

**mhsca**

Founded: August 15, 1955

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Cross Country****MIVCA: Volleyball****MWA: Wrestling****CONTACT INFORMATION****WEBSITE:** [mhsca.org](http://mhsca.org)**PHONE:** 517-526-4575

# The Michigan Coach

THE OFFICIAL PUBLICATION OF THE MICHIGAN HIGH SCHOOL COACHES ASSOCIATION

MICHIGAN HIGH SCHOOL COACHES ASSOCIATION

854 Marshall street, Portland 48875

## 2022 MHSCA Hall of Fame

Michigan High School Coaches Association Hall of Fame Class Announced By Mark F. Holdren, Executive Secretary.

The doors to the Michigan High School Coaches' Association (MHSCA) "Hall of Fame" will swing open once more on September 25, 2022.

A formal induction ceremony for the Class of 2022 will take place in the Terrace Room of the Bovee University Center on the campus

of Central Michigan University at 1:00pm on September 25, 2022.

Tickets to attend the event will be available until September 17, 2022 on the MHSCA.org website. Person's interested in attending the induction banquet can contact: Mark F. Holdren at [mholdren.11@gmail.com](mailto:mholdren.11@gmail.com)

These fourteen coaches make up the MHSCA Hall of Fame Class of 2022

**Shaun Balhorn**  
**Montabella High School** began his coaching career in 1996 at Montabella High School, and

continues to hold the head wrestling coach position there.



**Corrin Convis Buck Harper Creek High School** has

coached swimming for over thirty-six years at several different high schools and colleges in



Michigan, Maryland and Pennsylvania with thirty-three of those years in Michigan.

**Frank Dicristofaro Sr. Cabrini High School** St. Clair Lakeview High School enters the MHSCA Hall of Fame with

twenty-nine years coaching experience at the high school level and an additional seven years at the collegiate level.



**Richard D. Hilliaker Port Huron High School** has

thirty-two years of experience as a coach of student athletes at Port Huron High School. Dick began his coaching career as the JV baseball coach from 1965-1971.



**Dave Kowalski Bangor High School / Bay City John Glenn High School**

coached bowling at Bangor John Glenn High School in Bay City for fifteen years (2000-2015)

**MHSCA.ORG**  
MICHIGAN HIGH SCHOOL COACHES ASSOCIATION

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[https://mhsca.sportngin.com/register/form/369461279#\\_ga=2.121888843.1581719952.1661891716-](https://mhsca.sportngin.com/register/form/369461279#_ga=2.121888843.1581719952.1661891716-)

For Hall of Fame Banquet

Information Contact  
[mholdren.11@gmail.com](mailto:mholdren.11@gmail.com)

# 2022 MHSCA Hall of Fame Inductees

## **Lois McDonald Livonia Stevenson High School**

joins this class of MHSCA Hall of Fame inductees having coached the Livonia Stevenson varsity women's swim team for twenty years, from 1966-1986. During her tenure her overall record was 189-49-5.



**Larry Merx Chelsea High School** has accrued thirty-six years coaching experience in track and forty-nine years coaching experience in football at several different high schools in Michigan.



**John Pearson Oxford High School** career as swim and diving coach spans 40 years. He started as an assistant men and women's swim and diving coach at Rochester High School from the fall of 1982-winter 1986



**Don Pluta Holly High School** enters the MHSCA Hall of Fame after coaching varsity wrestling at Holly High School for thirty six years.



## **Steve Rodriguez Ann Arbor Pioneer High School**

accumulated forty years of coaching experience at Ann Arbor Pioneer High School.



## **Larry Seger Thornapple Kellogg High School**

coached tennis a total of fifty-two consecutive years at Thornapple Kellogg High School.



**Andrew Sheridan Jackson High School** served as a basketball coach at Jackson High School for twenty-seven years.



## **John Michael Tiano Spring Lake High School**

began his coaching career in 1976. He has coached ninety-nine individual teams in five different sports in more than ten different schools.



## **Andrew G. Weidenbach Cranbrook Kingswood High School**

has twenty-six years of experience as the varsity hockey



The MHSCA is a 68-year old association with nearly 12,000 members representing 18 sport related associations was founded on the campus of Central Michigan University in 1954.

The Hall of Fame is located in the Student Activities Center.

The MHSCA Hall of Fame is truly a HALL of Fame. It features a gigantic wall mural which features athletes and coaches in competition. Also, instead of the wall plaques, the new Hall of Fame also features a computer kiosk on which will be pictures of about 800 inductees of the of the Hall. The members can be looked up by name, their year of induction and their community or school. The MHSCA Hall of Fame is located in a hallway of the Student Activities Center (CAC) located on the campus of Central Michigan University. People who wish to see the hall may access it through the "old" Rose Arena Complex or the SAC entrance.

For Hall of Fame Banquet

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# MHSCA 2022 Jack Johnson Distinguished Service Award Recipient Mick McCabe

Mick McCabe is recognized as an advocate, defender, and a devoted fan for his commitment to school sports and the coaching community. Mack has been selected as the 2022 recipient of the MHSCA "Jack Johnson Distinguished Service Award."

Mick McCabe was born in Allen Park, Michigan and graduated from Allen Park Cabrini High School and then graduated from University of Detroit before embarking on a sports writing career at the Detroit Free Press starting in 1970 becoming a well-known name across the state by covering high school and college sports for nearly five decades. While covering a variety of sports assignments, his primary focus has been on high school and college sports.



McCabe was the prep wingman for Hal ("Swami") Schram, a legendary figure who retired in 1983.

The Son of Swami, as McCabe became known, quickly became Michigan's preeminent prep reporter and famous for his successful predictive columns. He also tells heartwarming tales and writes about the universal topics that interest young athletes, their classmates, their coaches, their

teachers, their parents and anybody who appreciates good journalism and good storytelling. His induction into the Michigan High School Coaches Association Hall of Fame is only one of many career accolades, including being inducted into the Basketball Coaches Association of Michigan Hall of Fame and the Detroit Catholic League Hall of Fame.

