



Michigan High School Coaches' Association

Founded: August 15, 1955

THE OFFICIAL NEWSLETTER of the MHSCA

VOLUME 6

Visit Our Website at: www.mhsca.org

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Special points of interest:

- *MHSCA, NFHS & NHSACA 2017 Nomination for Coach of the Year Due*
- *BOD Fall Board Meeting & HOF Inductions Sept. 18, 2016 @ CMU Mt. Pleasant*
- *BOD Winter Board Meeting & MHSCA State COTY Awards, along with MHSCA Service Awards Nov. 13 2016 @ E. Lansing*

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2016 Michigan High School Coaches' Association Hall of Fame Class Announced

The doors to the 2016 Michigan High School Coaches' Association "Hall of Fame" will swing open once more on September 18, 2016.

A formal induction of the Class of 2016 will take place in the Terrace Room of the Bovee University Center on the campus of Cen-

tral Michigan University.

Persons interested in attending can contact: Mark F. Holdren
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The Michigan High School Coaches Association was founded on the campus of Central Michigan University in 1954.

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

The coaches of the 2016 MHSCA Hall of Fame inductees:

Steve Barbeau Millington High School

Kevin Behmer Ann Arbor Huron High School

Rick A. Guild Johannesburg-Lewiston High School

Don Kimble Byron Center High School

Thomas Kudwa Ludington High School

Rob Lutz White Pigeon High School

John Maciak Flint and Grand Rapids

Jodi Manore Temperance Bedford High School

Robert Morrill Hazel Park High School

James Nelson Pontiac High School

Coe Roberts Bridgeport High School

Al Schrauben Portland St. Patrick's High School

Samuel Vicchy Belleville High School

Paul Walter Hillsdale High School

Joe Zomerlei Caledonia High School

Girls and Boys Golf State Finals Field Expanded

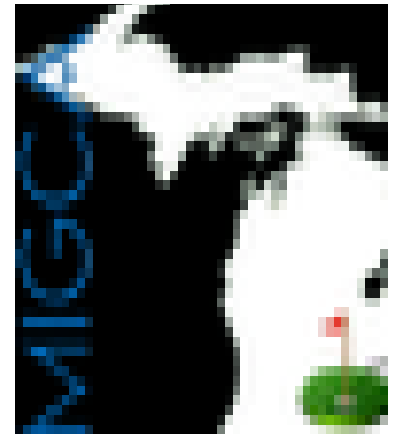
Beginning in the Fall of 2016 for girls and Spring of 2017 for boys, a 6th Regional will be added to the MHSSA postseason. This will increase the State Finals field from 90 players to 108. Regionals will now be the first postseason MHSSA Tournament for both the boys and girls.

There was strong support by

the MIGCA to provide more players with the opportunity to reach the State Finals and adding the 6th Regional will accomplish this.

MIGCA President Tony Evans of Battle Creek Lakeview along with fellow coaches are very excited that 18 additional players from across the state will

now be “State Championship Finalists.” MHSSA Assistant Director Cody Inglis is also excited about more players competing in the Finals and also being able to spread out the number of teams in each Regional.



2016 LP Finals

D1 – Forest Akers East - MSU
D2 – The Meadows - GVSU
D3 – Bedford Valley - Battle Creek
D4 – Forest Akers West - MSU
Oct. 14-15

2017 UP Finals

D1 – TBD
D2 – TBD
D3 – TBD

May 31, June 1, 2, 3

Ten Tips (strategies) for New High School Head Coaches by Dennis A. Johnson, EdD

Yogi Berra once quipped that “If you don’t know where you are going, you might end up someplace else.” Much can be said for the new head coach in that he must create a clear direction for the new program or he might end up without a job. Borrowing from a business model the new head coach should “plan the work” and then “work the plan.”

Any coaching education model instructs a coach to develop a coherent personal and program philosophy with clearly defined goals and objectives (1). Hopefully the underpinning wellspring of any transformative coaching philosophy is the American Sport Education Program’s “athlete first-winning second” perspective (2). Beyond that, here are ten tips/strategies the new head wrestling coach might find useful to work into the program plan:

Write personal and program philosophy stating a clear vision for the wrestling program.

Develop program goals and objectives based on the coaching philosophy.

Locate and hire qualified personnel that subscribe to the head coaches philosophy to act as assistant coaches for all levels (youth, middle school, and varsity).

