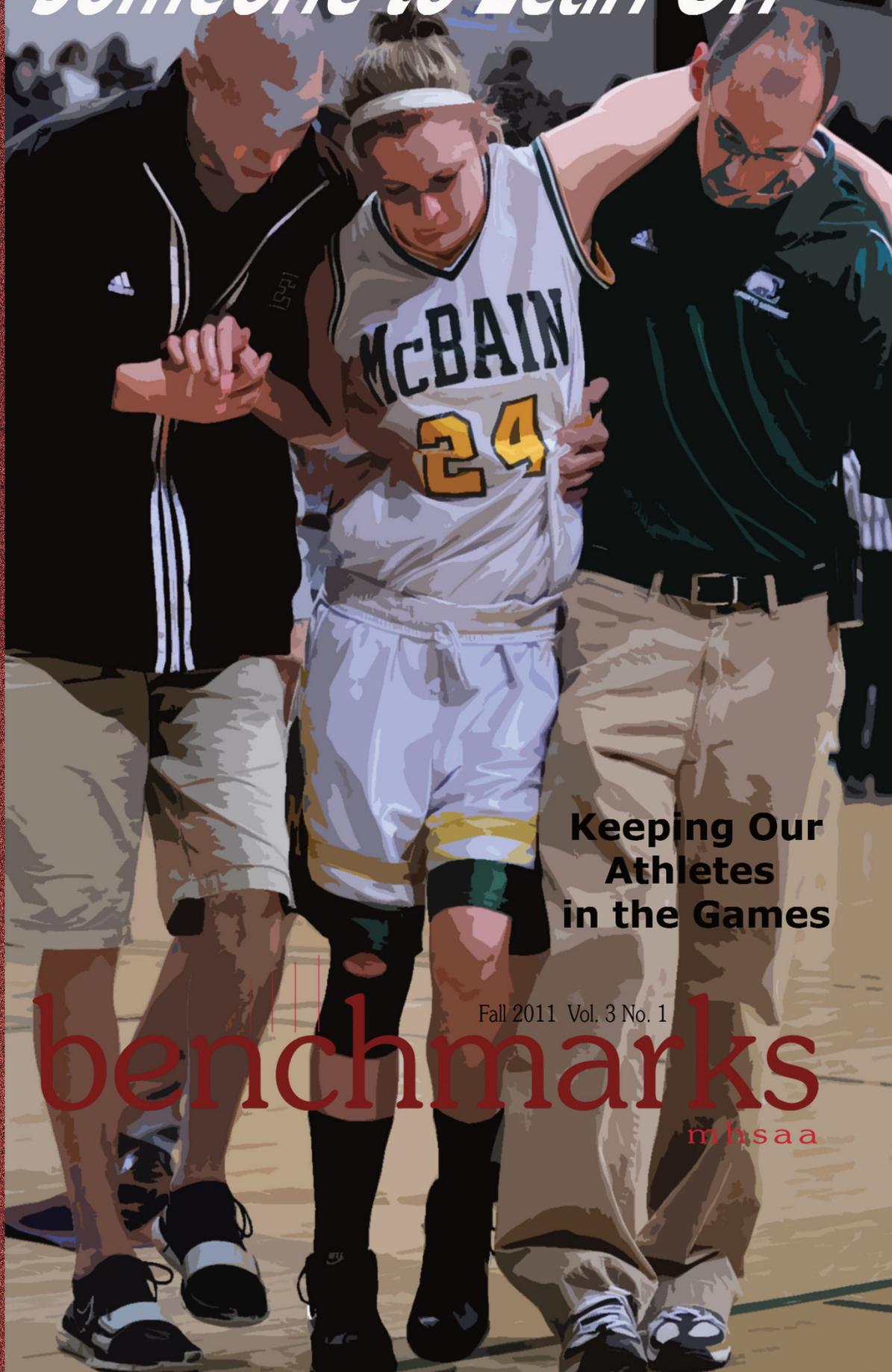


Someone to Lean On



**Keeping Our
Athletes
in the Games**

Fall 2011 Vol. 3 No. 1

benchmarks

mhsaa

Watch MHSAA Game Night on

Comcast

Visit MHSAA.tv for
scheduling information



MHSAA
NETWORK

Bringing Our Schools to Your Home

Charter, Broadstripe & Brighthouse subscribers:
Call your local cable operator and tell them you want the MHSAA Network

Cover Story: Quenching the Needs of Student-Athletes



4 From head to toe, the MHSAA has long been proactive in health and training education for its student-athletes. From heat and hydration tips to concussion training programs and a revamped medical history form, schools can put their best foot forward each season.

MHSAA Staff

- Randy Allen, Assistant Director
- Tony Bihn, Director of Information Systems
- Jordan Cobb, Assistant Director, Information Systems
- Andy Frushour, Marketing & Special Programs Coord.
- Nate Hampton, Assistant Director
- John R. Johnson, Communications Director
- Rob Kaminski, Website and Publications Coordinator
- Camala Kinder, Administrative Assistant
- Gina Mazzolini, Assistant Director
- Thomas L. Minter, Assistant to Executive Director
- Peggy Montpas, Accounting Manager
- Andrea Osters, Program & Development Assistant
- Thomas M. Rashid, Associate Director
- John E. Roberts, Executive Director
- Laura Roberts, Receptionist/Officials Registrar
- Mark Uyl, Assistant Director
- Jamie VanDerMoere, Administrative Assistant
- Faye Verellen, Administrative Assistant
- Debbie Waddell, Executive Assistant
- Tricia Wieferich, Administrative Assistant
- Kathy Vrugink Westdorp, Assistant Director
- Karen Yonkers, Executive Assistant

benchmarks is published three times per year by the Michigan High School Athletic Association, Inc., 1661 Ramblewood Drive, East Lansing, MI 48823 (Phone 517-332-5046). Edited by Rob Kaminski. *benchmarks* welcomes contributions of articles, information or photos which focus on coaching and officiating in Michigan. Send them to benchmarks@mhsaa.com.

© 2011 Michigan High School Athletic Association

The Vault – 20

Behind the Headlines As the steroid issue received top billing, the MHSAA was quick to warn of more widespread issues threatening the health of high school athletes in a 2005 article.



Friday Night (High)Lights – 26

Highlighting the MHSAA Network this fall is a half-hour prep football show on FOX Sports Detroit, *MHSAA Football Friday Overtime*, featuring action from around the state.



Regulations Review – 34

Cuts, Clubs and Cash
A review of regulations regarding club teams and funding during economic times laden with cuts as we hang onto school values.



Departments

Wide Angle	2
Shots on Goal	3
Outside Shots	12
Getting I.T.	18
Student Spotlight	22
Officially Speaking	30
MHSAA Business	36
Extra Points	42
Overtime	44

With Proper Tools, We Can Reach Our Summit

Mountain climbers use a tool called a jumar which attaches to a rope in such a way that it can only advance; it cannot slide down the rope. It aids the ascent; and it prevents a sudden, unplanned descent. The jumar takes firm grip to the course that leads climbers to their goal.

Any enterprise that is unusually difficult to accomplish but has significant risks and serious consequences for missteps needs some form of a jumar – some device that fastens you to a plan over and around obstacles but prevents any serious falls after inevitable slips and stumbles.

Organizations develop strategic plans to map their courses, but the plan alone doesn't assure success or catastrophe-free ascent. They need a jumar, a vice-like hold on an orienting vision which gives value to both the goal and the journey.

Such a vision – especially but not exclusively for nonprofit organizations – must be more than money. It can't merely be about the bottom line of the enterprise; but to inspire the necessary effort, it must be seen and believed as raising the enterprise to new heights in terms of its contribution to a non-commercial cause.

For the MHSAA, this cause has been to protect and promote the core values of student-centered, school-based sports so that it remains a tool to help schools reach, motivate and educate young people. It has been our goal not only to increase student participation but also the standards for participation because we know that having the first without the second will not result in the outcomes that allow the programs to support the mission of schools, which is to prepare students to contribute positively to our democratic society in a changing world.

For school sports in Michigan, the orienting vision is of a student who has been offered an expansive buffet of opportunities in school, who sampled many of them and who seized upon several to learn and grow in search for that which will produce a passion for a positive contribution to our world.

The obstacles in our path are many and large, more daunting than ever; and there will be missteps. But with this vision we will continue our relentless climb to an ever-rising summit.



A handwritten signature in black ink that reads "John E Roberts". The signature is fluid and cursive.

John E. "Jack" Roberts
MHSAA Executive Director



The Heart of the Matter

Following are comments in response to "From the Director" the twice-weekly blog featured on MHSAA.com from Executive Director Jack Roberts. Archived blogs may be accessed from the "News" page of the website.

Screening Participants - 3/22

I would like to thank Jack Roberts and Tom Minter of the MHSAA for their forward thinking and action in adopting the new pre-participation screening forms. The new forms were developed by medical professionals in conjunction with the Michigan Department of Community Health and are state of the art. This action puts Michigan at the forefront of addressing the problem of sudden cardiac arrest of high school student athletes. The use of the new forms will help to identify student athletes who may be at risk of cardiac related problems incidental to participation in high school athletics. Those students will then be referred to medical professionals for further testing. This will undoubtedly save lives. After all, the primary objective for our sons and daughters in high school is for them to first, survive. Kudos to the MHSAA.

– Randall J. Gillary
President of The Kimberly
Anne Gillary Foundation

I don't believe the medical profession when they tell the public that performing an EKG or ECG on our young athletes is cost prohibitive. This expense could easily be absorbed by the medical profession and alliances drawn between the insurance companies and the medical profession. It's easier than one might think to begin talks now to work out another alternative physical screening of our athletes. We don't want what has happened in Fennville to happen ever, and I

"Many professionals participate in pro bono work as a means of giving back to community. It's time we help our student-athletes just the same and start giving back, one way or another."

mean ever again, to anyone. Many professionals participate in pro bono work as a means of giving back to community. It's time we help our student-athletes just the same and start giving back, one way or another.

– Kim Overhiser

Improving Officials - 4/29

We've been working hard to educate our spectators as to proper behavior and expectations. We've created a banner that lists these expectations. We use time-outs and other breaks in the action to "catch" people behaving properly and reward them with a free popcorn or something else. We also use this time to have our announcer read tidbits of information on sportsmanship. On the back of every program we provide an article on sportsmanship or a quiz of the rules of the game so they can check to see how well they know the rules.

– Jeri Christie
Athletic Director
AuGres-Sims

Jack's article cited these reasons for "poor treatment" of officials by observers of the contest: "those in the stands often misunderstand the rules and/or the difficulty of making the calls as

action flashes by. They expect officials to start out perfect and then improve." Whereas these may be somewhat valid cause, the outright reason for the harsh criticism of officials is primarily fueled by a sense of bias and favoritism that turns otherwise normal fans into rabid fanatics. Until a sense of understanding of the fact that not every call or no-call will go in favor of the observer's favorite team, such unsportsmanlike behavior will continue to run rampant regardless any understanding of the rules or expectations of perfection that might otherwise be gained. Truth be told, the officials are, in all instances I've ever been involved with, the only purely neutral, non-biased individuals in the equation. That lack of partiality is too often lost by anyone not understanding this reality of the contest. How can this reality be re-installed into those in the stands?

– Anonymous Response

Message-Driven Sports - 6/21

More and more schools are looking like small college campuses with their beautiful multi-purpose football/soccer/lacrosse fields, baseball and softball diamonds, freshman gyms and olympic sized swimming pools. It makes me wonder what their priority is, education or sports.

– Rick Fink

Shots on Goal offers readers a forum for feedback. Submit your opinions, share your experiences or offer suggestions to benchmarks@mhsaa.com. Be sure to visit MHSAA.com for MHSAA Executive Director Jack Roberts' twice-weekly blogs. Comments are encouraged, and may also appear here in **Shots on Goal**.



Head

4-H MHSAA

Heart • Head • Heat • History

The MHSAA has long been proactive in health and training education for its student-athletes

It's there in the *MHSAA Handbook*, Regulation I, Section 3(A): “No student shall be eligible to represent a high school for whom there is not on file in the offices of the superintendent or principal or athletic director of that school, statements for the current school year certifying that (1) the student has passed a physical examination. . .” And, the Regulation and its related Interpretations continue in further detail.

It is not likely this riveting passage made anyone's must-read list for those lazy days in the shade beneath the countless sprawling trees or lakeside awnings around the state, but the Regulation carries with it some profound importance.

If students cannot participate, we wouldn't have much to do as administrators, coaches and officials, now, would we? In many respects, our games and mission begin with the physical well-being of our most treasured asset – the students.

With that in mind as the 2011-12 school year hits full stride, school sports leaders must be cognizant of proactive health education programs and risk-minimization measures at all times. Forget to schedule a bus? No problem. Allow a student to participate without medical clearance? Inexcusable.

The MHSAA offers the following reminders concerning heart, head, heat and medical history and asks schools to convey the same messages locally.



cover story

Heartbeat

Students are the heart and soul of interscholastic sport, so it only makes sense to emphasize the importance of healthy hearts.

Through enhanced pre-participation medical forms (to be discussed at length later in this article) and continued efforts touting the importance of Automated External Defibrillators (AEDs) in our schools statewide, the MHSAA is making its point.

The AED is a portable electronic device that automatically diagnoses the potentially life threatening cardiac arrhythmias in a patient and treats them through defibrillation.

The MHSAA has publicized AED Week in previous *Bulletin* and *benchmarks* issues, and on MHSAA.com.

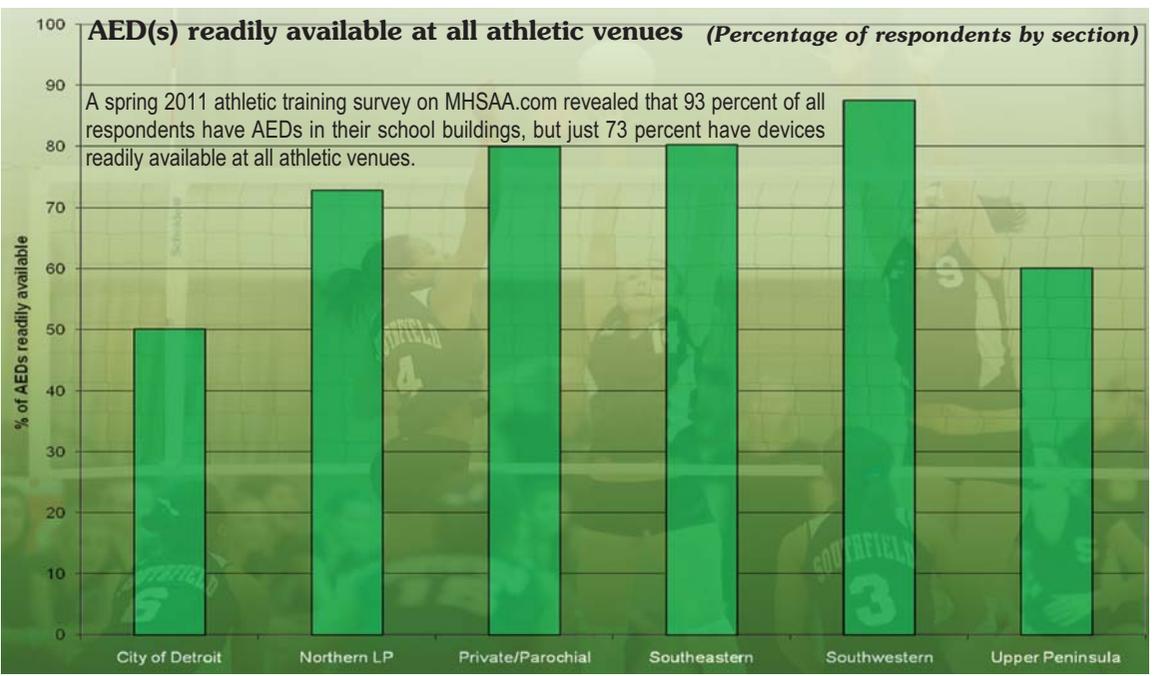
During the 2011-12 school year, AEDs will continue to be emphasized. Not only will schools be encouraged to have AEDs at the ready, but it is important for schools to educate and continually re-

mind employees about the locations and proper use of the devices within the buildings.

A spring 2011 athletic training survey on MHSAA.com revealed that 93 percent of the 346 respondents have AEDs in their schools. However, and understandably, just 73 percent indicated that there are AEDs readily available at all athletic venues. In most cases, there are a limited number of AEDs at the school, meaning that on days during which multiple practices and events are taking place at numerous locations, the AED is more readily available at one venue over another.

Continued awareness efforts can boost those numbers even higher. Everything comes at a price, yet fully realizing budget constraints grasping Michigan schools, it cannot be understated that these devices can *save lives*. That's a tremendous piece of mind for approximately \$1,000-\$2,000 in cost for a higher-end AED.

– continued next page



Michigan’s constitution bars unfunded mandates, so proposed laws which would call for schools to purchase more AEDs may not be enforceable. The solution here is voluntary efforts by schools and their support groups to build local partnerships which purchase more devices each year and provide ongoing training for staff.

