ball squirt out, he/she should communicate that they have an incomplete pass, and the line judge should reverse his/her ruling to an incomplete pass.
 - The back judge should not get involved since the line judge already signaled touchdown.
 - It is an incomplete pass because the falling receiver must survive the ground in the endzone.
 - If the receiver were an upright receiver and were pushed to the ground by the defense after catching the ball and getting a body part down in the endzone, we would have a touchdown.
 - a, c, and d are correct.
- The snap ends when:
 - The ball is moved from its place on the ground.
 - The ball leaves the snapper's hand(s).
 - The ball touches the ground or any player.



Boys Soccer

- Player B1, with no attempt to play the ball, trips the attacking player A1 inside the penalty box denying an obvious goal-scoring opportunity (DOGSO).
 - 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.
- During the taking of a penalty kick, A7 uses several stutter-steps but does not interrupt the approach to the ball. The ball enters the goal. The referee should:
 - Allow the goal and restart with a kickoff.
 - Disallow the goal and retake the kick.
 - Disallow the goal and restart with indirect kick for Team B.
 - Disallow the goal, caution A7 for unsporting play and restart with an indirect kick for Team B.
- The players on Team A are wearing harnesses under their jerseys that contain devices to track heart rate and distance covered. The data is transmitted to coaching staff on the sidelines.



Listen to “Be The Referee” on MHSAA.com



- a. This is wearable technology. It is secured and not a safety hazard. This is allowed.
- b. This is an electronic communication device with an on-field player. This is not allowed.

Volleyball

1. During warmups prior to the match, the referees notice a player on Team A wearing plastic beads at the end of long braids. The braids are free-flowing, allowing the braids to sway back and forth as the player moves.:
 - a. All beads are legal and the player can participate in the match with those adornments.
 - b. Beads are only legal if securely fastened to the head and do not present a risk of injury to the player, teammates or opponents. The referees should notify the coach of Team A that the player must legally secure the beads before being allowed to participate.
 - c. Beads are illegal; referees should notify the Team A coach that the player must remove the beads from the hair to participate.
2. The following are true regarding the serve, except::
 - a. A server may only serve when in right back position.
 - b. A server shall not touch the end line at the instant the ball is contacted for serve.
 - c. A server must complete the serve within 8 seconds.
 - d. A server is granted one re-serve during each time of service.
3. Between sets, teams may:
 - a. Serve into opponent’s court.
 - b. Hit into opponent’s court.
 - c. Handle volleyballs on their own side of the playing area.
 - d. Jog around the entire playing surface.



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. 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.

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).

Football Answers: 1. a. (4-2-2c, 7-5-2a Pen.); 2. e.; 3. c. (2-40-3).
 Soccer Answers: 1. b. (12-9-2-d4); 2. a. (14-4); 3. a. (4-2-11).
 Volleyball Answers: 1. b. (4-1-6); 2. c. (8-1-1, 8-2-1, 8-1-5); 3. c. (11-5-3).

OFFICIAL REPORT OF BOARD OF CANVASSERS

East Lansing, September 25, 2023

We, whose signatures appear below, declare the following to be nominees for, or members-elect of, the Representative Council or the Upper Peninsula Athletic Committee of the Michigan High School Athletic Association, Inc., as a result of ballots received in accordance with the provisions of Article IV, Section 6 of the Constitution, or as authorized by the Upper Peninsula Athletic Committee at its meeting on October 3, 1941.

REPRESENTATIVE COUNCIL

SOUTHWESTERN SECTION

CLASS C AND D SCHOOLS (#1)

Total number of legal ballots received	15
Chris Miller, Gobles	15
Illegal or Incomplete ballots received	1

Elected by majority of votes – Chris Miller

SOUTHEASTERN SECTION

CLASS C AND D SCHOOLS (#2)

Total number of legal ballots received	15
Chris Adams, Camden	15
Illegal or Incomplete ballots received	1

Elected by majority of votes – Chris Adams

UPPER PENINSULA

CLASS A AND B (#3)

Total number of legal ballots received	1
Alex Tiseo, Marquette	1
Illegal or Incomplete ballots received	0

Elected by majority of votes – Alex Tiseo

STATEWIDE AT-LARGE (#4)

Total number of legal ballots received	270
Jeff Kline, Mt Morris	172
Chris Ming, Au Gres-Sims	55
Jeffrey J. Yorke, Hale	43
Illegal or incomplete ballots received	20

Elected by majority of votes – Jeff Kline

JUNIOR HIGH/MIDDLE SCHOOLS (#5)