Organize a series of staff meetings to develop the team’s tactical/technical focus (i.e., system) and a periodization (peaking) schedule for all levels of the program.

Work with the athletic director to develop a competitive schedule and a design a plan for program evaluation. Create a positive relationship with building and grounds and custodial personnel (as they are the entity that is really in charge).

Meet with football coaches to share

the benefits of wrestling technique and practice on student-athletes’ football skills.

Develop team rules (keep them brief and simple), an athlete code of conduct, and operating policies (for practice, travel, and competition).

Develop a risk management plan to deal with injuries in practice and/or during team travel/competition.

Conduct a booster meeting to share program philosophy and provide expectations of parents and boosters.

The NWCA Wrestling Coaches Resource Manual (Scholastic Edition) offers some additional tips for head coaches.



Associations Clinic Updates 2016 & 2017

Baseball: January 15-Mt. Pleasant	Gymnastics : N/A	Volleyball: July 31-Battle Creek
Basketball: October 22 Lansing	Ice Hockey: July	Wrestling: November
Bowling : N/A	Lacrosse: June	Track & Field: February 4 - Lansing
Competitive Cheer: October-Lansing	Skiing: N/A	MIAAA: March 18- Traverse City
Cross Country: November , 10 - 12, 2016 Site: Mt. Pleasant	Soccer: February – WMU	MHSCA HOF: September 18, 2016 Site: Mt. Pleasant
Football: January 19-21 2017 – Lansing-Radisson	Softball: January 29-Lansing	MHSCA COTY: November - Lansing
Golf: November– Bath	Swimming: September 16 - Battle Creek	NHSACA Convention: June 24, 2016 Site: Louisville, KY
	Tennis: February 5-Troy	

GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the Michigan High School Coaches Association and its members.
CARRIER Houston Casualty Company
POLICY PERIOD August 1, 2016– August 1, 2017
LIMITS OF INSURANCE
\$1,000,000 Each Occurrence
\$1,000,000 General Aggregate (per Member)
\$1,000,000 Products/Completed Operations
\$1,000,000 Personal & Advertising Injury
\$ 300,000 Fire Damage
\$ 50,000 Sexual Abuse (per Member)
Excluded Medical Payments
COVERAGES
Participant Legal Liability for insured members

Liability assumed under insured written contract
Defense Cost outside limits
EXCLUSIONS
The use of automobiles, buses, watercraft and aircraft
Property of others in the care, custody, and control of the insured.
This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.
CAMP COVERAGE
Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own
PARTICIPANT/ACCIDENT COVERAGE In addition, Participant/Accident Coverage is available for coaches and/or participants. Should an accident

occur during a camp, clinic or event, this secondary coverage could help offset the loss suffered by families affected by such accidents.
CERTIFICATE OF INSURANCE
If a member has a camp and requires proof of insurance, certificates are at no additional charge.
If a member has a camp and requires a certificate of insurance naming an Additional Insured on the General Liability Policy, the Participant/Accident Coverage must be in place for all participants prior to the issuance of a certificate of insurance naming an Additional Insured on the General Liability Policy. Certificates of Insurance and Participant/Accident request forms are available on our website: www.loomislapann.com
INSURANCE ADMINISTRATOR
www.loomislapann.com (P) 800-566-6479 | (F) 518-792-3426 Greg Joly gjoly@loomislapann.com, Lori George lgeorge@loomislapann.com, Karen Boller

kboller@loomislapann.com Disclaimer:
This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.

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5 TIPS ~TO HELP ATHLETES

STAY SAFE IN INTENSE HEAT



1. **ALLOW FOR ACCLIMATION** It takes about 10-14 days for an athlete's body to adapt to the heat, so if possible acclimation should start about two weeks before team practices begin.

2. **ADOPT A HYDRATION STRATEGY** Maintaining hydration (within ~2% body weight change) helps reduce an athlete's risk of heat illness and can help the athlete maintain a high level of performance. Proactive steps athletes can take to stay hydrated include: • Check urine color before practice. If it's like pale lemonade, that's a sign of good hydration. • Weigh in and out before and after activity. • Drink enough fluid to minimize weight loss during practice – for each pound that is lost, add

an additional 16 oz. of fluid during the next practice. • After practice, consume 20-24 oz. for each pound lost to rehydrate for the next training session.

3. **DRINK UP** Athletes should drink enough fluid to maintain hydration without over-drinking. Flavored, cold, lightly salted sports drinks like Gatorade Thirst Quencher are important because sodium helps maintain the physiological desire to drink and helps retain the fluid consumed.

