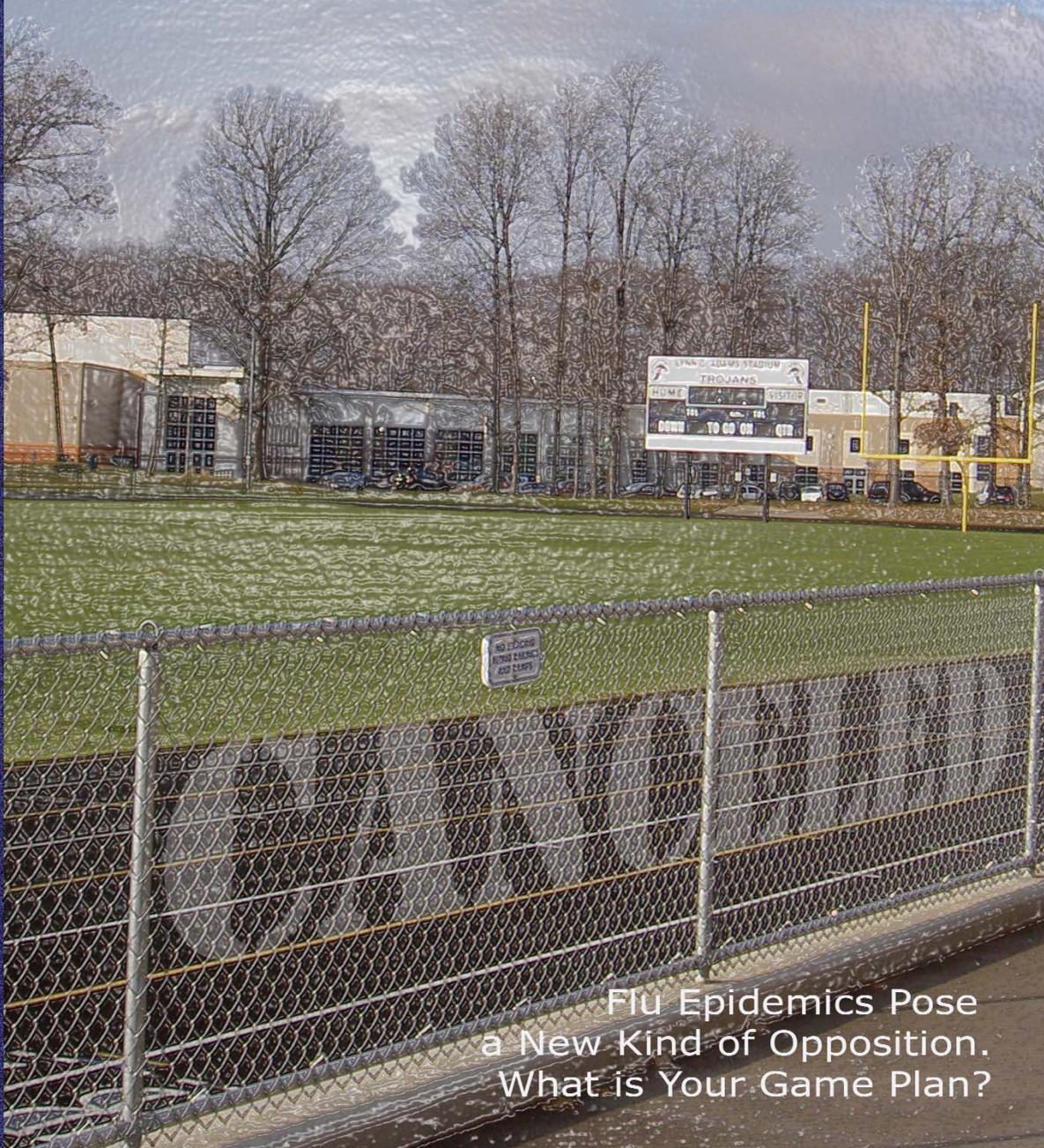


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Cover Story: Health and our Hallways



4 It's one thing to prepare for an upcoming contest through scouting and practice sessions. When the opponent can't be seen and it shows up unscheduled, school districts are at a distinct disadvantage.

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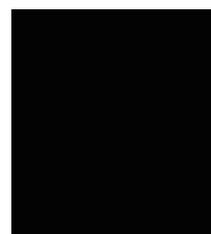
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The Vault - 16

Red Storm of '76

In the Bicentennial year, the Red and White of Marquette left its girls basketball opponents feeling blue.



MHSAA News - 18

Captain's Course The MHSAA Student Advisory Council has authored a reference tool for athletic leaders. *Captains 101* is a must-read for the leaders of your teams.



Regulations Review - 30

Seeking a Level Playing Field

From the onset of school sports competition, it took just a few contests to realize that rules were necessary for fair play without hard feelings.



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It's a Balancing Act



About the same time I settled on “It’s a Balancing Act” as the title of my presentation at MHSAA Update Meetings across Michigan in October, I read this article in the online publication of the Michigan Association of Secondary School Principals by St. Johns High School Principal Mark Palmer, who is MASSP president for 2009-10 (Mark’s title: “Keeping the Balance”):

Every year, as the school year gets rolling, I find myself asking the same question, “Do we have the right balance between academics and extra-curricular/co-curricular activities in my school?” Over the last ten years, the pressure to increase student academic achievement has become overwhelming. I understand that need, but, at the same time, feel compelled to make sure that our schools are engaging and interesting places for all students. For many schools, it takes more than academics to ignite all student learning. Tight budgets are also making it more and more of a challenge to provide the “extras” in a school.

Are the extras really extra? Can you imagine your school climate, culture and pride if you had no extra-curricular activities? I always try to keep in mind that the Explore, PLAN, and ACT are excellent predictors of academic success in college. And, yes, just taking an advanced placement course or two increases the probability of college completion. But, we should also keep in mind that research shows that participation in extra-curricular activities is sometimes a better predictor of success after high school than grades or test scores (Cushman, 2005). Involved students perform better in the classroom.

Research notwithstanding, it is always the activities that are targeted to cut first, second, and last when budgets get tighter. Again, I get it – but I still cringe when I hear a board or community member off handedly advocate cutting sports because “they are not academics.” Sports may not be academics, but they are school. For many communities, it is the school and its extra-curricular activities that define the community. Extra-curriculars can also define a person, as well. Many skills about life are learned through extra-curriculars and on our playing fields – leadership, teamwork, patience, disappointment, and a sense of belonging to just name a few.

So what’s a principal to do in this assessment crazed, low budget time? We will keep on doing what we have always done: we will do what is best for kids. We will find ways to keep the extra-curriculars as part of the total school program. We will continue to get creative to fund things; we’ll sell more soda pop and have another bake sale. We will continue to find ways to weave in the extras even when we know there is no time in which to do it because there are so many benchmarks! In the end, we will keep the balance between academics and activities because we know we need these things to have a great school!

A handwritten signature in black ink that reads "John E Roberts". The signature is written in a cursive, slightly slanted style.

John E. “Jack” Roberts
MHSAA Executive Director

Where Did It Go?

Mainstays from the MHSAA *Bulletin* such as Representative Council and Executive Committee minutes are still accessible to our member schools and the general public at MHSAA.com from Schools/Administrators. Sport-specific minutes, tournament information and brackets can all be found under the sport pages at MHSAA.com. Other MHSAA operational matters previously featured in the *Bulletin* will appear toward the back of each *benchmarks* issue in our “business” section.

Renovated Website Draws Mixed Reviews Early On

The following are a sampling of early observations of the renovated MHSAA.com, which unveiled a fresh look and several new features in August.

Change the format back to the way it was last year. It's next to impossible to look up a schedule or to find an away team. Just go back to a complete listing in alphabetical order and put the home teams or winners in bold print.

– Rich Gillard, Fan
Bay City

Whoever does that football site is awesome. That's gotta take a ton of work, but it's appreciated. My son and I look at that thing every week. It's got everything you'd want to know.

– Todd Fisher, Fan
DeWitt

You've taken a working, functioning, practical tool and turned it into junk. I'm sure you were convinced by someone you needed makeover, but you were duped. What you had was just fine.

– Brian Memberto, Parent
Holland

I am presently working on a Technology Committee for the NJSIAA (New Jersey high school association). I was wondering if you would be able to share who, what, when, where, etc on your website. This is the most impressive Athletic Association website I've ever seen.

– John Deutsch, Athletic Director
North Hunterdon HS
Annandale, NJ

benchmarks Raises the Bar

AWESOME!!! The *benchmarks* publication is about 100 percent better than the previous *Bulletins*. Keep that one going! Nice job.

Marc Throop, Athletic Director
Richland Gull Lake HS

"I'm sure you were convinced by someone you needed makeover, but you were duped. What you had was just fine."

Congratulations on one fine publication! I just read the first issue cover to cover and found it to be informative, interesting and easy to read. Kudos to the staff for a quality piece of reading.

– Dave Taberski, Official
Maple City

Blog Banter

The following are comments responding to various "From the Director" blogs on MHSAA.com. We invite you to check out the blog from our home page each Tuesday and Friday.

Football Playoff Ponderings

Do not fix what is not broke. The way the football programs are set up works great. If you can not win six of nine, or five of eight games in a season you do not belong in the playoffs.

.....

Personally, I hate the Michigan playoff system; 5-4 teams do not belong in the playoffs. I propose extending the regular season by 1-2 weeks. Then all conference winners and maybe runner-ups make the playoffs, the end. It can be done. It is done in much bigger and more diverse states than Michigan. I grew up playing in one – Texas.

.....

Indeed, further expanding the football playoffs is a terrible idea. Many schools have already experienced lower player turnout, I believe, largely because practice must start early in August to accommodate the already expanded playoffs. Going from a

40-player to a 30-player roster is bad; going from 20 to 15 or fewer players, as many small schools have experienced, is a disaster.

.....

Please do not try to fix what is not broke. The nine-game regular season works nicely. If you change that, you will lose some fun non-conference rivalries that the kids enjoy playing in. A six-win minimum is a nice target for teams, and the teams that got in with five wins have proven themselves to be worthy.

Wrestling With Integrity

"Onsite weighs-ins" should be required. Too many coaches are allowing their wrestlers to compete when the athlete has not truly made weight. This happens far too often. These coaches are teaching the athletes that it is acceptable to cheat.

No coach is going to admit this publicly but it is evident when team shows up to an early December meet and every wrestler on the team is at their alpha weight class.

Calendar Concerns

I think a majority of educators agree....it would make more sense for the state to mandate that schools begin earlier in the late summer and finish around Memorial Day. Then kids could actually compete for summer jobs before everyone else took them. A majority of our students have been "back to school" for almost a complete month before their "education" can begin. Strange logic.

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*.

Sidelined



Visual image Photography

Preparing for an opponent in the athletic forum is tough enough when teams can scout and prepare. When the opponent has no face and blindsides school attendance, the game plans change.

Selection Sunday was just a couple days away. The Boys Soccer Districts were in progress, and – in the Upper Peninsula – runners were prepping for the Cross Country Finals. In other words, it was a normal fall for MHSAA member schools as coaches devised strategies and game plans with the pinnacle of their seasons on the horizon.

Then an opponent materialized that hadn't appeared in any scouting reports or video. An outbreak of influenza blindsided various pockets of the state, forcing school closings at the behest of local county health departments. One of the side-effects: What to do with athletic contests?

While local school policies dictate whether extracurricular activities are conducted on days when school is canceled, the timing of this outbreak added an extra layer of complexity because it aligned with so many MHSAA tournaments.

So, regardless of local policy, the Association in East Lansing began to field inquiries regarding participation in postseason tournaments. Fortunately, a plan was already in place, the MHSAA Representative Council having adopted the "Epidemic Emergency Plan" in November 2007. In summary, the plan defers to local school authorities for regular-season contests. For MHSAA tournaments, schools unable to field teams or individuals unable to participate in such circumstances may be subject to forfeiture. (See complete policy, inset next page)

"In the cases this fall, we believed that situations would worsen before they improved," said MHSAA Executive Director John E. "Jack" Roberts. "Post-

poning events at that time likely could have led to rescheduling contests at an even more inopportune time for participants. It was our stance that tournament competition proceed as scheduled."

On Oct. 22, the MHSAA sent to member schools and posted on its website the Epidemic Emergency Plan, and added the following:

"Scheduled MHSAA tournament dates will be followed. Adhering to established schedules will do most to reduce chaos and promote competitive equity. Special accommodations will not be made later for those who create delay at earlier rounds of a tournament."

Thus, the direction was in place for the tournaments in progress, and the other tournaments soon to follow.

The elephant in the room, looming ever larger, was football. With one game to go in the regular season and schools needing wins and potential playoff

MHSAA Epidemic Emergency Plan

The “Epidemic Emergency Plan” adopted by the Representative Council on Nov. 30, 2007 states as follows:

If the governing health authority of a county, or higher authority of the state or federal government, orders restrictions on interactions between people such that school facilities are closed to the public and/or travel is restricted, the following policies shall apply to interscholastic athletics involving MHSAA member schools:

1. *For regular season events, within the restrictions of the governing health authority, the local superintendents of schools or designees within that county will determine if their facilities may host interscholastic events and if their students and spectators will be permitted to participate in interscholastic events at other locations within the county or in other counties not directly affected by the health authorities’ restrictions.*
2. *For MHSAA tournaments, within the restrictions of the governing health authority, the MHSAA executive director or designee will determine which, if any, schools within that county may host MHSAA events and which, if any, schools’ students and spectators may participate in interscholastic events at other locations within the county or in other counties not directly affected by the health authorities’ restrictions.*
 - a. *Schools and students who, as a result of these decisions, are unable to participate according to published MHSAA tournament schedules and policies will forfeit the scheduled competition to opponents who will advance in the tournament progression.*
 - b. *However, the authority and decisions of the executive director or designee in these circumstances supersedes the MHSAA tournament policy that specifies rescheduling in some sports when more than 40 percent of the contestants are prevented by an emergency or act of God from participating at the scheduled time and place.*

points to either simply get into the tournament or improve their lot in the seeding, the ninth week could be pivotal.

Schools affected by the flu and concerns swirling around its contagious nature were given options. If **both** schools were closed and chose not to play the game, each would have its schedule reduced by one game. Thus, a nine-game schedule would become an eight-game schedule, reducing the number of wins needed to make the MHSAA playoffs. In all other cases, schools not fielding a team would be given a forfeit loss.

Since the games were regular-season contests, local policy would preside, but the MHSAA again advised strongly against rescheduling in its statement to schools.

“To minimize gamesmanship and disruption of previously agreed upon schedules on which stu-

dents, parents, officials and tournament workers have based their planning, and to avoid situations where one level of the tournament is unable to produce a team to advance to the next level of the tournament, the MHSAA strongly advises against delaying events by mutual agreement of competing teams and host schools.”

In football, five schools forfeited games in Week 9, while six schools opted for a “no play” against one another in three games, thus reducing their schedules by a game. Three other contests were moved back one day, from Friday to Saturday. Two of the schools receiving forfeit wins – Beal City and Ogemaw Heights – advanced to the MHSAA Semifinals, with Beal City winning the Division 8 championship.

Cheboygan made the playoffs despite forfeiting to Ogemaw Heights. The Chiefs finished 6-3, but lost to Kingsford in the first round of the tournament.

– continued next page



Rissley Photography

A general consensus was that outdoor events such as the Upper Peninsula Cross Country Finals posed less risk than indoor events during the outbreak.

“It did not make sense to bring people together when the reason behind canceling school was to keep people away from each other.” — Evert Athletic Director Randy Kruse

Evert, which forfeited to Beal City, had an outside chance at earning a playoff spot had it played and beaten the Aggies, but finished 4-5 with the loss. None of the schools involved in the “no play” games had a shot at a playoff berth.

At Evert, school was closed for four days, and the athletic contests fell in line.

“All practices and contests were canceled,” said Athletic Director Randy Kruse. “It did not make sense to bring people together when the reason behind canceling school was to keep people away from each other.”

In Traverse City, the big rivalry game between West and Central took place after some deliberation. Neither team was in the playoff picture.

“Fortunately, we closed during a week when there were very few events scheduled, as it was near the end of the fall season. Our last football game was almost postponed, but we went ahead with it, despite having seven of our 11 starters either ill or injured.” said Patti Tibaldi, Traverse City West athletic director.

While the middle school was closed leading up to that game, the high school did not close until the following week when absences reached 20 percent of the enrollment. At that time, more decisions had to be made.

“We consulted the MHSAA website, the health department and contacted other schools experiencing similar situations,”

Beneficiaries of a Week 9 forfeit, Beal City showed no signs of rust on the road to Ford Field, where the Aggies captured the Division 8 title.

Tibaldi said. “We did not allow any practices on site during the closing of school, but did allow our cross country team to practice off site as it was preparing for Regionals; those practices were not mandatory. So, our policy became that no one could be on site, but with parental approval they could practice off site and compete in any state meets.”

With a state-mandated 75 percent attendance necessary for counted school hours, most districts forced to close began doing so when absences approached 20 percent.

At that point, decisions were made regarding athletic contests. If a school policy is in place, the decisions are clear-cut. Others, such as Middleville Thornapple-Kellogg, make decisions on a case-by-case basis. This fall, when flu-like symptoms caused absenteeism to double each day from a Monday to Wednesday, Thornapple-Kellogg closed school for the remainder of the week, canceling volleyball and swimming events and moving the football game back one day to Saturday.

In Gobles, where 37 percent of students were absent district-wide, buildings were shut down for three days and no athletic events took place, including a Friday football game.

“This is a football town, so it did not get over very well that we had to cancel a home varsity football game,” said Gobles Athletic Director Chris Miller. “But, I did not feel that we could put a team on the field without practicing all week.”