Total number of legal ballots received	86
Adam Stefanski, Boyne City	86
Illegal or Incomplete ballots received	11

Elected by majority of votes – Adam Stefanski

DETROIT PUBLIC SCHOOLS (#6)

Total number of legal ballots received	1
Jay Alexander, Detroit	1
Illegal or incomplete ballots received	0

Elected by Majority of Votes – Jay Alexander

UPPER PENINSULA ATHLETIC COMMITTEE

CLASS A AND B SCHOOLS (#7)

Total number of legal ballots received	5
Paul Jacobson, Negaunee	5
Illegal or Incomplete ballots received	0

Elected by majority of votes – Paul Jacobson

CLASS C SCHOOLS (#8)

Total number of legal ballots received	9
Sam Larson, Menominee	9
Illegal or incomplete ballots received	0

Elected by majority of votes – Sam Larson

CLASS D SCHOOLS (#9)

Total number of legal ballots received	8
Vincent Gross, Whitefish Township	8
Illegal or incomplete ballots received	0

Elected by majority of votes – Vincent Gross

BOARD OF CANVASSERS (Signed)

Mike Brya, Athletic Director, DeWitt High School
 Nicole Norris, Athletic Director, East Lansing High School

MHSAA Representative Council

Chris Adams*

Superintendent
Camden-Frontier High School
Class C-D — Southeastern Michigan

Eric Albright**

Athletic Director
Midland High School
Class A-B — Northern Lower Peninsula

Jay Alexander*

Executive Director of Athletics
Detroit Public Schools
Detroit Public Schools Position

Judy Cox**

Principal
Auburn-Bay City Western High School
Appointee

Scott Grimes**, President

Superintendent, Grand Haven Public Schools
Statewide At-Large

Kyle Guerrant (ex-officio)

Deputy Superintendent, Finance Operations
Michigan Dept. of Education, Lansing
Designee

Kris Isom*

Athletic Director
Adrian Madison High School
Appointee

Sean Jacques**

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

Jeff Kline*

Athletic Director
Mt. Morris High School
Statewide At-Large

Jason Malloy**

Athletic Director
Westland John Glenn High School
Appointee

Vic Michaels**, Secretary-Treasurer

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

Chris Miller*

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

Anna Rigby**

Athletic Director
Harbor Springs High School
Class C-D — Northern Michigan

Chris Riker**

Athletic Director
Portage Northern High School
Class A-B — Southwestern Michigan

Meg Seng**

Athletic Director
Ann Arbor Greenhills High School
Appointee

Fred Smith**

Athletic Director
Bangor Middle School
Junior High/Middle Schools

Adam Stefanski*

Principal
Boyne City High School
Junior High/Middle Schools

John Thompson**

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

Alex Tiseo*

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

*Term Expires December 2023

**Term Expires December 2024

Failure to Rate Officials

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

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

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

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

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

Following are schools failing to rate officials for the 2022-23 school year.

Failure to Rate Officials - Fall 2022

8-Player Football

Carney-Nadeau

Football

Detroit Denby
Clio

Boys Soccer

Pontiac Academy for Excellence
Flint Southwestern
Harper Woods
Dearborn Riverside Academy West
Remus Chippewa Hills
Auburn Hills Christian

Girls Volleyball

Waterford Mott
Dearborn Riverside Academy West
Burton CenterPoint Christian
Dearborn Henry Ford Academy
Redford Union
Muskegon Heights Academy

Failure to Rate Officials - Winter 2023

Boys Basketball

Detroit Pershing
Inkster American International Acad
Muskegon Heights Academy
Dearborn Riverside Academy West
Detroit Communication Media Arts

Girls Basketball

Dearborn Henry Ford Academy
Clinton Township Clintondale
Detroit Denby
Detroit International Academy
Flint Southwestern

Girls Competitive Cheer

Carrollton
Macomb Lutheran North

Wrestling

Kalamazoo Phoenix
Bellevue

Failure to Rate Officials - Spring 2023

Baseball

Dearborn Henry Ford Academy
Detroit Davis Aerospace
Detroit Denby
Detroit University Prep
Redford Union

Boys Lacrosse

Goodrich

Softball

Detroit Communication Media Arts
Detroit Community
Detroit Northwestern
Grand Rapids Union
St Ignace

2022-23 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.