Named Michigan Sports Writer of the Year in 2010 and becoming only the fifth sports writer to be inducted into the Michigan Journalism Hall of Fame in 2014. McCabe has won awards from local to national levels for his prep coverage. Mick and his wife: St. Joyce McCabe have three children: Katie, Kevin, Chris, and four grandchildren.

**The Jack Johnson Distinguished Service Award** This award is presented each year to someone who has done an outstanding job supporting and promoting athletics in general, and has shown consideration and assistance to the high school scene and the Michigan High School Coaches Association.

The following are past recipients of the MHSCA Distinguished Service Award. Ron Finch, Win Schuler, Bob Reynolds, Fritz Crisler, Biggie Munn, George Alderton, Jack Heppenstall, Buck Reed, Don Wattrick, Terry McDermott, Ray Fisher, Francis Staley, Bingo Brown, Bill Kelly, Earl Staley, Wally Weber, Russell LeCronier, Charles Forsythe, Dale Kennedy, Forster Wilkinson, Jim Lewis, Harold Sponberg, Hal Middlesworth, Clayton Kowalk, Bill Odykirk, George Maskin, Sam Madden, Brother George, Bob Calihan, Paul Carey, Don Chanham, Jim Campbell, Morley Fraser, Helen Geovanes, Vern Norris, Russ Thomas, Don Lund, Walt Bazylewicz, Richard Snyder, Marykaye Murphy, Tom McShannock, Warren D. McKenzie, Dick Kishpaugh, Kermit Ambrose, Roy Allen, Dick Lowry, Robert James, Tom Hursey, Richard Maher, Jack Johnson, Jerry Cvengros, Suzanne Martin, Jack Moss, Tiger Teusink, Herb Deromedi, Don Lessner, Lloyd Carr, Dan McShannock, Mike Jolly, Blake Hagman, Rich Tompkins, Diane Laffey, Jim Okler, Gina Mazziloni, John Harrington, Ronald Tomassoni, Nate Hampton, Kim Spalsbury.







**Jim Okler, Executive Director**  
Cell: 734-223-8490

854 Marshall Street, Portland, MI 48875  
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Larry Merx  
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**Understanding & Appreciating Interdependence & Mental Health**

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## MHSCA Hall of Fame Ticket Information

(Feel Free to Photocopy and Distribute)

The 64<sup>th</sup> Annual Hall of Fame Induction ceremony will be held on the campus of Central Michigan University in the Bovee University Center – Terrace Room at 1:00pm on September 25, 2022.

**Class of 2022:** Shaun Balhorn, Corrin Convis Buck, Frank Dicristofaro, Sr., Richard D. Hilliker, Dave Kowalski, Lois McDonald, Larry Merx, John Pearson, Don Pluta, Steve Rodriguez, Larry Seger, Andrew Sheridan, John Michael Tiano, and Andrew G. Weidenbach

The MHSCA Hall of Fame Induction ceremony consists of a cash bar, cold hors d'oeuvres, a two entrée buffet, dessert, and induction presentations of Hall of Fame Class of 2022. Please call for any special arrangements.

**Address:** Bovee University Center, 103 East Preston Street, Mt. Pleasant, MI 48859

**For more information contact:** Mark F. Holdren Cell: 517-526-4575 E-mail: [mholdren.11@gmail.org](mailto:mholdren.11@gmail.org)

The Hall of Fame Banquet and Induction Ceremony is a special event that should be shared by family, friends, colleagues, former athletes, and school administrators. Please feel free to distribute this sheet to the people that should be a part of this event.

Please order tickets early because space is limited. All seats are on a first come first serve basis.

**Tickets may be ordered online at the [mhsca.org](http://mhsca.org) website with a credit card from July 1—September 17, 2022.**  
**There is a small processing fee to use this process.**

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## **RESERVE HALL OF FAME BANQUET TICKETS BY MAIL**

Enclosed is a check or money order paid to: "MHSCA" for Hall of Fame Banquet tickets. (DO NOT SEND CASH). The postmark deadline for ordering tickets by mail is September 10, 2022.

**Send to:** Mark Holdren, MHSCA Executive Secretary  
854 Marshall Street  
Portland, MI 48875

PLEASE, reserve \_\_\_\_\_ (number) Hall of Fame Banquet tickets @ \$45.00 = \$ \_\_\_\_\_

And reserve me \_\_\_\_\_ (number) of kids, ages 2-12, tickets @ \$25.00 = \$ \_\_\_\_\_

In addition, I wish to donate the following amount to the MHSCA: \$ \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

\_\_\_\_\_  
(your name)

\_\_\_\_\_  
(your telephone number)

\_\_\_\_\_  
(your e-mail address)

\*\*\*\*A CONFIRMATION RECEIPT FOR TICKETS ORDERED BY MAIL WILL BE SENT VIA E-MAIL\*\*\*\*

<b>Michigan High School Sport Association</b>
<b>Coaches Clinic/Events</b>
MIAAA: March 17-20, 2023 at Grand Traverse Summer Workshop June 2023 at Mt. Pleasant
Baseball: January 13 & 14, 2023 at Soaring Eagle, Mt. Pleasant
BCAM-Basketball: October 2022 at Oakland University.
Bowling : October 2022 @ Royal Scott, Lansing
MITCA: Cross Country: 2022 November 10-12th Mt. Pleasant, Comfort
Competitive Cheer: October 7-9, 2022 at Grand Rapids
Football: January 12-14, 2023 at Lansing Center
Golf: February 2022, Clinic, East Lansing, August 2022, Clinic, COTY, HOF Banquet, Golf, Treetops Resort
Gymnastics : October 2022 TBA
Ice Hockey October 29, 2022
Men's Lacrosse: January TBA
Skiing: October 16, 2022 @ TBA
Softball: January 20-21, 2023 at Mt. Pleasant, Comfort Inn
Sports SAGES: 3-5 March 2022 Boyne Mountain
Swimming: September 16-17 2022 Site: Flint, Holiday Inn Gateway
Tennis: January 2023
Track & Field: January 2023 at Lansing
Volleyball: TBA -2022
Wrestling: Nov. 2022 See MWA website
NHSACA Convention: Lincoln Nebraska July 26-29

# Unintended Consequences

Unintended Consequences - In light of the current teaching and coaching shortage the following scenario should not have happened.