4. **FIND TIME FOR RECOVERY** Rest and recovery are an essential part of avoiding heat illness. Athletes should work in times for breaks when active throughout the day, attempt to get six to eight

hours of sleep a night and sleep in a cool environment, if possible.

5. **MAINTAIN A HEALTHY DIET** Athletes need to think about fueling before, during and after physical activity. They should be fully hydrated with fluids and fueled with foods that contain electrolytes to maintain fluid levels. Fluids lost through sweat and breathing should be replaced by fluid consumption.

2016-17 MHSCA Calendar of Events

MHSCA/NFHS & NHSACA COTY Nominations Due: July 1, 2016	Coach of the Year Ceremony: Sunday November 13, 2016 @ 12:00 P.M. Lansing Area	MHSCA Spring Meeting: Sunday, March 2017 @ 12:00 P.M. Site: TDA
Fall Board of Directors Meeting: Sunday, September 18, 2016 @ 9:30 A.M. CMU - Bovee Center	NFHS & NHSACA announce COTY & HOF nominees. December 2016	Gatorade Delivery: May 2017
Hall of Fame Induction Ceremony: Sunday, September 18, 2016 @ 12:00 P.M. CMU - Bovee Center	MHSAA President's Meeting: Monday, January 2017 @ 6:00 p.m. @ MHSAA Office	NHSACA Annual Convention: June, 2017 @ Peoria ILL
Winter Board Meeting: Sunday, November 13, 2016 @ 9:30 A.M. Lansing Area	MHSCA Hall of Fame Selection Meeting: Tuesday, February 2017 @ 9:30 a.m. Site-MHSAA Office	

MHSCA 15-20-25-30-35-40-45-50++ SERVICE AWARD SUBMISSIONS



	<u>Last</u>	<u>First</u>	<u>Years</u>	<u>School(s)</u>	<u>Sport(s)</u>
	Baird	Douglas	25	Mt. Pleasant, Hesperia, Coleman	Track, Wrestling, Cross Country
	Bluhm	Tom	45	Romulus, Taylor Center, TRENTON	Wrestling
	Bostian	Susan	30	Rdfrd Un, S.Lyon, Brtn, Groves, Whitmore Lake, Pinckney	Swim & Diving, VB, Soccer
	Covault	Matt	15	Loy Norrix	Basketball
	Cunningham	John	45	Canton	Gymnastics
	DeHaan	Michele	15	Lowell HS	Gymnastics
	Dickerman	Matthew	15	Okemos	Basketball
	Fredette	Dave	50	Armada	Tennis
	Harkema	Doug	15,20,25	Holt	Basketball
	Johnson	H. Dan	40	Vassar	Football, Basketball, Track & XC
	Jolly	Mike	50	De La Salle	Football, Basketball, La-crosse, Baseball
	Joseph	Matt	30	Bishop Foley, Avondale, East	B & G Basketball, Softball
	Kennard	Josh	15	Detroit, Utica Ford II	Basketball
	LaFave	Jan	25	Genesee	Track, Volleyball Basketball
	Lahmann	James	45	North Huron HS	Football Basketball, Softball, Volleyball, Track, Baseball
	Lopez	Tony	20	New Lothrop	Wrestling
	Majcher	Rob	15,20	BC Lakeview, Lansing Christian, Oscoda	Wrestling
	Manore	Jodi	30	Yale	Wrestling
	Peltier	James	15,20,25	Temperance Bedford	Volleyball
	Ritt	Mike	25	Yale	Wrestling
	Schmaltz	Ken	15	Freeland HS	Wrestling, Golf, Baseball, Softball
	Schwartzkoph	Terry	15	Coloma	Basketball
	Verska	Paul	45	H H Dow HS	Tennis
	White	Brian	15,15,25	DLS, AAH, and a lot more.	Football
	Woodcock	Dave	50	Clawson, Lamphere, Troy Athens	Swim & Dive, Tennis, General
	Zerfas	Peter	15 & 20	Fremont	Football
					Basketball & General

Coach,
If your in need of your coaching service honors. Please email Mike Jolly the MHSCA S.A. Chair @ dlsathletics@aol.com
Or visit the MHSCA Web Site
Www. MHSCA.org
Received as of 2015 & 16

Sponsors & Partners with the MHSCA



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