At Bellevue, where the county health office advised school buildings be closed for five full days and thoroughly disinfected, the affected parties were a bit more harmonious.

There, the decision was that all indoor, on-site contests and practices would be canceled.

“The student-athletes were disappointed, but both they and the coaches were understanding,” said Bellevue Athletic Director Travis May. “The parents appreciated the decisions.”

“We let our girls go to MHSAA Districts because we did not host, and the cross country team could practice for MHSAA events since it was outdoors.”

While the indoor vs. outdoor circumstances settled the debate for some schools, others deferred to a sport’s status in relation to MHSAA Tournaments.

Galesburg-Augusta saw its attendance decline by 30 percent causing its doors to close for four days plus the weekend. There is no district policy regard-



ing athletic events during such times, but administrators canceled all athletic events with the exception of boys soccer, which was in the midst of the MHSAA District Tournament.

“They played all their matches, but were not allowed to practice until Thursday of that week (G-A shut down on Monday),” said Athletic Director Mike Woodard. “The decision was based on the importance of keeping our students at home and away from contact with one another.”

Among the events canceled were a JV and a varsity football game, and a cross country invitational, while a league volleyball match was rescheduled.

“The reality is that high school sports drive many decisions we make,” Woodard said. “No AD, principal or superintendent wants to be the one who cancels a ‘Big’ game.”

But, for unexpected situations such as the occurrences this fall, it pays to prepare and react.

— Rob Kaminski
MHSAA Website and Publications Coordinator

Shaking the Flu ...

Michigan, of course, is not alone in feeling the effects of communicable disease. Whether H1N1 or more common flu cases, state associations and athletic administrators employ the utmost caution in conducting athletic events during such periods, with guidance and suggestions from local health authorities.

This fall, the NCAA even went so far as to recommend that volleyball programs suspend pre-and postmatch handshakes as a precautionary measure to stem the potential spread of the H1N1 virus. In the NCAA, handshakes between opponents are mandated in volleyball and wrestling.

Several health experts considered the recommendation somewhat overblown, instead suggesting that products such as hand cleansers be made plentiful in and around athletic facilities, and that athletes be required to receive vaccinations.

The New England Division III Small College Athletic Conference extended the suspension to all fall sports, while here in Michigan, the Great Lakes Intercollegiate Athletic Conference left it up to member schools.

Regardless of the policy, sportsmanship can win out.
From the Portland Press Herald in Maine last spring:

During the height of the global swine flu scare, two high school conferences in Maine instituted a pandemic preparedness plan to tighten hygiene guidelines. One of the decisions implemented by the Southern Maine Activities Association and the Western Maine Conference was to prohibit postgame handshakes.

But the students, instead of being glad they didn't have to do it anymore, tried to keep the tradition alive by finding different ways around the ban.

"The first couple of days, the kids did a tip of the hat," Athletic Director Jack Trull of Old Orchard Beach said. "After that, they did elbow bumps, or glove bumps. Lacrosse players tapped their sticks."

The sportsmanship component continued, "through sickness and in health."



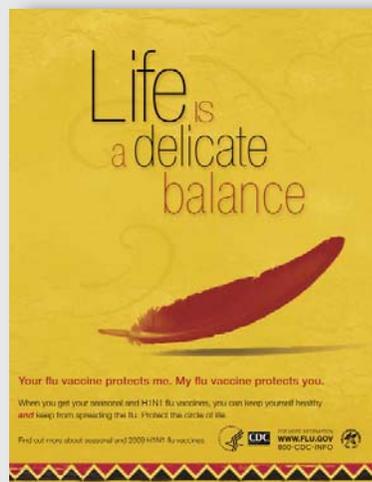
Resources on the Web

As of Dec. 4, Michigan was one of 25 states still reporting "widespread influenza activity" according to the Centers for Disease Control and Prevention. Cases of H1N1 are difficult to quantify precisely because many people with the flu don't seek medical care and only a small number of those who do seek care are tested. H1N1 cases are the most serious, but still in the minority relative to the total number of flu-related school absences.

Awareness, hygiene and prevention are emphasized in hallways throughout the state and the country.

Below are valuable resources to assist in maintaining a healthy home and community during flu season.

- Michigan Department of Community Health michigan.gov/mdch – Click the "Michigan's Influenza A H1N1 Page" from the this address to access information specifically geared toward K-12 schools
- Centers for Disease Control and Prevention cdc.gov/h1n1flu/
- CDC Free Resources – Downloadable Posters, Brochures cdc.gov/h1n1flu/freeresources.htm
- Flu.gov- Flu.gov
- H1N1 Swine Flu Response Center – Offers a licensed flu self-assessment test to assist in diagnosing H1N1 h1n1.cloudapp.net/Default.aspx



The Centers for Disease Control and Prevention (cdc.gov) has numerous free resources available, such as this poster encouraging flu shots. "Your flu vaccine protects me. My flu vaccine protects you."

Best Business Practices

This is the second of a 2009-10 series dealing with the business of interscholastic athletics in Michigan.

Just as some people advocate protectionist trade policies for our country, some people will occasionally call on the MHSAA to exclusively “buy Michigan.” However, just as such a limited perspective is often bad business for our nation, it’s also generally a poor approach to running the business of school sports in Michigan. A few recent examples bring this “home.”

The producers of our tournament telecasts are both out-of-state companies – FSDetroit is California based, and When We Were Young Productions is Wisconsin based – but the former employs 34 people full time in Michigan, as well as 100 part-timers across the state; and since the MHSAA inked its contract with WWY Productions in August of 2008, it has opened an office in Hartland and hired five full-time and dozens of part-time employees in Michigan.



In other words, by accepting help from *outside* Michigan, the MHSAA has helped bring new business *to* Michigan. Moreover, if we were only to “buy Michigan,” millions of spectators, and thousands of students, would have missed the opportunities to see, and be seen on, the linear and broadband productions of high school sports these good companies have provided.

The MHSAA selected an Ohio based company for its marketing agency, but only after that company had proven itself so well that more than 100

Michigan schools statewide were already working with that company. This out-of-state company has gone nationwide to attract new dollars to support school sports in Michigan. It has hired an in-state person to service Michigan. Furthermore, this out-of-state company’s major sign producer for its business nationwide is a Traverse City company.

The provider of MHSAA tournament apparel is based in Lake Odessa, Michigan and the provider of MHSAA logoed officials gear is based in Ann Arbor, as is the MHSAA’s provider of online customized school apparel; but all three secure the raw materials worldwide in order to price products advantageously for Michigan consumers.

The agent for the MHSAA catastrophic accident medical insurance policy is Kalamazoo based, but the underwriter is not, simply because the best coverage for our kids at the best cost for our association is found elsewhere.

National companies such as Fox Sports have planted seeds locally to boost employment opportunity. FS Detroit has 34 full-time and 100 -part-time employees.

The advertising agency for MHSAA tournament programs is based in Illinois, but it has had the same long-time Michigan resident working for it in this state for more than 20 years; and the MHSAA has always used a mid-Michigan company to print its Finals programs.

Sometimes when it appears we’ve stayed in-state to do our business, that in-state company has gone worldwide to give the MHSAA and its schools and their customers maximum benefits. Sometimes when it appears we have gone out of state for goods and services, we’ve actually brought new business and other benefits to the state.

As has been said so often, the world is now flat in a business sense; and the enterprises that will succeed in today’s and tomorrow’s business environments are those that are lean in their internal operations and broad in their search for opportunities and resources.

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Local Boy Makes Good

Spirit Shop Allows People to Stay True to Their Schools

As the State of Michigan chops away at school budgets and valued student-centered programs of schools get axed to help balance local school operations, the Michigan High School Athletic Association – which receives no funding from any level of government, including local school districts – has explored healthy sources of alternative revenues that it can direct toward local programs. Among the positive steps is increased revenue sharing, some of which will flow through ecommerce.

The following story features one of the MHSAA's ecommerce partners. Eighty percent of the MHSAA's share of sales through Spirit Shop, Inc. passes through to the school affiliated with the sale.

Opportunity seems to be beating a steady cadence on Todd Sullivan's door. But unlike the many who say, "I oughta..." – and then don't – Sullivan always answers.

The president and CEO of Spirit Shop, an Ann Arbor-based online company that makes custom apparel and gear, Sullivan just loves that startup feeling.

"I really enjoy when it's just a concept, and saying, 'What are the best, quickest, most efficient steps to making this a going concern?'" says Sullivan.

"For me the exciting thing is really the beginning. I feel like it's the riskiest, and I'm at a point in my life where it's easy for me to take risks."

His four-year-old company counts more than 100,000 schools as clients, and last year Spirit Shop, which serves K-12 customers, merged with MyGarb, another company he'd started. MyGarb served the college market and handled the manufacturing end of the business. The two companies combined grossed \$1.3 million in 2007.

So, anybody want to buy a company?

Once Sullivan has done right by his investors, he'll be on to explore the next opportunity. This is a guy who started a car waxing business to earn spending money in high school – a business that grew from a solo gig to Sullivan and a friend to Sullivan and a handful of friends before he graduated from high school.

In college he happened to room with the last Soviet citizen to attend Yale, and when the Soviet Union fell apart the two of them raised money and went to the former U.S.S.R, roaming Moldova and Georgia, helping people to navigate the crumbled infrastructure and get their businesses running again.

Back in the states, he spent a year playing professional hockey in the San Jose Sharks minor league system, and spent the bus rides between arenas figuring out how to build a better inline skate. He patented a suspension system for these inline skates and, with his brother, Sean, built a company around it.

"I love coming to work every day, working on something that is novel – particularly when it's something I'm creating," he says. "I think the real challenge is there's never a roadmap, the challenge is figuring out what are the steps."

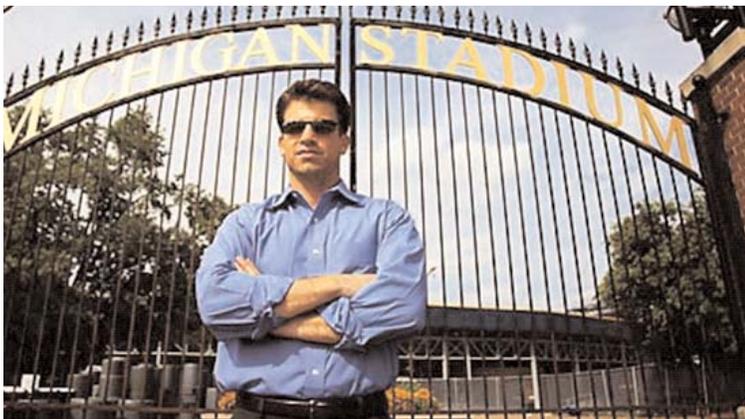
They don't all work, of course.

A patent fight sunk his plan to produce kids' sports equipment – like baseball bats and paddles – lined with paper-strip cap-gun caps. Doesn't take a lot of imagination to guess what happens when you hit something.

Caps are a great product, Sullivan explains. You're basically selling paper at a huge markup. With cap guns out of fashion (because of their resemblance to the real thing), reloadable bats and paddles had great promise. But Sullivan couldn't get the patent, and despite all he learned about consumer product packaging and dealing with big box stores, the product died.

"One in 10 (ideas) don't work," he said. "I never call them failures. You always learn something incredibly valuable that makes the next one more likely to succeed."

By the time Sullivan enrolled in the MBA program at the University of Michigan's Ross School of Business,



Spirit Shop's Sullivan always had a knack for finding a niche. He then honed the organizational skills to promote and deliver his ideas at the Michigan School of Business.

– continued next page

he'd already sold his first company, Shockz, for \$250,000 and launched MyGarb.

The idea actually started with Sullivan's father, who's also an entrepreneur. He challenged his son to figure out how a T-shirt that cost \$1.10 to make could sell for \$8 at WalMart and \$30 at Banana Republic. Sullivan followed the money and found a lot of it tied up in shipping and warehousing. As he figured out a process that put the design step online, automated production and shipped the product directly to customers, there was that knocking sound again...

"I was always pretty good at identifying a need," he says. "I wasn't so great at building the organization to service that need, so I went back to school."

He shopped around several programs, settling on the University of Michigan's because of its strong focus on entrepreneurship.

As a fairly nontraditional MBA student – not many spend a year playing professional sports, try out for an Olympic team or build and sell a business before grad school – Sullivan was the guy who always had the startup perspective.

"I'd say, 'Yeah that's the traditional way to do it, but this is the way we'd realistically approach it when you only have four people working for you,'" he explains. "[The MBA program] gave me lot of opportunity to reflect on what I had done. I would recognize something that I'd been doing all this time and it was like, 'Oh that's what they call it.'"

He took the idea for Spirit Shop to school with him, fleshed out the sales and marketing parts of the business plan and launched it after graduation.

The eight-person company absorbs all the time Sullivan can give it right now, but even in graduate school he had other startup ideas germinating. Sullivan says he'd like to keep his next company in Ann Arbor. He has a lot of friends there, a good, regular pickup hockey game and a genuine fondness for the place.

"I think you get a real sense of camaraderie, particularly in Ann Arbor and among U-M business school alumni. They really seem to band together," he says.

– Amy Whitesall
Freelance Writer

Football Finals Sponsor Bringing Jobs to Michigan

MHSA corporate partner Farmers Insurance announced in September a groundbreaking ceremony to build two new buildings totaling 364,045 square feet on the existing grounds of Farmers Insurance office facilities located in Caledonia.

Farmers Insurance Group is the presenting sponsor of the MHSAA Football Finals.

"Thanks in part to an attractive incentives package offered by the Michigan Economic Development Corporation (MEDC), this expansion will create a significant number of new jobs in Michigan," said Steve Boshoven, senior vice president of Farmers Group Inc. "I'm proud to announce that the expansion will include a 364,045 square foot office building and a 100,000-square-foot print and distribution center, and will eventually bring up to 1,600 jobs to the state."

"Farmers' expansion is terrific news for West Michigan and the entire state," Michigan Economic Development Corporation President and CEO Greg Main said. "Farmers could have put this project in any number of locations, but thanks to strong collaboration between the MEDC, Caledonia Township and the company, we were able to make a strong business case to win this investment and the hundreds of new jobs that will be created. Under Governor Granholm's leadership, Michigan is executing an aggressive strategy to diversify our economy, and we are pleased to have an industry leader like Farmers partner with us to transform our economy and grow new jobs."

"Farmers has been in Michigan since 1949," noted Dan Schrock, Farmers Michigan State Executive Director. "Today there are thousands of Farmers employees, agents and district managers all across Michigan. These are individuals who put their hearts into making Michigan a great place to work and live. We're committed to making sure we have the best resources, training and job opportunities available to meet our customers' needs, now and in the future."

Farmers Group, Inc. is a wholly owned subsidiary of Zurich Financial Services, an insurance-based financial services provider with a global network of subsidiaries and offices in North America and Europe as well as in Asia Pacific, Latin America and other markets. Farmers is the nation's third-largest Personal Lines Property & Casualty insurance group. Headquartered in Los Angeles, the insurers comprising the Farmers Insurance Group of Companies provide Homeowners, Auto, Business, Life insurance and financial services to more than 10 million households.



FARMERS

Basketball Coaches Concerned Over Recruiting By-Law

There has been much talk recently about the limitations put on Division I men's coaches during April. In the past, this was the open season on high school juniors across the nation. They were transported across the country with the promise of being seen by DI coaches while they played in highly publicized basketball events. Little concern was given to the number of hours and days that were lost in classroom time.

Recently, the NCAA decided that they would address the concerns about missed class time, disruption of the relationship between DI coaches and their own players during critical academic time and the increasing role of outside influences during the April contact period. They did so by adopting a bylaw that prohibits evaluations at non-scholastic events during April.

This history leads us to the position of high school coaches and their role in recruiting. About six years ago, the NCAA approached some Midwest high school athletic association directors and basketball associations. They implied that if we would offer a "showcase" for high school underclassmen, it would be a much better environment for these student-athletes than the high exposure camps sponsored by shoe companies and AAU coaches. Indiana started this program three years ago followed by Ohio. Michigan got on board this year with a one day Reaching Higher Showcase for boys and a separate showcase for girls. Other states either have or are contemplating conducting such events.

Without going into all the details (it would take pages) we were told by the NCAA that Division I coaches **COULD NOT** attend our boys showcase to be held on April 26. This came after we had received NCAA approval earlier in the year. We believe that our showcases are ideal for high school players because:

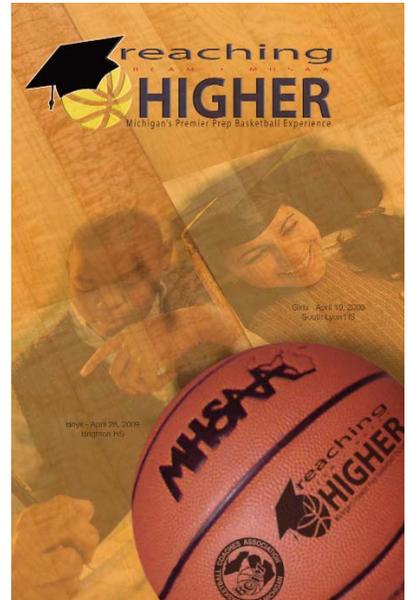
- only high school coaches are involved
- cost to the player and college coach is minimal
- they are held at high school facilities
- each state's high school athletic association endorses and helps conduct the showcase
- these are one day events since only players from our state are involved; no school is missed
- speakers are brought in to discuss recruiting with players and parents
- college coaches are able to attend a "local" event and not have to travel across country
- etc.

The Basketball Coaches Association of Michigan sent a letter to the NCAA endorsed and supported by a large number of other state basketball coaches associations. All we are asking is that Division I coaches be able to attend a showcase that is endorsed by that state's high school athletic association and high school basketball coaches association. Give high school coaches and state associations a chance to prove they are capable of conducting a first-class showcase.