On June 10, 2022 (my last day of active teaching) I retired from the teaching profession, after 48 years all at Milan High School.

I planned to continue coaching track and cross country as part of my retirement agreement with the school. This fall, I would have started my 54 th season coaching, again, all at Milan High School.

The State required that I round my retirement date "UP" to June 30th , so on July 1st , I started my 30 days of the required bona fide termination.

On July 25th , 45 days after my last day of teaching and 5 days short of my required termination, the State Legislators passed PA 184 which changed the rules of the retirement game. PA 184 changed the "bona fide termination" period from 30 days to 9 months retroactively.

This means that I can't coach or volunteer to help coach my cross country team this fall. What I can't understand is how the State can change the "Rules and Requirements" after the fact, retroactively.

If I knew this would happen, I would not have retired this year. To date, here is what I've done with this situation: I immediately notified my cross country teams and parents that I would not be allowed to coach or volunteer in any way.

I've coached some of these kids for two seasons a year (track & cc) for seven years (some since 5th grade).

This law really punishes them. I cancelled team camp and a weekend overnight trip, both for the month of August.

All reservations were put on my personal credit card. I've contacted the Office of Retirement Services, Michigan Education Association Legal Services, a State Representative and State Senator, and the Michigan High School Athletic Association. The MHSAA is the only group that has agreed to help appeal my case.

With the exception of the MHSAA, all have just said that's the way it goes. I still don't understand the need or reason for PA 184 or how a law can be applied retroactively.

Coaching to me is a passion and I've dedicated over three fourths of my life to the art and philosophy of being a good coach.

People who have students/children in their BEST interest would not have created this UN-educational plan.

The current plan PA 184 does NOT help:

- ▢ Students in Michigan
- ▢ Schools in Michigan
- ▢ Education in Michigan

Respectfully,  
Steven R. Porter



## Coaching Recognition

The candidate must have distinguished himself/herself with good coaching ethics and promoted good sportsmanship throughout his/her coaching career.

\*The AD or principal's signature confirms this.

Ten (10) years of coaching outside of Michigan may be applied to the application. Coaching at any level may be applied as long as it is a school sponsored interscholastic sport.

To receive a general coaching certificate the candidate must have been coaching at least one sport per year at any level for the requested number of years.

To receive specific certificates for a single sport the candidate must qualify for the specified number of years in that sport.

This can be at any level. You cannot however count more than one level or season for a sport in any one year.

For example, coaching both

boys and girls basketball during the same school year counts as "1" year; coaching both 7th grade boys and JV boys during the same school year counts as "1" year.

Up to three (3) years may be included for active duty military service which delayed or interrupted an applicant's coaching career.

Awards for 30 years and more (plaque) will have the sports that the candidate coached listed on the plaque.

The coach will be presented only one award for each level of service after 30 years.



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MHSHCA-Ice Hockey

MHSLCA: Men's Lacrosse

MWLCA: Women's Lacrosse

MHSSCA: Skiing

MHSSCA: Softball

MISCA: Swimming & Diving

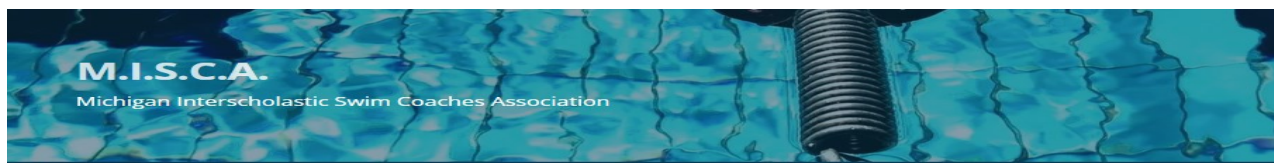
MHSTeCA: Tennis

MITCA: Track & Field &

Cross Country

MIVCA: Volleyball

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## Team Building

We coach a sport that is often referred to as an individual sport. Competitive swimming is very much a team sport as well. The USA swim team at the Olympic Games is very much a team effort. NCAA Championships are team accomplishments. I always considered my high school team would swim at the highest levels when we competed as a team. This was also true on my club senior national team. How does the building of a true team feeling, team pride, and great team successes happen? Is there a formula to follow?

I've often stated that we coaches need to continue to learn from other sources to stay motivated and innovative in our coaching. This has always held true for me. I just completed reading "The Gold Standard" by Mike Krzyzewski. It is the story of building a world class team in basketball. He was named the head coach of the 2008 USA Olympic Basketball Team. His team was made up of NBA basketball all stars. Mike was the college coach of Duke University and his job was to build a USA team concept with professional athletes. Kobe Bryant, LeBron James, and Dwyane Wade were all members of that team. Would these pro athletes listen and set aside their personal egos and develop a team attitude? I will try to build on the main building steps of the book and relate each to my own swimming coaching experience. Every coach should be able to adapt, relate to, and use many of these steps. Whenever quotations surround any following statement, then it is a quotation from "The Gold Standard".

"Any team when first assembled is just a group of individuals with a variety of talent. The coach has the task of molding these individuals into a team. A true team doesn't just happen. It takes time to evolve -time to develop relationships, time to establish standards, time to get motivated. There are certain things for which there is no time. No time for excuses and no time for inner turmoil. Leaders are responsible for spending the necessary time to get the job done, and no time is wasted. Every team needs and ultimate goal, a purpose for which it unites and prepares."

In our first team meeting of a new season, we would go over our schedule and circle the state championship meet as our target. This would be the competition that we would be at our best. All of our practice sessions and all of our dual meets would be used to prepare for that state championship. We would also determine what our team standards would be. I stated that rules would not be established as rules are something to be broken in too many instances. We would agree on standards. Standards were something to live up to and if someone failed to do just that, then there would be consequences. These were established at the outset and team members understood and agreed. There was team purpose from the first meeting and that was to swim our best at the state championship.