Headfirst

A visit to the MHSAA.com Health & Safety Resources page will reveal the rank given to concussion management and head injury education.

At the top of that page is a notice regarding a football helmet mandate following the 2011 season, followed by concussion management protocol, then concussion/head injury resources, many of which have been promoted on the site for several years and updated annually.

The subject is also covered in-depth during all rules meetings, and the National Federation made it a point of emphasis in all rules books prior to the 2010-11 school year.

Among the many resources available to MHSAA website visitors are two excellent online courses for parents, coaches and administrators (see box on next page).

Concussions and other head injuries in contact sports of all levels are nothing new. But, the amount of attention given to such incidents and educational programs designed to reduce and manage the occurrences has risen in recent years.

For example, the aforementioned football helmet regulation stipulates that beginning with the 2012 season, helmets 10 years of age or older cannot be reconditioned/recertified for use. The National Athletic Equipment Reconditioners Association (NAERA) is an association of 21 athletic equipment reconditioners and four helmet manufacturers who adopted the policy last winter in the name of safety.

A May 2011 article in the *New York Times* alerted readers to the fact that a staggering number of high school and collegiate players using a popular helmet brand might be subject to a higher rate of concussion. Using data from a Virginia Tech research report, the story estimated that some 75,000 prep and college players still wore a recently discontinued model by Riddell (VSR-4), which tested poorly in the VTU study.

The article, “Researchers Employ New Test to

Estimate Concussion Risk for Helmets,” can be found in the archives of NYTimes.com, and the study is available on the Virginia Tech website at vt.edu (type “helmet study” in the search engine).

“Our goal was to develop a thorough test matrix that would provide consumers with valuable bio-mechanical data in order to make educated decisions about which helmet to purchase,” said Stefan Duma, a Virginia Tech Professor of Biomedical Engineering.

“The results clearly show that the newer technologies across all manufacturers are significantly better at reducing the risk of concussions compared to the older models,” Duma added.

That is no doubt one of the reasons for NAERA’s ban on reconditioning older helmets after this fall.

Concussions and head trauma are not limited to football, as injury can occur in any sport, particularly contact sports.

“It’s a common misconception that a concussion is caused by one big dramatic hit like we see on ESPN, but that’s not the case,” said Jeffrey Kutcher, director of Michigan



MHSAA File Photo

In recent years, fans might have noticed headgear as a new piece of equipment on soccer players. It is likely the number of users will continue to rise.

NeuroSport and head of the concussion program at the University of Michigan, in a recent *Detroit Free Press* story. “A concussion can be subtle. We are trying to get the message

out that this is an individual injury. You have to be seen by health care professionals who have experience examining nervous systems and dealing with this type of injury.”

Take a look at the players at the next soccer game. Chances are you’ll see at least one player donning protective headgear, and the number is likely to rise in the near future.

Ice hockey, lacrosse, baseball and softball headgear and facemasks/shields all improve with each new manufacturing line.

While the improved protection reduces the risk of injury, it raises the expense of school sports and does not eliminate all injuries.

When such injuries occur, school administrators and coaches need to follow specific return-to-competition guidelines and protocol to assist in preventing further injury and even potential legal action.



Online Concussion Courses Available

Coaches, parents and athletes can take advantage of the free online Concussion in Sports Courses offered by the National Federation of State High School Associations at nfhslearn.com and the University of Michigan Health System NeuroSport division at neurosport.med.umich.edu

Both online courses offer first-rate training on concussion recognition and management. Simply create an account with each organization, login and complete the course.

Links to these courses can be found on MHSAA.com by visiting the Education page and then clicking "Health & Safety Resources."

We encourage all school sports participants to take advantage of this valuable course to heighten awareness of head injuries and to improve risk-management measures within your school community.

Elements of both courses, and other resources, are incorporated in the MHSAA's required online rules meetings for all head coaches and MHSAA Tournament officials.

To that end, the MHSAA prior to last school year developed a detailed, strict policy for students who exhibit concussion-like symptoms in any sport.

The protocol in its entirety can be downloaded from the Health & Safety Resources page of MHSAA.com.

The Heat Is On

Each school year brings with it a preseason practice period which coincides with some of the year's hottest days.

Long gone are the days when grizzled coaches mistakenly judged the need for frequent water breaks and rest periods as a weakness; at least that mentality *should* be extinct.

Hot is hot. Dehydration is serious business. Much of the content contained in the MHSAA's Annual Fall Sports Alert should be common sense. While sprains, tweaks, fractures and even head injuries are not totally preventable, heatstroke and exhaustion is preventable with proper precautions in place.

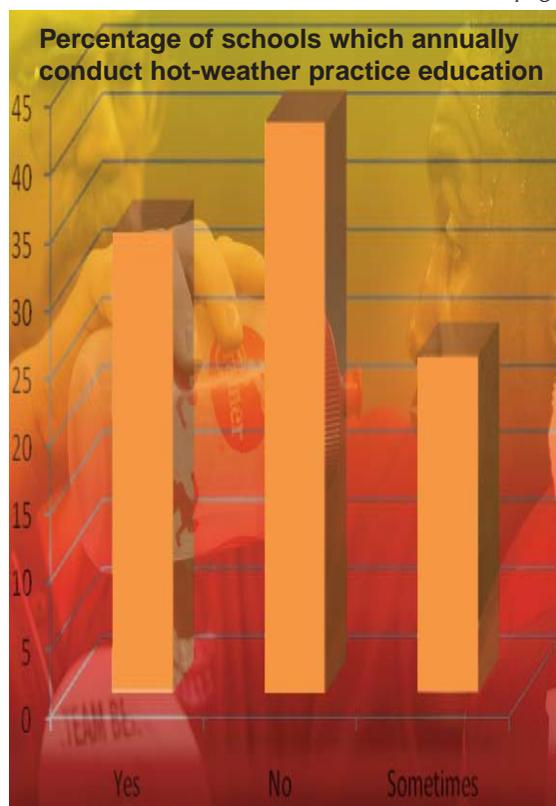
Alarming, however, 42 percent of responding schools to the MHSAA.com athletic training survey indicated that no annual in-service or review of heat/hydration tips takes place, while 25 percent say they sometimes address hot-weather practice precautions, but not annually, leaving just 34 percent of our schools educating coaches and athletes at this critical time of year.

The *2011 NFHS Sports Medicine Handbook*, which the MHSAA has sent to every member high school, includes terrific information regarding heat/hydration planning, including a detailed heat index graph which illustrates potentially dangerous practice conditions. As a general rule relating to heat index, the *Handbook* suggests athletes are at

very high risk from 82-89 degrees, and suggests canceling activities when possible when the heat index reaches 90.

Among the tips for proper heat management are minimizing the weight and amount of clothing or equipment; providing unlimited opportunities for hydration, and scheduling practice times in the morning and evenings, avoiding peak heat times.

— continued next page



The comprehensive document can be found on any fall sports home page of MHSAA.com in the Coaches Box under “Hot Weather Practice Guidelines.” The MHSAA urges administrators and coaches to print and distribute to coaches and athletes each season.

History Lesson

Perhaps the most downloaded form since the MHSAA took its first steps into cyberspace in 1998 is the sports physical form.

In fact, some iteration of the pre-participation physical clearance form is likely the most oft-used form in MHSAA history. Records show that as early as 1929, schools were required to have in the superintendent's or principal's office “physical examination statements for all competitors.”

Executive Director. “They knew we were in the process of improving our physical card, and this medical community desired that their consensus for best practices could be incorporated in the changes that would be made.

“Some of the medical history questions on our card were not relevant to current medical practice, and not extensive enough.”

Approximately 60 individuals representing 25 organizations gathered several times during 2009-10 to develop the Physical Exam/Medical History Form currently on MHSAA.com.

The impetus for change can be traced to 2007-08 according to Deb Duquette, project manager for Sudden Cardiac Death of the Young (SCDY) with the Michigan Department of Community Health (MDCH).

PREPARTICIPATION PHYSICAL EVALUATION HISTORY FORM
 (This form is to be filled out by the patient and parent prior to seeing the provider. The provider should keep this form in the chart.)

Date of Exam _____
 Name _____ Date of birth _____
 Sex _____ Age _____ Grade _____ School _____ Sport(s) _____

Medicines and Allergies: Please list all of the prescription and over-the-counter medicines and supplements (herbal and nutritional) that you are currently taking.

Do you have any allergies? Yes No If yes, please identify specific allergy below.
 Medicines Pollen Food Stinging Insects

Explain “Yes” answers below. Circle questions you don’t know the answers to.

GENERAL QUESTIONS	Yes	No
1. Has a doctor ever denied or restricted your participation in sports for any reason?		
2. Do you have any ongoing medical conditions? If so, please identify <input type="checkbox"/> Asthma <input type="checkbox"/> Anemia <input type="checkbox"/> Diabetes <input type="checkbox"/> Infections Other: _____		
3. Have you ever spent the night in the hospital?		
4. Have you ever had surgery?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
5. Have you ever passed out or nearly passed out DURING or AFTER exercise?		
6. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
7. Does your heart ever race or skip beats (irregular beats) during exercise?		
8. Has a doctor ever told you that you have any heart problems? If so, check all that apply: <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> Heart infection <input type="checkbox"/> Kawasaki disease		

MEDICAL QUESTIONS	Yes	No
26. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
27. Have you ever used an inhaler or taken asthma medicine?		
28. Is there anyone in your family who has asthma?		
29. Were you born without or are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
30. Do you have groin pain or a painful bulge or hernia in the groin area?		
31. Have you had infectious mononucleosis (mono) within the last month?		
32. Do you have any rashes, pressure sores, or other skin problems?		
33. Have you had a herpes or MRSA skin?		
34. Have you ever had a head injury or concussion?		
35. Have you ever had a hit or blow to the head that caused confusion, prolonged headache, or memory problems?		
36. Do you have a history of seizure disorder?		
37. Do you have headaches with exercise?		
38. Have you ever had numbness, tingling, or weakness in your arms or legs during hit or falling? _____ able to move your arms or legs after being hit or falling?		

The MHSAA Physical Exam/Medical History Form now includes a comprehensive questionnaire, the end-result of a productive and cooperative effort spearheaded by the MHSAA and the Michigan Department of Community Health.

During the 2010-11 school year the form underwent major content expansion and enhancements through a combined effort with the Michigan Department of Community Health.

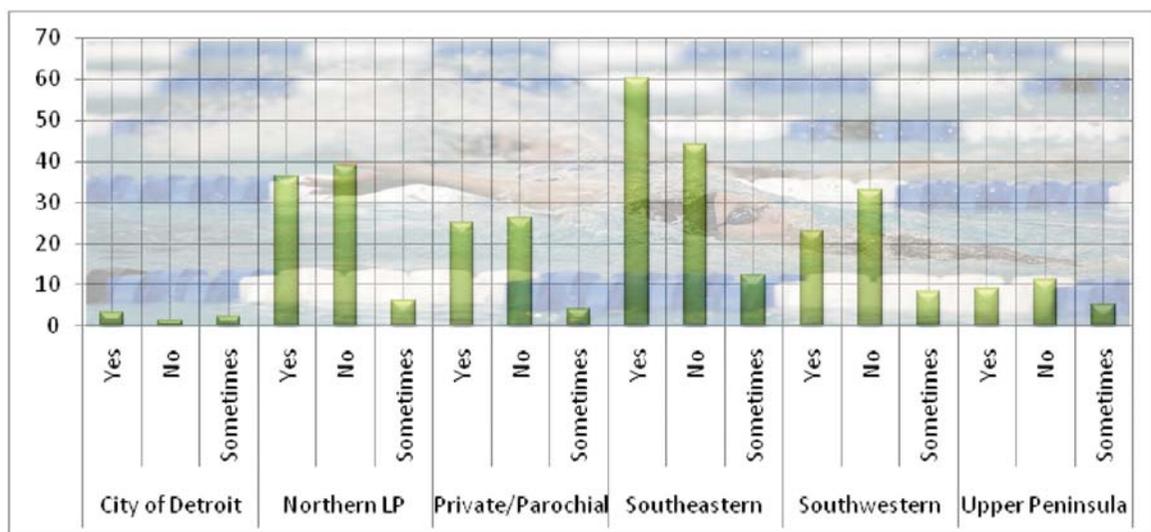
The revised, comprehensive form – the MHSAA Physical Exam/Medical History Form – is now available at MHSAA.com at the top of the Forms & Resources page.

“A work group was convened by the Michigan Department of Community Health and I was invited to sit in,” said Tom Minter, MHSAA Assistant to the

“A collection of statewide data showed us that SCDY occurred quite a bit more that we thought,” said Duquette. “This finding led to an extensive review of 25 Michigan cases of SCDY by a group of experts who then compiled a list of 21 action items to prevent future cases of SCDY. One item that recurred in many of the cases – and it’s important to emphasize that this was just one item – was sports participation screening.”

The frequency with which the MHSAA document surfaced in the sea of paperwork comprising

Does your school offer student-athletes a preferred list of healthcare providers for the annual MHSAA physical examination? (by number of respondents)



For most areas of the state it's nearly a 50-50 split as to whether schools offer a preferred list of medical practitioners for physicals.

Duquette's study caused her to tag the physical forms as one of the "action items" for further research: what it was, who the author was, the intent of the card, and, ultimately, its content.

"We called the MHSAA and I was directed to Tom (Minter). He asked that the MDCH serve as the moderator for the group that would provide input for the revision of the form," Duquette said. "I can't say enough about Tom's ability to keep such a diverse group with various agendas on task."

It was an all-star lineup of medical associations to be sure, including personnel from the following: American Heart Association, American College of Cardiology - Michigan Chapter, Michigan State Medical Society, American Association of Pediatrics - Michigan Chapter, Michigan Association of Family Practice, Michigan Association of Osteopathic Physicians, Michigan Association of Physicians Assistants, Michigan Certified Nurse Practitioners, and the Gillary Foundation.

The last group, the Gillary Foundation, is a charitable foundation established in memory of Kimberly Anne Gillary, a Troy Athens HS student who suffered a cardiac arrest during a water polo game in 2000. The mission is to ensure that every Michigan high school has at least one AED and staff members who are certified in CPR and the use of an AED.

Randall J. Gillary, Kimberly's father and president of the foundation was a positive presence in the meetings to develop the enhanced MHSAA form. (See "Shots on Goal," page 3).

"I think he was at every meeting," Minter said. "It was a broad cross-section of experts and the

group met until a consensus was reached on what should be added to the form."

Key to adopting the revised form was the medical history portion of the document. It was this section which received the greatest attention and expansion.

"The group produced a history questionnaire which was adopted and included verbatim," Minter said. "It was felt that the previous cards did not sufficiently address the medical history of the student-athlete's family."

School administrators and other interested parties have a choice of downloading a two- or four-page form from MHSAA.com. The same content is included on both forms. The four-page form offers a manageable document for school personnel concerned with student privacy issues. The first two pages cover consent and clearance, meeting minimum MHSAA requirements for participation. Pages three and four include the medical history and examination information which can be retained by the medical examiner.

So thorough is the new document that the MDCH also links to the form from its website, michigan.gov/mdch.

"It needs to be emphasized that this is a working document," Minter said. "It's always subject to revision and review with the MDCH and medical communities."

— Rob Kaminski
MHSAA Website & Publications Coordinator

Proactive Risk-Minimization Measures are a Must

Minimizing risks and promoting healthy living have always been on the minds of competent administrators and compassionate coaches, but recent events require that these caretakers of educational athletics do even more; and the MHSAA intends to help, with focus on three topics at this time.

- **Heads** – Prior to this school year, the MHSAA adopted tough return-to-play policies for students who, in any contest in any sport, exhibit concussion-like symptoms. If any such student returns to play without the written authorization of an MD or DO, that student is an ineligible athlete and the contest is forfeited.

During the 2011-12 school year, the MHSAA's rules meetings, which are required for all varsity head coaches, are devoted in significant portion to recognition of and care for head trauma. MHSAA.com will continue to post and link to concussion prevention and care resources for players, parents, coaches and administrators.

- **Hearts** – During this school year, the MHSAA approved two pre-participation physical examination forms developed with the consensus of a task force coordinated by the Michigan De-

partment of Community Health. One is the “long form” found on MHSAA.com that includes a health history as well as a clearance form. The second is an expanded version of the hard copy “short form” which the MHSAA provides to member schools without charge.

During the 2011-12 school year, the MHSAA's series of Athletic Director In-Service programs will emphasize AEDs – not only that schools have them, but also that schools keep constituents current on the location and operation of these potentially life-saving devices.

- **Heat** – While it may be impossible to discover all pre-existing heart defects or to prevent every head injury, it is almost certain that serious injury or death from heat illness is preventable if common sense is utilized. So once again, the MHSAA will be communicating in multiple ways with its constituents – and especially to fall sports coaches – about heat illness prevention. Some of these communications will be repeated on MHSAA.com.

Much more than you read here will be occurring; and the efforts will continue long after public attention has turned to other topics. Visit the Health and Safety page of MHSAA.com for resources.

“While it may be impossible to discover all pre-existing heart defects or to prevent every head injury, it is almost certain that serious injury or death from heat illness is preventable if common sense is utilized.”