- an event that puts the needs of the student-athlete first
- an event that educates the parents of the student-athlete
- an event that brings back amateurism to high school basketball

Who would be better than high school coaches at serving the needs of today's student-athletes during the recruiting process?

— Tom Hursey
Vice President, National High School Basketball Coaches Association
Executive Director of the Basketball Coaches Association of Michigan (BCAM)



An adopted NCAA by-law now looms counter-productive to the highly successful and popular Reaching Higher Experience conducted by BCAM and the MHSAA.

CAAC to Start Alternating Friday Hoops Schedules

In response to a complaint filed this summer with the state’s Department of Civil Rights, the Capital Area Activities Conference will begin rotating its Friday night basketball schedules starting with the 2010-11 season.

Currently, both boys and girls varsity teams play doubleheaders, girls first followed by the boys. That will remain the same this winter, but flip after that, with boys first and girls second. They will then alternate yearly which plays first.



Visual Image Photography

The complaint was filed by the Michigan Women’s Commission and alleged that the CAAC discriminated against girls by scheduling them first during Friday doubleheaders, while giving the boys games the “primetime” slot.

“We were concerned about the negative impact female athletes could suffer. Do college recruiters and scouts see them at those times? Do the girls’ programs have equal visibility with the boys’ programs? These were some of the questions the

Women’s Commission based our civil rights complaint on,” said Judy Karandjeff, Executive Director, Michigan Women’s Commission, in a press release.

Grand Ledge athletic director Gary Boyce, this school year’s CAAC president, said the league decided to go with an alternating format endorsed by the National Federation of High School Associations for cross country. The MWC wanted to flip the basketball schedules starting this season, but the CAAC said it was too late to do so because games and their referees had already been scheduled for this winter.

Despite local girls coaches’ desires, girls basketball games in the Capital Area Athletic Conference will follow boys games in 2010-11.

Boyce said the CAAC considered other options, including going with freshman/junior varsity/varsity tripleheaders at op-

posite sites similar to what the programs play on Tuesdays.

Boyce said the league didn’t fight the complaint because it felt doing so might lead to further action and “this wasn’t going to go away.” Girls basketball moved from fall to winter before the 2007-08 school year after the Michigan High School Athletic Association lost a gender equity lawsuit.

At that time, based on the opinion of its girls basketball coaches, the CAAC scheduled their games first on Fridays. The coaches reaffirmed that desire again before last season.

– From the Lansing State Journal

Hoopfest on the Horizon

After a successful inaugural event in 2009, the March Magic Hoopfest will continue and expand for 2010. After attracting an estimated 12,000 visitors to Michigan State University’s Jenison Field House last March in conjunction with the MHSAA Boys Basketball Finals, the event will take place during two weeks this spring.

Hoopfest 2010 tips off with the MHSAA Girls Basketball Finals weekend, March 18-20, and will resume the weekend of the Boys Finals, March 25-27. Hoopfest is an interactive fan festival and basketball playground for children and adults of all ages. Highlights include the Jump-ball Jamboree games and “Learning from the Legends” on the Saturdays of each weekend. Admission is free with a valid 2010 MHSAA Basketball Tournament Ticket. All others are admitted for \$2.

The event is sponsored by the Greater Lansing Sports Authority and Farm Bureau Insurance. Be sure to bring the family to relive fond memories and create new ones.

Visit marchmagichoopfest.com for further information.



John Johnson, Okemos

Parents Get Into Cross Country for the Long Run

When our daughter decided to give cross country a try, my husband and I did a little research and found that the average run time was about 20 minutes. Wow! We were excited. “You mean we will not be sitting on hard bleachers for five hours in the cold and rain, waiting an hour between events? Oh, yeah, we’ve got this one covered. Show up at a meet, watch a 20-minute race and be home in time to blow the leaves off the drive, grocery shop, and clean the house. Golden!”

Enter reality: You drive how far? You have to get there when? You are there how long? And it is dark when you get home?

My husband and I went into this with our eyes open ready to learn. First, get there early enough to show up at the tent so that your runner knows you are there. This needs to be about an hour before the race because then they go and “preview the course.” *What?* They jog the whole course before they run it? What is up with that? Then we figured they probably do this because the course maps are just a bunch of squiggles with trees and squares that most college grads cannot figure out (OK, maybe it was just me).

They jog the whole course before they run it? What was up with that?

Because my husband and I did not “preview” the course, my strategy was to follow the guy with the biggest camera, for they certainly know where they are going. This works great unless their kid is really fast and they move to the next spot too quickly. Yeah, that’s kind of stressful.

Parents must always buy good running shoes; not only for their child but for themselves. You are running most of the race too, from one opening to another...and you *have* to run because you *have* to get there fast to get the optimal spot along the trail’s edge. Sometimes this includes taking out the guy with the biggest camera. When we first started, we would stick together, run together, cheer together and smile at each other. But, as we became race-savvy we adopted the divide-and-conquer strategy: cheer from multiple locations, and execute our race strategy to perfection. And, in the end, call each other ten times on our cell phones to find out where the heck the other one was.

Ok the race is over. You want to congratulate your child, but you have to wait until they regain consciousness, recover from losing whatever small morsel may have been in their stomachs from a pre-race snack, finish hugging each other’s sweaty bodies, remove the chips from their shoes and get a drink. But, that’s cool, they raced hard, let them

be a team.

Ok, done. Is it over now? Oh no, it is just beginning.

Now they regroup as a team back at the tent to talk about the race, and replenish what they may have lost at the end of the race. I guess it is something about a “window.” I remember the coach saying, “Your window is closing.” It was figurative speech, of course, but I didn’t get that, at first.

Then they change out of their spikes and put on their “training shoes.” You know, the ones we call tennis shoes. And they run yet again, this time calling it a cool-down. This run takes another half hour, and when they return we are not done yet.

Now we go to the awards ceremony, which is al-



ways very nice and so exciting for the runners. At most meets they start with the top individuals. Could be 15, 30, maybe as many as 50 getting announced. That is why you wear gloves; not so much for the cold, but for the sore clapping hands. After individuals come the team awards.

Almost done now, it’s back to the tent to take it down, more hugs and congratulatory comments. Now you can go home, and even take your child with you; but only if you have completed the “High School Transportation Deviation Form.” This is a funny little form that is about as readable as the course map. I filled it out correctly only once – at the MHSAA Finals in November. It has 15 possible places to sign that say your child is not going on the bus with the team.

Once in your car, you get settled, figure out how to reverse the directions to home, turn to congratulate your child and she is crashed on her duffle bag fast asleep. Ah, parent-child bonding time!

And you get home in time for dinner; after dark.

If this parent perspective sounds familiar, my advice to you is to enjoy every minute of it. Let the leaves stay on the drive, the groceries and cleaning will wait. But this day – when you find yourselves at the end of a last season – will come too soon.

– continued next page

Cross country has transformed our daughter from a little girl into a poised young woman and we could not be more proud. During her tenure as a cross country runner we have watched her mature; her increased commitment to team, joy for being physically active and determination to do her best even in the face of adversity. It is a true inspiration to us. We know that these skills will prove to be invaluable to her as she moves forward.

We will be forever grateful to the cross country coaches for guiding her in ways we could not. For showing her that listening to her body as well as evaluating and developing positive thoughts make

all the difference when making decisions large and small. As we have put forth our best attempt to raise our children, we have learned that it is not a job done in isolation. We thank God for putting good people like her coach in their lives who can impart positive life lessons, are moral role models and assist us in developing well-rounded adults. The chapter in our lives being cross country parents will always hold a special place in our hearts.

– Joni Bahra
Traverse City Central parent

Simple Physical Card Can Be Life-Saver

I would like to somehow get a message out to the parents of school-age children, where the schools require a sports physical to be on file, prior to trying out for schools sports teams. I have heard too many parents complaining about why they have to have a sports physical done prior to their child trying out, as they may or not make the team.

Here is the situation. I held off doing my 13-year-old's sports physical with his brothers in August of this year, as he was not going to do fall sports. I took him in for his sports physical on Oct. 28, 2009, just prior to the middle school's basketball tryouts. Upon exam they discovered an abnormal heart rhythm and a heart murmur. They performed an EKG and it was abnormal. I took my son to his primary physician a week later, Nov. 5, to allow all the cold medicines he had been taking to clear out of his system. If he became worse I was to take him in sooner. He exhibited no signs, was normal, only a little tired in the afternoon when returning from school, but this was attributed to his having had a cold.

Upon exam by his primary physician, the heart murmur and irregular heart rhythm were still there, and they were all new as of his exam in August of this year. They performed another EKG and that was abnormal again. He was scheduled for an ECHO that day in Jackson, that was abnormal, and the cardiologist set up an appointment with an electro-cardiologist in the office the next day. On the way to the appointment with the electro-cardiologist, the office called and informed me that he wanted me to take my son to Mott Hospital, to see a pediatric cardiologist that afternoon.

While at the pediatric cardiologist appointment, another EKG and ECHO were performed. They discovered a coarctation of his aorta, and a subventricle arrhythmia. (This sends an electric impulse back up the heart, when there should only be an impulse from the atrium of the heart and the impulses should only travel from the top of the heart to the bottom. This type of arrhythmia can cause the heart to become overworked.)

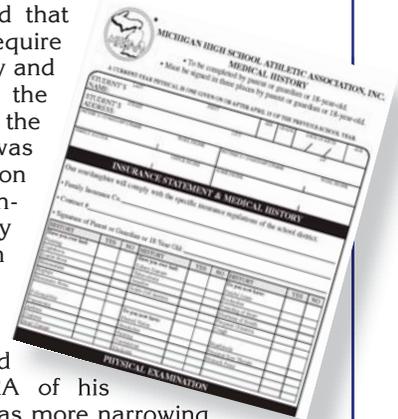
I was informed that my son would require open heart surgery and that they wanted the surgery performed the next week. I was called at 7:45 am on Friday, Nov. 6, to inform me that they had scheduled him for surgery on Monday, Nov. 9 in the morning.

They discovered from the pre-MRA of his heart that there was more narrowing in the aorta branch and this required open heart with bypass surgery, which was performed that morning. My son is doing well, his blood pressure is back in the normal range, and there seems to be no irregular arrhythmia at this time.

I would just like to inform parents that if I had not had the sports physical performed prior to my son trying out for the team, he could have died during tryouts. Coarctation of the aorta can be asymptomatic, but is also one of the leading causes of sudden death in athletes. He also has an aortic valve with only two cusps instead of three, found on the ECHO. This can lead to coarctations of the aorta. Aortic valves that are bicuspid instead of tricuspid can be asymptomatic. Many will not fail until their 20s, 30s or 40s. This is genetic in nature.

I just strongly believe that the \$30 to \$50 that I spent for a sports physical was well spent, as it saved my son's life. It is not a silly requirement of the schools to require a sports physical be on file before students can try out or join a team.

– Renee Jackson, Napoleon
Editorial Letter to the Brooklyn Exponent



Basketball Experience Aims to Reach Higher in 2010



2010 EVENTS

Girls - April 18 - South Lyon HS
Boys - July 31 - South Lyon HS



John Johnson, Okemos

Reaching Higher attendees not only benefit from on-court instruction and drills, but from exposure to esteemed speakers offering guidance and sharing experiences.



John Johnson, Okemos

Reaching Higher Timeline

- Jan. 29:** Nomination Deadline
- Feb. 7:** Invitee Selection
- Feb. 8:** Invitees Posted to MHSAA.com and BCAM.org
- Feb. 26:** Deadline for Players to Accept Invitation
- April 18:** Girls Reaching Higher Experience
- July 31:** Boys Reaching Higher Experience

Now in its second year, BCAM and the MHSAA have united to bring the perfect venue for underclass basketball players to “showcase” their talents and maybe reach a higher level after high school.

The Reaching Higher Experience is the “Advanced Placement Course” in high school basketball. This **NCAA-approved** event will provide each student-athlete an understanding of what it takes to succeed academically, athletically and socially at the college level.

The Girls event is slated for April 18, 2010, and the Boys event takes place July 31, both at South Lyon High School.

Coaches should be making plans now to nominate their player(s) and help him or her reach higher toward their athletic and academic futures.

Visit MHSAA.com and BCAM.org for updated information.

Features

- NCAA-Approved
- Elite BCAM Coaches
- MHSAA Officials
- Seminar for Parents & Players
- Event Jersey
- Motivational Speakers
- NOAH™ Shot Analyzation
- One of the Midwest’s Top Events

“Reaching Higher provides a forum for student-athletes to display their talents in a competitive and educational setting while being exposed to first-hand accounts from people at the next level. It’s a combination unparalleled in the state.” – MHSAA Executive Director John E. “Jack” Roberts

“Reaching Higher 2009 exceeded our expectations. We thought it would be a good event. It turned out to be a great event. The MHSAA and BCAM have combined their resources to host what may be the best “showcase” in the country. High school coaches need to encourage those players who want to play at the next level to attend this first-class event.” – BCAM Executive Director Tom Hursey

For more information, please visit MHSAA.com or BCAM.org

Legends of the Games

To promote educational athletics while showcasing some of the great teams of past years, the MHSAA instituted a program called “Legends Of The Games” in 1997, which honored its fifth girls basketball team in 2001.

Marquette’s Red and White Leave Opponents Feeling Blue in Bicentennial Year

If you never have dreams, they can never come true. For Coach Barb Crill and the girls basketball team from Marquette, the dream was to win an MHSAA basketball crown.

“Barb said to us as incoming freshmen that we would win the state,” said Karen Levandoski-Helmila, recalling her days as a Redette.

The girls had come close early in Crill’s tenure. In three years, Crill’s squads had compiled a 52-4 record, including a 16-2 mark in 1973, a 19-1 record in 1974 and 17 straight victories in 1975.

In 1974, Grand Rapids Christian eliminated the Redettes in the Regional Final. In 1975, the team averaged 68 points a game to 25.9 for the opponents. In the MHSAA District Final, Marquette whipped Sault Ste. Marie, 109-16, then brushed aside Portage Central, 72-18, in the Class A Quarterfinals. However, the voyage ended abruptly in the Semifinals with a loss to Farmington Our Lady of Mercy, 62-57.

The nucleus was in place for another run at the title in the fall of 1976. The team had lost All-U.P. players Jean Moratti and Laurie Niles, but had strong replacements. The Levandoski twins, Karen and Kay, Cheryl Aho, Janet Hopkins, Sue Belanger

and Caron Krueger were all seniors, and Katie Miller, a senior transfer from Eau Claire, Wis., had joined the team. Forward Shelly Chapman, a junior, also had won All-U.P. honors. Sophomores Cynde Cory and Chris Moran were expected to be the first off the bench. Sue Micklow, Kate Jennings, Lisa Coombs, Mary Erspamer, Cathy Niles and Sue Lakanen rounded out the squad. Karen Meyers, the leading scorer on Northern Michigan University’s basketball team and former Redette, was returning for her fifth year as Crill’s assistant.

But time was running out for the squad to achieve their coach’s prophecy. “Over the years we had played every good team in the U.P.,” said Crill. “The girls needed more.”

So on Labor Day weekend, 1976, the Redettes prepared for a trip to Detroit, – their coach’s old stomping grounds. Crill had arranged scrimmages against some old friends in the Motor City; among them Detroit Dominican, coached by Sue Kruszewski and winners of the Class A title in 1973 and 1974, and Harper Woods Bishop Gallagher, which had made it to the Quarterfinals in 1973.

The Marquette squad responded to the challenge, playing well in the workouts.

“The girls came back in shape from summer vacation,” Crill told the media after the trip. “Most had done a lot of work on their own, while others stayed active playing other sports.”

A native of Allen Park, Crill had started coaching and teaching in Ann Arbor Public Schools in 1959. She instituted Marquette's girls program during the 1969-70 season.

“We started here before there was any MHSAA (sanctioned) ball,” said Crill. “The girls provided their own uniforms. The principal, Paul Kotila, provided a bus and driver. We played everyone with a team. It promoted a lot of the interest.”

Back in the U.P., it was business as usual. In the home opener, Marquette trounced Gladstone, 71-19, as 14 girls saw time on the court. Next, they downed Negaunee, 87-21. Through 17 additional regular-season games, the result was the same. Omitting a 2-0 forfeit by Harbor Springs, the Redettes improved their average from 1975 to 80.8 points per contest, while decreasing their opponents' average to 25.2 per game.

The squad dumped Escanaba, 71-29, before a crowd of about 100 for the District title at Escanaba. Shelly Chapman led the team with a season-high 33 points. In Grand Rapids for the Regionals, the Big Red Machine defeat Benton Harbor, 64-55. In the Regional Final, the Redettes faced a taller Grand Rapids Union squad. Despite the partisan Union crowd and a tight game early, Marquette pulled away for a 48-34 win.

In the Quarterfinals, the team defeated Lansing Eastern, 67-37, then disposed of Flushing, 62-46, in the Semifinals. All that remained was a rematch with Farmington Our Lady of Mercy.

This time Marquette would not be denied, downing the reigning champs, 68-41. Chapman finished with 23, Hopkins poured in 19, and Krueger hit for 14 as Crill's starting five went the entire game without a substitution.

“I was impressed with the ladies' positive attitude as we prepared for the championship game,” said Crill, reflecting on the matchup. “They seemed quiet, very determined, very patient with one another and quite business-like. I had coached many games by the fall of 1976, but I never remember another game where we planned together what to do to win, and they followed our plan perfectly.”

The team was the first Class A school from Michigan's Upper

Peninsula to win an MHSAA basketball championship, a feat that has not been repeated since.