"Take the time to choose your people." This doesn't apply to the high school coach in most cases, unless the coach is fortunate enough to have an excess of swimmers turning out for the team. However, some of the other points made do apply. "Take the time to conduct personal interviews, face to face. Be forthright about what is expected and why you believe in the team cause." As soon as it could be worked into the team meetings, I would discuss how every swimmer was important to our team success. It didn't start at the top, it started at the bottom of our swimming talent. I would emphasize that the slower swimmers that got faster and swam faster in training were pushing the faster swimmers to improve and swim faster. This was true all the way up the talent ladder. Everyone would have to improve when we believed in this concept. Our teams did believe and frequently at the end of the season, they voted one of the lower level swimmers who displayed great training effort and improvement as the season Inspirational Award winner.





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"Take the time to understand context. It provides the mental and motivational backdrop for our team's purpose. By learning how we got where we were, we also learned how to get where we wanted to be." In my high school coaching experience, we had been winning state championships on a regular basis, as well as continuing an unbeaten streak of consecutive high school meets. Our swimmers were aware of this record.. It became a matter of team pride for each new team and new season to contribute to add to that record. We came to view that streak without pressure to continue, but to stay focused and work hard to present us with the best opportunity to continue it. Our team purpose was up front every season.

"Take the time to gain perspective. Let perspective operate alongside of your understanding of context. Context should serve as your guide in what you do in your training and competition. It brings about the feeling that what you are doing is of great consequence. When you are not training and competing, you have to realize it is not. A sense of perspective should guide your team's behavior and the way you relate to those around you. Ego and humility are not mutually exclusive, you should have both. You have to realize how big and how small you are and internalize both." My perspective that I always tried to convey to our teams was that we would swim hard, study well, and be good citizens at school and home. I asked teachers for their input if any swimmer was falling down in their studies. If that happened, that swimmer would be out of a swim meet until the class situation improved. In team meetings after a competition, I would recognize every swimmer's improvement and not just the best swimmer's accomplishment. Occasionally, I would remind the team to appreciate the efforts of their parents in providing and caring for them.

"Take the time to form relationships. In giving your team time to bond, you establish a foundation of communication, trust, and respect in the way you deal with each other." High school teams often form friendships that last a lifetime. This has been true on both my high school and club teams. Every outing and group activity becomes a lasting memory. We have used team parties, dinners, fishing trips, group runs, and even international exchanges that have all led to team bonding. Individual swimmer meetings with the coach were good opportunities for coach/swimmer bonding on my teams. I got to hear from the swimmer what there goals were both in the pool and out of the pool, and how I could help them attain goals.

"Take the time to develop a support system. Take the time to emphasize the importance of individual support systems to your team." Our high school swim team support program was amazing. Our principal attended every state championship and many dual meets. Many of our faculty served as timers and judges for the meets. Our school pep band played at both state meets and dual meets frequently. Our Ram Relays meet was the homecoming event. Our team got the most coverage in the school newspaper of all sports, and the yearly Annual provided some of the most sport pages for our swim teams. This all had to be cultivated to some degree by myself as coach. The local newspaper sports department became great supporters and devoted much coverage of our teams. We had pep buses for our state meets when we became winners. I always had a parents meeting for our team every season. I would hand out schedules, and inform everyone what we would expect from our swimmers in training through thanksgiving and Christmas vacation periods. They were informed of our team goals and how they could best provide the home environment for their swimmer. I believe that this helped us firm up great parent support for our teams not just their one swimmer.

"Take the time to establish standards. These standards will define the character of your team. Standards are the things you do all the time and the things for which you hold one another accountable. Leaders should remember that not all good ideas have to come from the top, and they should be secure enough to change plans based on the input of the team". I commented on team standards previously in this article. Swimmers should feel that they have ownership in the program. This leads to commitment. I often used questionnaires to sound out the swimmers. What needs were being met? What areas would you want to receive more attention in your preparation? Their feedback was useful and incorporated wherever necessary to strengthen swimmer commitment. I would often have the swimmers pick their events for a meet, and sometimes at the state meet when there were several best opportunities.



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MHSTeCA: Tennis

MITCA: Track & Field &

Cross Country

MIVCA: Volleyball

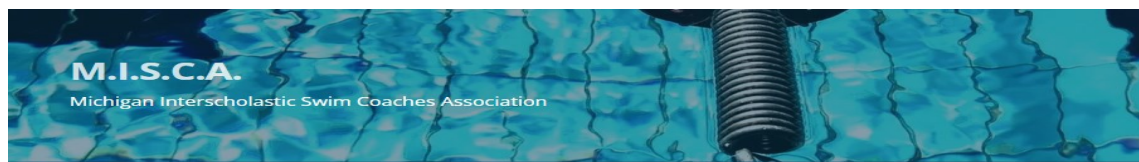
MWA: Wrestling

"Take the time to practice. Don't send your team into battle unprepared". This isn't usually a problem for swim coaches. Practice is what we do for the most part. However effective practice is another thing. Make certain that you are organized and recognize the need to have effective practices that build toward your final goal at the championship meet.



"Take the time for self assessment. I've always believed that failure can be an integral part of success. When you attempt something in which failure is possible, you test your limits. Failure requires you to reevaluate". After every state championship, I would evaluate our season. This also happens at times thru the season. I had coined a phrase early on in my coaching. It was that there were no failures, only Temporary Non Successes. Every swimmer was to never recognize any endeavor as failure. It was only a temporary non success. You would learn from it, adjust and go back to work to make it a success.

"Take the time to get motivated. Remember that motivation is not something that you simply hope occurs. It is something that a team leader must do, must actively work for, on a daily basis. Use your imagination, and creativity to motivate. Motivation comes back to you". Motivated swimmers motivate the coach. I always asked my team about motivation. Which came first the chicken or the egg? The motivation that inspired them didn't come from me, the coach. It was the result of their effort, their enthusiasm for the task, their great efforts in competition that made the coach motivated. I have always been motivated by fast swimming in practice and competition. I always asked for the swimmer to motivate the coach, so that I could be inspired to better motivate them. When I was a college swimmer after a race, I asked my coach what would help me in my next race. He answered, "swim faster" with little enthusiasm. I had to wait until my own coaching to realize that maybe he was right.