MHSAA File Photo

Concussion Protocol Overview

MHSAA Protocol for Implementation of National Federation Sports Playing Rules for Concussions

“Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.”

The language above, which will appear in all National Federation sports rule books for the 2011-12 school year, reflects a strengthening of rules regarding the safety of athletes suspected of having a concussion. For 2009-10, some sports rules required officials to remove from play any athlete who was “unconscious or apparently unconscious.” This new language reflects an increasing focus on safety, given that the vast majority of concussions do not involve a loss of consciousness.

This protocol is intended to provide the mechanics to follow during the course of contests when an athlete sustains an apparent concussion.

1. The officials will have no role in determining concussion other than the obvious one where a player is either unconscious or apparently unconscious as is provided for under the current rule. Officials will merely point out to a coach that a player is apparently injured and advise that the player should be examined by a health care provider for an exact determination of the extent of injury.
2. If it is confirmed by the school’s designated health care professional that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may reenter competition pursuant to the contest rules.
3. Otherwise, if competition continues while the athlete is withheld for an apparent concussion, that athlete may not be returned to competition that day but is subject to the return to play protocol.
 - a. Only an MD or DO may clear the individual to return to competition.
 - b. The clearance must be in writing.
 - c. The clearance may not be on the same date on which the athlete was removed from play.
4. Following the contest, an Officials Report shall be filed with a removed player’s school and the MHSAA.
5. In cases where an assigned MHSAA tournament physician (MD/DO) is present, his or her decision to not allow an athlete to return to competition may not be overruled.

Sanctions for Non-Compliance with Concussion Management Policy

Following are the consequences for not complying with National Federation and MHSAA rules when players are removed from play because of a concussion:

- A concussed student is ineligible to return to any athletic meet or contest on the **same day** the concussion is sustained.
- A concussed student is ineligible to return to competition in a meet or contest on a **subsequent day** without the written authorization of an MD or DO.

These students are considered ineligible players and any meet or contest in which they have participated is forfeited.

In addition, that program is placed on probation through that sport season of the following school year.

For a second offense in that sport during the probationary period – that program is continued on probation through that sport season of the following school year and not permitted to participate in the MHSAA tournament in that sport during the original and extended probationary period.

A Little Help, Please

Athletic trainers are vital to first-rate school athletic programs. Unfortunately, when budgets tighten, they suffer the cuts.

Educational budget cuts across the State of Michigan have reduced the chances of a school district employing a Certified Athletic Trainer (ATC). With school districts across Michigan forced to cut corners to accommodate shrinking budgets, there are indications that to make ends meet an increasing number of schools might resort to minimal, or the elimination of, Certified Athletic Training positions.

Michigan does not stand alone in this dilemma. Close to home, Ohio and Pennsylvania (and certainly others nationwide) are going through the same issues. Positions are being cut because of the huge shortfall in school district's budget based on the decrease in state revenue. However, not all schools will need to make such cuts; many of Michigan's high schools already do not have a Certified Athletic Trainer on staff or access to the services of one.

The Certified Athletic Trainer responsibilities are so all-encompassing that the job description could fill five to six pages. It is a difficult job to describe with the myriad of educational skills ATCs bring to a job. The profession is a unique one that has evolved from the 1960s to encompass any sport or activity involving active individuals.

Think of the numerous athletic activities occurring at a local school on any given night during the height of the school year, and the possibility of students sustaining and injury at any given moment. There are not many professionals qualified nor required to make quick,

on-

About the Author

Rich Kieft is a private contractor who oversees the medical program of interscholastic athletics for the Waverly Community School District near Lansing. Also a part-time firefighter and EMT specialist in Delta Township, Kieft served as a full-time Certified Athletic Trainer for Waverly Community Schools from 1999-2010. For 14 years prior to that, the Lansing resident worked half-days for Sparrow Health Systems and half-days at Waverly.

With more than 30 years of experience in athletics and membership in the National and Michigan Athletic Trainers' Associations, Kieft understands the values of athletic training in the school setting and is passionate about the well-being of school sports.

He has a bachelor's degree from Calvin College and a master's in athletic training from Michigan State University.

the-spot decisions a Certified Athletic Trainer has to make. Further, the ATCs have to make these decisions without the diagnostic tools a doctor or other health care professional might have access to.

With the approximately 20 sport seasons (all levels) currently underway, many fans and parents will be holding their collective breath again when an athlete goes down with an injury during a contest or practice. For those high schools that do have access to an ATC, they will be evaluated and treated within minutes of the incident. ATCs will be with that athlete as soon as possible after the injury.

In the days and weeks following the injury, the full-time trainer will work to shorten the recovery time. Additionally, the injured athlete can receive treatment and rehabilitation services in the high school training room every day, instead of traveling to a physical therapy office two or three times a week at the parents' expense (not only at the office, but in time and gas). The end result is a quicker return to competition for the student-athlete through daily care and treatment.



The presence of an in-school ATC provides ancillary benefits as well, providing the opportunity for our students to interact with professionals outside the teaching and coaching realm. The communication and relationship between trainer and student adds to the educational process taking place in athletics on a daily basis.

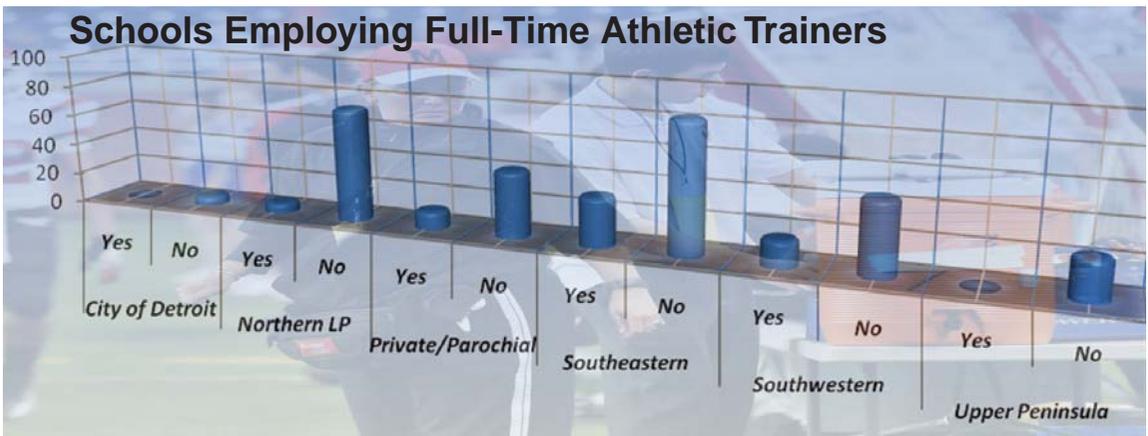
An ATC on staff is like having a physician at the high school for the student-athlete's benefit throughout the day. ATCs are trained in care, prevention, and rehabilitation of an injury or illness, lending administrators peace of mind and, again, providing a savings to parents.

As today's economy imposes difficult budgetary considerations for administrators, it

What is a Certified Athletic Trainer?

According to the National Athletic Trainers Association (NATAI), Certified Athletic Trainers hold a bachelor's or master's degree with a major in athletic training, which is focused on the care, prevention, assessment, treatment and rehabilitation of an injury or illness. ATCs are recognized as medical healthcare providers, which are certified by the NATAI and licensed in many states, including Michigan. They should not be confused with personal trainers. All ATCs must hold a degree in sports medicine or athletic training from an accredited program and pass the NATAI Board of Certification exam. Once certified, an ATC must accumulate 75 hours of contin-

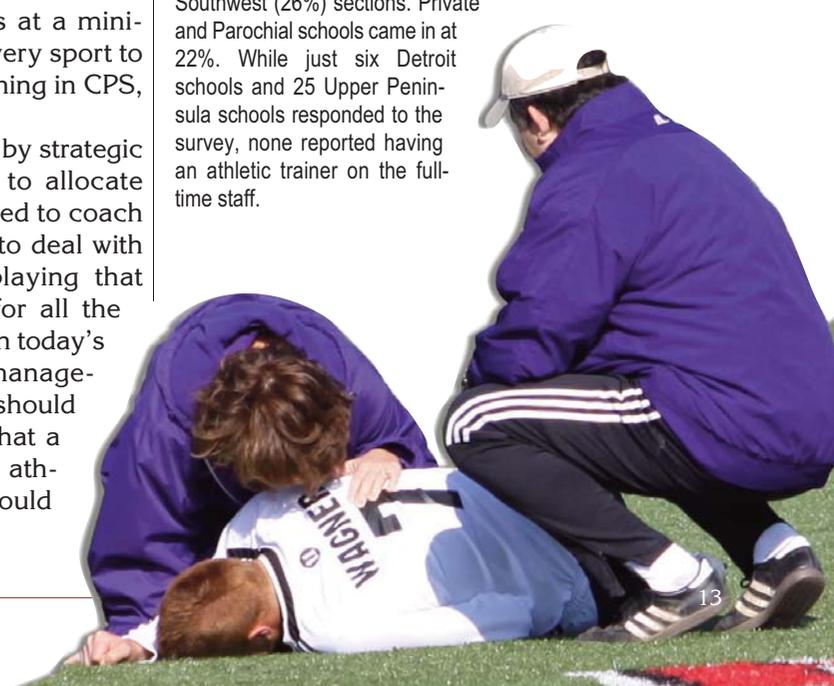
- continued next page

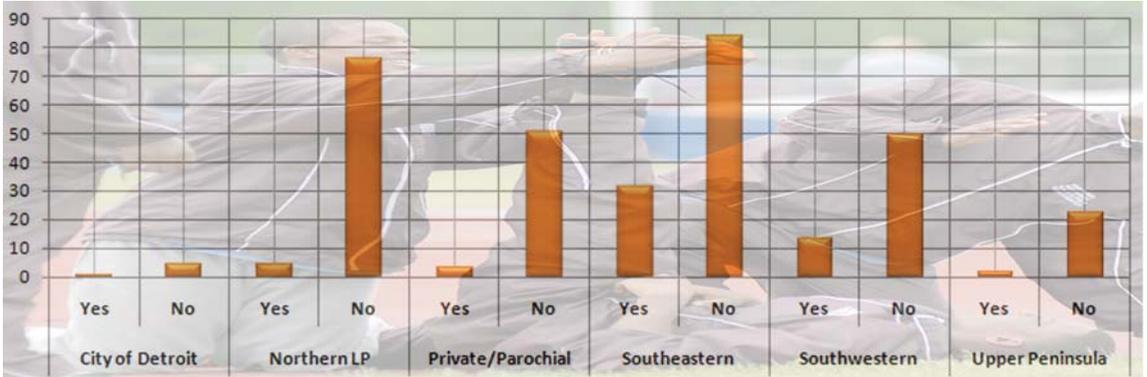


is understandable if schools find themselves without full-time athletic trainers. However, administrators still must be prudent to provide care and minimize risk for their students. Absent ATCs, school administrators at a minimum should require coaches in every sport to have first-responder training; training in CPS, AGED, and First Aid.

Yet, schools will best be served by strategic efforts to convince their boards to allocate funds for an ATC. Coaches are hired to coach a sport, whereas ATCs are hired to deal with injuries and illness that arise playing that sport. It is an important plus for all the schools that have full-time ATCs. In today's society, proper athletic injury management, prevention and treatment should be viewed as a necessity rather than a luxury. Schools value the lessons athletics brings to students; they should value the students' health, too.

A recent survey revealed that the majority of MHSAA member schools do not employ full-time athletic trainers. By percentage of respondents, the areas of the state most likely to have full-time trainers were the Southeast (27%) and Southwest (26%) sections. Private and Parochial schools came in at 22%. While just six Detroit schools and 25 Upper Peninsula schools responded to the survey, none reported having an athletic trainer on the full-time staff.





Schools Utilizing High School Student Athletic Trainers

The graph above might reveal an untapped resource to help address the athletic training void at schools: the students themselves. Schools across the southern areas of the state are using students in various training roles. It should be noted, however, that these areas of the state also are the most likely to employ full-time trainers, so supervision of students is more readily available.

uing education over a three-year period to stay certified. Having an ATC on staff is important because athletes get injured at every level of sports competition. ATCs are trained

not need the added responsibility of treating injuries and illnesses. Coaches should have basic training to recognize symptoms and offer only the basic levels of care for instances when injuries occur but having a full-time ATC on staff offers the best coverage.

There are no laws mandating that a school system have a full-time ATC on staff; most

“A week before my basketball season began I double sprained my ankle at a preseason scrimmage. I was originally told I would be out three-to-four weeks. However, with the help from my school trainer I was able to get back in about two weeks. I did exercises to strengthen my ankle and was given a regimen to follow to keep my ankle healthy.” – Student Advisory Council Member Lena Madison, New Buffalo HS



to be on the sidelines to handle any injury or illness at any time during a game or practice. An ATCs is the mediator between the school system’s athletic department, the sport, the parents, the coaches, and the physician.

Hopefully it doesn’t take a catastrophic injury for people to realize the need for ATCs in our schools. Coaches are not qualified, and do

athletic directors agree that having an ATC would ensure that every athlete is properly treated when injury or illness arises. Athletes in today’s sports are much bigger, faster and stronger than in years past. Injuries and illnesses are increasingly complex and difficult to diagnose and treat. Even conscientious coaches doing their best to stay up with the medical side of athletics do not possess the most current knowledge, so they may be doing the athlete more harm than good when dealing with an injured athlete.



“Athletic trainers are very useful in schools because kids do get to get back into sports faster than if the school had no trainer. It’s almost like a physical therapy clinic right at the access of the students, and the parents don’t have to drive a kid to a near by walk-in clinic or PT clinic for an evaluation or for post-injury therapy.” – Student Advisory Council Member Chloe Weaver, Climax-Scotts HS

ATCs, however, are required to stay current and complete continuing education course. It only builds a better sport program.

Having an ATC on staff could also help with liability issues which may arise when an athlete gets injured or has an illness.

School systems in the State of Michigan can benefit by having a Certified Athletic Trainer on staff. It would be a win for both. Each time an athlete participates in a contest or practice, there is an inherent risk involved. That risk should be met with the best possible means of prevention and management in a full-time staff member qualified to respond.

Certified Athletic Trainer salaries vary, but \$30-40 thousand per year is a solid ballpark

figure. Schools might be able to defray some of the costs via co-op programs with local hospitals or medical practices. Another viable option is to offer internships for recent college graduates looking to take their first steps in the field.

The benefits received will outweigh the expenditures down the road. The trend to hire Certified Athletic Trainers, once an upward current, has stagnated or recessed in recent times. School leaders who have experienced the high standard of care for their athletes must do their best not take it away from them. Even more, they need to spread the word to others and offer advice and encouragement to fill the vital role in neighboring schools.



NATA Website Offers Resources for Secondary Schools

The National Athletic Trainers’ Association Website – nata.org – offers a variety of resources for secondary schools. More than 21 percent of NATA members provide service to secondary schools. In 1998, the American Medical Association (AMA) adopted a policy recommending that certified athletic trainers be available to all schools with athletics programs.

Among the resources schools can find on the site are video presentations from the 2010 NATA Secondary Schools Summit including “Budgets, Boards and Effective Strategies,” offering strategies to state the case for athletic trainers in schools.

Surveying the Situation

A survey of MHSAA member schools in June 2011 yielded 346 responses to questions regarding the extent of athletic training services available on-site. Following are the findings.

- 1. Does your school system employ a full-time athletic trainer?**
Yes - 70 (20%) No - 276 (80%)
- 2. Does your school employ a part-time athletic trainer?**
Yes - 136 (39%) No - 210 (61%)
- 3. If yes to 1 or 2, is the athletic trainer NATA Certified (ATC)?**
Yes - 188 (54%) No - 8 (2%) N/A - 150 (43%)
- 4. If yes to 1 or 2, is the athletic trainer state of Michigan licensed?**
Yes - 172 (50%) No - 17 (5%) N/A - 157 (45%)
- 5. If yes to 1 or 2, does your school finance continuing education for athletic trainers (seminars, clinics, etc.)?**
Yes - 53 (15%) No - 142 (41%) N/A - 151 (44%)
- 6. Best describe the employment of the part-time athletic trainer from question 2.**
Half-Time - 31 (9%) One-Third - 4 (1%) One-Quarter - 3 (1%)
Seasonal - 18 (5%) Hourly - 44 (13%)
Private Contract - 53 (15%) N/A - 193 (56%)
- 7. Does your school fill athletic training positions via private/independent contract?**
Yes - 118 (34%) No - 228 (66%)
- 8. Does your school fill athletic training positions via co-op with local health-care facilities?**
Yes - 116 (34%) No - 230 (66%)
- 9. Does your school utilize college/university level athletic training interns?**
Yes - 84 (24%) No - 262 (76%)
- 10. Does your school utilize high school student trainers (within your building)?**
Yes - 56 (16%) No - 290 (84%)
- 11. Does your school have a dedicated athletic training facility/room?**
Yes - 233 (67%) No - 113 (33%)
- 12. Does your school have a dedicated athletic training curriculum?**
Yes - 32 (9%) No - 314 (91%)
- 13. Are there AEDs in your school building?**
Yes - 321 (93%) No - 25 (7%)



Empty Nest? More than half the respondents indicate they do not have even part-time trainers, yet 67 percent have a dedicated training room in their building.