Warren Lincoln	37	Anchor Bay	4	Davison	3
Madison Hts Madison	20	Troy Athens	4	East Lansing	3
Redford Thurston	14	Belleville	4	Elk Rapids	3
Fraser	10	Bronson	4	Ann Arbor Gabriel Richard	3
Ecorse	9	Capac	4	Forest Hills Central	3
Grand Blanc	9	Grand Rapids CC	4	Grayling	3
Bloomfield Hills Brother Rice	8	Bay City Central	4	Grosse Ile	3
Delton Kellogg	8	Livonia Churchill	4	Hastings	3
Saginaw Heritage	8	Macomb Dakota	4	Dearborn Henry Ford Acad	3
Burton Bendle	7	Detroit Leadership Academy	4	Detroit Henry Ford	3
Forest Hills Northern	7	Durand	4	Holly	3
Hartland	7	Dearborn Edsel Ford	4	Holt	3
New Boston Huron	7	Fowlerville	4	Homer	3
Lowell	7	Grand Haven	4	Howell	3
Melvindale	7	Grandville	4	Ann Arbor Huron	3
Muskegon Mona Shores	7	Houghton	4	Indian River Inland Lakes	3
Plymouth	7	Jackson	4	Ionia	3
Flint Powers Catholic	7	Lansing Sexton	4	Kent City	3
Romeo	7	Lake Orion	4	Battle Creek Lakeview	3
Utica	7	St Clair Shores Lake Shore	4	Lapeer	3
Pontiac A & T	6	St Clair Shores Lakeview	4	Ypsilanti Lincoln	3
Canton	6	Lake Odessa Lakewood	4	Linden	3
Coldwater	6	Detroit Lincoln King Acad	4	Ludington	3
Farmington	6	Martin	4	Manistique	3
Saline	6	Midland	4	Marquette	3
Grosse Pte Woods U Liggett	6	Montague	4	Marysville	3
Walled Lake Northern	6	Northville	4	Montrose	3
Waterford Mott	6	GR Ottawa Hills	4	North Farmington	3
West Bloomfield	6	Battle Creek Pennfield	4	Grand Rapids Northview	3
Holland West Ottawa	6	Port Huron	4	Jackson Northwest	3
Bangor	5	Reed City	4	Okemos	3
Bloomfield Hills	5	Roscommon	4	Oxford	3
Corunna	5	Roseville	4	Ann Arbor Pioneer	3
Dearborn Hts Crestwood	5	South Haven	4	Pittsford	3
Dearborn Divine Child	5	Traverse City West	4	Port Huron Northern	3
East Kentwood	5	Utica Eisenhower	4	Rockford	3
Lansing Eastern	5	Walled Lake Central	4	Royal Oak	3
Hamtramck	5	Walled Lake Western	4	Salem	3
Hudsonville	5	Rochester Adams	3	South Lyon	3
Monroe Jefferson	5	Allen Park	3	Spring Lake	3
Jenison	5	Allendale	3	St Johns	3
Kalkaska	5	Temperance Bedford	3	Dearborn Hts Star Int	3
GR Kenowa Hills	5	Madison Hts Bishop Foley	3	Stockbridge	3
Lincoln Park	5	Catholic	3	Tawas	3
Kalamazoo Loy Norrix	5	Boyne City	3	Taylor	3
Petoskey	5	Ortonville Brandon	3	Middleville Thorn.-Kellogg	3
Portland	5	Niles Brandywine	3	Sterling Hts Stevenson	3
Muskegon Reeths-Puffer	5	Brighton	3	Waterford Kettering	3
Ann Arbor Skyline	5	Midland Bullock Creek	3	Lansing Waverly	3
Sturgis	5	Charlevoix	3	Wayne Memorial	3
Tecumseh	5	Chelsea	3	GR Wellspring Prep	3
Grand Rapids West Catholic	5	Clinton Twp Chippewa Valley	3	Williamston	3
Yale	5	Coloma	3	Wyoming	3