Go to the Michigan High School Coaches Associations website with a snapshot of your cell.

1. Open up your cell phone
2. Using the picture app on your QR reader on your phone, check out the latest MHSCA.com website.

Follow us on Twitter @MHSCA1

We are also now on Facebook!





## August Newsletter from the



August 2022

I hope everyone who could attend the convention got home safely and enjoyed your time while there. It was nice to see everyone again and to continue to improve the National High School Athletic Coaches Association.

First, I would like to thank Dave and Danell for their work leading up to and at the convention. They take care of so much that goes on behind the scenes.

Please continue to keep them in your thoughts during this challenging time in their lives. Thank you to Justin Davie for his leadership and all the work he put into this convention.

He spent a lot of time making sure things were just right. Ted Schroeder leaves the executive committee and joins the rank of past president.

He was very instrumental in several changes to help NHSACA to move forward into the 21st century.

The man bleeds the NHSACA colors. Thanks Ted!

Likewise, big thank you to Tim Wallstrum and Dan Mitchell for work and forward-thinking ideas. And last, thanks to everyone involved. Without you there is no National High School Athletic Coaches Association.

The convention was a great success, and now we look forward to 2023 in Lincoln, Nebraska. Remember that the convention will be in July. The tentative dates are July 22 through July 27. There will be more specifics out on the dates when they are finalized.

I look forward to the next year working with our executive director Dave Dougherty, first vice president Tim Wallstrum, second vice president Dan Mitchell, third vice president Scott Garvis, and immediate past president Justin Davie. We are without a State Executive Secretary Representative currently. We look forward to having a person step into this position because it is vital to the success of the organization to have a person who has access to all the executive secretaries across the nation.

The mission of the National High School Athletic Association is to be dedicated to serving high school coaches and athletic directors throughout the United States by educating, recognizing, and supporting coaching endeavors. It is our goal to promote high school athletics, provide professional services to our member coaches and provide opportunities for all high school coaches.

My goal during my presidency is to try to improve our NHSACA brand. If we are to provide services for all high school coaches, they need to know what NHSACA can do for them.

Do coaches in your school or state understand what our association does? We need to be able to communicate with all coaches, so they can use NHSACA in their coaching endeavors.

We have been growing with new member states and sport associations each year.

We want to continue this, but we need to connect with individual coaches.

NHSACA is filled with coaches that have many years of experience. I am asking you for input on how we can get to all the coaches in the nation so that they understand that there is a national organization that represents them.

I also want to expand our educational support for coaches. We do have partnerships with groups who are helping us at this time, but we need more. I'd like to develop a library of podcasts, videos, and articles that allow a coach to come to our website and get the help they are looking for.

I know there are many coaches in our association who have materials like this and would be willing to share especially with young coaches who are working to improve each day. Please contact me if you are interested in helping with this project.

The board will be meeting several times throughout the year on zoom. Our first meeting was on July 21 to discuss several items including: our contract with Coach AD magazine, our partnership with ProActive Coaching, discussion on regional director Rich Montgomery's plan for growth, Dan Mitchell's professional development proposal for coaches to receive college credits, and our executive director's contract. We discussed these at length and will come together again to determine what is best for the association. You are going to want to hear more about Dan's professional development proposal.

We are just starting, so there will be more to come. It follows in line with our mission of providing

professional development for coaches. If you are willing to teach a college class, you will be able to do so and make a little extra money on the side; please contact Dave or me.

Our award programs are the signature of NHSACA. I feel we do an outstanding job of recognizing people for outstanding achievements. This needs to continue.

We will work on improving the actual awards with Awards Unlimited who has provided the awards for several years or find another company who can provide us what we feel signifies what our awards stand for.

We will be adding the bios of each to our finalists and hall of fame members to our website.

I think this will be a great resource for local media and the families of the recipients. Several years ago, when I joined NHSACA as the athletic director sports chair, I never thought I would be the president. I thought I would be around a short time and be out of here.

Much like when I joined the Nebraska Coaches Association, when I joined NHSACA I didn't realize how many great people I would get to meet and what great relationships I would build.

NHSACA really has grown on me, and I believe we can fulfill our mission statement. I did have to step out of my comfort zone and get involved. I just want everyone out there to know that you won't be heard until you say something.

Please, if you have ideas that you feel can help us with our mission, please contact me. If you want to serve in a leadership role, do the same. I am here to serve you, and to help NHSACA continue to grow and be great. We can do it!

Rocky Ruhl  
President NHSACA 2022-2023  
rockyruhl@gmail.com





### Michigan High School Coaches Association Insurance Program

Michigan High School Coaches Association Insurance Program Loomis & LaPann, Inc. is the insurance administrator for the Michigan High School Coaches Association.

We offer general liability coverage, directors and officers coverage, and camp coverage to the National Organization of Coaches Association Directors (NOCAD), which the Michigan

High School Coaches Association is a member. The General Liability policy will protect the Michigan High School Coaches Association and its members from claims made by negligent acts, accidentally committed, resulting in: bodily injury, personal and advertising injury or property damage

to others.

The policy also covers member coaches in the classroom. Below is an overview of coverages and exclusions.

For a complete description of the scope and limitations of coverage, please refer to the policy

At Loomis & LaPann, Inc., We Are Sports Insurance!

Our specialty is Amateur Sports Management, and you can count on our knowledge and expertise to find the coverage that's right for you.

We offer a range of insurance products and carriers, along with quality service.

Loomis & LaPann, Inc. is an independent general insurance agency based in Glens Falls, New York. Our company traces its origins to 1852, a time when the U.S. insurance industry was in its infancy.

It has always been our policy to focus on particular industries so that the knowledge and expertise we accumulate recommends us to specific customers. That policy has taken us across North America to serve businesses as varied as fish canneries and lumbering in our early years, to our current specialty, Amateur Sports Management.