“The crowd was so large for the Final game,” recalled Levandoski-Helmila. “There were thousands of people watching and it seemed like only 50 cheering for us. We were glad to face the team that knocked us out of the tournament the year before.”

“We wanted that victory not only for the members of the team, but for our coaches, parents and community,” echoed Levandoski Angeli. “We were not only a team, but a family. Our coaches instilled in us that no individual was a star alone.”

“Wow! It was fun,” said Hopkins, “a great ending to four years of high school basketball. We dominated the game. We were the underdog, yet we were confident and played to our strengths. Each year I played, the team improved its skill level. In my senior year everything came together and we were unstoppable!”

“Cheryl Aho's incredible defense stands out in my mind,” remembered Coombs Gerou. “She stopped one of the leading scorers in the state. Our team defense really stood out. Coach Crill taught me that anything was possible if you worked and prepared for it. Another memory was our singing on the bus, even those who couldn't carry a tune.”

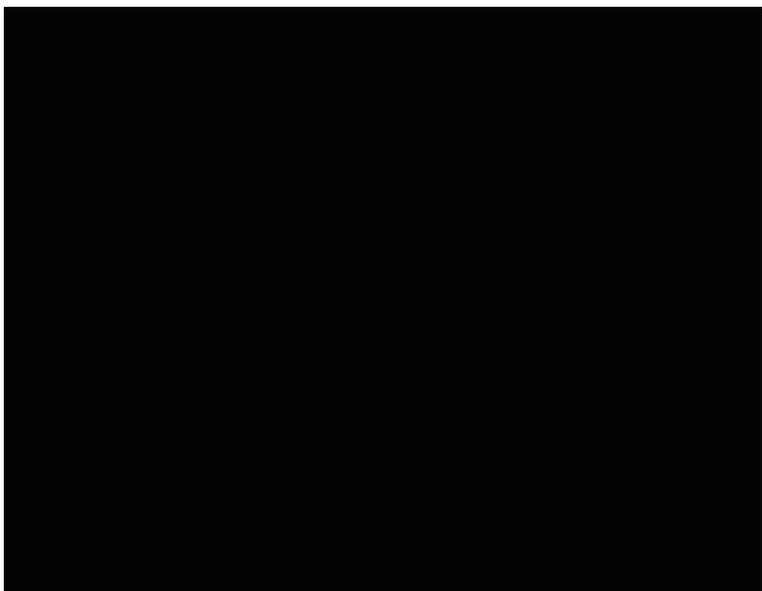
It was one of the longer bus rides that set the foundation for that year.

“I think that trip (to Detroit) was the biggest difference,” said Crill. “It gave them more experience playing the type of teams they would meet in the tournament. They could see they were talented enough. They had already played the best there was. They realized they could beat them again.”

— Ron Pesch

Ron Pesch is the historian for the MHSAA

Coach Barb Crill (kneeling, left) took her 1976 team on a Labor Day trip to Detroit to season the Redettes for the long road ahead. It ended with a trip to the MHSAA Finals and this trophy presentation.



Captains 101: A Course for Students, By Students

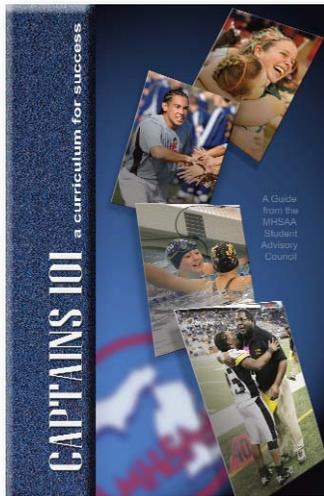
The Michigan High School Athletic Association created its Student Advisory Council four years ago to serve not only as the voice of high school student-athletes in the state, but also as a service arm of the organization. In October, the Council again provided leadership to its peers with the release of a publication written by its members and aimed at sports team captains.

Captains 101 – A Curriculum For Success, is a 24-page booklet designed for team captains to prepare them for their leadership role. The publication encourages team captains to communicate ideas with team members and others.

The book contains seven units – What Is A Team Captain?; Relationship With Your Coach; Relationship With Your Team; Relationship With Other Groups; Team Building; Start A Student Advisory Council At Your School; and a Self-Assessment unit. Each unit challenges team captains to take action in a way that helps set the tone for a successful educational athletic experience.

“A team captain gets thrust in their leadership role, and they don’t always know how to embrace it,” said Andy Frushour, the MHSAA’s Marketing and Special Program Coordinator who works with the Student Advisory Council. “Captains 101 offers some general thoughts on being a team captain and how to become an effective leader.”

Student Advisory Council members from the Classes of 2009, 2010 and 2011 contributed to the publication. From the Class of 2009: **Abby Cohen**, Bloomfield Hills Cranbrook-Kingswood; **Willie Cruz**, Harrison Township L’Anse Creuse; **Michelle DeMuro**, Muskegon Reeths-Puffer; **Adam Dingman**, Cedarville; **Matt Herman**, East Kentwood; **Molly Lockwood**, Fife Lake Forest Area; **Jeff Petsch**, Montague; and **C.C. Weber**, Goodrich. From the Class of 2010: **Mackenzie Lawler**, Okemos; **Andrea McIntosh**, Ann Arbor Greenhills; **Elyse McKenna**, Marine City Cardinal Mooney; **Ryan Moore**, Central Lake; Taylor Schultz, Richland Gull Lake; **Nicole Trevarthen**, Iron Mountain; **Alex Van Tiem**, Detroit U-D Jesuit; and **Daniel Yats**, Clare. From the Class of 2011: **Alexa Bean**, Livonia



After all of the work that our council put into the book, I am excited to see the reaction of future readers and the change in high school captains.” — Elizabeth Gupton, Lapeer West

Clarenceville; **Dustan Craig**, Buchanan; **Elizabeth Gupton**, Lapeer West; **Charles Hengesbach**, Pawamo-Westphalia; **Jay Miller**, Ionia; **Benjamin Olson**, Troy; **Amanda Smith**, Bellevue; and **Chloe Weaver**, Climax-Scotts.

The publication, which will be distributed in quantity to each MHSAA member senior high school, was underwritten by the Ruster Advisory Board, the Michigan Interscholastic Athletic Administrators Association and the Michigan High School Coaches Association.

Here are comments from some of the Student Advisory Council members about the publication:

- **Dan Yats, Clare High School:** “After working for almost a year on this book, we are excited for the release and we’re hoping for a great response from the recipients.”
- **Jay Miller, Ionia High School:** “Coming into this council as a new member, I wasn’t involved with this process until the editing, but I could tell how passionate the seniors were about this book, and once I read it, I could tell why.”
- **Elizabeth Gupton, Lapeer West High School:** “After all of the work that our council put into the book, I am excited to see the reaction of future readers and the change in high school captains.”

Two years ago, the Student Advisory Council created a belief statement which is shown during every MHSAA televised event on FSDetroit and the MHSAA Network. The Council is a 16-member body made up of eight seniors and eight juniors, who each serve two year terms. The Council acts as the voice of Michigan’s student-athletes; serves as a student sounding board for the MHSAA’s Representative Council; assists in planning Sportsmanship Summits, Captain’s Clinics and other student leadership events; participates in a yearly focus group about the state of high schools sports for Michigan State University’s Institute for the Study of Youth Sports; and assists with medal ceremonies at MHSAA championship events.

Captains Clinics Attracts Hundreds of Leaders

One of the MHSAA's most popular student programs is the Captains Clinic Series, taking place at various locations throughout the school year.

This fall, nearly 400 students representing 30 schools participated in sessions for the Flint Metro League, Kalamazoo Valley Association and the Central Michigan Athletic Conference.

Additional Captains Clinics will take place this spring.

Participants discussed the basic roles and responsibilities of being a team captain, addressed common team problems and developed a document for the school's future team captains.

The MHSAA works closely with the Institute for the Study of Youth Sports at Michigan State University to provide per-



Team leaders from the Central Michigan Athletic Conference meet during one of the MHSAA Captains Clinics at Laingsburg High School on Nov. 9.

tinent curriculum for the clinics.

If your league or conference wishes to conduct a Captains Clinic, please contact Andy Frushour or Andi Osters at the MHSAA Office, 517-332-5046. Further information may be found on the Captains Clinics

page of MHSAA.com under Schools/Students.

Please be prepared to offer possible sites and dates for the clinic after conferring with your member schools. The MHSAA will do the rest.

Sportsmanship Reigns on the Pitch and in the Pool

Timing is Everything

At our conference swim meet this fall, one swimmer being disqualified from a race had a domino effect leading to a spontaneous act of sportsmanship.



Jaci Clark

As a result of the DQ, Ogemaw Heights swimmer Jaci Clark was put in the alternate position as the 12th qualifier. Her coach, Sheila Smiley, spoke with Jaci about the situation. A malfunction in the timing device had credited Jaci with a time 13 seconds faster than she actually swam.

Jaci, a senior swimmer, declined to swim in the finals because she knew that her time did

not beat Kathleen Lucas, a freshman on my team. The integrity demonstrated by her and her coach made a difference in another swimmer's life.

I have always thought highly of the Ogemaw Heights swim team's girls and coaches. They continue to have my admiration and respect. Integrity is Ogemaw. Jaci Clark is a leader who leads well. This feat truly is what we want to teach our athletes.

– Barb Switalski, Coach
Gaylord High School

Postgame Handshake Not Enough

I am writing to commend Mark Tarazhi, who is a student-athlete at Sterling Heights High School. I am the wife of Troy Athens Soccer Coach Tim Storch. I was impressed with the

sportsmanship he displayed after the District Final against Troy Athens this fall.



Mark Tarazhi

It was very classy of him to come on the opposing team bus and congratulate the team after his team had suffered such a disappointing loss. His actions were a positive reflection on his team, his coaches and his school.

This young man displayed integrity and respect for others, which seem to be rare commodities in the world today. There are a lot of adults who could learn from this young man's actions. He is a wonderful role model for his peers.

– Elizabeth Storch
Troy Athens High School

Coaching the Coaches, CAP Creating Better Leaders



"I received many new ideas to implement into practice for my entire season."

"This program exceeded my expectations! The presenters were exciting, enthusiastic, inclusive of all participants and gave just the right mix of theory and practice to keep the presentation interesting and fast-paced."

"My role as a coach is to shape character so as to affect a positive destiny for the athlete throughout an entire lifetime, I want to be a better coach, a better person, and a better example for the kids whose life I am privileged to coach – that's why I continue to take courses in the MHSAA Coaches Advancement Program."

"This was surprisingly interesting."

"This was life changing!"

These are just a few comments received from coaches who have been enrolled in the MHSAA Coaches Advancement Program. Michigan is one of just a few states that continues to offer its own program of coaches education and does so in a face-to-face delivery format. In 2005, after a thorough review of the prior program (PACE), the Michigan High School Athletic Association Coaches Advancement Program was created in conjunction with Michigan State University's Institute for the Study of Youth Sports. Starting with the existing levels of PACE, the Coaches Advancement Program was developed with a focus on a more practical application, interaction between participants, an anytime – anyplace delivery, and flexibility of training. Open discussion and engagement of the participant became a priority and additional expectations to enhance the educational experience of the coach included:

- Clear learning objectives
- Interaction
- Problem solving exercises
- Collaboration between coaches
- Diversified learning
- Group and individual exercises
- Supplementary resources and materials.

The MHSAA Coaches Advancement Program (CAP) is currently a part of many school or district clinics and professional development days. In addition, school districts and conferences are requesting and requiring veteran and novice coaches to progress through various levels of the program. Starting in 2007-08 when all six levels of the Coaches Advancement Program were available to coaches, there were record numbers of 1240 coaches who received training through the program. This included 222 individuals who were still receiving the PACE program at colleges and universities.

In 2008-09, when all six levels were available to Michigan coaches and Michigan colleges and universities were also in-serviced and enthused by CAP, the number of coaches and potential coaches who received the Coaches Advancement Program training jumped to a new record of 1936. This included 1085 current Michigan coaches as well as 851 potential coaches at numerous colleges and universities throughout Michigan. In addition, the progression of coaches within the program has been unparalleled. Already in 2009-10, there have been seven CAP 1 clinics, six CAP 2 clinics, three CAP 3 clinics, two CAP 4 clinics and one CAP 5 clinic. There are also many other CAP 1 – 6 clinics scheduled throughout the school year.

Along with a great multi-level curriculum, useful application and the availability of professional development in an anytime, anyplace delivery, the MHSAA Coaches Advancement Program offers the added value benefits of: SBU-CEUs for continuing education, a one million dollar insurance policy for each year of proficient coursework; and GamePlans – an online newsletter chocked full of great coaching articles and coaching tips which is sent six times a year to anyone who has enrolled in the Coaches Advancement Program.

If you are looking for a clinic that includes application and interaction – you need to look no further than the MHSAA Coaches Advancement Program. It is a practical, effective and inexpensive way to provide training to new and veteran coaches of all sports; can be made as convenient as possible; and is unique in that it is interactive and requires open discussion and engagement from all participants. Each of the Coaches Advancement Program levels is a distinctive learning module and includes a variety of instructional opportunities while reflecting upon coaching philosophy and current methodology.

For an overview of the various CAP levels and modules, see the box on the next page.

CAP Levels and Modules

CAP 1

MHSAA Coaches Make the Difference – Recognize the qualities of leadership needed in educational athletics and understand the meaning and application of the rules.

Effective Instruction: The Coach as Teacher – Review the principles of instruction, planning and assessment while specifying learning objectives for knowledge, attitudes, skills and fitness capacities.

Sports Medicine and First Aid – Understand the care of common sports injuries and maintain appropriate records in an emergency situation.

CAP 2

Effective Communication – Build credibility by gaining the trust of your team and make a long time commitment to effective communication.

Legal Responsibilities – Review duties of visibility and attentiveness while communicating essential principles and warnings.

Psychology of Coaching – Understand motivation and why students participate in sports while developing methods for setting a motivational practice climate.

CAP 3

Additional Coaching Responsibilities: Becoming Aware of Your Many Resources – Recognize the importance of keeping good records, effective communication and fiscal management.

Effectively Working with Parents – Recognize and understand the coach’s role in working with parents and involving parents within the program.

The Coach as Performer – Learn strategies to use in your daily life in order to prevent coaching stress and burnout.

CAP 4

Understanding Athlete Development – Recognize how adolescent athletes learn sport skills and identify the developmental differences that affect teaching.

Strength and Conditioning: Designing Your Program – Understand the techniques and practices in strength and conditioning and develop a program for your team. This is “hands-on” learning in the weight room.

Preparing for Success – Develop a competition preparation plan while determining optimal readiness.

CAP 5

Healthy Living – Recognize the health of the athlete as the number one priority.

Teaching Emotion Toughness: Always in Control – Develop controlled responses and coping strategies for your athletes.

Resolving Conflicts in Athletics – Learn steps to fair conflict resolution while understanding the various types of conflict that may occur in sports.

There is also a CAP 6, which may be tailored to cover hot topics in school sports. Currently, this is a six-hour training course titled, “Current Issues and Topics in Education,” aimed to recognize the importance of a coaching philosophy and the tenets of respect, responsibility and sportsmanship.



Coaches from all fields, courts and facilities have returned to the classroom to receive additional coaching from experts.

Each of these modules is taught by a qualified instructor who is required to go through yearly Coaches Advancement Program review, training and the sharing of best practices. Each section of curriculum also goes through a yearly review to include the most updated information. Instructors realize they must be “on the top of their game” for valuable delivery of the material to adult learners.

All sessions, modules and instructors receive a thorough review from the audience (coaches). If you are interested in signing up for CAP or would like to request as a school district to host CAP, you might find (as the first quotes indicated) that it is “surprisingly interesting” or even “life changing.” Call the MHSAA at 517-332-5046 with questions or go to the Training & Education page of MHSAA.com for schedules and registration.

For more information on CAP, please visit “Training & Education” at MHSAA.com

Got Leadership? WISL Returns in 2010

The 19th MHSAA Women in Sports Leadership Conference will be held in Lansing, Michigan at the Lexington Lansing Hotel on Feb. 7-8, 2010. There will be numerous opportunities throughout this conference for students, officials, coaches and administrators to gain a better understanding of the many responsibilities of leadership.

The MHSAA Women In Sports Leadership Conference is the first, largest and longest-running conference of its type in the country. This year's theme, "Got Leadership?" reflects the origins of the conference and will target the attributes that develop successful future leaders in athletics.

Young women who are interested in leadership and interscholastic athletics as well as men and women who are responsible for recruiting, hiring, training and retaining women as coaches, administrators and officials are encouraged to attend. Schools are limited to a maximum of twelve (12) students and there is no limitation on the attendance of adults, however there must be one adult per four students.

For registration information, enrollment and hotel reservations, visit the [Training & Education page of MHSAA.com](#).

2010 Conference Topics

- Resolving Team Conflict
- Communicating with Others
- Being a Good Teammate
- Culture in Athletics
- So You Want to be a Coach?
- Sports Nutrition
- Gender and Competition
- Team Building Activities
- Transition from HS to College
- Motivation
- Careers in Athletics
- Preparing for College
- Healthy Living
- Restorative Yoga
- Aqua Aerobics
- Pilates and Core Strength
- So You Want to be an Official!
- Preparing for Competition
- Stress Management



CAP, New Officials Registration Also Offered

To kick off the WISL Conference weekend, the MHSAA is offering Levels 1-5 of the **Coaches Advancement Program** on Saturday, Feb. 6 at the MHSAA Office from 9 a.m.-4 p.m. This is another opportunity for the coaching staff of your school to enhance their educational experience by attending a program of coaches education and the WISL conference in one weekend.