2022-23 Officials Reports Summary

Sport	Level	Praise	Player Ejections	Coach Ejections	Other Ejections	Sportsmanship
Baseball	Varsity	6	78	45	0	5
Baseball	JV	0	20	10	0	0
Baseball	Freshmen	0	9	3	0	0
Baseball	7th & 8th	0	0	1	0	0
Boys Basketball	Varsity	14	70	30	0	18
Boys Basketball	JV	1	27	16	1	2
Boys Basketball	Freshmen	0	11	6	0	0
Boys Basketball	7th & 8th	0	15	6	0	1
Girls Basketball	Varsity	5	19	11	0	11
Girls Basketball	Junior Varsity	1	10	6	0	1
Girls Basketball	Freshmen	0	2	0	0	0
Girls Basketball	7th & 8th	3	6	2	0	1
Boys Bowling	Varsity	0	0	1	0	0
Boys Bowling	Freshmen	0	1	0	0	0
Girls Bowling	Varsity	0	0	0	1	0
Boys Football	Varsity	13	229	24	2	0
Boys Football	JV	1	37	8	0	0
Boys Football	Freshmen	0	1	2	0	0
Boys Football	7th & 8th	0	5	3	0	1
Boys Football (8)	Varsity	0	16	4	0	0
Boys Football (8)	Junior Varsity	0	1	0	0	0
Boys Football (8)	7th & 8th	0	1	0	0	0
Ice Hockey	Varsity	0	107	10	0	9
Ice Hockey	Junior Varsity	0	2	0	0	0
Boys Lacrosse	Varsity	1	27	4	0	0
Boys Lacrosse	Junior Varsity	0	6	1	0	0
Girls Lacrosse	Varsity	3	0	0	1	3
Boys Soccer	Varsity	9	280	28	0	2
Boys Soccer	Junior Varsity	0	44	4	0	1
Boys Soccer	Freshmen	0	3	1	1	0
Girls Soccer	Varsity	2	52	13	0	0
Girls Soccer	Junior Varsity	0	3	0	0	0
Softball	Varsity	1	6	16	0	1
Softball	Junior Varsity	0	1	4	0	0
Softball	7th & 8th	0	0	1	0	0
Girls Swim & Dive	Varsity	1	0	0	0	0
Boys Tennis	Varsity	0	0	1	0	0
Girls Track & Field	Varsity	0	0	1	0	0
Volleyball	Varsity	2	1	6	0	2
Volleyball	JV	1	0	1	0	0
Boys Wrestling	Varsity	4	50	11	1	4
Boys Wrestling	JV	0	3	1	0	0
Boys Wrestling	7th & 8th	0	4	4	0	0
Girls Wrestling	Varsity	1	0	1	0	0
Girls Wrestling	JV	0	1	0	0	0

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.

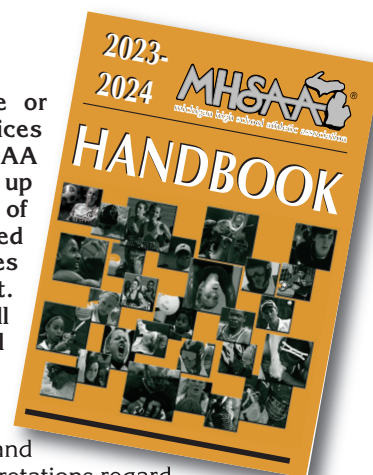
The new rule allows schools in spring sports only to compete in up to four scrimmages with another MHSAA member school team while on a spring trip. The allowance is to other MHSAA teams only and scrimmages that follow the elements of a scrimmage. This will likely save schools money as they can split 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, Administrators page). 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 2022-23 appears below.



Out-of State Travel 2022-23

FALL & WINTER None

SPRING

BASEBALL

Ada Forest Hills Eastern
Ann Arbor Greenhills
Bay City John Glenn
Blissfield
BH Cranbrook Kingswood
Brighton
Caledonia
Clinton Twp Chippewa Valley
Coldwater
DeWitt
Fowlerville
Grand Blanc
Grand Haven
Grand Rapids Catholic Central
Grand Rapids Northview
Grandville

Grosse Pointe South
Holland Christian
Holland West Ottawa
Hudsonville
Lake Odessa Lakewood
Lowell
Mt. Pleasant Sacred Heart
Muskegon Mona Shores
Northville
Okemos
Oxford
Portland
Richmond
Romeo
Saginaw Swan Valley
Salem
Sparta
Tecumseh
Union City
Utica Eisenhower
Vermontville Maple Valley
Watervliet
Whitehall

BOYS GOLF Romeo

BOYS LACROSSE Clarkston

GIRLS SOCCER Montrose Hill McCloy

SOFTBALL

Bay City Central
Bay City Western
Decatur
Eaton Rapids
Essexville Garber
Frankfort
Grand Rapids Northview
Holton
Hudsonville
Ithaca
Lake Odessa Lakewood
New Haven
Saginaw Swan Valley
Whitehall

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ATHLETIC ASSOCIATION, INC.
1661 Ramblewood Dr.
EAST LANSING, MICHIGAN 48823-7392**

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