Today we provide a wide range of insurance coverages for amateur sports groups and associations. Loomis & LaPann works directly with various insurance underwriters to provide the most comprehensive insurance products and best possible service available in the marketplace.

## Loomis & LaPann, Inc.

INSURANCE SINCE 1852

Camp Insurance Coaches Assoc. High School Assoc. K



Jim Okler, Executive Director  
Cell: 734-223-8490

854 Marshall Street, Portland, MI 48375  
E-mail: [mhsc1954@gmail.com](mailto:mhsc1954@gmail.com)

Mark F. Holdren, Exec. Secretary  
Cell: 517-526-4575

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##### Past President

Ted McIntyre

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Larry Merx

##### Service Award

Mike Jolly

##### Constitution

Kim Salisbury

##### Finance

Steve Porter, Darrin Millar & Sue Miller

##### Understanding & Appreciating Interdependence & Mental Health

Ron Landfair &

Debbie Williams- Hoak

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Cross Country

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## MEMBER BENEFIT: ADDITIONAL RESOURCE FOR YOU AND YOUR MEMBERS!

Here is your July August issue of Coach & Athletic Director. The "Coaching for Significance" article is provided to you by the National High School Athletic Coaches Association and written by Proactive Coaching. A podcast for distribution will soon follow.

Coach & Athletic Director.

This issue examines the challenges and opportunities for high school coaches nationwide from our Annual Coaches Survey.

5 Steps to continuing relationships with student-athletes after graduation  
Jump stops, pivots and v-cuts  
Monitoring athletic

performance  
Check out the results published in our feature article. Other Highlights in the July/August issue include:

[Click here](#) to access the July/August issue of Coach & Athletic Director:

Thank you for forwarding

the [July/August issue](#) to your members.

Your coaches, and other members of your organization, can opt-in to receive



what does it mean to **be nice**.?  
**notice** what is right or different  
**invite** yourself to start a conversation  
**challenge** the stigma  
**empower** yourself and others with knowledge







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MHSSCA: Softball


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		SEND TO: Hall of Fame Chair—Mark F. Holdren 854 Marshall Street, Portland, MI 48875 OR E-MAIL TO: <a href="mailto:mholdren.11@gmail.com">mholdren.11@gmail.com</a>	
<h2 style="text-align: center;">HALL OF FAME APPLICATION</h2>		OFFICE USE ONLY APPLICATION: _____ 2 SUPPORT LETTERS: _____	Gender: _____
		<p><b>Criteria for MHSCA Hall of Fame Application:</b> Only persons who have coached and/or directed a secondary school athletics (6-12) program for <b>20 years or more</b> and actively coached in the state of Michigan for a minimum of 10 years are eligible for the MHSCA Hall of Fame. The applicant must have been a member in "good standing" in their sport's association prior to application. In addition, preference will be given to individuals who have met the previous criteria and have been inducted into their own sport association's Hall of Fame.</p> <p style="text-align: center;"><b><u>Applications must have two letters of support in order to complete the application process.</u></b></p>	
<p><b><u>NOMINEE CONTACT INFORMATION:</u></b> Date of Birth: ____/____/____</p> <p>Name of Nominee: _____ Phone: _____</p> <p>Home Address: _____ City: _____ State: _____ Zip: _____</p> <p>Nominee E-mail: (please print carefully) _____</p>			
<p><b><u>NOMINATOR'S CONTACT INFORMATION:</u></b> The nominator is critical in working with and encouraging the nominee to complete all sections of the application, as well as, arranging for two letters of support to be sent to the Hall of Fame Chair.</p> <p>Name of Nominator: _____ Phone: _____</p> <p>Home Address: _____ City: _____ State: _____ Zip: _____</p> <p>Nominee E-mail: (please print carefully) _____</p>			
<p><b><u>CONTACT INFORMATION FOR SCHOOL MOST AFFILIATED:</u></b></p> <p>School _____ Year's at School: _____</p> <p>Address _____ City _____ State _____ Zip _____</p> <p>Current Athletic Director Name: _____ Phone: _____</p> <p>Athletic Director E-Mail Address _____</p> <p style="text-align: center;">*****ONLY LIST A SECOND SCHOOL IF THERE IS AN EQUAL AFFILIATION*****</p> <p>School _____ Year's at School: _____</p> <p>Address _____ City _____ State _____ Zip _____</p> <p>Current Athletic Director Name: _____ Phone: _____</p> <p>Athletic Director E-Mail Address _____</p>			
<p><b>PLEASE COMPLETE THE BACKSIDE OF THIS PAGE</b></p>			



Jim Okler, Executive Director  
Cell: 734-223-8490

854 Marshall Street, Portland, MI 48375  
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Page 2 of 3

**COACHING LONGEVITY:** Please provide all information for all sports coached during your career. Do not use abbreviations.

Years Coached (e.g.: 1995-2003)	Sport Coached (e.g.: Boys Basketball)	Level (e.g.: Junior Varsity)	# of Seasons (e.g.: 8)

**COACH OF THE YEAR RECOGNITIONS:** Please provide all information for all sports coached during your career. Do not use abbreviations.

COACH OF THE YEAR	Name of the Recognition-Sport (Lansing State Journal Dream Team-Softball)	Times (e.g.: 3x)	Years (e.g.: 1997, 1999, 2001)
Area / Newspaper / County / All Star			
League			
District / Regional			
State			
National			
Other			

**TEAM RECOGNITIONS:** Please provide all information for all sports coached during your career. Do not use abbreviations.

	Name and Sport (Michigan Wrestling Association—Regional Coach of the Year)	Times (e.g.: 3x)	Years (e.g.: 1997, 1999, 2001)
League (Conference) Championships			
District Titles			
Regional Titles			
State Finishes			
Other (e.g.: MHSAA Sportsmanship Award)			
Career Varsity Record	Sport: _____ Win: _____ Loss: _____ Tie: _____		
	Sport: _____ Win: _____ Loss: _____ Tie: _____		

**PLEASE COMPLETE THE NEXT PAGE**



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Page 3 of 3

**INDIVIDUAL ATHLETES COACHED:** Please provide all information for all sports coached during your career. Do not use abbreviations.