Those interested in becoming a **MHSAA registered official** should attend the Women's Officials Training on Saturday, Feb. 6 at DeWitt High School. Knowledgeable female officials provide classroom and field training in a six-hour block for new officials and high school girls who aspire to become officials or have an interest in the Legacy Program.

The Women in Sports Leadership Conference is limited to 500 attendees. The deadline for registration is Jan. 20. For further information and hotel reservations, visit the [Training & Education page of MHSAA.com](#).



John Johnson, Okemos

The WISL Conference combines expert speaker/panel sessions with numerous interactive tracks, offering an exciting curriculum in two dynamic days.

For information & reservations, please visit the [Training & Education page at MHSAA.com](#)

Whistle While You Run

The Capital Area Officials Association was well represented at the the Sparrow Foundation Women Working Wonders 5K Run/Walk at Hawk Island on Sunday, Sept. 13. More than 50 CAO members, family and friends participated in the event. Team CAO raised \$1,275 for the Sparrow Foundation, more than 20 percent of all funds raised at the race.



Every member of Team CAO received a "Whistle While You Run" t-shirt as well as a picnic lunch after the 5K.

Jordan Parks led the way for the team, posting a time of 19:54, good for third place overall. Nathan Parks and Kevin Duits finished fourth and fifth overall, respectively.

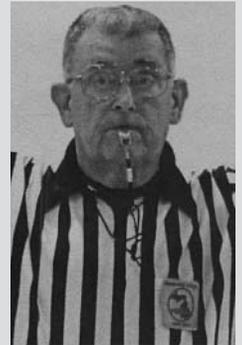


Playmakers.com

West Michigan Volleyball Association Hosts Tourney

The West Michigan Volleyball Officials Association hosted its 24th Annual Scholarship Tournament in August at East Kentwood High School.

This year's event was dedicated to the memory of longtime volleyball official and past WMVOA president Jerry McCaffrey, who died on Aug. 8, just weeks before the tournament.



Jerry McCaffrey

McCaffrey was a volleyball official with the MHSAA for more than 40 years, and played an integral role in the development of the WMVOA and the Scholarship Tournament.

The tournament raised \$6,000 in scholarship money and attracted 24 teams and 40 officials.

Officials for Kids Hosts Dinner at Hurley Medical Center

On Oct. 15, Officials for Kids presented a Miracle Dinner benefiting the Pediatric Oncology Department at Hurley Medical Center in Flint. Nearly 100 guests at the Flint Institute of Music enjoyed dinner and a program which included testimonials from former Hurley pediatric patients. The primary beneficiary of the program, the "Cure Kids Cancer" program at Hurley, hopes to fund a full-time Child Life Specialist in the clinic to assist children during their chemotherapy treatments. Local registered official John Kirk attended with MHSAA Executive Director Jack Roberts to support and represent the Officials for Kids initiative.

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.

For a step-by-step startup guide for your association, information on the "Give-A-Game" program and a promotional video, visit the Officials for Kids page at MHSAA.com on the Officials page. Contact Andi Osters at the MHSAA for further information: aosters@mhsaa.com.



Rules of the Games

Sharpen you skills with the following rules questions for Basketball and Wrestling officials. Answers appear at the bottom of this page.

Basketball

- B1 drives to the basket for a layup. As B1 begins the trying motion, but before she releases the ball, she is intentionally fouled by A3. The try is successful. The officials should:
 - Disallow the basket because the foul occurred before the ball was released; award B1 two free throws; and award Team B a subsequent throw-in at the division line.
 - Count the basket and award B1 one free throw because she was fouled in the act of making a successful try.
 - Count the basket and award B1 two free throws for the intentional foul. Play resumes during the second free throw.
 - Count the basket and award B1 two free throws with no players on the lane. Resume play with a Team B throw-in on the end line.
- The players are lined up correctly for a one-and-one free throw attempt by B5. A4, who is in a designated lane space, clearly enters the lane before the ball reaches the rim. B3, who is lined up adjacent to A4, then also enters the lane early. The officials should:
 - Whistle the attempt dead immediately upon the early entry into the lane by A4 and re-administer the one-and-one to B5.
 - Whistle the attempt dead as soon as B3 enters the lane early and cancel the free throw attempt.
 - Give the signal for a delayed violation and award B5 a substitute throw if the try is missed.
 - Whistle a double violation, cancel the free throw, and award a throw-in to the team entitled by the AP arrow.
- B2 is fouled and awarded a one-an-one. The officials fail to ensure that the players in the marked lane spaces are properly aligned. A4 and A5 are in the bottom spaces closest to the end line, while B4 and B5 occupy the next space on either side of the lane. The official bounces the ball to the free thrower and the free throw count begins. The officials then notice the improper alignment. The officials should:
 - ignore the improper alignment and allow B2 to shoot his merited free throw since it is too late to correct the situation.
 - blow the whistle immediately and place the players in the proper lane spaces because it was the officials who erred.
 - blow the whistle immediately and rule a simultaneous (double) free throw lane violations; the AP arrow would then be used to determine which team is awarded the resulting throw-in.

Basketball Answers: 1. d.(10-6, 8-5-3); 2. c. (9-1-4a); 3. c. (8-1-4 b & c, 9-1-2, 9-1-4)

Wrestling Situations

- The referee, in a pinning situation pulls the hand of Wrestler A away from the face of Wrestler B. Shortly thereafter A reverses B into a near-fall situation and the referee continues the match until the end of the second period. The coach of B asks for a conference and the coach states that the match should have been stopped immediately after the reversal. The referee says the match should continue with no change in the score. What is the correct procedure and points that should be scored in this situation? **RULING:** An error was made by the referee in not declaring bad time at the end of the second period. The match should have been stopped as soon as A reversed B into a near-fall situation. However, this error requiring bad time to be re-wrestled must be corrected prior to the start of any subsequent period. Once the third period starts there can be no correction in this error.
- During the first period of a match, the two wrestlers butt heads and Wrestler A is obviously injured and is granted an injury time-out. During the injury time-out, Wrestler B's nose starts to bleed. What is the procedure for the referee to follow? **RULING:** First, A shall be granted an injury timeout and, as soon as it is detected that B is bleeding, the injury time for A would be stopped, and the bleeding clock for B would be started. **COMMENT:** In any bleeding situation, the bleeding must be taken care of prior to either the injury or recovery clock being started. In this situation, however, because the injury came to the attention of the referee first, it would count as one of the injury timeouts as well as whatever injury time that was used prior to the bleeding being discovered.
- Wrestler A reports to the weigh-in with a prosthesis commencing from below the elbow. A permission letter from the state association authorizing the wearing of this prosthesis, and: (a) the wrestler weighs in wearing the prosthesis, then later decides to wrestle without it; or (b) weighs in without the prosthesis, then prior to the beginning of the match decides to wear the prosthesis during competition. **RULING:** In (a) it would be legal to remove the prosthesis and wrestle without it. When an individual wrestles with a portion of the arm missing, the referee must make certain allowances for the starting position. As long as the wrestler with the amputated arm is attempting to establish legal positioning, there would be no violation. In (b) the wrestler could not compete wearing the prosthesis. To wear a prosthesis during competition, it is required that one must weigh-in with the device. The wrestler would either have to compete without the prosthesis or not compete.



Visual image Photography

Rules of the Games

Sharpen you skills with the following rules questions for Competitive Cheer judges and Ice Hockey officials. Answers appear at the bottom of this page.

Competitive Cheer

- The number of competitors to take the floor in Round 1 will determine the number that may compete in Rounds 2 and 3. Therefore if eight competitors take the floor in Round 1 and six competitors compete in Round 2, how many may compete in Round 3 (check all that apply)?
a) 10 b) 7 c) 8 d) 6
- The 10 count Precision Drill (check all that apply):
a) Is a requirement and must be performed at the beginning of Round 2.
b) Is not a requirement but may be performed at any time in any Round.
c) Must contain the 10 motions as written and described.



- In Round 1 (required round) the requirements include (check all that apply):
a) Round 1 shall be a choreographed routine containing two different jumps performed in unison by every team member.
b) The two required jumps must be the first two jumps performed in the routine.
c) Unison refers to direction of skills as well as arm, leg and body position.
d) Each competitor must face the same direction in order to meet the unison requirement.
- The difference between one team member performing a jump or skill differently and more than one team member performing a skill differently is defined (check all that apply):
a) If one competitor performs a different jump (or skill) a 22 penalty is immediately assessed.
b) If more than one competitor performs a different jump or one or more competitors does not attempt the jump, a 22 point penalty will be assessed.
c) If one competitor performs a different jump (or skill) an 8 point penalty will be assessed.
d) If more than one competitor performs a different jump or skill, it should be ignored.
- A suspended roll (check all that apply):
a) May initiate from a push-up position.
b) The flyer may begin in an extended position.
c) Suspended rolls from a basket toss, pitch or toss are legal.
d) Dismounts are allowed to the mat, cradle or sponge.

Competitive Cheer Answers: 1. b, c, d; 2. a, c; 3. all; 4. b, c; 5. a, d.

Ice Hockey

- The MHSAA Point Differential Rule requires that a running clock be used when a team leads by eight or more goals during the first and second periods. After two periods of play or anytime during the third period, the game will be terminated when a team leads by *eight* goals. During the first and second periods, if the goal differential drops below *eight* goals, regular time resumes.
True or False
- All players, including goaltenders must wear neck guards in MHSAA competition. This requirement also applies during warm-up periods.
True or False
- The MHSAA will use 17 minute periods in tournament games.
True or False
- All faceoffs will take place at one of the nine designated faceoff locations.
True or False
- After a penalty is assessed, the ensuing faceoff will take place at the defensive zone faceoff spot of the offending team, except at the start of a period or after a goal is scored.
True or False



Ice Hockey Answers:
1. True. The rule applies to both regular-season and MHSAA Tournament games.
2. True. The neck guards must be commercially manufactured and not modified.
3. False. Only during the regular season may the 17 minute period be used by local league/conference adoption. If there is no such adoption, a 15 minute period is the regular length. MHSAA Tournament games will have 15 minute periods.
4. True. This is a playing rule change for the 2009-10 season.
5. True. This is a playing rules change for the 2009-10 season.

NFHS Position Statement on Anabolic Steroids

The NFHS strongly opposes the use of anabolic steroids and other performance-enhancing substances by high school student-athletes. Such use violates legal, ethical and competitive equity standards, and imposes unreasonable long-term health risks. The NFHS supports prohibitions by educational institutions, amateur and professional organizations and governmental regulators on the use of anabolic steroids and other controlled substances, except as specifically prescribed by physicians for therapeutic purposes. “A player with diagnosed concussion should not be allowed to return to play on the day of an injury.”



Anabolic, androgenic steroids (AAS) are synthetic derivatives of the male hormone testosterone. Natural testosterone regulates, promotes and maintains physical and sexual development, primarily in the male, but with effects in the female as well. Like testosterone, AAS have both an anabolic effect (increase in muscle tissue) and an androgenic effect (masculinizing effects that boys experience during puberty). No AAS is purely anabolic. As a result, the use of AAS won't lead to muscle growth without also leading to other unintended, undesirable side effects.

According to national surveys, the use of AAS among high school students has been decreasing since about 2001. There are no national studies that measure the extent of AAS use by high school student-athletes, although some states publish statewide prevalence data. Nearly one-third of high-school age steroid users do not participate in organized athletics and are taking AAS primarily to modify their physical appearance. Athletes who use AAS do so for two main reasons: 1) to gain strength and 2) to recover more quickly from injury.

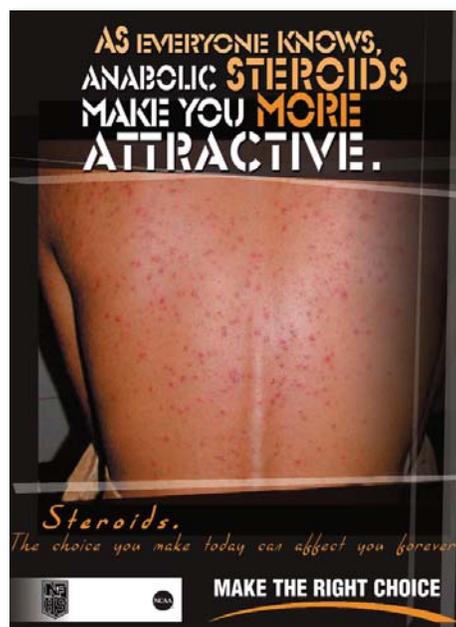
AAS are controlled substances and are illegal to use or possess without a prescription from a physician for a legitimate medical diagnosis. Some AAS are used by veterinarians to treat pigs, horses and cows. In humans, medical uses of AAS in-

Posters discouraging steroid use in schools are part of the NFHS drug-free campaign.

clude weight gain in wasting diseases such as HIV-infection or muscular dystrophy, absent gonadal function in males, and metastatic breast cancer in women. AAS should not be confused with corticosteroids, which are steroids that doctors prescribe for medical conditions such as asthma and inflammation. AAS are prohibited by all sports governing organizations.

Athletes and Steroid Prevention

- School personnel, coaches and parents can reduce steroid abuse by speaking out against such use.
- Talk with your athletes about frustrations they may have about how they look or how they are performing in their sport. Help them establish healthy expectations of their bodies.
- Talk to athletes about realistic performance standards.
- Focus on proper nutrition and hydration. Work with a registered dietician to develop a plan for appropriate weight gain and/or weight loss.



- Don't trust Internet marketing messages about quick fixes.
- Restrict athletes' access to environments where steroid use might occur and to people who are involved with anabolic steroids.
- Don't subscribe to publications such as muscle magazines that depict unrealistic pictures of men and women.
- Help athletes understand that using anabolic steroids not only is illegal but also is cheating.
- Consider initiating a formal performance-enhancing, drug-education program to educate athletes and deter use.

Fit to Make the Call: Officials Aim to Improve Fitness

Each school year brings with it a multitude of high school sport seasons. Student-athletes are constantly preparing to take the fields and courts, but they're not the only ones who gear up for each season. Officials, those who ensure the athletic contests are played fairly, are also working to improve their game. You may notice them looking better in their stripes.

Just as student athletes train to compete at peak levels of performance through intense workouts and nutrition programs, the Capital Area Officials Association (CAOA) is encouraging hundreds of MHSAA registered officials to do the same.

High school sports officials come in all shapes and sizes and from all walks of life: Doctors, lawyers, firefighters, prison guards...you name it. Officiating high school sports involves many skill sets to perform at a level that the student-athletes deserve. Knowledge of rules, officiating techniques, communication skills, hustle and positioning are all skills of the veteran official. An attribute sometimes underemphasized is physical conditioning.

The CAOAA, a MHSAA Approved Association in mid-Michigan with 259 members, has made it a priority to emphasize health and fitness for the 2009-10 season. For the first time, the CAOAA has adopted a theme for the year: "Getting the CAOAA Fit". Each meeting incorporates a health and fitness component in addition to the usual rules study, film review, and mechanics training.

"The theme came about because many of the CAOAA board members have improved their own fitness," said Jeff Spedoske, president of the CAOAA. "Some competed in 5Ks, 10Ks, half-marathons, marathons, and triathlons last summer. We also have a group of members who officiate at the NCAA level. Officiating at that level is very competitive and being in good shape is essential."

Spedoske believes being healthy and fit is a vital component to successful officiating. "The players in the games we work are teenagers in the best shape possible," he said. "We have to be able to keep up. Our main goal when working a game is to make correct calls. Being in the right position is essential to making those calls. If you can't keep up with the game, you will be out of position and miss calls."

Many CAOAA members participated in the Women Working Wonders 5K Run/Walk (page 23).



MHSAA File Photo

One of the first classroom presentations of the season was given to the general membership by Scott Sehnert, registered dietitian, board certified specialist in sports dietetics, and Coordinator of Sports and Cardiovascular Nutrition at Michigan State University. Sehnert delivered the message on improving nutritional intake before and after events with a talk tailored to officials titled, "Eating on the Road." He spoke about food options to provide fuel to help officials perform at their best. "Think of yourselves as athletes," Sehnert reminded the officials at the meeting. "Look to what you need to fuel yourself at the sporting event and then think ahead about what to eat to recover from that game and to be ready for the next one."

– Mitch Smith

Mitch Smith is a MHSAA registered football official and a member of the CAOAA

Make a Stand at Concession Stands

You're eating on the run and you've found yourself at a concession stand. Instead of a hot dog and pop, grab a sports bar, trail mix, popcorn and a bottle of water. If you're on the road and stop for fast food, study the menu and substitute fruit for the fries; get the grilled chicken instead of the burger.

Pack a snack for before or after the game. Try these favorites so you don't foul out with your pregame and postgame meal.

- Dried fruit and nuts
- Granola
- Sliced cheese
- Peanut butter and jelly or turkey/ham/roast beef sandwiches
- String cheese or Babybel cheese wheels
- Fresh fruit or fruit cups
- Granola bars
- Beef jerky
- Yogurt
- Low-fat milk
- Hummus and pita bread/chips
- Soy crisps
- Snack-size cottage cheese
- Tuna
- Peanut butter and sliced apples

Originally published in *Healthy & Fit* magazine, October 2009: www.healthyandfitmagazine.com

“Driving” to the Online Rules Meetings

Getting I.T. is a new department of benchmarks. This section will offer helpful hints and instructions pertaining to information technology as it relates to the MHSAA and school sports in general

The online Rules Meetings is one of most positively received features of the new MHSAA.com. This feature has literally saved the membership hundreds of thousands of dollars in fuel costs, and saved countless driving hours for school employees, coaches, and officials across the state. Most often, the online Rules Meeting experience is a positive one, and things go off without a hitch. In this edition of “Getting I.T.” we will discuss what is needed to have a positive online Rules Meeting experience, some common problems, and how to easily correct them.