14. Are there AEDs at all of your athletic venues, or readily available?

Yes - 269 (78%) No - (22%)

15. Is there an ambulance/paramedic unit at your football games?

Yes - 225 (65%) No - 77 (22%) Sometimes - 44 (13%)

16. Is there a licensed physician at your football games?

Yes - 132 (38%) No - 130 (38%) Sometimes - 84 (24%)

17. Is there an ambulance/paramedic unit at other events?

Yes - 16 (5%) No - 256 (74%) Sometimes - 74 (21%)

18. Is there a licensed physician at other events?

Yes - 6 (2%) No - 211 (61%) Sometimes - 129 (37%)

19. Approximate Distance to closest hospital emergency room:

Less than 10 miles - 227 (66%)

11-20 miles - 95 (27%)

More than 20 miles - 24 (7%)

93 percent of responding schools are within 20 miles of the nearest emergency room; 67 percent are within 10 miles.



20. Does your school conduct annual in-services regarding heat/hydration tips or review?

Yes - 117 (34%) No - 144 (42%) Sometimes - 85 (25%)

21. Does your school conduct annual in-services regarding concussion recognition/management?

Yes - 120 (35%) No - 145 (42%) Sometimes - 81 (23%)

22. Does your school conduct annual in-services regarding hygiene, communicable diseases and blood pathogens?

Yes - 234 (68%) No - 112 (32%)

23. Does your school offer a preferred list of healthcare providers for your student-athletes' annual MHSAA-required physical examination?

Yes - 155 (45%) No - 155 (45%) Sometimes - 36 (10%)

24. Does your school have an emergency action plan/protocol?

Yes - 293 (85%) No - 53 (15%)

25. Does your school require your coaches to be certified in CPR/AED/First Aid?

Yes - 82 (24%) No - 231 (67%) Sometimes - 33 (10%)

26. Does your school have a "Return to Competition" protocol following injury?

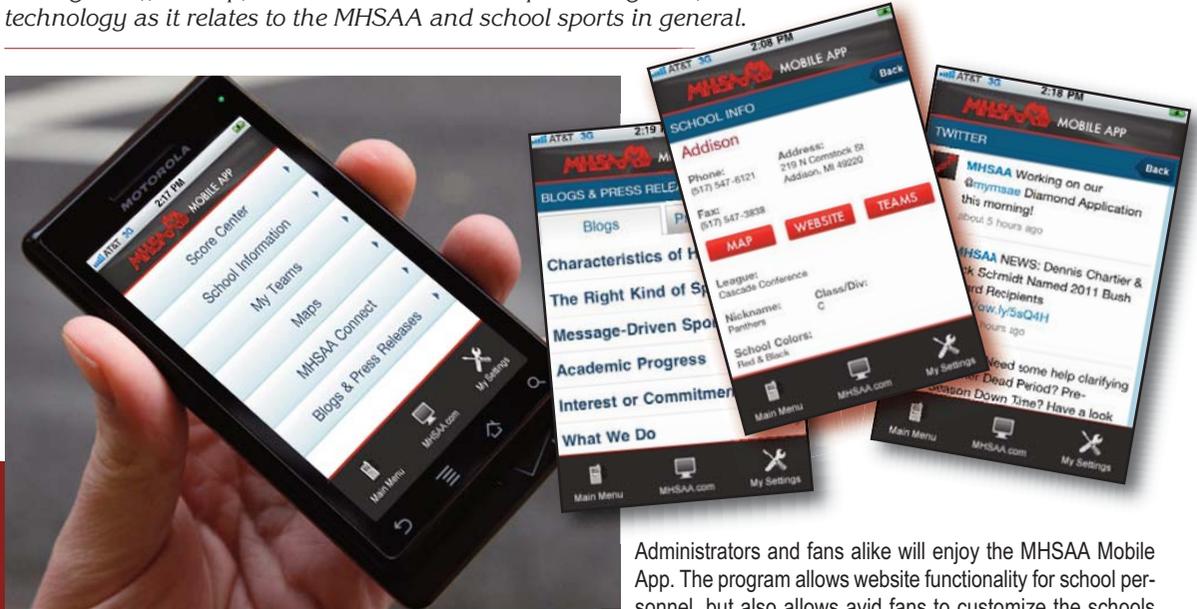
Yes - 308 (89%) No - 38 (11%)

27. Do Certified Athletic Trainers cover MHSAA Tournament events hosted at your school?

Yes - 245 (71%) No - 101 (29%)

Feeding Your APP-etite with MHSAA Mobile

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



Administrators and fans alike will enjoy the MHSAA Mobile App. The program allows website functionality for school personnel, but also allows avid fans to customize the schools and teams they follow most. Users can send and receive score alerts as well.

Fans looking to feed their insatiable appetite for scores and schedules of their favorite teams and MHSAA Tournament results will love what the MHSAA brings to the table in time for the 2011-12 school year.

The MHSAA is among the first high school associations in the country to offer a mobile app to its varied constituents. Launched this summer, the free MHSAA Mobile App can be downloaded from the Apple App Store, or Android Market websites. Just search for “MHSAA”.

While the app offers all the functionality that administrators, officials and coaches enjoy when visiting MHSAA.com, it’s the ability to customize scores and schedules that really spices up this app.

Using iPhones or Androids, users can select their favorite schools and sports to receive schedules and scores, or help the MHSAA by submitting information for your school.

Take a wrong turn on your way to an away game? Don’t worry, we’ve got you covered there as well. Using the school information and maps features of the Mobile App, you can look up school information such as school address and phone numbers. You can even download a Google map, with turn-by-turn directions to the school. With the MHSAA Mobile App you’ll never be late to a game again.

The July 2011 issue of *Associations Now* explores the use of mobile apps for organizations and

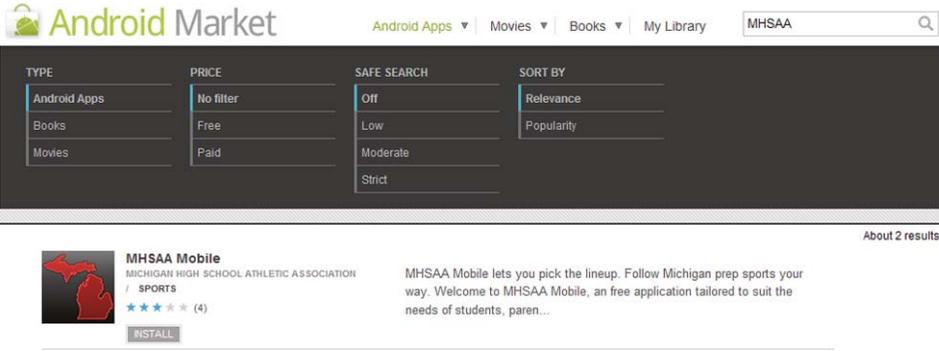
preferences of their members. A poll revealed that 67 percent of respondents prefer a mobile application over a mobile website when it comes to functionality. The MHSAA now has both, so members can choose which platform they wish to use on their hand-held devices.

As mentioned, athletic directors, school personnel and officials can still gain access to additional information such as coaches names and internal school phone numbers. Simply configure the Mobile App with your MHSAA.com password, using the “My Settings” tab, to gain access to the administrative features.

Among nonprofit organizations, the Associations Now survey revealed that 59 percent of users like to receive important organizational updates. When logged in to the MHSAA Mobile App, members will be greeted with their personal dashboard displaying important messages and information.

Do you have a lot of teams to keep track of? The MHSAA Mobile App also links to your MHSAA.com account, where you can group your favorite teams using the “My Teams” feature. Using “My Teams” puts favorite teams at your fingertips so you can easily track results and schedules of those schools.

The Mobile App’s “MHSAA Connect” feature provides a direct link to the MHSAA’s Facebook page, Twitter feed, and YouTube channel. This feature falls in line with the growing trend favoring



The MHSAA Mobile App is now available on the Android Market and Apple App Store websites.

apps over websites to deliver social media content. According to the Associations Now survey, 62 percent of people within associations prefer the mobile delivery method for social media.

In addition to “MHSAA Connect,” the Mobile App also provides quick access to Jack Roberts’

“From the Director” blog, and MHSAA press releases. Fans and media alike will find these features enjoyable and informative.

— Jordan W. Cobb
MHSAA Assistant Director of Information Systems

Controlling your APP-etite with Mobile Fitness Plans

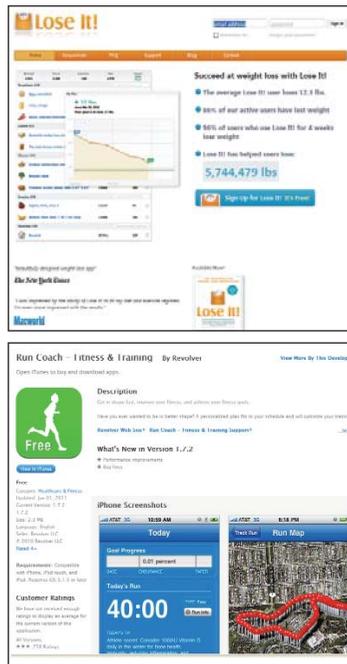
Perhaps the biggest benefit the mobile applications of any kind can offer is right there in the name: they are *mobile*.

No longer are people tied to their desks, homes or offices when cultivating information, completing work duties or simple browsing for pleasure. As such, hopefully the temptation to invite your favorite comfort food along for your web travels has diminished as well.

For those still having trouble breaking old habits, push yourself away from the desk and check out some of the fitness-centered mobile apps to put you on the road to a healthier lifestyle.

A quick search for “Fitness Apps” returned more than 75 million results. Here are a few which may suit your needs.

- **Lose It!** – A calorie-counting program which allows users to monitor intake and exercise. Users can enter data via the app, or on Loseit.com and sync data from one to the other. The program also generates a variety of reports and charts to review personal trends.
- **Run Coach – Fitness & Training** – Olympic and professional runners personalize a training plan tailored to the user’s schedule. The app offers detailed daily workout descriptions and helpful running and nutrition tips.



- **MyFitnessPal** – Keeps track of calories consumed and burned off with exercise. Analyze your calorie intake for each meal and see how many calories you have remaining for the rest of the day.
- **iMapMyFITNESS** – Track your run or bike ride with this app to determine distance, speed, and duration along with the elevation and pace.

Choose an app, stick to it, and see tangible results. MHSAA basketball and softball official Bill Redmond of Williamston uses Lose It!

“Like most officials who have an off-season, calorie burning goes down significantly but calorie consumption tends to stay the same during those periods. This usually results in unwanted weight gain,” said Redmond. “I started using Lose It after reviewing several

weight loss apps. The program has a large database of food items, including many restaurant and grocery food items, that can be checked to log food that you've consumed.

“As with any weight-loss program you still need to be committed to it for it to work,” Redmond said. “For me the daily calorie monitoring was an eye-opener. Tracking this consumption allowed me to lose 15 pounds in about seven weeks. Now, since I've reached my goal, it helps me to maintain that weight.”

Behind the Headlines

The following first appeared in the Fall 2005 MHSAA Mentor, the Association's publication for coaches and officials at that time. Executive Director John E. "Jack" Roberts examined some of the health concerns in our schools more numerous than the steroid issue that was being pushed.

In the current frenzy over steroids, it is easy to overlook far more frequent and life-threatening issues of health and safety of junior high/middle school and high school students. We don't suggest that the steroid issue be ignored, but we urge at least as much attention to the following matters during 2005-06 and beyond.

- **Tobacco** – It's against the law for youth to smoke and eventually tobacco will kill more of these people than any other cause. For a host of prevention agencies and strategies, Google "Michigan youth tobacco use prevention."
- **Alcohol** – It is illegal for youth to consume alcoholic beverages; and alcohol is the number one cause of academic failures and dropouts from schools and colleges. For prevention strategies, Google "Michigan youth alcohol use prevention."
- **Head Trauma**– Major concussion, repetitive head injuries and premature return to competition threaten the health and welfare of students in many sports. Through the Centers for Disease Control the MHSAA is providing all member high schools a packet of material by Jan. 1, 2006 to raise awareness and improve concussion management. For more information, contact www.cdc.gov/ncipc and www.biausa.org.

It is difficult to accept all this attention to steroids when more people die in an hour in America from tobacco or alcohol use than have died from steroids in the recorded history of the world. Concerns for steroids in sports should come well after these three topics and perhaps after many others as well; for example:

- **Obesity** – Depending on the source and year, surveys report that 30 to 40 million Americans are overweight, including 30 percent of adolescents. And, again depending on the source, Michigan ranks first to fourth on the list of most obese states. The Centers for Disease Control reports four times as many youth are overweight today as in the 1960s. And overweight kids become less healthy adults. Surely, schools have some role in solving this problem which affects far more people far more seriously than steroids.
- **STDs** – Current published reports indicate one-third of high school seniors suffer from sexually-transmitted diseases, some fatal, many

incurable. The U.S. has the highest rate of STDs of any industrialized nation, with more than 15 million new cases last year alone.

- **Methamphetamines** – According to a survey of 500 sheriffs' departments in 45 states - including Michigan – methamphetamine abuse is the nation's leading drug problem affecting local law enforcement agencies. The National Association of Counties survey released July 5, 2005, indicates 90 percent of those interviewed report increases in meth-related arrests over the last three years. According to the Associated Press, these arrests have "swamped" other county agencies that assist with caring for children whose parents become addicted and with cleaning up toxic chemicals left behind by meth cooks. Those children are coming to our schools.
- **Gambling** – Four out of five youth between the ages of 12 and 17 have gambled during the past week; more than 35 percent admit to gambling at least once a week; 13 percent admit to a serious gambling problem. Fueled by a culture of gambling – casinos everywhere, high stakes poker on ESPN, internet gambling, and betting lines in sports pages – gambling is a growing problem.

In the late 1980s – when a Penn State University study found steroid use among the school-age population to be about double what it is today – the MHSAA partnered with several school organizations and non-school groups to provide educational materials and meetings. This summer, the MHSAA is sending every member school a packet of materials that will help administrators to help inform their constituents – coaches, students and parents – about the signs and dangers and ethical issues involved in steroid use, while keeping the issue in perspective. While steroids is this year's hot issue on the health front for sports, its place is a modest one in the real issues for those who care about the health of youth and the integrity of school sports.

Behind the headlines on the steroid issue is the same fundamental issue which is at the core of the concussion management concern, namely, an improper perspective about sport, at least at our level. In youth sports, and especially in programs sponsored by educational institutions, **the emphasis must not be on winning at any cost but learning at every opportunity.** Taking shortcuts to success

Fueling the High School Athletic Engines



When it comes to energizing student-athletes, there are no shortcuts. A balanced diet always yields the best results.

There's a lot more to eating for sports than chowing down on carbs or chugging sports drinks. The good news is that eating to reach your peak performance level likely doesn't require a special diet or supplements. It's all about working the right foods into your fitness plan in the right amounts.

Teen athletes have unique nutrition needs. Because athletes work out more than their less-active peers, they generally need extra calories to fuel both their sports performance and their growth. Depending on how active they are, teen athletes may need anywhere from 2,000 to 5,000 total calories per day to meet their energy needs.

So what happens if teen athletes don't eat enough? Their bodies are less likely to achieve peak performance and may even break down rather than build up muscles. Athletes who don't take in enough calories every day won't be as fast and as strong as they could be and may not be able to maintain their weight. And extreme calorie restriction could lead to growth problems and other serious health risks for both girls and guys.

Athletes and Dieting

Since teen athletes need extra fuel, it's usually a bad idea to diet. Athletes in sports where weight is emphasized — such as wrestling, swimming, dance, or gymnastics — might feel pressure to lose weight, but they need to weigh that choice with the possible negative side effects mentioned above.

If a coach, gym teacher, or teammate says that you need to go on a diet, talk to your doctor first or visit a dietitian who specializes in teen athletes. If a health professional you trust agrees that it's safe to diet, he or she can work with you to develop a plan that allows you get the proper amount of nutrients, perform your best, and lose weight.

Eat a Variety of Foods

You may have heard about "carb loading" before a game. But when it comes to powering your game for the long haul, it's a bad idea to focus on only one type of food.

Carbohydrates are an important source of fuel, but they're only one of many foods an athlete needs. It also takes vitamins, minerals, protein, and fats to stay in peak playing shape.

Muscular Minerals and Vital Vitamins

Calcium helps build the strong bones that athletes depend on, and iron carries oxygen to muscles. Most teens don't get enough of these minerals, and that's especially true of teen athletes because their needs may be even higher than those of other teens.

To get the iron you need, eat lean red meats (meats with not much fat on them); green, leafy vegetables; and iron-fortified cereals. Calcium — a must for protecting against stress fractures — is found in dairy foods, such as low-fat milk, yogurt, and cheese.