	Information—cumulative totals of each category
All State Individual (medalists only)	
Individual State Champions	
Elite Athletes Coached (e.g.: Mr. Wrestler, Detroit Free Press All-State, All American)	
All State Individuals (coaches selections)	
Other:	

**SPORT-LEADERSHIP ROLES AND CONTRIBUTIONS:** Please provide all information for all sports coached during your career. Do not use abbreviations.

	Name of the Leadership Role or Contribution (e.g.: Lansing State Journal Dream Team)	Times (e.g.: 3x)	Years (e.g.: 1997, 1999, 2001)
Area/League Officer			
Sport Association Board Member			
MHSAA Committees			
National Committees			
Sport Association Clinic Presenter			
Other			

**COACHING HALL OF FAME RECOGNITIONS:** Please provide all information for all sports coached during your career. Do not use abbreviations.

	Name of Hall of Fame and Sport (Use complete name of recognition—no abbreviations)	Year (e.g.: 1997)
Area / School / Booster Club / Other Hall of Fame		
State Sport Association Hall of Fame		
National Sport Association Hall of Fame		

My signature acknowledges that the information provided on this application is true and accurately reflects my coaching career.

signature

**THANK YOU FOR COMPLETING THE HALL OF FAME APPLICATION**





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## MICHIGAN HIGH SCHOOL COACHES ASSOCIATION/GATORADE

### 15/20/25/30/35/40/45/50 YEAR COACHING SERVICE AWARD

#### GENERAL REQUIREMENTS

- The candidate must have distinguished himself/herself with good coaching ethics and promoted good sportsmanship throughout his/her coaching career. \*The AD or principal's signature confirms this.
- Ten (10) years of coaching outside of the state of Michigan may be applied to the application.
- Coaching at any level may be applied as long as it is a school sponsored interscholastic sport. A maximum of ten (10) years may be allowed for coaching at the collegiate level.
- To receive a general coaching certificate the candidate must have been coaching at least one sport per year at any level for the requested number of years.
- To receive specific certificates for a single sport the candidate must qualify for the specified number of years in that sport. This can be at any level. You cannot however count more than one level or season for a sport in any one year. For example, coaching both boys and girls basketball during the same school year counts as "1" year; coaching both 7<sup>th</sup> grade boys and JV boys during the same school year counts as "1" year.

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Awards for 30 years and more will have the sports that the candidate coached listed on the plaque. The coach will be presented only one award for each level of service after 30 years.

#### PROCEDURE FOR RECEIVING AWARD

- Complete the application forms (2) and mail to: Mike Jolly, Years of Service Awards,
- 20917 Parkplace Lane, Clinton Twp., MI 48036 or E-mail to: [dlsathletics@aol.com](mailto:dlsathletics@aol.com)
- Certificates will be sent to your home address. Please allow four (4) weeks for processing.

Plaques will be mailed to your home address. Please allow six (6) weeks for processing.

#### MHSCA APPLICATION FOR YEARS COACHING SERVICE AWARD

\_\_\_ 15 Years \_\_\_ 20 Years \_\_\_ 25 Years \_\_\_ 30 Years \_\_\_ 35 Years \_\_\_ 40 Years \_\_\_ 45 Years \_\_\_ 50 Years

Name (as it is to appear on award) \_\_\_\_\_

Best Phone \_\_\_\_\_ Email Address: \_\_\_\_\_

Home Address \_\_\_\_\_

Home City \_\_\_\_\_ Home State \_\_\_\_\_ Home Zip \_\_\_\_\_

Michigan High School Sports Association: \_\_\_\_\_ (MITCA, BCAM, etc.)

MHSCA Membership Card #: \_\_\_\_\_ Year: \_\_\_\_\_

Signature of Coach \_\_\_\_\_

Signature of AD or Principal \* \_\_\_\_\_ Phone Number: \_\_\_\_\_

Printed Name of Administrator: \_\_\_\_\_ Email: \_\_\_\_\_

Send Completed form to: Mike Jolly, Years of Service Awards, 20917 Parkplace Lane, Clinton Twp., MI 48036

or E-mail to: [dlsathletics@aol.com](mailto:dlsathletics@aol.com). Be sure to include your Year-by-Year Summary Sheet.

The MHSCA Coaching Service Award is sponsored by GATORADE in cooperation with MHSCA

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NAME: _____						
COACHING SERVICE AWARD WORKSHEET						
	School			School		
	Year	School	Sport	Year	School	Sport
	(Example)	(Example)	(Example)	(Example)	(Example)	(Example)
1	1990-91	MCHS	FB, BBSK, BSB	4	1993-94	MACOMB CC
2	1991-92	USAF	Active Duty	5	1994-95	TOLEDO ST. JOHN
3	1992-93	MACOMB CC	BBSK	6	1995-96	MCHS
	1960-61				2000-2001	
	1961-62				2001-2002	
	1962-63				2002-2003	
	1963-64				2003-2004	
	1964-65				2004-2005	
	1965-66				2005-2006	
	1966-67				2006-2007	
	1967-68				2007-2008	
	1968-69				2008-2009	
	1969-70				2009-2010	
	1970-71				2010-2011	
	1971-72				2011-2012	
	1972-73				2012-2013	
	1973-74				2013-2014	
	1974-75				2014-2015	
	1975-76				2015-2016	
	1976-77				2016-2017	
	1977-78				2017-2018	
	1978-79				2018-2019	
	1979-80				2019-2020	
	1980-81					
	1981-82					
	1982-83					
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	1992-93					
	1993-94					
	1994-95					
	1995-96					
	1996-97					
	1997-98					
	1998-99					
	1999-2000					

**SPORT CODE**

BSB, BBSK, GBSK, BBWL, GBWL, CHR, BCC, GCC  
 FB, BGLF, GGLF, GYM, HCK, BLAX, GLAX, BSKI, GSKI,  
 BSCR, GSCR, SFB, BSWM, GSWM, BTEN, GTEN,  
 BTRK, GTRK, VB, WR

**SCHOOL or SERVICE CODE**

(Example)

MCHS	Mt. Clemens HS
USAF	US Air Force



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Michigan High School Coaches Association Distinguished Service Award is one of our highest awards for service and contributions to sports in the state of Michigan.