First of all, to complete an online Rules Meeting you need a computer (obvious) and a high-speed Internet connection such as a cable or DSL. Your connection must be high-speed as the rules video files are simply too large to work with a dial-up connection. If you are unsure about the type of connection you have, perform the following simple test. Connect to the Internet as you normally do. If your computer makes noises that sound like it’s dialing a phone, then you are on dialup. Pick up your phone while you are connected to the Internet. If you hear loud static then you are on dial-up. If you hear a normal dial tone, then you most likely have some kind of high speed connection.

Secondly you *should* have one of the following browsers: Internet Explorer, Firefox, Safari, or Mozilla. I say *should* because other browsers will probably work fine, but the four listed make up 99 percent of the visitors to our site, and those are the browsers we test for compatibility.

The last thing you need is Adobe Flash. Flash is a program that installs itself into your browser and allows you to view the rules videos. If you are unsure if Flash is installed, go to Google and search for “Is Flash installed?” Click on the first search result which will take you to a page on Adobe’s site. If Flash is installed, the page will say “Flash is installed.” In the unlikely event that Flash is not installed, the site will ask if you would like it installed, or present you with a link to download the installer. If this happens follow the instructions on screen to install Flash.

At this point you might think, “Wow that’s a lot of stuff to get set up.” Well, the good news is that most computers already have all of these items set up, ready to go, and you will not have to take any special steps to view your Rules Meeting.

OK, we have all the technical stuff out of the way. Let’s talk about actually viewing a Rules Meeting. In order to view a Rules Meeting you must be either a school coach or a registered official. When you log in to the site, the system automatically knows what school you are from, and what sports you coach or officiate. Once logged in click on “Rules Meeting” in the blue bar on the left side of the page (as shown on this page). This blue bar is called the “left navigation.” After clicking on “Rules Meeting” in the left navigation you will see a list of your sports which require Rules Meetings. This list contains the name of the Rules Meetings, the sport it covers, and the dates the meeting is available. In the status column you will see either “Incomplete” if you have yet to watch the video, or “Completed” if you have completed the video. To start the video, click on the green “Play” button. Once you have completed a Rules Meeting you can click on the “Completed” link to view your certificate. This procedure works for most people, most of the time. At times, things don’t go as planned.

Following are some common problems and suggested solutions.



Problem: You are missing a video that you should be seeing.

Officials Solution: You are not registered for the sport in question. Complete your registration and the video will appear in the list.

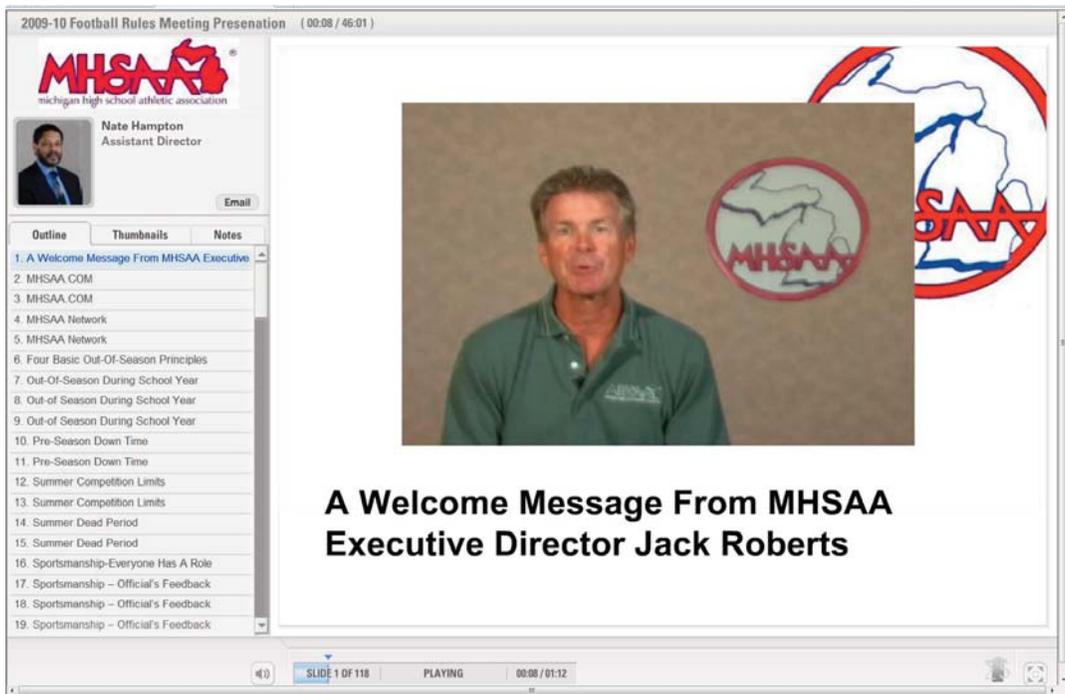
Coaches Solution: Your AD has not added you as the coach for the sport in question. Contact your AD and ask him or her to add you.

Problem: I can start the video, however it plays for a few seconds and then stops.

Solution: You are probably not on a high-speed connection. If you are on dial-up it could take several hours to download the video, this is why dial-up will not work.

Problem: I am sure I have a high-speed connection, however the video gets stuck on a slide and I can’t get it to go to the next slide.

Solution: Some of the files in the video may have corrupted during the download. When this happens you need to clear your temporary internet files, or browser cache, and start over. We realize this is not the ideal solution, but it’s the only way to fix the problem. File downloading is not 100-percent successful in any system.



Problem: I completed the video but I didn't get a certificate.

Solution: Nothing wrong here; you probably got credit just fine. Click on the "Complete" link to view your certificate. If the status is still listed as "incomplete" contact the MHSAA office. We can usually issue you credit in a matter of minutes.

Again, for 99 percent of the individuals who use the online Rules Meetings, the program works just fine. These are simply some issues that occur from time to time, and ways to solve them.

– Jordan Cobb
MHSAA Assistant Director of Information Systems

Rules Meetings FAQ

Q: I coach/officiate boys and girls in the same sport. I see that I have two videos listed; do I need to watch the same video twice?

A: Probably not. If for example you coach/officiate boys and girls basketball, you will see the video twice because the video list will list all sports your coach/officiate. If there is one video for both girls and boys, you will get credit for both. Watch either video, girls or boys, and the system will issue credit for both once you are done. There are exceptions to this rule however, when the boys and girls sports are so different that they require different videos (lacrosse, for example). The bottom line here is, watch all the videos in the list until they are marked as complete. The system will not force you to watch the same video twice.

Q: I don't have a printer so I can't print my certificate, do I still get credit?

A: Yes. Printing a certificate has nothing to do with actually getting credit. If you can see the certificate on your screen then everything is OK; no need to print if you don't want to. Note: Some Athletic Directors like their coaches to send in a printed certificate. All ADs have a Rules Meeting status screen that shows the status for all coaches Rules Meetings at their school. If you are unable to print a certificate for your AD, ask them to use this page to verify your completion.

Q: Can I get a group of coaches or officials together, watch the online Rules Meeting, and have all of us get credit?

A: No. The online Rules Meeting is set up to deliver individual Rules Meetings and will give credit to person that is logged in when the video plays. There is no way for the system to know that there are actually multiple individuals sitting at the screen. Please watch the Rules Meetings individually to assure that you receive proper credit.

Seeking a Level Playing Field

One hundred years ago, when athletic programs were first becoming organized well enough in secondary schools to cause people to wonder how the students of one school might fare against the students of another school, it took but a very few experiences of interscholastic competition to realize that a common set of understandings was necessary for the competition to occur with fair result and without hard feelings.

Those who were coordinating these first athletic exchanges quickly discovered that they needed several kinds of rules; and it wasn't left to a single rule or single kind of rule to promote competitive equity: it was one of the objectives of all of the rules which tended to work together toward the desired outcome of a more level playing field.



MHSAA File Photo

The first set of rules needed was to determine where and with what the competition would be conducted: facility dimensions, ball specifications, net heights, etc.

The second set of rules they found necessary was to determine how the competition would proceed: number of balls and strikes and innings, lengths of quarters, halves, etc.

These first and second sets of understandings show there was concern from the very first day of school sports for fairness, for a more level playing field, for competitive balance. The organizers couldn't have these qualities – these values – in their contests without these kinds of rules. But deciding where, with what and how the competition should be played wasn't enough. Gradually, it became clear to the coordinators of the programs at that time that there had to be some understandings, some agreements, some policies, some rules about who could play.

Not surprisingly, School A soon objected if

School B's participants in an event seemed to be men against School A's boys.

So the schools coordinating the events agreed that all participants in all contests had to be enrolled in the schools they represented in competition. These agreements were made long before the Michigan High School Athletic Association was formed, but that's still the first section on student eligibility in the *MHSAA Handbook*: the enrollment rule.

They agreed next that all participants had to fall within a certain age range. An age rule. That's still the second section on student eligibility in the *MHSAA Handbook*.

It wasn't fair to have it any other way. It wasn't healthy for participants to have it any other way. Not in the 1920s. Not now. Rules 1 and 2 historically are still Sections 1 and 2 of the student eligibility regulation in the *MHSAA Handbook*.

It took but a very few experiences of interscholastic competition to realize that a common set of understandings was necessary for the competition to occur with fair result and without hard feelings.

It hasn't been easy to keep these rules. In 1999, schools had to defeat initiatives of some legislators to keep Rule 1. A few years later, the MHSAA successfully defended Rule 1 in a \$30 million lawsuit which tried to eliminate the enrollment requirement for some young people (*Reid v. Kenowa Hills*, 261, Mich App 17 [2004]).

In previous years, schools had to fight in several courts to keep Rule 2, the age rule. The rule has always prevailed, although the MHSAA once had to appeal to the Michigan Supreme Court and once to the US Sixth Circuit Court of Appeals to defend the age rule successfully.

In *Cardinal Mooney High School v. MHSAA*, 437 Mich 75, 468 NW2d 21 (1991), the Supreme Court of Michigan held:

"... the interest of uniformity and predictability justify even-handed application of" [the forfeiture rule] ..."

And

"In light of the unique issues of competitive equity in the area of eligibility rules for athletic contests, [the forfeiture rule] is a valid regulation which neither infringes on the authority of the courts nor improperly restricts access to the judicial system."

The Only Official Interpretations are Those Received in Writing

It is apparent that schools' interests in having competitive equity for interscholastic athletics are both legitimate and substantial and were the basis for the Michigan Supreme Court upholding the rule in question.

Over the years, member schools of the MHSAA have addressed a variety of eligibility issues that threatened the competitive balance necessary to conduct athletic contests with fair result and without hard feelings: maximum semesters, academic progress, transfers and undue influence (recruitment), for example.

As interscholastic athletic programs became more sophisticated and took on higher profile within the school, community and state, pressures mounted for athletic teams to do better and win more. So some schools would start practice sooner, play more games, and seek more distant and prestigious venues for competition.

It didn't take very long for some schools to complain that other schools, in pursuit of competitive advantage, were moving toward excesses . . . and were abusing the health and welfare of students.

Not surprisingly, again, it didn't take very long for some schools to complain that other schools, in pursuit of competitive advantage, were moving toward excesses, were abusing the health and welfare of students, were interfering with the educational objectives of schools and the pursuits of students.

So again, through political process schools agreed among themselves on some limitations, for example, for the lengths of seasons, number of contests and distances of travel.

The first defined season for school sports in Michigan came in 1930 for the sport of football. As the years have passed, school administrators have

found it necessary to adopt starting and ending dates, as well as maximums for the number of interscholastic scrimmages and contests, for each and every sport season in order to assure that . . .

- one sport did not conflict with other sports programs in the school;
- no sport interfered with other extracurricular activities of the school;
- sports did not interfere with the academic mission of the school; and through their voluntary association, these administrators found it necessary to agree upon statewide maximums in order to promote the important value of fair competition between schools.



MHSAA File Photo

School administrators have learned from experience that to maintain competitive equity, it is not only necessary to define the interscholastic season and limit what can occur during it, but also it is necessary to define and limit what can occur out of season. This has become increasingly challenging as school sports have expanded to include sports that were entrenched in community-run programs before they became school programs and as the coaching staffs of schools have had to expand beyond teaching faculty to adults

in the community employed outside of schools.

It is a compliment to the schools of Michigan, and a credit to the sound thinking of school administrators who have put the health, welfare and education of students above sports, that the portion of the *MHSAA Handbook* that has grown the largest and has been challenged the least in jurisprudence are Regulation II, Sections 10 and 11, which provide, respectively, the daily, weekly and season limitations for students as well as the in-season and out-of-season limitations for schools and their personnel.

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.

Officials Ratings: A Regulation and Learning Tool

Because much has been said and written about rating sports officials, it is difficult to say something new. But here goes: **Coaches and ADs who fail to rate officials are not only violating the rules, they also are not holding up their end of the bargain between school coaches and officials.** If you don't think that officials, athletic directors and coaches are partners in providing school sports, think back to an event when both teams were present, as were the spectators, but no officials were present – we need each other.

Officials expect and appreciate the honest feedback that ratings provide. The MHSAA, schools and assignors count on the accumulation of ratings to progress officials along their career and to select officials for tournaments. While not a perfect system, the rating of officials and other mechanisms have served well and create a good foundation for advancement and improvement. Coaches must have a say in contest officials: ratings are that statement and coaches who fail to rate officials have no complaint if they don't participate.

The 2009-10 school year marks the third year that all official ratings are submitted online only and the second year that the deadlines of Dec. 1 for fall, April 1 for winter and June 1 for spring sports are absolute. Perhaps because last year was the first year of online deadlines, 324 school teams failed to rate even one official in the fall of 2008. There was a decrease to 123 school teams failing to rate any officials in the winter of 08-09, and 165 school teams did not submit ratings for spring sports in 2009.

Before we look for solutions, let's remember a few basics of the rating protocol. Officials ratings are **required for regular-season varsity** contests whether or not the team enters the MHSAA tourna-



John Johnson, Okemos

Rating officials is as much a regulation as basic eligibility minimums and amateur status. Failure to rate is a violation of the rules.

Ratings are strongly encouraged at all levels. Submitting ratings for middle school and subvarsity officials helps to grow the pool of officials and develop newer officials. As the MHSAA website transition progresses, we will send email reminders to administrators and **coaches** (whose email addresses are now in the system) reminding them of pending ratings deadline.

Because 2008-09 rating submission was poor, MHSAA Staff took to the road at fall 2009 AD In-Service programs and discussed with athletic directors **what was working**. How did ADs accomplish the on-time submission of ratings? Here is a list of 10 Tips from ADs around the state to improve submission.

We hope it helps.

Top 10 Tips from ADs for Improving Submission of Official Ratings

1. Generate and receive a written **Contest Report** from every coach after every event which would include score, significant stats, and any issues. This post-event report form includes the contest of officials and the ratings. The AD then enters the ratings the coach submits.
2. Go to the pocketbook – Don't pay coaches until the ratings have been submitted or assign an internal school fine if a coach fails to submit ratings.
3. Don't wait until the end of the season; submit ratings as the season goes along.
4. Delegate – Assign to an assistant coach, scorekeeper, student manager, secretary. Get the coaches opinion then submit the online rating for them. Don't wait for coaches; the AD themselves submit the ratings for contests they observe.
5. Give coaches the list of schools which have failed to rate officials. Keep off this list! (A list was distributed at in-service meetings and published in this fall's *benchmarks*)
6. Include ratings as part of the season-ending coaching evaluation meeting or process.
7. Educate coaches – Some don't submit because they are not aware of their importance to development of officials and tournament selection.
8. Don't tolerate it. – It's an expectation of coaching and the AD must stay on it and insist it gets done.
9. Set an internal school deadline one week earlier than MHSAA deadline.
10. Use the "Official Rating Record" form (MHSAA.com "Forms and Resources"). Keep in scorebook or post where AD can review; have scorekeeper or assistant get officials' information and coach can record the rating on form.

“In Other Words . . .” Academic Eligibility

“In other Words . . .” is a series designed to extract and examine various Regulations from the MHSAA Handbook to offer administrators a better understanding of the rules. These teaching tools are also distributed at annual AD In-Services and New AD Orientation sessions.

Academic Eligibility

These regulations are at the foundation of school sports: Student-athletes must perform in the classroom to earn the privilege of representing their school in interscholastic athletics. MHSAA regulations are the minimum standard upon which most schools build higher standards, such as passing more classes than the MHSAA minimum or achieving a specific GPA. This review of the rules will cover two MHSAA Academic Eligibility Regulations and their application. Regulation I, Section 7 deals with a student’s performance in the **previous** academic term and Section 8, which we discuss at the end of this brochure, covers how a student performs over a shorter term: the **current academic credit record**.

Previous Academic Credit Record

The new 2009-10 MHSAA minimum standard for participation in athletics states: “No student shall compete in any athletic contest who does not have to his or her credit on the official records of the school to be represented at least **66% of full credit load potential for a full time student** for the previous semester/trimester...” The requirement does not take effect until a student is enrolled in the 9th grade (junior high middle school students continue to use 50% of a student’s class load). **For the purposes of this review we will refer only to “66%” as the minimum and the reader should know that “66%” means “66% of full credit load potential for a full time student.”**

For most schools whose classes are approximately equal in length, carrying **66% of full credit load potential for a full time student** means meeting requirements of courses for which credit toward graduation would be granted by the school for **3 of 4 classes, 4 of 5 or 6 classes, 5 of 7 classes, or 6 of 8 classes**. Near the end of this brochure we will discuss how a school determines full credit potential; or the 2nd number in the equation.