In addition to calcium and iron, you need a whole bunch of other vitamins and minerals that



MHSAA File Photo

Athletes involved in gymnastics, wrestling and other sports might feel pressures to diet, but they must weigh the negative side effects and should consult physicians first.

do everything from help you access energy to keep you from getting sick. Eating a balanced diet, including lots of different fruits and veggies, should provide the vitamins and minerals needed for good health and sports performance.

Protein Power

Athletes may need more protein than less-active teens, but most teen athletes get plenty of protein through regular eating. It's a myth that athletes need a huge daily intake of protein to build large, strong muscles. Muscle growth comes from regular training and hard work. And taking in too much protein can actually harm the body, causing dehydration, calcium loss, and even kidney problems.

Good sources of protein are fish, lean meats and poultry, eggs, dairy, nuts, soy, and peanut butter.

Carb Charge

Carbohydrates provide athletes with an excellent source of fuel. Cutting back on carbs or following low-carb diets isn't a good idea for athletes because restricting carbohydrates can cause a person to feel tired and worn out, which ultimately affects performance.

Good sources of carbohydrates include fruits, vegetables, and grains. Choose whole grains (such as brown rice, oatmeal, whole-wheat bread) more often than their more processed counterparts like white rice and white bread. That's because whole grains provide both the energy athletes need to perform and the fiber and other nutrients they need to be healthy.

Sugary carbs such as candy bars or sodas are less healthy for athletes because they don't contain any of the other nutrients you need. In addition, eating candy bars or other sugary snacks just before practice or competition can give athletes a quick burst of energy and then leave them to "crash" or run out of energy before they've finished working out.

Fat Fuel

Everyone needs a certain amount of fat each day, and this is particularly true for athletes. That's because active muscles quickly burn through carbs and need fats for long-lasting energy. Like carbs, not all fats are created equal. Experts advise athletes to concentrate on healthier fats, such as the

unsaturated fat found in most vegetable oils.

Choosing when to eat fats is also important for athletes. Fatty foods can slow digestion, so it's a good idea to avoid eating these foods for a few hours before and after exercising.

Shun Supplements

Protein and energy bars don't do a whole lot of good, but they won't really do you much harm either. But other types of supplements can really do some damage.

Anabolic steroids can seriously mess with a person's hormones, causing side effects like testicular shrinkage and baldness in guys and facial hair growth in girls. Steroids can cause mental health problems, including depression and serious mood swings.

Some supplements contain hormones that are related to testosterone (such as dehydroepiandrosterone, or DHEA for short). These supplements can have similar side effects to anabolic steroids. Other sports supplements (like creatine, for example) have not been tested in people younger than 18. So the risks of taking them are not yet known.

Salt tablets are another supplement to watch out for. People take them to avoid dehydration, but salt tablets can actually lead to de-

hydration. In large amounts, salt can cause nausea, vomiting, cramps, and diarrhea and may damage the lining of the stomach. In general, you are better off drinking fluids in order to maintain hydration. Any salt you lose in sweat can usually be made up with sports drinks or food eaten after exercise.

Ditch Dehydration

Speaking of dehydration, water is just as important to unlocking your game power as food. When you sweat during exercise, it's easy to become overheated, headachy, and worn out — especially in hot or humid weather. Even mild dehydration can affect an athlete's physical and mental performance.

There's no one-size-fits-all formula for how much water to drink. How much fluid each person needs depends on the individual's age, size, level of physical activity, and environmental temperature.

– continued next page



MHSAA File Photo

Even mild dehydration can affect an athlete's performance and create health issues. Always provide frequent water breaks during competition, especially during hot weather.

Experts recommend that athletes drink before and after exercise as well as every 15 to 20 minutes during exercise. Don't wait until you feel thirsty, because thirst is a sign that your body has needed liquids for a while. But don't force yourself to drink

“The athletic trainers at my school tell us to eat things such as cheese sticks, a peanut butter sandwich or chocolate milk following competition. Refueling after practice is as important as stretching before a game. It helps the body recover.” — Student Advisory Council Member Maria Buczkowski, Detroit Country Day

more fluids than you may need either. It's hard to run when there's a lot of water sloshing around in your stomach!

If you like the taste of sports drinks better than regular water, then it's OK to drink them. But it's important to know that a sports drink is really no

better for you than water unless you are exercising for more than 60 to 90 minutes or in really hot weather. The additional carbohydrates and electrolytes may improve performance in these conditions, but otherwise your body will do just as well with water.

Avoid drinking carbonated drinks or juice because they could give you a stomachache while you're competing.

Game-Day Eats

Most of your body's energy on game day will come from the foods you've eaten over the past several days. But you can boost your performance even more by paying attention to the food you eat on game day. Strive for a game-day diet rich in carbohydrates, moderate in protein, and low in fat.

Everyone is different, so get to know what works best for you. You may want to experiment with meal timing and how much to eat on practice days so that you're better prepared for game day.

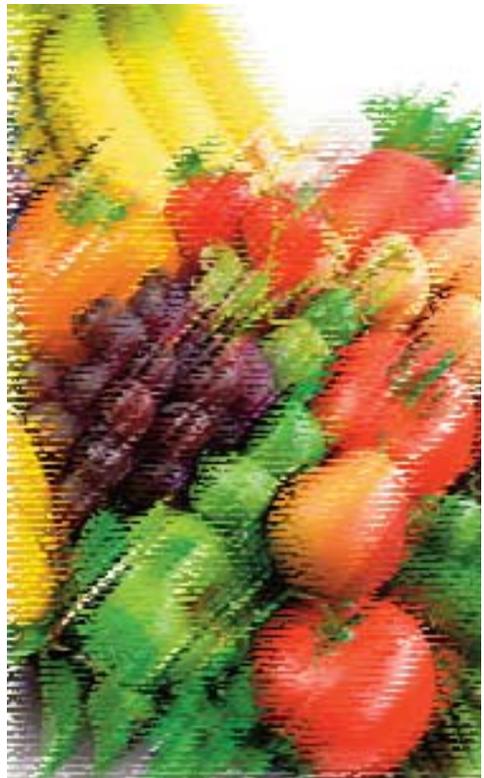
Want to get an eating plan personalized for you? The U.S. government has developed a website, ChooseMyPlate.gov, that tells a person how much to eat from different food groups based on age, gender, and activity level.

— reprinted from teenshealth.org

Guidelines to “Competition” Eating

No, not *competitive* eating, such as hot dog eating contests. Rather, the following is geared toward real athletes and the mission is to ready their bodies for *competition*. The following guidelines from teenshealth.org are offered to help elevate performance and maximize physical condition:

- Eat a meal 2 to 4 hours before the game or event: Choose a protein and carbohydrate meal (like a turkey or chicken sandwich, cereal and milk, chicken noodle soup and yogurt, or pasta with tomato sauce).
- Eat a snack less than 2 hours before the game: If you haven't had time to have a pregame meal, be sure to have a light snack such as low-fiber fruits or vegetables (like plums, melons, cherries, carrots), crackers, a bagel, or low-fat yogurt.
- Consider not eating anything for the hour before you compete or have practice because digestion requires energy — energy that you want to use to win. Also, eating too soon before any kind of activity can leave food in the stomach, making you feel full, bloated, crampy, and sick.



Bring on 2011-12: Student Leadership Ready to Roll

The MHSAA Student Leadership Team is ready for the new school year. Here are a few initiatives our group is working on in 2011-12.

CAPTAINS CLINICS

The purpose of the MHSAA Captains Clinic series is to give basic leadership training to both current and future team captains. The training session is only four-and-a-half hours long, so there’s no way these students can learn everything they need to about being an effective team leader. Instead, we use this time as an opportunity to give the students the basics of being a team captain – we answer the question, “I was named a team captain, now what am I supposed to do?” We walk through the role of a team captain, we discuss common team problems, and we finish the day by making a “To Do” guide for all of each school’s team captains.

We will do another 10 clinics in the coming year, and we’d love to come to your league. If you can get your entire league on board, guarantee 100-150 participants, and suggest to us a good location (preferably a school on a professional development day), we will do the rest. We will coordinate the registration process, negotiate with facilities if necessary, provide the curriculum and supplies, work with the caterers and bring facilitators to the clinic.

Contact Andy Frushour to learn more about the Captains clinic program – andy@mhsaa.com.

STUDENT ADVISORY COUNCIL

The first SAC meeting of the new school year has always been scheduled the last Sunday in August. It’s always fun to meet the new student-athletes and try to figure out the new group dynamic. As in previous years we’ll have our first “official” meeting on that last Sunday in August.

This year, however, the first meeting will be a bit different. For the first time, we took our new crew of SAC members on an overnight leadership retreat earlier this summer. The goal was to meet with each other outside of the MHSAA setting, and to start to build our team and a bond before getting down to business in August. So on June 21-22 we gathered at the YMCA’s Mystic Lake Camp for 24 hours of team building and leadership exercises. While there, we participated as a group on the High Ropes course 30-feet off the ground. We played new icebreaker games like Fwap, Zero Gravity and Build-A-Beast. We organized an intense game of 7-on-7 Ultimate Frisbee. We slept in cabins and ate camp food. We learned secret talents of our group members (we have a Scotty McCreery sound-a-like and a champion pancake eater in our crew), and we talked about the importance of being a team leader and how team leadership experiences will carry over to the students’ time on the MHSAA Student Advisory Council.

Selected to begin serving on the Student Advisory Council in 2011-12 are: **Abigail Radomsky**, Kalamazoo Hackett; **Matthew Freeman**, Owosso; **Carly Joseph**, Pontiac Notre Dame Prep; **Ellesse Lehman**, Portland St. Patrick; **Kyle Short**, Rockford; **Evan Lamb**, Rogers City; **Thye Fischman**, Vandercook Lake; and **Taylor Krumm**, Walled Lake Central.

The new additions to the SAC will join the Class of 2012 member who were selected a year ago: **Kevin Beazley**, Detroit Catholic Central; **Maria Buczkowski**, Detroit Country Day; **Travis Clous**, Benzie Central; **Alissa Jones**, Muskegon Catholic Central; **Lena Madison**, New Buffalo; **Bailey Truesdell**, Grand Blanc; **Emily Wee**, Frankenmuth; and **Tyler Wilson**, Rudyard.

SAC Belief Statement

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

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

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

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

Lights, Cameras, Highlights



John Johnson, Okemos

A weekly football highlight show headlines the 2011-12 MHSAA Network schedule, along with the first-ever 8-Player Football Final in November.

A Friday night football highlights show, coverage of the first MHSAA 8-Player Football Final, and a new approach to weekly coverage of the Football Playoffs mark the continued expansion of the MHSAA's television programming efforts in 2011-12 through its partnerships with FOX Sports Detroit and When We Were Young Productions.

Beginning Aug. 26 and running for 12 weeks, FOX Sports Detroit will produce a live, 30-minute show, *MHSAA Football Friday Overtime*, with highlights, scores and interviews from around the state. The program will air at midnight. Included among the highlights will be footage being provided by schools participating in the MHSAA's Digital Broadcasting Program.



Nate Hampton, MHSAA

FOX Sports Detroit will also provide weekly coverage of the MHSAA Football Playoffs, beginning with the traditional Selection Sunday Show on Oct. 23. During the four rounds of the Playoffs leading up to the Finals at Ford Field Nov. 25-26, there will be four live games being streamed simultaneously each week on the FOXSportsDe-

troit.com website. When We Were Young Productions will handle the coverage of these games.

On Friday night, Nov. 18, FOX Sports Detroit will be on the scene at the first MHSAA 8-Player Football Finals; and the following weekend, FOX will cover for the 14th consecutive year, the 11-Player Finals.

Throughout the school year, FOX Sports Detroit, FOX Sports Detroit-PLUS and FOXSportsDetroit.com will again be the home for all MHSAA Final events. All of the events on FOX will also be shown on Comcast Cable Channel 900. FOX Sports Detroit is available to over 2 million cable subscribers in Michigan and portions of Indiana and Ohio.

Comcast will also be the home for the fourth year to MHSAA Network weekly regular-season coverage of high school action on Channel 900, and many of the programs shown on the linear cable channel will also be available through Comcast's popular video on demand service. Comcast reaches over 1.2 million homes in the southern portion of the Lower Peninsula.

The first-ever MHSAA 8-Player Football championship game takes place Nov. 18 and will be televised live by FOX Sports Detroit.

All of the programming will make its way onto the MHSAA.tv Website, which experienced record traffic in 2010-11 with nearly 1.5 million pageviews. MHSAA content on FOXSportsDetroit.com attracted nearly 400,000 pageviews during the past school year. Those numbers far exceed the 1.12 million pageviews in 2010-11 and 555,964 pageviews in 2008-09 as the site continues to experience steady growth.

Sports Participation Stays Steady in 2010-11

Participation numbers for high school sports in which post-season tournaments are sponsored by the Michigan High School Athletic Association remained stable in 2010-11, topping the 300,000 mark for the seventh consecutive year.

A total of 301,921 participants took part in the 28 tournament sports offered by the Association in the past year – a slight increase over the 2009-10 school year figure of 301,833. It's the sixth highest number in the Association's history.

Student enrollments at MHSAA member schools were down by 0.7 percent for the past school year. Girls participation was up 0.3 percent from a year ago with 126,287; and the boys total of 175,634 was down 0.2 percent. Since 2006-07, the student population at MHSAA member schools is down from 531,903 to 510,225 – a drop of 4.1 percent. Participation in that time span has dropped from 313,093, a decrease of 3.8 percent. The totals count students once for each sport in which he or she participates, meaning students who are multiple-sport athletes are counted more than once.

Records for participation were again set in seven sports – four for boys and three for girls. Once again, bowling and lacrosse set new marks for both boys and girls; boys and girls cross country figures were both at an all-time high; and boys swimming and diving also set a new record.

Also of note in this year's survey:

- Boys tennis continues a downward slide, with this year's participation of 7,091 the lowest total since 1994-95. Its losses since 2006-07 are the highest in terms of percentage of any sport at 16.7 percent (1,426 participants). By comparison, girls tennis participation is up 2.1 percent in the same time period.
- Girls cross country set another record at 8,114, and participation in the sport is up 14.7 percent since 2006-07. In that same time period, boys cross country participation is up 5.9 percent.
- After three straight years of losses, girls volleyball participation saw an increase of 70 in 2010-11; but the numbers are down 5.9 percent in the past four years – a total of 1,285 players – a drop nearly 50 percent faster than the decline in student enrollments.

- Basketball figures dropped 0.8 percent for boys and 1.2 percent for girls in 2010-11; also continuing a decline faster than the drop in student enrollments, which has participation in both sports at their lowest points since the Association began tracking the numbers in 1991-92. Since the 2006-07 survey, girls participation is down 9.3 percent and the boys number is down 6.7 percent – the highest drops in raw numbers of all sports – girls are down 1,772 participants, boys 1,615.
- A total of 10 sports have participation dropping at a faster rate since 2006-07 than enrollment numbers would suggest – boys tennis, girls swimming & diving, volleyball, boys and girls basketball, boys and girls skiing, girls gymnastics, softball, and girls track & field.

Participation in girls cross country is up nearly 15% since 2006-07.



MHSAA File Photo

- Seven sports have seen significant increases in participation since 2006-07 – boys & girls cross country, boys and girls bowling, boys swimming & diving, and boys and girls lacrosse. In percentages, boys lacrosse is up 29.6 percent – just over 1,000 participants; and girls lacrosse is up 38.9 percent – over 900 participants.
- All told, 15 sports had increases in participation in 2010-11 (9 girls-6 boys) and 13 sports had drops (5 girls-8 boys).

The participation figures are gathered annually from MHSAA member schools to submit to the National Federation of State High School Associations for compiling its national participation survey.

For complete 2010-11 participation numbers, visit the News page of MHSAA.com

Chartier, Schmidt Honored with 2011 Bush Awards

A pair of individuals who have distinguished themselves as athletic administrators for more than 20 years – **Dennis Chartier**, formerly of Iron Mountain; and **Rick Schmidt** of Holt – have been named the recipients of the MHSAA Allen W. Bush Award for 2011.

Al Bush served as executive director of the MHSAA for 10 years. The award honors individuals for past and continuing service to prep athletics as a coach, administrator, official, trainer, doctor or member of the media. This is the 19th year of the award, with the selections being made by the MHSAA's Representative Council.

Chartier returned to his hometown of Iron Mountain High School in 1988 as an assistant principal and athletic director; before becoming the building principal in 1994, and then the district superintendent in 1995 until 2009. Prior to that, he had been a teacher, coach and administrator in the Rosholt, Wis., School District.

While at Iron Mountain, he oversaw the remodeling of the elementary, middle and senior high schools in the district; increased the district's fund equity from \$35,000 to over \$1 million; developed before and after school child care programs and was instrumental in major fundraising efforts affecting the schools and the community at large.

Chartier was also a registered MHSAA basketball official for 17 years, working games from the District to the Finals level.

"Dennis Chartier is someone who has literally sat at every table in education where he could im-

pact the lives of kids and communities – a teacher, coach, administrator and game official – and did it so well," said MHSAA Executive Director Jack Roberts. "His love of education, educational athletics and community is always on display."