The MHSCA Distinguished Service Award:

MHSCA recognizes individuals and organizations that have provided extraordinary service to educational athletics, the including the advancement student athletes, coaches, or those who serve interscholastic athletics through its Distinguished Service Awards.

The Distinguished Service Award (DSA) is given to a person (or persons), either volunteer or staff, who have exhibited valuable professional service (within the MHSCA or among its association membership) including academically, supportive, service, assistance at any level of interscholastic athletics. These criteria are good measures of acceptable candidates and help to assure that recipients have a wide range of "service" that they provide to the profession of interscholastic athletics. Nominations should be submitted on an individual basis, not by a group or on behalf of constituent groups (conferences, affiliates, assemblies, committees, etc.).

### Executive Committees

#### Rich Tompkins Multi-Sport Athlete Award

Larry Merx

#### Service Award

Mike Jolly

#### Constitution

Kim Spalsbury

#### Finance

Steve Porter, Darrin Millar & Sue Miller

The MHSCA Distinguished Service Award does not need to be awarded each year. This award should be bestowed only when the MHSCA Board of Directors committee decides that nominations warrant presentation of the award. This award may be given posthumously.

Why nominate a deserving candidate for the MHSCA Distinguished Service Awards:

- To recognize a person who has positively impacted interscholastic athletics in a significant way.
- To recognize institutions for their affiliation with individuals who demonstrate the highest level of professionalism and commitment to interscholastic athletics.
- To confirm and honor a superior servant by his/her peers and colleagues.
- To celebrate individuals who epitomize the profession's highest standards for interscholastic sports.
- To focus attention on the exemplary, and by doing so to elevate the profession overall and establish a high standard of excellence in promoting, supporting or contributing to interscholastic athletics.

#### Required information for completed application:

Name of MHSCA Distinguished Service Award Nominee:

School or Sport Affiliation:

Email:

Mobile Phone

Nominated by:

Email:

Mobile Phone:

I believe this nominee is worthy of receiving this award for the following reasons: (attach separate)

Completed application can be submitted to [MHSca1954@gmail.com](mailto:MHSca1954@gmail.com)

### Member Associations

MIAAA: Athletic Directors

MHSBCA: Baseball

BCAM: Basketball

MHSBCA: Bowling

CCCAM: Competitive Cheer

MHSFCA: Football

MIGCA: Golf

MHSGCJA: Gymnastics

MHSHCA-Ice Hockey

MHSLCA: Men's Lacrosse

MWLCA: Women's Lacrosse

MHSSCA: Skiing

MHSSCA: Softball

MISCA: Swimming & Diving

MHSTeCA: Tennis

MITCA: Track & Field & Cross Country

MIVCA: Volleyball

MWA: Wrestling



## Sponsorship Opportunities

### Active Link on the MHSCA Website: (July 1-June 30) \$1,000.00

- Your company's web page linked to the MHSCA website's homepage
- Name of company, logo and short description of products/services

### Full page ads in MHSCA Hall of Fame or Coach of the Year Awards booklets:

- Newsletter Booklet (10 times a year) \$250.00
- Newsletter Booklet and Coach of the Year Awards Program or Hall of Fame Induction Ceremony Program Booklet \$400.00
- Newsletter Booklet, Coach of the Year Awards Program and Hall of Fame Induction Ceremony Program Booklet \$500.00

### MHSCA Board of Directors meetings or Hall of Fame or Coach of the Year table display or registrants' packet stuffer: \$100.00/page

- Your company's product/service information document (8.5"x11"), provided by the sponsor included in each registrant's packet

### Sponsor a Hall of Fall or Coach of the Year inductee:

- 1 Sport \$2000.00
- 2 Sports \$3,500.00
- 3 Sports \$5000.00
- 4 Sports \$6000.00  
(Buy 3, get 1 Free)
- All 15 Sports \$30,000.00 (\$10,000.00 savings)
- Presentation of the Hall of Fame or Coach of the Year Award at the banquet
- Two (2) Complimentary tickets to the Awards Banquet

- Sponsor banner (2'x4') hung on wall in Banquet Room during Awards Banquet

- Recognition/Advertising in Coach of the Year Awards Program

- Complimentary exhibit booth during the awards day banquets

- Active link on MHSCA website

### Sponsor a MHSCA Service Awards Station: \$3000.00

- Company signage promoting your company as the sponsor of this award at HOF & COTY banquets.
- Presentation of the Service Award at the Coach of the Year Awards banquet
- Placement of your company's Logo on award certificates and plaques.
- Recognition ad in the MHSCA Hall of Fame & Coach of the Year Program Booklet
- Placement of your company's marketing materials on table in serving area
- Complimentary exhibit booth during the awards day banquets
- Active link on MHSCA website.

### Sponsor a Hospitality Station (assessable to all registrants and guests): \$300.00

- Company signage promoting your company as the sponsor of this event
- Recognition ad in MHSCA Hall of Fame & Coach of the Year Program Booklet
- Placement of your company's marketing materials on table in serving area

### MHSCA Contact Information:

**Mark Holdren, Executive Secretary**  
**845 Marshall St.**  
**Portland, MI 48875**

**Phone: 517.526.4575**

### The MHSCA Board of Directors Meetings & Events

- Board of Directors Fall Board Meeting 9-25-22
- Hall of Fame Banquet September 25, 2022 @ CMU Board of Directors Winter Board Meeting & COTY Banquet November 13, 2022 @ Lansing Area
- MHSCA Hall of Fame Committee Meeting, February 9, 2023 @ conducted **Virtually**
- MHSCA Finance Committee meeting, March 12, 2023 @ conducted **Virtually**
- Board of Directors Spring Board Meeting March 12, 2023 conducted **Virtually**



## MHSCA Sponsors



### Executive Director

James M. Okler, CMAA  
 MHSCA1954@gmail.com