Another significant change for the 2009-10 school year, in addition to upgrading the standard slightly by eliminating 20 credit hours as the minimum standard, is a change to the **length of time students are ineligible** when they do not meet the new 66% standard and they have not made up the deficiency (e.g. summer school; more on this later). A student who does not carry 66% is ineligible for one trimester, or in a non-trimester school,

the next 60 scheduled school days. (This used to be a semester or 90 days).

- **In semester schools**, students who did not earn credit for 66% become eligible on the first full day following the 60th day of school (calculate when classes are scheduled for students, including snow days) provided they are meeting the 66% standard on the 60th day. **This will likely involve a special academic check of students who have been sitting out due to their grades.** A student who is not passing on the 60th day becomes eligible on the first full day once he/she is passing the 66% standard. It could be a matter of days, weeks, months or not at all.
- **In trimester schools**, students who have sat a trimester become eligible on the first day that classes are actually held for students in the new trimester, provided they passed 66% during their trimester of ineligibility.

In either a semester or trimester school, a student may regain eligibility by **making up the deficiency** in a subsequent academic term when the school accepts credit on its transcript via summer school, credit recovery, on line, night school, etc. MHSAA academic regulations deal in quantity: How many credits did the student carry successfully? Schools determine acceptable courses for which they award credit toward graduation.

Current Academic Credit Record

The same standard, **66% of full credit load potential for a full time student**, is used for the current academic eligibility checks which must occur within ten weeks for semester schools and seven weeks for trimester schools. Many schools have more frequent checks such as weekly, biweekly or every three weeks. It should be noted that passing 66% here involves doing satisfactory work from the beginning of the term to the date of the check, not just passing on the day of the grade check.

A student not passing 66% when checked at whatever interval (weekly, biweekly, etc.) is not eligible until the next check but at least for the next Monday through Sunday. If the student returns his or her grades to passing 66% then that student may be eligible after the specified seven days off. The

– continued next page

re-check of eligibility for this student not passing may be at any interval school policy determines, but the student is not eligible until passing 66% and has sat out of competition for at least the next Monday-Sunday.

The Representative Council believes that academic eligibility checks should be more frequent than seven or ten weeks and has directed a year of study and discussion to determine the frequency of MHSAA minimum academic eligibility checks in future years.

Determining Full Credit Load Potential for a Full Time Student

In most schools **determining the credit load potential** is simple: "How many classes does a full time student take?" In some schools, where class lengths differ (block schedules, modules, etc) schools may have to determine 66% of the potential **minutes** for a full time students regular class cycle, which is usually one or two weeks. Zero hour courses, where only some students take a class before the regular school day begins, are not part of the credit load potential. Zero hours may be used for the first number (classes passed) for an individual student just as credit from other sources such as (junior college, vocational tech, etc) can be included as credit on the school transcript to reach the number of classes passed.

Because the credit load potential differs from one school (and is especially different among semester and trimester schools), students in **cooperative programs** would follow the academic regulations of the school they are enrolled in, not necessarily the primary program. Students who are

in **non-traditional or alternative education** and eligible at their base or original school for athletics shall follow the regulations and meet the requirements of the base/original school. Students who receive credit from other sources or are **shared time (night school, adult ed., vocational education, home school, specialized curriculum school, etc.)** must follow the academic regulations of the school they are representing in athletics. Likewise transfer students who may be eligible under the transfer rule, would follow the academic standard and period of ineligibility of the new school.

Transition from Old Rule to New Rule (2009-10)

Because last year's standard was 20 credit hours (generally four 55 minute classes), students who met this standard (but perhaps not 66%) for the final term of 2008-09 **would be eligible** in the fall of 2009, insofar as MHSAA academic regulations are concerned, even though the new standard of 66% takes effect with the fall of 2009-10. The period of ineligibility for a student who did not pass 20 credit hours (or 66%) would be a trimester or 60 scheduled school days, not a semester or 90 school days as in the past. In other words, the old standard remains for last year's grades; the new period of ineligibility is the new and current rule.

When grades for the first trimester or semester of 2009-10 are posted, students must have met the new 66% standard.

Remember that these changes only affect periods of ineligibility under the previous academic term regulation. **The period of ineligibility for transfer students remains unchanged.**

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 (see Sanction guidelines on next page). 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.

MHSAA Representative Council

Daveda Colbert*

Area Superintendent
Detroit Public Schools
City of Detroit

James Derocher**, President

Superintendent
Negaunee Public Schools
Class C-D — Upper Peninsula

Ken Dietz*

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

Dan Flynn*

Faculty Member/Coach
Escanaba High School
Class A-B — Upper Peninsula

Kyle Guerrant (ex-officio)

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

Rudy Godefroid*

Superintendent
Hemlock Public Schools
Junior High/Middle Schools

Scott Grimes**, Vice President

Principal
Grand Haven High School
Statewide At-Large

Robert A. Hansen**

Superintendent
East Jordan Public Schools
Class C-D — Northern Lower Peninsula

Kris Isom*

Athletic Director
Adrian Madison High School
Class C-D — Southeastern Michigan

Karen Leinaar*

Athletic Director
Benzie Central High School
Statewide At-Large

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
East Lansing High School
Appointee

Arnetta Thompson*

Dean of Students
Grand Rapids Union High School
Appointee

John Thompson**

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

Mark Woodson**

Director of Student Development and Athletics
Romulus High School
Appointee

Wendy Zdeb**

Principal
Rochester High School
Appointee

*Term Expires December 2011

**Term Expires December 2010

The following pages include business news from the MHSAA, including some items formerly found in the *Bulletin*.

Following is a guide to the information previously in fall *Bulletins* now solely on MHSAA.com. As you'll note, most information has moved to the "Administrators" page under "Schools."

- **Representative Council, Executive Committee and UP Athletic Committee Minutes:** "Administrators"
- **Sport Committee Minutes:** on corresponding "Sport" page
- **Officials Committees:** "Officials"
- **All other Committees:** "Administrators"
- **Cooperative Program Listings:** "Administrators"
- **Opt-Ups and Classification:** "Administrators"
- **Regulations Violations:** under "Administrators"
- **MHSAA Committee Members:** "Administrators"
- **Non-Faculty Coaches:** "Coaches" & "Administrators" pages

Annual Business Meeting of the MHSAA, Inc.

Warren, Wednesday, Oct. 28, 2009

OFFICERS' REPORT

The MHSAA's independently prepared professional audit for the fiscal year ending July 31, 2009 quantifies the hard work of MHSAA Council and staff. Revenues increased \$653,000 and expenses were reduced \$642,000 compared to the previous fiscal year, and the result was an operating surplus of more than \$944,000 for 2008-09.

The Budget for 2009-10, which was adopted by the Representative Council on May 4, 2009, is enclosed for your review as Appendix 1. Some numbers are larger compared to previous years because the MHSAA has moved to a full accrual accounting system for 2009-10 and beyond where all income and all expenses are presented in gross amounts and not in net amounts. The most significant addition to both sides of the ledger is that for the first time, the 2009-10 budget includes both as revenue and expense all funds retained by hosts of District and Regional Boys and Girls Basketball Tournaments. This (approximately \$840,000 in 2009) has not previously appeared on the MHSAA's financial reports.

With the Council's advice and consent, the MHSAA staff is trimming operating expenses and expanding revenue sources, first, to meet its immediate obligations, and then, to position the association to produce alternative revenue for its member schools. Fiscal year 2008-09 was a big step forward toward these objectives. Executive Director Jack Roberts' Update report will provide additional information.

2009-10 MHSAA Budget

The following budget for operation of the Michigan High School Athletic Association, Inc., for the 2009-10 school year was considered and approved at the May 2009 Representative Council Meeting.

GENERAL ADMINISTRATION	\$2,940,475
GENERAL PRINTING	121,800
GENERAL OFFICE EXPENSES	925,572
GENERAL MEETINGS	92,000
COACHES & OFFICIALS	332,383
STUDENT SERVICES	125,000
BASEBALL TOURNAMENTS	220,000
BASKETBALL TOURNAMENTS	1,100,000
BOWLING TOURNAMENTS	65,000
COMPETITIVE CHEER	105,000
CROSS COUNTRY MEETS	105,000
FOOTBALL PLAYOFFS	1,300,000
GOLF TOURNAMENTS	65,000
GYMNASTICS MEETS	23,000
HOCKEY TOURNAMENTS	260,000
LACROSSE TOURNAMENTS	50,000
SKI MEETS	20,000
SOCCER TOURNAMENTS	215,000
SOFTBALL TOURNAMENTS	220,000
SWIMMING MEETS	55,000
TENNIS TOURNAMENTS	90,000
TRACK MEETS	240,000
VOLLEYBALL TOURNAMENTS	250,000
WRESTLING TOURNAMENTS	510,000
RADIO/TELEVISION	10,000
VIDEO STREAMING/ECOMMERCE SHARING	75,000
TOTAL BUDGET FOR 2009-10	\$9,515,230

Michigan Schools AED Week Slated for February

Over the past several years approximately 30 Michigan school age children have died from sudden cardiac arrest. Studies have shown that early 911, early CPR, early defibrillation and early advance life support can help save lives. **Michigan Schools AED Drill Week** is a voluntary, grassroots effort to promote the importance of school medical emergency response procedures involving a potential sudden cardiac arrest thereby improving school safety, heightening AED Awareness, and helping to save lives. The first drill week of this school year took place Nov. 9-13, but a winter drill week is set for Feb. 1-5.

Michigan Schools AED Drill Weeks help encourage AED Coordinators to conduct AED Practice Drills during the designated weeks. It also gives administrators an opportunity to improve its program before an actual emergency arises. Participating Certified CPR/AED instructors, Fire and EMS responders, and Local Hospital Community Relations personnel may contact schools to offer their assistance. These events will also provide a great opportunity for school and community relations and serve as a benchmark for continued practice throughout the school year.

For more information about participating in AED Drill Week, please visit www.aedrill.com.

Report of Activities of the MHSAA, 2008-09

PUBLICATIONS - Monthly *Bulletin* distributed to junior and senior high schools and registered officials; *Officials' Directory* and *School Directory* and calendars prepared; *Association Handbook* distributed to junior and senior high schools; rule books distributed to schools and registered officials; blanks and forms were distributed to schools. *Mentor* was published and distributed to coaches and officials. The *Officials Guidebook* was published for distribution to all prospective officials. The *Coaches Guidebook* was published online. The *Competitive Cheer Manual* was published for the 16th time.

RULES MEETINGS/CLINICS - General meetings and rules meetings (online and face to face) were held in baseball/softball, competitive cheer, football, basketball, bowling, swimming and diving, tennis, track and field, golf, wrestling, gymnastics, volleyball, soccer, and ice hockey for coaches and registered officials. The Officials' Awards and Alumni Banquet honored 20-, 30-, 40-, 45- and 50-year officials. Special meetings were conducted for coaches association presidents and league and conference executives. Tournament managers meetings were held in some sports. Meetings were held with representatives of local officials associations. In-service programs for officials assignors and sessions to train the basketball, football, volleyball, wrestling, soccer, baseball and softball trainers of approved officials associations were conducted. Regional Captain's Clinics were conducted for students. Mini-grants were provided for Sportsmanship Summits and Women in Sports Leadership and general student-athlete leadership. The third class of the Student Advisory Council was appointed.

PARTICIPANTS - There were approximately 306,924 participants on interscholastic athletic squads of the 771 member high schools during the 2008-09 school year. The MHSAA membership also included 821 junior high/middle schools.

REGISTERED OFFICIALS - There were 12,719 officials registered in one or more sports during the year. The MHSAA conducted three camps for basketball officials.

UPDATE MEETINGS - Meetings for 1,006 people were conducted during the fall in Traverse City, Frankenmuth, Kalamazoo, Lansing, Gaylord, Warren, Comstock Park, and Marquette.

CAP SEMINARS - There were in excess of 1,700 participants who completed one or more courses in the Coaches Advancement Program at sites throughout the state during the 2008-09 school year.

ATHLETIC DIRECTORS IN-SERVICE - 843 athletic directors participated in the Athletic Directors In-Service programs at 13 sites throughout the state during the fall of 2008.

COMMITTEES - Approximately 500 different individuals served on the following Association committees during the 2008-09 school year:

Representative Council	Competitive Cheer Judges Selection	Scholar/Athlete
Executive Committee	Cross Country/Track & Field	Ski
Upper Peninsula Athletic Committee	Cross Country Site Selection	Soccer
Athletic Equity	Football	Soccer Off. Selection (B & G)
Awards	Football Playoff Officials Selection	Swimming
Baseball/Softball	Golf	Tennis
Baseball/Softball Umpires Selection	Golf Managers	Tennis Seeding (Boys)
Basketball	Gymnastics	Tennis Seeding (Girls)
Basketball Tournament (Boys)	Gymnastics Officials Selection	Track & Field Standards
Basketball Tournament (Girls)	Hockey	Track Managers
Boys Basketball Officials Selection	Hockey Officials Selection	Volleyball
Girls Basketball Officials Selection	Junior High/Middle School	Volleyball Off. Selection
Board of Canvassers	Lacrosse (Boys)	Wrestling
Bowling	Lacrosse (Girls)	Wrestling Head Referees
Classification	Officials Review	Wrestling Managers
Competitive Cheer		Wrestling Off. Selection

2010-11 MHSAA Committee Membership Nominations

A procedure has been adopted and recently refined by the Representative Council to select MHSAA committee members. In the early spring of 2010, all superintendents, principals, athletic directors, coaches and board of education members who desire to serve on MHSAA committees may submit their names for nomination. This is a summary of the make-up and responsibilities of MHSAA standing committees:

SPORT COMMITTEES

Baseball/Softball, Basketball, Bowling, Competitive Cheer, Cross Country/Track & Field, Football, Golf, Gymnastics, Ice Hockey, Boys Lacrosse, Girls Lacrosse, Skiing, Soccer, Swimming & Diving, Tennis, Volleyball, Wrestling

Consist of a balance of administrators and varsity coaches in the particular sport, plus the president of the coaches association for that sport. Responsible for: (a) recommending to the Representative Council changes regarding MHSAA regulations relative to the sport. (b) recommending to the staff procedures, sites, and assignments for the MHSAA tournament in that sport. **Note:** Some sport committees serve multiple functions including officials selection, tournament sites, and seeding.

TOURNAMENT COMMITTEES

Girls & Boys Basketball, Cross Country/Track & Field Site Selection, Track & Field Standards, Volleyball

Consist of administrators responsible for selecting sites and assigning teams for all levels of MHSAA tournaments in the particular sport.

SEEDING COMMITTEES

Girls Tennis Area Seeding Directors, Boys Tennis Area Seeding Directors

Consist of tournament managers and varsity coaches responsible for determining seeded players and their positions in each flight and for assisting tournament managers in conducting the tournament draw.

OFFICIAL SELECTION COMMITTEES

Baseball and Softball, Boys and Girls Basketball, Competitive Cheer, Football, Gymnastics, Ice Hockey, Boys Soccer, Girls Soccer, Volleyball, and Wrestling

Consist of tournament managers, athletic directors and coaches responsible for selecting officials for most levels of tournaments in most sports.

OTHER STANDING COMMITTEES (Established and appointed by the Representative Council)

1. **Athletic Equity Committee** - Committee is to meet once a year to recommend to the Representative Council annual objectives designed to encourage participation by more women and minorities in interscholastic coaching, officiating and administrative positions.

2. **Awards Committee** - This committee meets once as a group and corresponds throughout the year to extend nominations, establish policies and procedures and to nominate and screen candidates for four MHSAA awards: Forsythe, Bush, Norris, and Women in Sports Leadership.

3. **Classification Committee** - The committee meets annually to study and make recommendations to staff and Council regarding policies and procedures of classifying schools for tournaments and elections.

4. **Board of Canvassers** - Comprised of a superintendent, two high school principals, one junior high/middle school principal, and one athletic director. Members are responsible for counting the ballots for the election of Representative Council members and members of the Upper Peninsula Athletic Committee.

5. **Junior High/Middle School Committee** - This committee is comprised of junior high/middle school principals and athletic directors to review rules and regulations as they pertain to junior high/middle schools.

6. **Officials Review Committee** - This committee meets for the purpose of reviewing issues and concerns related to all officials in order to put forth recommendations to the MHSAA Representative Council.

7. **Scholar-Athlete Committee** - Established to administer the MHSAA Scholar-Athlete program, this committee consists of approximately 80 people to review award applications.

8. **Trophy & Medal Committee** - This committee of two superintendents, two principals and one coach meets to recommend to the Council trophies and medals to be distributed at MHSAA postseason tournaments.

Criteria for Nomination and Selection of MHSAA Committee Members

There are several criteria to consider before completing the Nomination Form:

1. Coaches must be employed by the school and be able to obtain release time from school.
2. The nominee should have at least two years of experience in the position currently holding.
3. Most committees require only a one meeting date commitment at the MHSAA building in East Lansing. Committee meetings are held during the work week.

Appointments to committees are based on the following criteria:

1. Committees should have male, female, and minority membership which reflects the total pool of available personnel.
2. Committees should maintain geographic and class size representation.
3. Some administrators will be appointed to sport committees.
4. The coaches association president/secretary of each sport is appointed to that sport committee, if the person is a school employee. If the President/Secretary is not a school employee, the Association must send a designee who is an administrator, faculty member or board of education member of an MHSAA member school.

Names of nominees will be submitted to the Representative Council for selection.

Over 500 people will be selected from the list of nominees submitted to serve on MHSAA committees.