Schmidt begins his 24th year as an athletic director in the Greater Lansing area, and his 11th at Holt High School, where he administers a 27-sport program. There he has been a force in the development of new athletic facilities that host MHSAA Tournament events each year.

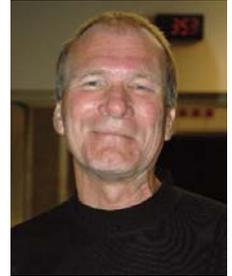
For 13 years prior to his current position at Holt, Schmidt was the athletic administrator at Lansing Waverly High School, where he also coordinated community activities, including senior citizen programming and Summer youth recreation. He also coached baseball and basketball while at Waverly at different levels, and spent two seasons as the varsity baseball coach and seven years as the girls varsity basketball coach at the school.

Schmidt has worked closely with the Michigan Interscholastic Athletic Administrators Association, serving on committees and earning the title from the association as a Certified Athletic Administrator. The MIAAA honored Schmidt as a Regional Athletic Director of the Year in 2000.

"Rick Schmidt brings a can-do attitude to his work that has resulted in first-class athletic programs on his watch," Roberts said. "He has been a great leader by example, and has won the respect of everyone around him by showing how much he cares."



Denny Chartier



Rick Schmidt

Legend Brad VanPelt Selected to NFHS Hall of Fame

Brad Van Pelt, a four-sport standout at Owosso High School in the late 1960s, became the seventh Michigander inducted into the National Federation of State High Schools Hall of Fame during ceremonies on Saturday, July 2, in Philadelphia.

In his senior year (1968-69), he was all-state in football, basketball and baseball, which included a 42-rebound performance in basketball and three consecutive no-hitters in baseball. He also competed in track and field as a senior and earned eight total letters.

Though he was drafted by the Detroit Tigers, Van Pelt opted to attend Michigan State University, where he played baseball, basketball and football. He was a two-time All-American in football. Van Pelt played 14 years in the NFL with the New York Giants, Los Angeles Raiders and Cleveland Browns.

He died of a heart attack in February 2009 at the age of 57.

Receiving the award during the NFHS Annual Summer Meeting for his father was Brad's oldest son, Brett, as MHSAA Assistant Director Gina Mazzolini presents (pictured above).



A Brand Time To Be Had By All

Fall Friday nights come alive with sounds of football, smells of tailgate barbecues, and sights of students and adults cheering for their hometown teams. This setting happens all over the country, but one detail distinguishes games from one town to the next: it's the sea of hometown colors and logos that distinguishes one city from its crosstown rival. Players don helmets emblazoned with the mascot. Students wear hoodies and face paint in school colors. Game administrators wear with pride their staff polos with the school logo on the chest. These items combine to uniquely identify schools in every community – and they need to celebrate, and in some cases protect, their *brand*.

Many schools have a good hold on how their logos and colors are displayed on team jerseys, student t-shirts and on gym walls. Others need some help. Common brand strategies are to dictate that all teams use specific color shades on all team jerseys and spirit t-shirts, and make sure the school logo/mascot is being used uniformly on all gear.

Some schools may run into bigger issues, though, with marks in use for years by other organizations. Specifically, schools harmlessly using logos copyrighted by professional or college teams risk running into problems down the road. Many pro teams and colleges will let schools use their marks for a small annual fee, but that's not always the case. More and more entities are protecting the use of their logos, sometimes forcing the school to go through a potentially expensive process to create a brand new school logo.

For over a year, the MHSAA has worked with the **Licensing Resource Group of Holland, Mich.**, on its national high school licensing program. LRG works with large retailers (like Wal-Mart, Meijer and Dunhams) to make sure only licensed merchandise is tagged and put on store racks, and that schools receive a royalty for the sales. LRG is an industry leader in the licensing business, and it helps many big-time college programs collect royalties and protect school marks. In some cases, LRG has had to contact MHSAA member schools who have infringed on the marks of one of its college clients. It's this expertise that can help schools protect their marks, too.

Leadership within schools would be wise to see this as an opportunity – a chance to start anew and create an identity and brand unique to their school. While tens of thousands of dollars could be spent working with a professional graphic design firm during this process, it's really quite unnecessary. The talent to create something a school is likely walking down its hallways right now, and certainly the student body and staff would love the opportunity to give feedback and vote on new logos, typeface and color hues. If help is needed, LRG would be happy to facilitate the process from sketch, through legal paperwork, to implementation, and all for a fraction of a design-firm price.

The passion, emotion and excitement surrounding high school sports are unlike any other level of sport. Schools are uniquely tied to communities, and through something as simple as a logo and colors, the opportunity exists to celebrate a brand and generate enthusiasm.

The success and strength of such branding can be measured in the stands and on the field on any given Friday night – and many other nights – during the school year.



Is your brand unique enough to set you apart from the field?

MHSAA & E.A. Graphics Team Up for Merchandise Deal

In 2011-12, the MHSAA begins a multi-year licensing agreement with E.A. Graphics (Sterling Heights, Mich.) to be the official and exclusive provider of MHSAA Championship merchandise. E.A. Graphics replaces, Lighthouse Sportswear. E.A. Graphics will provide t-shirts, sweatshirts and other gear for all rounds of MHSAA Tournaments, and its staff will be onsite at most Finals venues, in many places printing team champion shirts and other personalized garments.

In addition, E.A. Graphics can assist MHSAA member schools with school-specific custom apparel needs. In the coming weeks, schools will receive a product catalog, and a representative from E.A. Graphics may be contacting administrators to discuss the E.A. merchandise program. Schools are not required to use the services of E.A. Graphics, but personnel will find their selection and pricing to be very competitive.

Visit shopmhsaa.com to see a portion of the championship apparel E.A. Graphics will sell during the fall tournament season. For questions about this new partnership, please contact Andy Frushour at the MHSAA.



Softball Saved My Life

During a softball game I was working at Penn State in 2008, about four weeks before the NCAA playoffs, I suffered a concussion after getting hit in the mask in the first game of the series.

I was checked out after that game, received a checkup and neurology report and I felt fine. But the next day I was prevented from umpiring after I was checked by a doctor that morning prior to the game.

I didn't pass the neurological test because I did not know my cell phone number.

For the next 10 days I was taking pills for my stomach because it was upset and I felt sick. I took the following weekend off before I was cleared to umpire a championship series in Louisville and eventually a Super Regional at the University of Michigan.

Michigan and Virginia Tech split the first two games of the series, which meant I would be on the plate for the "if" game.

That's when I got hit in the mask the second time by a foul ball, but I didn't come out of the game. I didn't feel as concussed or as bad as I did when I was at Penn State. I didn't get that real sick feeling in my stomach and got through the game. Steve Arnold, the crew chief, checked with me on my condition every half inning, but I progressively felt better.

After the game, Arnold had the EMTs onsite check me one more time before I left. Steve said I was kind of loopy. My whole game just slowed down, he said. It just became real mechanical.

They were just about done checking me out. I was handed a release form to sign that said I was OK. Just before signing it, one of my partners, Steve McCown, stuck his head out from the other room where he was changing and heard our conversation. He's a chiropractor, so he knows about concussions. "He's not telling you that he had a concussion four weeks ago," McCown told the EMTs.

The EMTs told me that, under University of Michigan policy, since I had been concussed in the last four weeks, I had to go to the hospital and get checked out.

Getting checked out ultimately saved my life.

I went to a nearby hospital and the doctors did a CT scan first and said there was something there, so they wanted to do an MRI.

After the MRI, about 2:30 in the morning, they informed me that I had a tumor facing my skull and suggested that I get it removed immediately.

The doctors felt that the tumor was restricting the flow of blood because it was actually growing up through the hole where the carotid artery goes through the base of the skull. The doctors couldn't tell how long I had the tumor because they grow at different rates. It was like a beet — big in the middle and it had roots going both ways.

The bottom line is if I had not gotten hit with the foul ball I wouldn't be alive today.



If I had signed off on that form, I would have never known about the tumor. They said another couple of months and it probably would have been too late for discovery.

The surgery to remove the tumor took 12 hours. Fortunately it turned out to be benign, but if one cell is left behind, it can re-grow and another surgery is out of the question.

As a result of the initial surgery, my left vocal cord was paralyzed and that took three surgeries to get repaired. I was also on a stomach tube for three months and lost 50 pounds. I've put 10 pounds back on, but it's still not a weight-loss plan I would recommend. I also had some vision problems in my left eye because the cornea was drying out. I couldn't blink at all, so I had to put in drops all the time. But I gradually built my strength and voice up after the surgeries.

While I was observing and evaluating umpires at the Rebel Spring Games in Kissimmee, Fla., in 2009, I was trying to determine if I was going to return to umpiring or give it up. On March 18, I jumped into a three-person crew and worked third base. I actually called a dead ball and everybody stopped moving. The third baseman turned and looked at me and I knew she could hear me. That's when I knew I could make a comeback.

I started working games in June and July of that year and then took a full college schedule in 2010. In the meantime, I worked on building my voice and strength.

I worked the 2010 season and then received word that I had been assigned to work the Women's College World Series (WCWS). I was so honored and humbled. To have gone through everything that I went through I never anticipated that I'd be beyond it that quickly because my voice was only half as good as it is now. The WCWS selection was totally unexpected and a lot more pressure-packed than I ever anticipated it would be. But the experience was great. I felt alive.

Softball saved my life.

— John T. Stoodley
NCAA Division I Umpire
Westminster, VT

Reprinted with permission from *Referee* magazine. For subscription information contact Referee magazine at (800) 733-6100 or www.referee.com

2011 Norris Award to Robert Williams

Robert Williams of Redford, an accomplished three-sport official, mentor, trainer, and leader, who launched the Metro Detroit Officials Association and the Officials For Kids Program in the metro area, has been selected to receive the Michigan High School Athletic Association's Vern L. Norris Award for 2011. Williams (center) is shown below with MHSAA Executive Director Jack Roberts (left) and former director Vern Norris at the Annual Officials Banquet on April 30 in Lansing.

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

Williams has been an registered MHSAA Official for 41 years, and has a combined total of 10 title games in basketball and football. He has also worked baseball for 20 years. For his contributions between the lines, working numerous Detroit Catholic High School League, Detroit Public School League and Operation Friendship contests between the two leagues, his leadership skills have created a positive environment for other officials to work in.

In his work with the Wonderland Officials Association and then the Metro Detroit Officials Association, Williams has made his mark in educating officials by spearheading the development of clinics in basketball and football. Of late, he has been the driving force in the Officials For Kids Program by starting a Referee's For Reading project at Beaumont Hospital, the Children's Miracle Network facility in Southeast Michigan.

Over time, Williams has mentored over 30 officials in three sports, including his own son. He has also served on many committees for different leagues, the MHSAA, the Basketball Coaches Association of Michigan, the National Association of Sports Officials and the National Federation of State High School Associations. He was inducted into the Catholic High School League's Hall of Fame in 1986, and into the BCAM Hall of Honor in 2003.

"Bob Williams' passion for officiating is evident in his own performance on the playing surface and his drive to make everyone else in this worthwhile avocation a better referee," said Roberts. "His contributions set a standard for others to follow, and we're delighted to honor our humble colleague with the Norris Award."



Officials Association Honors Bay City Western HS

The Bay Metro Officials Association named Bay City Western HS the recipient of the Kenny VanSlyke Award in April 2011. The award, which recognizes a school for its outstanding facilities, onsite game management and sportsmanship, is named for referee Kenny VanSlyke, a U.S. Marine who died in 2007 while serving his country in Iraq.

The Bay Metro Association presented Bay City Western with two \$500 academic scholarships for graduating student-athletes, to be determined by the district.

"The Kenny VanSlyke Award has special meaning for every official in our Association," said Bruce Moore, BMOA president. "We remember Kenny with this award, and congratulate Bay City Western for being selected by our membership this year.

"This is our way of giving back to the community. We appreciate everything that Mike Thayer (athletic director) and the leadership of Bay City Western does for us year in and year out."

"On behalf of Bay City Western High School, we would like to thank the Bay Metro Officials Association for the Kenny VanSlyke Award. Serving one's country is the ultimate sacrifice and Kenny gave his life protecting our freedom. Because of people like Kenny VanSlyke, we get to enjoy the freedom to participate in interscholastic athletics," said Thayer.

Prior winners of the award include Bay City All Saints, Frankenmuth, and Pinconning high schools.

Rules of the Games

Sharpen your skills with the following rules questions/case plays for volleyball, soccer and football. Answers appear at the bottom of the next page.

Volleyball

1. **T or F:** For the 2011 Volleyball Regular season, the only two options for a match ball are a solid white ball or a royal blue, gray and white ball.
2. **T or F:** When a team plays with fewer than six players due to illness, injury or disqualification, a loss of rally/point shall be awarded to the opponent each time a vacant position rotates to serve in the right back position.
3. **T or F:** It is now legal to block a served ball.
4. **T or F:** A substitution is not permitted prior to the start of the set (unless there is an injury/illness to a starting player).
5. **T or F:** A player may cross the extension of the center line outside the court to play a ball that has completely crossed the vertical plane of the net extended.



Soccer

1. **T or F:** For MHSAA tournaments only, a match suspended in the 55th minute with one team behind by one goal is to be resumed from point of suspension
2. For the first violation by a team, when a player is guilty of failure to wear required equipment or is wearing illegal equipment, the player must leave the game. The guilty player:
 - a) may re-enter at the next stoppage of play after they have corrected the problem.
 - b) may borrow required equipment from a teammate and return immediately.
 - c) cannot re-enter until their team's next legal substitution opportunity after the player has corrected their equipment.
3. For MHSAA Tournaments only, a team is behind by eight goals in the 35th minute of the first half. The match cannot be resumed after a suspension of play. The officials should:
 - a) rule it a suspended match to be resumed, as the match has not completed first half.
 - b) invoke the MHSAA goal differential rule. The score at time of suspension is the final score and the match is over.
 - c) consult with coaches as to whether or not the game has officially ended.
4. An official terminates a game because of fighting between players or spectators on the field and order cannot be restored. The official will:
 - a) declare a double-forfeit and both teams are considered to have lost the match.
 - b) file an officials report with the MHSAA, and the MHSAA will determine the outcome of the match. The official cannot declare a winner.
 - c) declare a winner based on the score of the match.
5. The goalkeeper's uniform must:
 - a) include a number
 - b) include a number, and have two numbers submitted on the team roster; one for being the keeper and a different one when they become a "field" player.
 - c) may have numbers, but not it is not a requirement until fall 2012.



Football

- Team A has fourth-and-4 from the 33-yard line. They line up for a 50-yard field goal attempt. The kick comes up far short and rolls out of bounds at the 3-yard line. Where does Team B next put the ball into play?
 - 33-yard line
 - 40-yard line
 - 20-yard line
 - 3-yard line
- Team A is in a shotgun formation. Which of the following blocks are legal by A62, who is in the free blocking zone at the snap?
 - A62 blocks B75 below the waist immediately at the snap. B75 was lined up immediately across from A62.
 - A62 blocks B75 below the waist after standing up and hesitating. B75 was lined up immediately across from A62.
 - A62 blocks B12 below the waist after standing up and hesitating. B12 was lined up 7 yards off the ball and blitzed the offensive at the snap.
 - Team A can never legally block below the waist because they were in a shotgun formation.
- A44 is turning the corner on a sweep play near the goal line. As he reaches the ball out toward the goal line, he fumbles on the 1-yard line and the ball rolls forward and hits the pylon. The correct call is:
 - Touchback. B's ball 1st-and-10 from the 20-yard line.
 - Touchdown for A.
 - Ball was fumbled forward and out of bounds. A retains possession of the ball on the 1-yard line.
 - Momentum exception. Team B gets the ball, 1st-and-10, on the 1-yard line.
 - Safety. Award Team B two points.
- During the first half, player B75 is flagged for roughing the quarterback. With two minutes to play in the fourth quarter, B75 is flagged for a late hit. Which of the following is correct?
 - B75 is ejected by virtue of his second personal foul but he may remain within the team area.
 - B75 is ejected by virtue of his second personal foul and he must leave the premises immediately.
 - B75 may continue participating in the game because ejection results only after two unsportsmanlike conduct fouls, not two personal fouls if they are not flagrant.



Officials for Kids Going Strong

Officials For Kids began in early 2003 as a small group of mid-Michigan officials dedicated to the future of children's healthcare & the Children's Miracle Network. The ultimate hope for the program is that officials personal & association pledges, along with participation in fundraising events & initiatives, will make Officials for Kids a name synonymous with the continued improvement of children's healthcare across the state.

The Officials For Kids Program takes on a local focus at each Children's Miracle Network Hospital in the state, including Sparrow Hospital in Lansing; Beaumont Hospital in Detroit; Helen DeVos Children's Hospital in Grand Rapids, and Hurley Medical Center in Flint. One popular way for officials to donate is through the "Give A Game" program, offering a game check to one of the hospitals.

Visit the Officials for Kids page of MHSAA.com for more information.

Volleyball Answers: 1. T (3-2-1 [with MHSAA modification]); 2. T (6-4-6); 3. F (9-6-5); 4. F (10-1-4); 5. F (9-5-8)

Soccer Answers: 1. T (MHSAA Adoption); 2. c. (4-3); 3. a. (MHSAA Adoption); 4. b. (5-4-1, 5-3-2 Situation B); 5. c. (4-1-1b)

Football Answers: 1. d. (6-2-7, 6-3, 8-5-3); 2. a. (2-17, 9-3-2); 3. a. (8-5-1, 8-5-2, 7-4-4); 4. c. (2-16-1, 9-5 Penalty)

Regulations Trump Budget Cutbacks

School districts have been dealt some bad cards recently, but adherence to the rules remains an unbeatable hand.

Many of us who grew up playing card games such as pinochle or rummy know the value of getting good cards dealt to you. School and athletic administrators are shuffling around a lot these days and the cards being dealt are some of the worst hands any educator has held. Yet there is confidence that if we hold onto the right cards – don't discard anything that may help us – we will come out winners. So holding onto the regulations which give school sports its value becomes more important than ever as programs, staffs and funding are cut to the core. Please consider the following:

Under the rules there is no such thing as a "school club team." In the 28 sports in which the MHSAA sponsors a tournament, a team designed to be the schools team *IS* the school team and must follow all the rules. We discourage schools from using the term "club team" when funds are reduced or eliminated, but the program continues to operate within the school with a new internal status. Consider these "self funded" school teams, which have the same responsibilities to follow the rules as any school team. All students must be eligible under the rules. Practice, competition and out-of-season coaching limits apply to **self-funded programs** at both the high school and middle school levels.

If a school is indeed not sponsoring a sport or team then it should be completely disconnected from the school. There can be no staff or administrative support, Public address announcements, yearbook, school website presence, insurance, and use of school uniforms are some of the items not

afforded to such programs. A non-school team should be subject to school policies for rental or use of school facilities by outside groups. Attempting to camouflage school teams as non-school so as to get around the rules endangers MHSAA membership and is dishonest. There is no such thing as a partially connected school program.

A pair of regulations in the *MHSAA Handbook* deals with school funding. Regulation II, Section 3 (Coaches of Teams) and Regulation I, Section 11 (Amateur Status-Fundraising). Faculty and non-faculty coaches' compensation may only come from the school. Booster Clubs may donate money to the school, but the school sets the amount of coaches' pay "commensurate to that schools classroom teachers' schedule for supplementary assignments."

In other words, MHSAA member school coaches are not paid for winning or paid exorbitant salaries out-of-line with school faculty pay. School coaches do not receive money from other sources including endorsements. Third party contractors are acceptable as the funds originate with the school.

The other funding regulations concern out-of-season programs, fundraising and amateur status rules (Regulations I and II, Section 11). School general funds may never be used to fund out-of-season activities, but school approved fundraisers may be used to a maximum of \$200 per student, per sport (September through August). When students engage in school or non-school fundraising they are cautioned to avoid cash and have funds payable to the organization and not the student.



“As we play these bad cards dealt to the educational community and affecting all players at the table, let’s be careful not to discard the values that school programs hold.”

Many school teams are formed by parents who fund the programs through the school. The growth of soccer years ago and lacrosse today was through parental funding with school recognition. The high cost of ice time in hockey finds parents raising revenue to keep these programs operating. Even though a team may raise its own funds, schools and administrators must not orphan these school programs. It is often the smaller and/or non-revenue sports such as bowling or tennis, or sports not held at the school such as ice hockey or golf, which lack sufficient administrative oversight.



Maintaining integrity for rules and regulations through the most difficult times mirrors the very values developed through school athletic participation.

Another pair of regulations should be considered as schools rearrange their administrative hands by changing the duties of athletic directors, or the relationship of teams to the school.

Regulations II and IV, Section 2 states, “The superintendent of schools or ... principal ...or that member of the faculty designated by either of them shall **administer the teams representing the school.**” Some middle schools are considering enlisting the services of the community or recreation department to manage school athletic programs. If these programs remain sponsored by or connected to the school as has been described, it should be made clear that MHSAA regulations must be followed and the ultimate governance is that of the school board or governing body. Recall that MHSAA member middle school and high school athletic programs exist because the board of education or governing board signed a membership

resolution with the MHSAA and agreed to follow the rules.

Regulation II, Section 15 requires that MHSAA high schools designate a person to serve as athletic director or coordinator as a condition of participation in MHSAA tournaments. The leadership and service of athletic directors are critical elements of effective athletic programs. Interscholastic athletics requires the existence of **other schools** and external agents (e.g. sports officials) to exist. The need for organization and communication does

not change because internal school duties increase or funding rests with another group. Schools are still playing nine football games and 18 dates of volleyball this fall, and the leadership and service requirements remain; self-funded or otherwise.

As educational leaders sharing the same table play their current hands, it’s more imperative than ever not to discard the values school programs hold. Generally, there is no cost to following the rules and high prices to pay when we fail to hold onto that which we already have in hand.

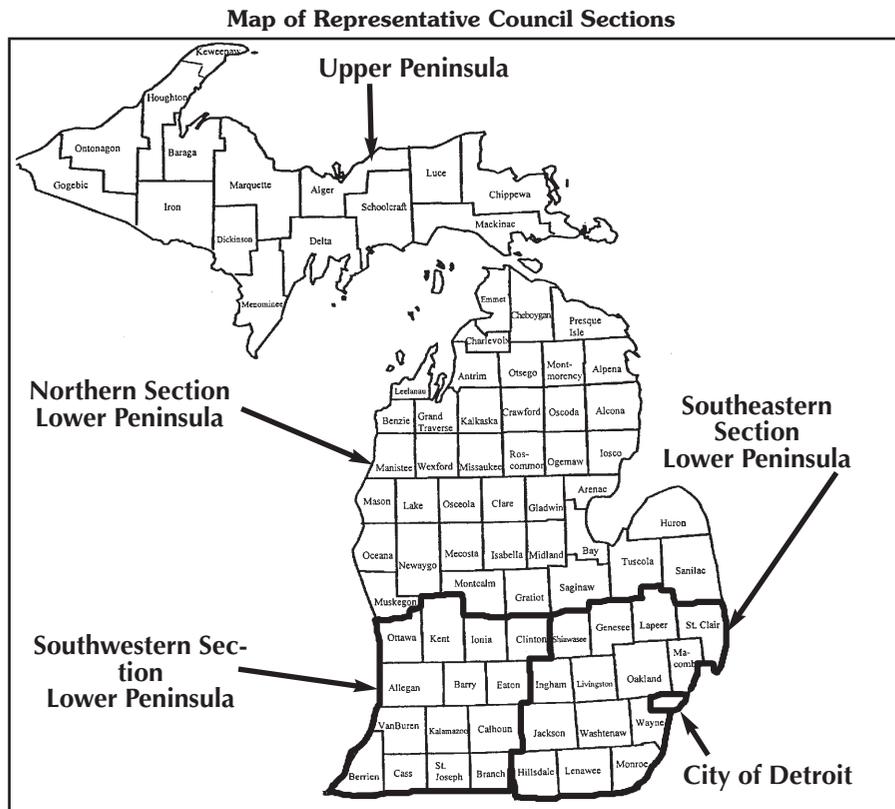
All Regulations and Interpretations appear in the 2011-12 *MHSAA Handbook*. Administrators may access the *Handbook* online by logging on to MHSAA.com, then selecting “School Administrator Services” from the left-hand navigation bar.

Efficiency is Effective...

The MHSAA is always willing to assist with issues concerning Association regulations. Please remember, however, the most efficient method of communication with the MHSAA on eligibility questions is through the athletic director or principal. Athletic directors should gather all information necessary on a question and then call or write the MHSAA. Coaches or parents calling the MHSAA on eligibility matters can create confusion and delay. ADs or principals are encouraged to contact the MHSAA office directly. Please follow this efficient path of communication.

The Only Official Interpretations are Those Received in Writing

Representative Council and Upper Peninsula Athletic Committee Elections



Each of the six positions scheduled for Representative Council election this September are uncontested. Noting this, the MHSAA Executive Committee at its August 10, 2011 meeting determined it would not merit the resources expended to print ballots and envelopes, mail them to schools, and convene the Board of Canvassers to count ballots and certify results.

Therefore, the Executive Committee declared the six uncontested candidates elected for two-year terms beginning Dec. 2, 2011. This action applies to the following: Class C-D Southwestern Section, Lower Peninsula; Class C-D Southeastern Section, Lower Peninsula; Class A-B Upper Peninsula; Statewide At-Large; Junior High/Middle School, and City of Detroit.

The Executive Committee also declared elected the two candidates who are uncontested for the Upper Peninsula Athletic Committee and determined that ballots should be mailed only to schools for the one contested position; for the Class C Schools representative on the UP Athletic Committee. Those ballots will be mailed Sept. 1, 2011, and will be due at the MHSAA not later than Sept. 15.

Details of the Representative Council composition may be found near the beginning of the *MHSAA Handbook*.

On the next page is a list of those persons declared elected, and the contested election in the Upper Peninsula.

MHSAA Representative Council

William Chilman IV**

Superintendent
Beal City Public Schools
Class C-D — Northern Lower Peninsula

James Derocher, President**

Superintendent
Negaunee Public Schools
Class C-D — Upper Peninsula

Ken Dietz*

Athletic Director
Watervliet High School
Class C-D — Southwestern Michigan

Scott Grimes, Vice President**

Assistant Superintendent of Human Services
Grand Haven High School
Statewide At-Large

Kyle Guerrant (ex-officio)

Director, Coordinated School Health & Safety Programs Unit,
Michigan Dept. of Education, Lansing
Designee

Kris Isom* Athletic Director

Adrian Madison High School
Class C-D — Southeastern Michigan

Carmen Kennedy**

Principal
St. Clair Shores South Lake High School
Appointee

Karen Leinaar*

Athletic Director
Bear Lake High School
Statewide At-Large

Jason Mellema*

Superintendent
Pewamo-Westphalia Schools
Junior High/Middle Schools

Vic Michaels, Secretary-Treasurer**

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

Steve Newkirk**

Principal
Clare Middle School
Junior High/Middle Schools

Peter C. Ryan**

Athletic Director
Saginaw Township Community Schools
Class A-B — Northern Lower Peninsula

Fred Smith**

Athletic Director
Buchanan High School
Class A-B — Southwestern Michigan

Paula Steele*

Principal
Perry High School
Appointee

Arnetta Thompson*

Assistant Principal
Grand Rapids Riverside Middle School
Appointee

John Thompson**

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

Al Unger*

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

Alvin Ward**

Administrator of Athletics
Detroit Public Schools

Mark Woodson**

Director of Student Development and Athletics
Romulus High School
Appointee

*Term Expires December 2011

**Term Expires December 2012

REPRESENTATIVE COUNCIL CANDIDATES FOR SEPTEMBER 2011

ELECTED:

Southwestern Section, Lower Peninsula - Class C and D Schools — Ken Dietz, Athletic Director, Watervliet High School

Southeastern Section, Lower Peninsula - Class C and D Schools — Kristen M. Isom, Athletic Director, Adrian-Madison High School

Upper Peninsula - Class A and B Schools — Al Unger, Athletic Director, Kingsford High School

Statewide At-Large — Karen S. Leinaar, CAA, Athletic Director, Bear Lake Schools

Junior High/Middle Schools — Jason Mellema, Superintendent, Pewamo-Westphalia Schools

City of Detroit — Alvin Ward, Administrator of Athletics, Detroit Public Schools

UPPER PENINSULA ATHLETIC COMMITTEE

ELECTED:

Class D Schools — Dave Duncan, Athletic Director, Cedarville High School

Class A and B Schools — Matthew C. Houle, Athletic Director, Gladstone High School

CONTESTED:

Class C Schools — Don Gustafson, Principal, St. Ignace-LaSalle High School; Chris Hartman, Athletic Director, Iron Mountain Public Schools

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 2010-11 school year.

Failure to Rate Officials - Fall 2010

Football

Ann Arbor Central Academy
Athens
Detroit Allen Academy
Detroit Central
Grand Rapids Creston
Madison Heights Bishop Foley
Oak Park

Macomb L'Anse Creuse North
Pentwater
Saginaw Arts & Sciences
Sterling Heights Parkway
Christian

Melvindale Academy
for Business & Tech
Oak Park
Pontiac Academy
for Excellence
Saginaw
Taylor Trillium

Boys Soccer

Charlevoix
Harrison Twp. L'Anse Creuse
Lansing New Covenant
Christian

Girls Volleyball

Baldwin
Battle Creek Central
Dearborn Fordson
Detroit Central
Detroit International Academy
Detroit Winans Academy
Madison Heights Bishop Foley

Failure to Rate Officials - Winter 2011

Boys Basketball

Ann Arbor Eastern Washtenaw
Multi Cultural
Burt Lake Northern Michigan
Christian
Burton Atherton
Cadillac Heritage Christian
Coldwater Pansophia
Corunna
DeTour
Detroit Academy of Arts & Sciences
Detroit Aisha Shule WEB
DuBois Prep Academy
Detroit Cass Technical
Detroit Communication Media
Arts
Detroit Consortium College
Prep
Detroit PEC Preparatory
Detroit Winans Academy
Harper Woods HEART Academy
Marshall Academy

Pickford
Rapid River
Romulus Summit Academy
Southfield Christian
Taylor Trillium

Girls Basketball

Ann Arbor Eastern Washtenaw
Multi Cultural
Belleville
Buckley
Cadillac Heritage Christian
Canton Salem
Coldwater Pansophia
Detroit Aisha Shule WEB
DuBois Prep Academy
Detroit Davis Aerospace
Detroit Finney
Detroit Kettering
Detroit PEC Preparatory
Detroit Universal Academy
Detroit Winans Academy
Eastpointe Eaton Academy

Flint Northern
Harrison
Jackson The DaVinci Institute
Kalamazoo Phoenix
Kinde North Huron
Macomb L'Anse Creuse North
Marshall Academy
Pickford
Rapid River
Romulus Summit Academy

Competitive Cheer

Alma
Birmingham Seaholm
Charlevoix
Grand Rapids Creston
Madison Heights Bishop Foley
Parma Western
Perry
Riverview
Springport

Ice Hockey

Alpena
 Clarkston
 Harrison Township L'Anse
 Creuse
 Lapeer East
 Linden
 Madison Heights Bishop Foley
 Walled Lake Central

Wrestling

Alpena
 Flint Powers Catholic
 Grand Rapids Northview
 Jackson
 Macomb L'Anse Creuse North
 Montrose Hill McCloy
 Morenci
 Newaygo

Failure to Rate Officials - Spring 2011

Baseball

Auburn Hills Christian
 Detroit Central
 Elk Rapids
 Fairview
 Marlette

Girls Soccer

Ann Arbor Eastern Washtenaw
 Multi Cultural
 Ann Arbor Rudolf Steiner
 Bath
 Clarkson Everest Collegiate
 Harper Woods
 Kentwood Grand River Prep
 Marshall Academy
 New Buffalo
 Pottersville
 Taylor Baptist Park

Girls Softball

Burr Oak
 Detroit Osborn
 Harrison Township L'Anse
 Creuse
 Kinross Maplewood Baptist
 Academy
 Taylor Trillium

Boys Lacrosse

None

Girls Lacrosse

Lowell

2010-11 Officials Reports Summary

Sport	CODE: P = Player C = Coach O = Other					Sportsmanship
	Concern	Praise	P-Eject	C-Eject	O-Eject	
Baseball	121	14	62	36	1	14
Boys Basketball	139	39	75	30	2	18
Boys Bowling	1	1	0	1	0	0
Boys Cross Country	1	0	0	1	0	0
Boys Lacrosse	57	0	47	4	0	5
Boys Soccer	329	6	234	16	2	22
Boys Swimming	1	0	0	0	0	1
Boys Track	1	1	0	0	0	1
Competitive Cheer	0	1	0	0	0	0
Football	263	58	114	15	1	28
Girls Basketball	65	18	12	22	2	15
Girls Lacrosse	9	1	8	0	0	1
Girls Golf	1	0	1	0	0	0
Gymnastics	1	0	0	1	0	0
Girls Soccer	150	17	52	8	1	9
Girls Track	1	0	0	0	0	1
Ice Hockey	172	3	157	5	0	6
Softball	16	7	2	6	1	4
Volleyball	15	6	1	2	0	8
Wrestling	110	9	61	17	2	6

Reports of Concern	Distribution of Reports		No. of Schools
	No. of Schools	Reports of Praise	No. of Schools
1	184	1	110
2	122	2	16
3	59	3	3
4	49	4	2
5	22		
6	13		
7	6		
8	6		
9	1		

2010-11 Officials Reports Listing

(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.