— USE THE FORM ON THE NEXT PAGE —

MHSAA Committee Membership Nomination Form

Member school superintendents, principals, athletic directors, board of education members and coaches are eligible to be a member of any one of the following MHSAA committees for the 2010-11 school year. If you desire to place yourself as a nominee complete this form and mail it to the MHSAA office by March 31, 2010. **THE PRINCIPAL MUST sign this form for it to be considered a valid nomination for athletic directors and coaches.** Schools may choose to use this form for more than one nomination. The following form lists the committee and the month in which the meeting will be held. Please print the nominee's name and title (**specify boys or girls if a coach**) on the appropriate line.

Committee	Meeting Month	Nominee's Name & Title
Board of Canvassers	September	Ms/Mr
Athletic Equity	October	Ms/Mr
Awards	October	Ms/Mr
Gymnastics	October	Ms/Mr
Boys Tennis Seeding	October	Ms/Mr
Ski	November	Ms/Mr
Baseball/Softball Site Selection	November	Ms/Mr
Golf	November	Ms/Mr
Basketball Rules	December	Ms/Mr
Track & Field Standards	December	Ms/Mr
Volleyball Rules	December	Ms/Mr
Tennis	January	Ms/Mr
Baseball/Softball Rules	January	Ms/Mr
Classification	January	Ms/Mr
Cross Country/Track & Field Reg.	January	Ms/Mr
XC/Track & Field Site Selection	January	Ms/Mr
Football	January	Ms/Mr
Junior High/Middle School	January	Ms/Mr
Wrestling	January	Ms/Mr
Boys Lacrosse	Jan. & May	Ms/Mr
Girls Lacrosse	Jan. & May	Ms/Mr
Scholar-Athlete	February	Ms/Mr
Soccer	February	Ms/Mr
Swimming & Diving	February	Ms/Mr
Competitive Cheer	March	Ms/Mr
Bowling	March	Ms/Mr
GBB/BBB/GVB Site Selection	May	Ms/Mr
Ice Hockey	May	Ms/Mr
Girls Tennis Seeding	May	Ms/Mr

City/School _____ School ID No. _____

Principal (Signature) _____

RETURN TO MHSAA NO LATER THAN MARCH 31, 2010

Official Report of the Board of Canvassers

East Lansing, September 14, 2009

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

REPRESENTATIVE COUNCIL

NORTHERN PENINSULA - CLASS A AND B SCHOOLS (No. 1)

Total number of legal ballots received. 3
 Dan Flynn, Escanaba 3
 Illegal or incomplete ballots received 0
Elected by Majority of Votes – Dan Flynn

SOUTHWESTERN SECTION - CLASS C AND D SCHOOLS (No. 3)

Total number of legal ballots received. 34
 Ken Dietz, Watervliet 22
 Chris Miller, Gobles. 12
 Illegal or incomplete ballots received 1
Elected by Majority of Votes – Ken Dietz

SOUTHEASTERN SECTION - CLASS C AND D SCHOOLS (No. 4)

Total number of legal ballots received. 17
 Kristen M. Isom, Adrian-Madison. 17
 Illegal or incomplete ballots received 1
Elected by Majority of Votes – Kristen M. Isom

STATEWIDE AT-LARGE (No. 5)

Total number of legal ballots received. 323
 Karen S. Leinaar, Benzonia 250
 Jim Weidman, Lake Orion. 73
 Illegal or incomplete ballots received 30
Elected by Majority of Votes – Karen S. Leinaar

JUNIOR HIGH/MIDDLE SCHOOLS (No. 6)

Total number of legal ballots received. 81
 Rudy Godefroidt, Hemlock 81
 Illegal or incomplete ballots received 6
Elected by Majority of Votes – Rudy Godefroidt

SOUTHEASTERN SECTION – CLASS A AND B SCHOOLS – SPECIAL ELECTION (1-Year Term)

Total number of legal ballots received 58
 Darren Kecskes, Mt. Clemens. 5
 Greg Lattig, Mason 5
 David H. Peden, Southgate 8
 Mike Quinn, Gibraltar-Carlson 3
 John Thompson, Brighton. 21
 Wayne R. Welton, Chelsea 16
 Illegal or incomplete ballots received 8
**No majority – Names of John Thompson and
 Wayne R. Welton submitted to schools.**

UPPER PENINSULA ATHLETIC COMMITTEE

CLASS D SCHOOLS (No. 7)

Total number of legal ballots received. 10
 Dave Duncan, Cedarville 10
 Illegal or incomplete ballots received 0
Elected by Majority of Votes – Dave Duncan

CLASS A AND B SCHOOLS (No. 8)

Total number of legal ballots received. 4
 Matt Houle, Gladstone 4
 Al Unger, Kingsford 0
 Illegal or incomplete ballots received 0
Elected by Majority of Votes – Matt Houle

CLASS C SCHOOLS (No. 9)

Total number of legal ballots received. 6
 Don Gustafson, St. Ignace-LaSalle 6
 Illegal or incomplete ballots received 0
Elected by Majority of Votes – Don Gustafson

BOARD OF CANVASSERS (Signed)

Keith Eldred, Athletic Director, Williamston HS
 Mike Garvey, Athletic Director, Otsego HS
 Leon Olszawowski, President, Pontiac-Notre Dame
 Preparatory School
 Roger Rush, Athletic Director, Leroy-Pine River HS
 Ronald Stoneman, Superintendent, Walkerville Public
 Schools

Second Meeting

East Lansing, October 1, 2009

REPRESENTATIVE COUNCIL

SOUTHEASTERN SECTION – CLASS A AND B SCHOOLS – SPECIAL ELECTION (1-Year Term)

Total number of legal ballots received. 93
 John Thompson, Brighton 53
 Wayne R. Welton, Chelsea 40
 Illegal or incomplete ballots received. 5
Elected by Majority of Votes – John Thompson

BOARD OF CANVASSERS (Signed)

Keith Eldred, Athletic Director, Williamston HS

Third Meeting

East Lansing, November 16, 2009

REPRESENTATIVE COUNCIL

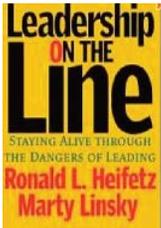
CITY OF DETROIT PUBLIC HIGH SCHOOLS (Special Election)

Total number of legal ballots received. 8
 Dr. Daveda J. Colbert, Detroit Public Schools 8
 Illegal or incomplete ballots received. 0
Elected by Majority of votes – Dr. Daveda Colbert

Meet Your Leadership Challenges With Sound Mind

Leadership can be hazardous to one's health, and there's no shortage of books to help improve leadership skills or maintain physical and mental health during difficult leadership challenges. But no list of the best books would be complete without *Leadership on the Line – Staying Alive Through the Dangers of Leading* (HBS Press, 2002).

Harvard professors Ronald A. Heifetz and Marty Linsky provide practical, readable and well-researched descriptions of leadership skills and survival strategies which look both outward and inward.



For example:

Outward: “To sustain momentum through a period of difficult challenge, you have to find ways to remind people of the orienting value – the positive vision – that makes the current angst worthwhile.”

Inward: “Too often, under stress and pressed for time, our sources of sanctuary are the first places we give up . . . Clearly, it's when we are doing our most difficult work that we most need to maintain the structures in our lives that remind us of our essential and inviolable identity and keep us healthy.”

For more from Heifetz and especially Linsky, go to cambridge-leadership.com.

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

“Too often, under stress and pressed for time, our sources of sanctuary are the first places we give up . . .” – Leadership on the Line

Making “No” a Positive

Those who lead may do so best when they think more about what it means to serve than what it means to lead.

In school sports, servant leadership does not mean we must always please people. In fact, in a properly regulated and guided program of educational athletics, it is likely to mean saying “no” much more often than saying “yes;” which makes William Ury's *The Power of a Positive No* (Bantam, 2007) an excellent resource for every level of leadership in interscholastic athletics.

The author's bottom line is that a Positive No “can only come from being true to yourself and respectful to others.” The book provides practical ideas for doing both.

Also visit williamury.com.

Communicate With Purpose

Too often organizations look at communication as a tool rather than an essential program sponsored by the organization, or as merely an instrument of strategy and not also as a strategy itself.

That can be an enterprise-threatening underestimation of the importance of communication, according to authors Robert Mai and Alan Akerson in *The Leader as Communicator – Strategies and Tactics to Build Loyalty, Focus Effort and Spark Creativity* (Amacom, 2003).

“Communication carries make

-or-break importance,” they assert. They view the leader as the one who “manages the meaning” of the conversations that occur *within* the organization, and thus profoundly affects the conversation *about* the organization.

Plains and Simple

Literature's sports genre is overflowing with well written books about bad characters and poorly written books about good character. Rarely does the genre inspire the reader to be a more caring, loving, respectful and hard-working person; but that's the effect of *Our Boys – A Perfect Season on the Plains with the Smith Center Redmen* (Times Books, 2009).

Kansas native and *New York Times* reporter Joe Drape is mostly able to avoid sentimentality; and, even though the title gives away the ending, he's able to hold the reader's attention. It's simple prose about simple people, some may observe; but the pursuit of simple character lessons in an increasingly crass and complex world is not easy, and it's a story worth telling.

It's actually a story found in thousands of communities across America, minus the football team's gaudy winning streak (79 games before a loss in this year's title game) and it will be reaffirming to those who have devoted their lives to educational athletics.

For more, visit WeAreRedmen.com.

– continued next page

The Air They Breathe

Most of the students we see in our schools today don't view technology the way most of those who lead schools view technology. For today's students, technology just *is*. It's like oxygen. It's not a tool; it's just there, a fact of life.

So to teach them or lead them effectively, we need to learn about them and how the technology they don't even notice is changing the way they learn and interact with the world around them.

Here's a curriculum for your own short course:



Students today view the world through technology that did not exist for their teachers.

- Read *The Dumbest Generation – How The Digital Age Stupefies Young Americans And Jeopardizes Our Future* (Tarcher/Penguin, 2008) by Mark Baurlien.
- Then read a rebuttal from Don Tapscott: *Grown Up Digital – How The Net Generation Is Changing Your World* (McGraw Hill, 2009). This is a sequel to *Growing Up Digital* (1997).
- Next read *Groundswell* (Harvard Business Press, 2008) by Charlene Li and Josh Bernoff.
- Then read *Crowdsourcing – Why The Power Of the Crowd Is Driving The Future Of Business* (Crown Business, 2008) by Jeff Howe.
- And to see the applications of this on the marketplace, read *The Longer Tail* (Hyperion, 2008) by Chris Anderson, an update of *The Long Tail* (2006).
- And for a primer on social media, read *The Facebook Era* (Prentice Hall, 2009) by Clara Shih.
- Finally, read *Inbound Marketing – Get Found Using Google, Social Media and Blogs* (Wiley, 2010) by Brian Halligan and Dharmesh Shah. It explains why the MHSAA is doing things differently now than just a few years ago.

Bulletin Board Material

*“Be like a tree in pursuit to your cause.
Stand firm, grip hard, thrust upward.
Bend to the winds of heaven.
And learn tranquility.”*
– Dedicated to Richard St. Barbe Baker,
Forester

“The best executive is the one who has sense enough to pick good men to do what he wants done, and self-restraint to keep from meddling with them while they do it.” – Theodore Roosevelt

“If I was an official, and I was making what I made officiating because I love the game and I love doing it, and I was getting criticized by the media, including our announcers on TV, like these guys are getting criticized, I’d step back and say ‘I think I’ll go to the lake this weekend. You can have this.’ That’s what I’d do. Can somebody stand up and fight for these guys and what they do for the game?” – Alabama Head Football Coach Nick Saban

MHSAA Loses Longtime Friend Walter Dell

Sometime in the 1950s, Charles E. Forsythe, the first full-time and longest-serving executive director of the MHSAA, decided he needed some help with a problem he had with the Boys Basketball Finals at Jenison Field House in East Lansing.

In those days, it seemed like every radio station in the state wanted to broadcast the four championship games, regardless of the teams playing. It was a time when the MHSAA Boys Basketball Finals dominated the news for three weeks every March.

I don't know who the matchmaker was to help Mr. Forsythe with his problem, but we were then indebted to the person who sent him Walter Dell to help coordinate the media and the installation of dozens of telephone lines in every corner of Jenison Field House; and grateful for the 50 years of service he gave in that regard to the Association, continuing his work with the basketball tournament and then assisting with the Football Finals.

Walter Dell ended his earthly walk on Nov. 5 after a short bout with cancer at the age of 87; his wife, Phyllis, by his side.



Walter Dell (right) was a presence at the MHSAA Boys Basketball and Football Finals for 50 years.

the Boys Basketball Finals, shortly to assume the role as the first communications director of the MHSAA, and watched Jack Roberts present a plaque to Walter as a token of the Association's appreciation for his many years of service to that point in time. I overheard a writer say Walter was being honored because I had been hired, and we probably wouldn't need him around anymore.

Perish the thought.

Walter became a good friend to me. I couldn't have gotten through those tournaments without him. His contributions were invaluable. Like those who have gone before him who are linked to our tournaments – Dick Kishpaugh for his historical contributions, and Joe Falls' capturing the flavor of the tournament in the columns he wrote every night from a different community and gymnasium – Walter Dell was also a strong part of the fabric and the magic of March.

– John Johnson
MHSAA Communications Director

For all those years, Walter was the person who greeted you to the Finals with a smile and a firm handshake – sometimes a joke as well – and he was always ready to help. His work behind the scenes to make tournaments successful was a true passion, one which spread over to the college and professional ranks, working for CBS Sports and for over 400 games as the statistician for Detroit Lions radio broadcasts.

Twenty-three years ago I sat at press row at Crisler Arena for

Bowling Grows to Four Divisions for Boys and Girls

Can it be that that the 2009-10 season marks the seventh year of MHSAA interscholastic bowling? It seems only yesterday the special task force met and recommended to the Representative Council that bowling become a tournament sport for boys and girls.

And now – from 165 school teams six years ago – the sport has grown to 325 schools in 2009-10, reflecting the sport's popularity and necessitating expansion of the MHSAA tournament. This year, Boys and Girls Finals will take place in four Divisions, and the MHSAA will utilize 24 centers around the state for the Regional events. The four MHSAA Finals houses will be in Battle Creek, Canton, Jackson and Sterling Heights.

Perhaps one reason for such growth is the postseason format. The MHSAA Tournament format with team and singles events, and match play components, is unique in the country. It's a source of pride and celebration for the great work of coaches, schools and students and the support of bowling center proprietors.

The MHSAA is enthused about the rise of school bowling programs which take their place alongside the full spectrum of interscholastic athletic offerings. As the sport continues to grow and mature it should also maintain the momentum and integrity it has built to this point.

Choose to Comply, Choose to Enforce

One of the great challenges in interscholastic hockey has always been consistent enforcement (and compliance) with playing rules covering illegal contact and safety. Hockey is a fast-paced collision sport with lots of emotion and passion and lots of subjectivity with regard to legal and illegal contact. As with other levels of hockey in recent years, a special emphasis has been made with officials to enforce the rules as written. Hits to the head, checking from behind, obstruction, holding, hooking, etc., must be penalized according to the rules. From first minute to last, early season game to

going in the right direction and not backslide. To the everlasting credit of our officials and coaches, much progress has been made during our years of growth in high school programs. I never tire of hearing someone say, “High school hockey sure has improved and cleaned up from many years ago.” Thanks for your great efforts.

Safety First, Last and Always

Another part of the enforcement topic centers on equipment. MHSAA regulations require all players to wear a commercially manufactured and non-modified neck guard. National playing rules require all players to use mouth guards and that all required equipment be worn properly and not altered. Helmet chin straps must be securely fastened, uniform pants must be zipped, snapped, etc. No exceptions. These rules are clear,



Hockey Weekly Action Photos

Hockey neck guards are as integral a piece of equipment as the stick – and mandatory gear in high school.

straightforward and adopted for legitimate safety reasons. We’ve reviewed them at the national and MHSAA level and they are not optional. The rules are not *ala carte*. Coaches should not berate officials for enforcing these rules. Officials frequently tell me that coaches will remark, “They didn’t enforce the neck guard/mouth guard/uniform rule last week.” This suggests two problems: last week’s enforcement

MHSAA tournament game, rules must be enforced and penalties called. This emphasis has been the main focus of MHSAA rules meetings in past years. The message has been clear and consistent and by any measure the high school game has benefited.

and coaches trying to compromise this week’s enforcement. Let’s put this issue behind us. Enforce, comply...end of story.

Rules are the Backbone of Competition

As we go forward we need to maintain the momentum for high standards of enforcement. A critical part of this issue is to have coaches, administrators and even parents support a strict enforcement of playing rules. It’s one thing for game officials to apply the rules correctly and evenly, it’s quite another for coaches to teach compliance and support higher standards of enforcement. The “3-legged stool” must have all parties on the same page. The MHSAA, its officials and coaches all play a role. We’ll never eliminate all subjectivity and there will be disagreements from one game to the next. What’s important is to be

Further Review

And finally, the allowance for local league and conference adoption for use of a 17-minute period for regular-season games should prove interesting. The MHSAA Hockey Committee will review the experience of those leagues that opted for a 17-minute period at its May meeting to chart the future. Feedback is welcome. Remember, with no league or conference adoption (or prior agreement between schools in non-conference games) a 15-minute period is the rule and all MHSAA Tournament games will be played with 15-minute periods.

Keep your stick on the ice and keep in touch.

– Randy Allen
MHSAA Assistant Director



TALENT



ATHLETIC ABILITY



DRIVE



**NCAA ACADEMIC
REQUIREMENTS**



YOUR ATHLETE HAS THE TALENT, ABILITY, & DRIVE, BUT DOES HE OR SHE HAVE THE NCAA'S ACADEMIC QUALIFICATIONS?

Each year, 1 in 3 student-athletes is declared ineligible because they don't find out soon enough. Don't wait until it's too late! Get the tools and resources you need to ensure your student is on track to meet the intricate requirements of the NCAA Eligibility Center.

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