Hartland HS	Hartland (9)	Plymouth HS	Canton (4)	Brother Rice HS	Bloomfield Hills (3)
Chelsea HS	Chelsea (8)	Clarkston HS	Clarkston (4)	Burr Oak HS	Burr Oak (3)
Powers Catholic HS	Flint (8)	Clio HS	Clio (4)	Divine Child HS	Dearborn (3)
Holt HS	Holt (8)	Walled Lake North.HS	Commerce Twp (4)	U Of D Jesuit HS	Detroit (3)
Lincoln Park HS	Lincoln Park (8)	DeWitt HS	DeWitt (4)	East Detroit HS	Eastpointe (3)
Jefferson HS	Monroe (8)	Dundee HS	Dundee (4)	Escanaba HS	Escanaba (3)
Rockford HS	Rockford (8)	East Lansing HS	East Lansing (4)	Garber HS	Essexville (3)
Everett HS	Lansing (7)	Carman-Ainsworth HS	Flint (4)	Anchor Bay HS	Fair Haven (3)
Lapeer East HS	Lapeer (7)	Flushing HS	Flushing (4)	Kearsley HS	Flint (3)
Pinckney HS	Pinckney (7)	Fowlerville HS	Fowlerville (4)	Frankenmuth HS	Frankenmuth (3)
Adams HS	Rochester (7)	Garden City HS	Garden City (4)	Grand Haven HS	Grand Haven (3)
Swartz Creek HS	Swartz Creek (7)	Gaylord HS	Gaylord (4)	Catholic Central HS	Grand Rapids (3)
Walled Lake Western HS	Walled Lake (7)	OA Carlson HS	Gibraltar (4)	Christian HS	Grand Rapids (3)
Bay City Western HS	Auburn (6)	Grand Ledge HS	Grand Ledge (4)	L'Anse Creuse HS	Harrison Twp (3)
Woodhaven HS	Brownstown Twp (6)	Forest Hills Central HS	Grand Rapids (4)	Howell HS	Howell (3)
Canton HS	Canton (6)	Grandville HS	Grandville (4)	Jackson HS	Jackson (3)
Crestwood HS	Dearborn Hts (6)	Grayling HS	Grayling (4)	Lumen Christi HS	Jackson (3)
Union HS	Grand Rapids (6)	Grosse Pointe North HS	Grosse Pointe (4)	Loy Norrix HS	Kalamazoo (3)
West Catholic HS	Grand Rapids (6)	Milford HS	Highland (4)	Lake City Area HS	Lake City (3)
HH Dow HS	Midland (6)	Hudsonville HS	Hudsonville (4)	Lapeer West HS	Lapeer (3)
Okemos HS	Okemos (6)	Northwest HS	Jackson (4)	Lake Fenton HS	Linden (3)
Notre Dame Prep	Pontiac (6)	East Kentwood HS	Kentwood (4)	Franklin HS	Livonia (3)
Stoney Creek HS	Rochester Hills (6)	Eastern HS	Lansing (4)	L'Anse Creuse N. HS	Macomb (3)
Royal Oak HS	Royal Oak (6)	Mayville HS	Mayville (4)	Bishop Foley HS	Madison Heights (3)
Athens HS	Troy (6)	Midland HS	Midland (4)	Lamphere HS	Madison Heights (3)
West Bloomfield HS	West Bloomfield (6)	Millington HS	Millington (4)	Marquette HS	Marquette (3)
Allen Park HS	Allen Park (5)	Mt Clemens HS	Mt Clemens (4)	Monroe HS	Monroe (3)
Huron HS	Ann Arbor (5)	Muskegon CC HS	Muskegon (4)	St Mary CC HS	Monroe (3)
Pioneer HS	Ann Arbor (5)	Muskegon HS	Muskegon (4)	Negaunee HS	Negaunee (3)
Skyline HS	Ann Arbor (5)	Reeths-Puffer HS	Muskegon (4)	Huron HS	New Boston (3)
Wylie E Groves HS	Beverly Hills (5)	LakeVille Memorial HS	Otisville (4)	Northville HS	Northville (3)
Center Line HS	Center Line (5)	Perry HS	Perry (4)	Mona Shores HS	Norton Shores (3)
Farmington HS	Farmington (5)	Gabriel Richard HS	Riverview (4)	Onsted HS	Onsted (3)
Fraser HS	Fraser (5)	South Lyon HS	South Lyon (4)	Oscoda HS	Oscoda (3)
Creston HS	Grand Rapids (5)	St Clair HS	St Clair (4)	Owendale-Gagetown HS	Owendale (3)
Grosse Ile HS	Grosse Ile (5)	Lakeview HS	St Clair Shores (4)	Owosso HS	Owosso (3)
Grosse Pointe South HS	Grosse Pointe (5)	Utica Ford II HS	Sterling Heights (4)	Petoskey HS	Petoskey (3)
Highland Park HS	Highland Park (5)	Traverse City Central HS	Traverse City (4)	Pontiac HS	Pontiac (3)
Lake Orion HS	Lake Orion (5)	Vassar HS	Vassar (4)	Port Huron HS	Port Huron (3)
Dakota HS	Macomb (5)	Walled Lake Central HS	Walled Lake (4)	Gull Lake HS	Richland (3)
Mattawan HS	Mattawan (5)	De La Salle HS	Warren (4)	Richmond HS	Richmond (3)
Rochester HS	Rochester Hills (5)	Waterford Mott HS	Waterford (4)	Rudyard HS	Rudyard (3)
Swan Valley HS	Saginaw (5)	John Glenn HS	Westland (4)	Southfield HS	Southfield (3)
St Joseph HS	St Joseph (5)	Lakeland HS	White Lake (4)	Sparta HS	Sparta (3)
Utica Stevenson HS	Sterling Heights (5)	Rogers HS	Wyoming (4)	Lake Michigan Cath. HS	St Joseph (3)
Tecumseh HS	Tecumseh (5)	Alanson HS	Alanson (3)	Sterling Heights HS	Sterling Heights (3)
Utica HS	Utica (5)	Alma HS	Alma (3)	Truman HS	Taylor (3)
Lincoln HS	Ypsilanti (5)	Central HS	Battle Creek (3)	Vicksburg HS	Vicksburg (3)
Albion HS	Albion (4)	St Philip HS	Battle Creek (3)	Waterford Kettering HS	Waterford (3)
Avondale HS	Auburn Hills (4)	Detroit Country Day HS	Beverly Hills (3)	Wayland Union HS	Wayland (3)
Lakeview HS	Battle Creek (4)	Crossroads Charter	Big Rapids (3)	Roosevelt HS	Wyandotte (3)
Brighton HS	Brighton (4)	Andover HS	Bloomfield Hills (3)	Ypsilanti HS	Ypsilanti (3)

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 is a separate issue from sanctioning a competition. 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. This does not allow schools to compete in a scrimmage, practice or competition with a team from another school.

The following interpretation was adopted at the May 2004 Representative Council meeting and became effective for the 2004-05 school year:

“When a school-sponsored team, or group of students which resembles the school team, intends to conduct practice sessions out of state at a site

more than 600 highway miles round-trip from that school, the Travel Form for Out-of-State Practice is required. For the purpose of this Section, it shall be considered a practice for a school team if a school coach in that sport is present with any number of players from that school's team, other than his/her family members.”

MHSAA catastrophic insurance does not cover such events.

The form can be found on the MHSAA Website. Pursuant to action of the Representative Council in May 2003, 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 2010-11 appears below.

Schools Submitting Out-of-State Travel Forms for 2010-11

FALL	Mt. Pleasant Sacred Heart	Holland Christian
	Otsego	Holland West Ottawa
Boys Soccer	Parma Western	Hudsonville
Muskegon-Mona Shores	Portland	Jenison
	Richland Gull Lake	Laingsburg
	Saline	Lake Odessa Lakewood
	Sand Creek	Petoskey
	Saugatuck	Portland
Boys Swimming & Diving	Stevensville Lakeshore	Saline
Brighton	Summerfield	Troy Athens
	Vermontville Maple Valley	Wyoming Lee
	Wyoming Lee	Wyoming Park
	Wyoming Park	
	Yale	Boys Golf
	Zeeland East	GR Forest Hills Northern
	Softball	Boys Lacrosse
Baseball	Alma	BH Cranbrook-Kingswood
Adrian	Auburn Bay City Western	Clarkston
Bath	Bath	
Benzie Central	Belding	Girls Tennis
Chelsea	Chelsea	Lake Odessa Lakewood
Concord	Clio	
Corunna	Davison	
DeWitt	East Kentwood	
East Kentwood	Eaton Rapids	
Essexville Garber	Flint Kearsley	
Grand Haven	Frankfort	
Grand Ledge	GPW University Liggett	
Grand Rapids Northview	Grand Rapids Northview	
Grandville	Grandville	
Hesperia	Hamilton	
Holland West Ottawa	Hemlock	
Hudsonville		
Laingsburg		
Lansing Catholic		
Lawrence		
Mason		

Behind the Home-Team Advantage

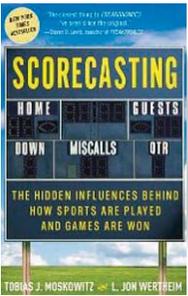
A nearly lifelong collaboration that began at a summer camp near Ortonville, Michigan in 1984 has resulted in the 2011 crossover hit *Sportscasting – the Hidden Influences Behind How Sports are Played and Games are Won*.

Authors L. John Wertheim, a senior writer for *Sports Illustrated*, and Tobias J. Moskowitz, a professor of finance at the University of Chicago, have combined in a myth-busting work that, among other topics, challenges conventional strategies of coaches, close calls by officials, and draft day decisions of NFL teams. It even argues convincingly that the Chicago Cubs are neither futile nor cursed.

Officials, it turns out, have a bias toward errors of omission, rather than commission, and fans like it; while coaches suffer from a fear of loss that reduces their teams' chances of success; and both omission bias and loss aversion are behind athletes' performances. Just as it is for doctors, stock brokers, home sellers and the rest of us.

But it also turns out that the home team advantage is not a myth. For the reason why, read the book.

Read any good books lately? News articles? We'd love to know. Submit recommendations to benchmarks@mhsaa.com.



“The authors have combined in a myth-busting work ... that challenges conventional strategies of coaches, close calls by officials and draft day decisions of NFL teams.

The Soul of the Matter

During the second half of our life as a nation, the character of American education shifted from a private school experience for few to a public school opportunity for many; and participation in organized sports trended from the elite club model that was and is common in other nations toward the more egalitarian school sports model, which gradually became almost the only organized game in town for most youth.

But increasingly over the past three decades, the primacy of public school education has been challenged by both diminished financial support and funding deflected to alternative public schools and to voucher programs for private school students. And it is both what has been happening to public education and what

has been happening in youth sports – earlier and earlier attention to competitive and specialized athletic experiences – that have school sports in its toughest battle ever.

Probably, this is not a battle for the existence of school sports but for its essential qualities; a struggle not for the survival of school sports but for its soul.

For the foreseeable future, at least, schools will continue to sponsor and conduct interscholastic athletics, at least at the high school level. They have to; if not, they would lose students to other districts and make their financial circumstances even worse.

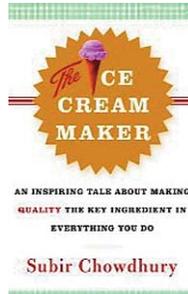
But as they reduce or eliminate the leadership and oversight of athletic directors, turn to outside groups for funding, increase fees to participate, and rely on students for their own transporta-



Schools which offer the best customer service to students, parents and spectators in these trying times stand the best chance to survive and flourish.

tion, schools take one trait after another out of the package of operating practices that have made school sports different than other youth sports and that allowed schools to claim these programs supported the educational mission of schools.

School sports programs are being wounded, severely; but the wounds do not need to be fatal. Just as fast as schools were forced to cut support deeply, they now could plan and implement strategies to restore much of it responsibly. Those that do will avoid permanent scars and es-



cape problems and controversies that come when a program with high emotion and some risk of injury suffers from low oversight and insufficient attention to detail.

And those who emphasize high customer service – attention to students, parents and spectators alike – will best survive these times of transition.

For quick reads on the importance of customer service and some tips and techniques to improve such service, consider one or more of these books:

- *Inside the Magic Kingdom: Seven Keys to Disney's Success*, Tom Connellan, Bard Press (1996)
- *The Ice Cream Maker: An Inspiring Tale About Making Quality the Key Ingredient in Everything You Do*, Subir Chowdhury, Currency Doubleday (2005)
- *Outstanding: 47 Ways to Make Your Organization Exceptional*, John G. Miller, Putnam (2010)

Bulletin Board Material

"Wellness is from the neck up, and fitness from the neck down. Too many people work out every day, but go around with the worst attitudes, which just wastes all their physical efforts." – The Register-Guard, Eugene, Oregon

"A lot of people think we're gladiators, but we're human beings. We get injured and we've got the rest of our lives to worry about. Playing football is like a vapor – it's here and it's gone - and you still have the rest of your life to live." – New York Jets offensive lineman Damien Woody

"The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not." – Mark Twain

"It's not the will to win that matters; everyone has that. It's the will to prepare to win that matters." – Paul "Bear" Bryant

STUDENT ILLUSTRATOR WANTED

The MHSAA is seeking a student illustrator/satirist for *benchmarks* during each school year. If your school has a talented, artistic individual looking for a platform to display his or her talents, this is the perfect opportunity. Interested candidates should send samples of their work to editor Rob Kaminski at benchmarks@mhsaa.com. The illustration will relate to the theme of each *benchmarks* issue as determined by MHSAA staff. Call Rob at 517-332-5046 for further details.

Deadlines & Calendars

Following are important deadlines to put on your calendars for 2011-12.

OFFICIALS RATINGS

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

AD IN-SERVICE / UPDATE MEETINGS

Athletic Director In-Service and Update Meetings will be sponsored by the MHSAA throughout seven statewide locations this fall. The Update meetings will present current issues, rules, regulations, future plans, and pertinent Representative Council matters. SUPERINTENDENTS, PRINCIPALS, ATHLETIC DIRECTORS and SCHOOL BOARD MEMBERS should attend Update Meetings each year. Lunch is served at Update Meetings only. It is expected that all member school athletic directors attend an In-Service and an Update Meeting each fall. The cost per person is \$12 for the In-Service only; \$20 for the Update Meeting only; \$30 for combined sessions. Following are the dates and locations. In-Services begin at 8:30 a.m., followed by the Update Meetings at noon, except for the Oct. 28 session as noted below.

Monday, Sept. 26 – Warren (DeCarlos Banquet/Convention)

Wednesday, Oct. 5 – Kalamazoo (Pine West)

Monday, Oct. 10 – Comstock Park (English Hills Country Club)

Wednesday, Oct. 12 – Frankenmuth (Zehnders)

Monday, Oct. 17 – Gaylord (Otsego Club & Resort)

Wednesday, Oct. 19 – Lansing (Causeway Bay Hotel & Conv/Center)

Friday, Oct. 28 – Marquette (Superior Dome, 10 a.m. – Update Meeting only; no fee or meal)

Registration forms can be accessed from the Administrators page of MHSAA.com

SCHOLAR-ATHLETE AWARD APPLICATIONS

For more than 20 years, Farm Bureau Insurance has sponsored the MHSAA's Scholar-Athlete Award. In 2011-12, 32 \$1,000 scholarships will be awarded from a pool of the best and brightest high school seniors. Eligibility requirements and applications can be found at MHSAA.com on the "Students" page. **Applications are due to the MHSAA on Dec. 2.**

STUDENT LEADERSHIP GRANTS

The MHSAA has earmarked \$20,000 to help students become better leaders. This fund originated from a gift to the MHSAA from student leadership training leader, the former W.B.A. Ruster Foundation. Scholarships are available to students to attend existing student leadership camps, and schools can receive grant money to create student leadership programs in their communities. Funding is available NOW. There is no deadline – applications are accepted, and money is distributed, year round. Visit the "Students" page at MHSAA.com.

MHSAA RENEWS SOCCER BALL ADOPTION WITH BRINE

The MHSAA and Brine Soccer have agreed to a new five-year agreement as the Official Tournament Ball for the MHSAA Regional, Semifinal and Final soccer games, with Brine supplying the balls at each of these levels. The new agreement runs through the 2015-16 school year. The MHSAA also has current tournament ball agreements with Rawlings in football, basketball and baseball; Wilson in softball and tennis; and Baden in volleyball, all with specific details outlined in the MHSAA Tournament Managers Manuals. Schools are encouraged to give these partners maximum consideration in their regular season equipment purchases.

ARE YOU IN? JOIN THE DIGITAL BROADCASTING PROGRAM

Heading into its third year, the MHSAA Digital Broadcasting Program is looking for more schools to become involved in streaming video of athletic and non-athletic events on the MHSAA.tv Website. The ranks of participating schools grew to about 80 schools during 2010-11, and those schools produced nearly 1,500 events, more than double that of the 2009-10 school year. For more information, contact John Johnson at the MHSAA Office, john@mhsaa.com.

Purchasing High School Products from the following
retailers directly benefits your Michigan School-

DOLLAR GENERAL

MC SPORTS

Walgreens
DRUG STORES

meijer

Dunham's
SPORTS



DIRECT
BENEFITS TO
**YOUR
SCHOOL**



YOUR FIRST SCHOOL COLOR

MHSAA
michigan high school athletic association

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

**NON-PROFIT ORG.
U.S. POSTAGE
PAID
Permit No. 887
Lansing, Michigan**